



1. Tagging King of the king

Working in two teams. Participants all have a number of tags (2-5). Participants have 1 minute to take tags from other teams participants and to put them on their belt.

- Leaders needed – 2
- Set up- Coned area approx. 10x10m. Participants wear tags and belts with a number of tags on them. For a set time participant must try to collect as many tags as possible from the other team. Highest number of tags wins repeat 3 times.
- Equipment- cones tag belts, 2 different coloured tags
- Score – total number of tags for whole team. (individual tags can be counted to provide an individual score)

2. Passing the distance (see diagram below)

Working in pairs in your team, everyone starts in line with the 2-point cones, in order to move to the next distance you must get three successful passes. There are 2 rounds. Each 3 minutes long.

- 2 points for first distance
- 4 points for second distance
- 6 points for third distance

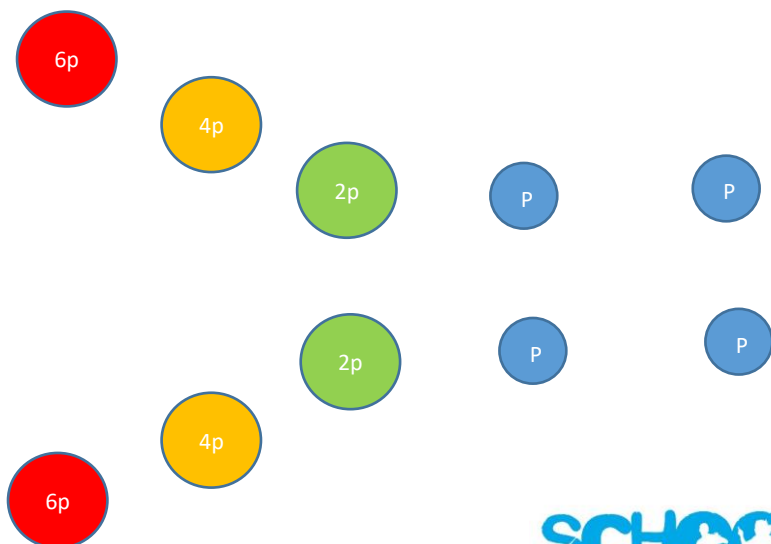
- Number of young leaders for station- 6
- YL – tasks- Record each partners scores and collect possible team score for total distance of passes made after each round.
- Equipment- balls, cones
- Score – total of all pairs scores added up after 2 rounds to make a team score

PASSING THE DISTANCE - ORIGINAL CHALLENGE

Participants start in line with the 2 points (2p) cone, if they make 3 successful catches they can move in line 4p cone and so on, if they complete the 6 point cone, they can stay on that cone or choose to do the bonus challenge. Any of the participants can choose to do the bonus challenge at any time, they don't have to have reached the 6 point cone. Their final score will be either 2, 4, or 6 scored in the original plus a score for the bonus (determined by number of steps taken) e.g. if 2 participants had scored 4 points in the original challenge and then managed to get 3 steps away from each other in the bonus challenge, their final score would be 7

PASSING THE DISTANCE – BONUS CHALLENGE

Participants start 1 step away from each other see how many steps away they can get from each other and still pass and catch the ball, one the time time is finished they have got 3 steps away they would get 3 points plus whatever they got in the original challenge.



Distance is number of steps away from each other (going up in ones)

= Participant





3. Kick it

Participants take three kicks from out of their hands towards a target on the floor. Where the ball lands will be determine the score.

- Number of young leaders for station – 2/3
- YL –Records 2 or 3 rounds of results for each participant. Set up 3 circles within each other increasing in point score but reducing in size. Dart board style
- Score – individuals score added to make a team score
- Equipment balls, cones/ target

4. Passing Circle

Participants as a group have 60 seconds to make as many passes in a circle as possible.

- Number of young leaders for station – 2
- YL – tasks- Help with how to make passes more efficient, not looping, hands out etc. number of attempts taking in total number or passes made.
- Score – Highest total of passes is their score.
- Equipment?

5. Rob the nest

Working in their school team they are split into four teams, individuals run in to collect the balls; aim is to collect a certain number of balls for their nests in 45 seconds

- Number of young leaders for station 1/2
- YL – place balls in the centre nest, timing for the round, replace balls back after each round
- Score – how many balls they can get in all 4 nests in the time limit
- Equipment- balls and cones

6. Dodging

Individuals take it in turns to run around the cones with balls resting on avoiding knocking off the balls- collect the ball at the top and run back – time penalties if ball is knocked off. 8 balls to retrieve in total. Fastest time is recorded as team score. As many goes as they can have in the station time.

