

LEVEL: TRIPLE

TRIPLE – FUNDAMENTAL MOVEMENT SKILLS

Balance – Squat like a catcher and squat jump to the right and then to the left (five times each)

ACTIVITY FROG RACE

[Click here](#) for video demonstration

Goal: Introduce athletes to change of direction

Description: Create two or three teams with no more than four athletes per team. Executing a relay, teams are against each other while adopting the squat position (frog). Athletes are placed so two athletes from each team are facing each other. On signal, the first athlete from the line begins. When they reach the other line, they high five their teammate to start their turn. Repeat until all athletes have done the race.

VARIATIONS AND PROGRESSION:

- A. Athletes can be dispersed across a determined area and a game of tag can be played. Remember to keep the playing area small as athletes won't move quickly based on the position they're in.

