



Movement Skills: Figure 8 Races

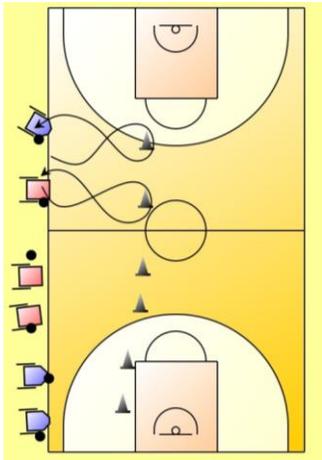


FIGURE 1

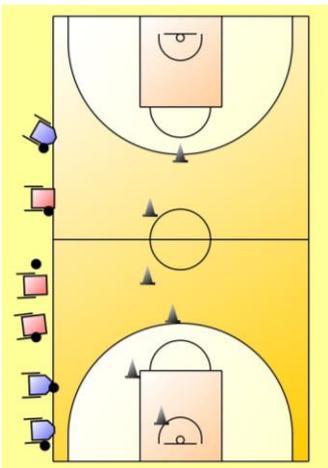


FIGURE 2

OBJECTIVE: To learn cowboy and crossover turns, with grab and feather styles.

Setup: Layout the figure eight areas using sideline as the start point; and a marker 3m away.

Instructions:

1. Pairs or groups of 3 line up beside each other in front of their marker. (Figure 1)
2. On one player's 'go', race to complete 4 figure 8's. (Figure 1)
3. The winner then moves their marker 1m further away. (Figure 2)
4. Compete again.
5. Winner always moves their marker 1m further.
6. Race for a set duration or a set number of race repetitions.

Note: A complete figure 8 includes going completely around the marker, by touching just one wheel and returning to the starting sideline.

Round 1 - Cowboy turns: pivot or feather with the inside hand.

Round 2 - Crossover turns: reach across lap to grab/feather the opposite wheel.

Activity Rules / Games Approach:

- Players must go completely around the marker on the way out.
- Players must touch the starting sideline with one wheel on the way back. Finish line is first casters to cross the starting sideline.
- The winner of the first 4 figure 8's then moves their marker 1m further away. Winner also has the right to say 'go' for the next race.

Coaches Key Points:

- Grab = lockdown of wheel, Feather = gentle 'braking' action.
- Players should lean into turns to counterbalance.
- Players should look to where they wish to turn.
- Lean back a little bit will help the turn.
- Adjust feather to adjust turning radius, tighten feather to turn sharper.

Variations/Loading:

- Add a ball.
- Require behind the back dribble turns.
- Race as an entire team or in groups of 6 or more.

Mental:

- In between races players should visualize and/or shadow the turning motion.
- Use energy cue word to bring intensity and focus.