- Number of young leaders for station – 2
- YL – tasks- timing and replacing balls back on the cone, next person can not go until the running person has placed the ball down in the hoop
- Score – time of whole team
- Equipment- balls, cones and stopwatch



7. Scoring a try

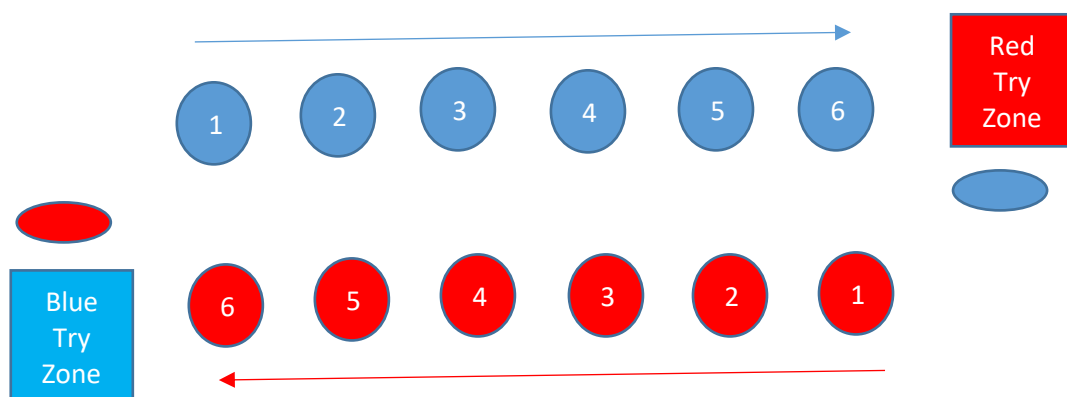
School team split into 3 groups. Participants take it in turns to run out with a ball and place it down in the right sequence. Coloured hoops or cones at the end of the run to place ball. Sequence is on a card shown to the team before the start – minimum of 4 colours – 6 (sequence cards shown below as an example)

- Number of young leaders for station – 2
- YL – tasks- set up 3 sets of 4-6 coloured cones 10-20 m from participants
- Score – Number of successfully completed sequence cards
- Equipment- balls, cones

8. Try tunnel

Participants play in their school team against another team. Each individual has a number, when that number is shouted the player with that number from each team has to run around their team, pick up a ball and run to the other end to score a try. The participant that scores the try first gets a point for their team. The try must be controlled and placed in a certain area.

- Number of young leaders for station – 2
- YL – tasks. Instructions/ set up?
- Score – each try scored first is the teams score.
- Equipment?



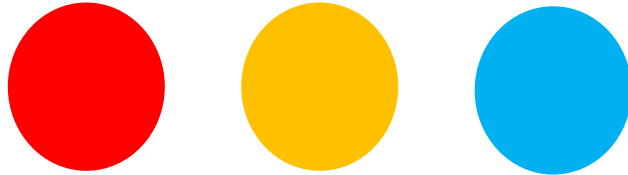
Run out from position and behind their teammates to collect the ball from end and then run down to score a try before the other team.

County Level - Challenge- participants have 5 attempts to pass a ball through a target. Individual scores are recorded and the group's total score are recorded.

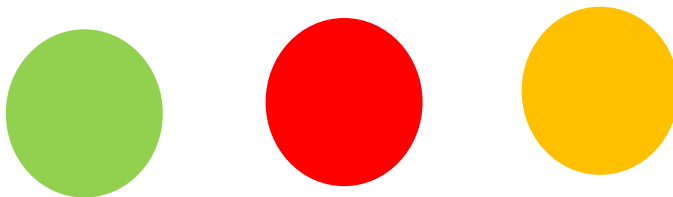
- Number of young leaders for station – 2
- YL – tasks. Instructions/ set up?
- Score – individuals score added to make a team score
- Equipment- passing target



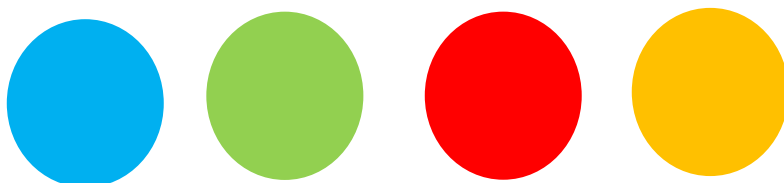
Sequence 1



Sequence 2

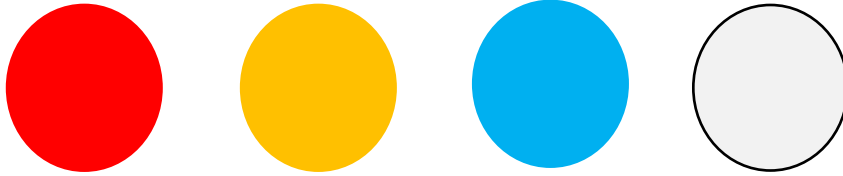


Sequence 3

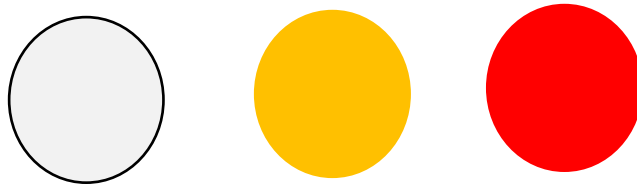




Sequence 4



Sequence 5



Sequence 6

