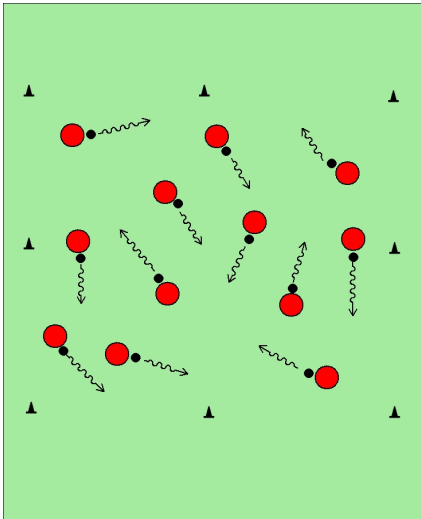




Traffic jam

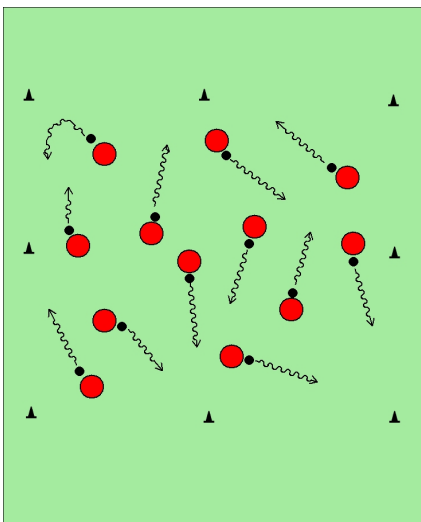


How it works

Each player stands in a space in the playing area with a ball each. They must steer their car (ball) safely around the playing area (road) without losing control.

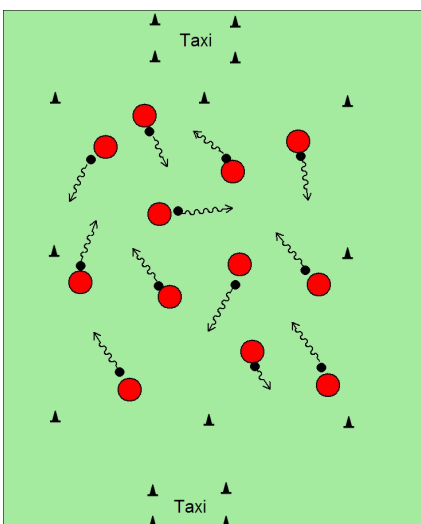
Players have to follow instructions called out by coach, starting with:

- Green** - players dribble around inside the playing area;
- Red** - players stop and put their foot on the ball;
- Amber** - players touch the ball between the insteps of both feet without moving;
- Turn** - steer their car (ball) to move in a different direction.



You can also introduce gears whilst in green dribbling mode:

- 1st gear** - slow jog;
- 2nd gear** - steady run;
- 3rd gear** - quicker run;
- 4th gear** - quick run.



As players get familiar with those you could add in these instructions as well.

Crash - all the players must fall to ground and scream in pain then quickly get up and carry on. (Only call if two or more players allow their cars to collide). The two players who crashed must go to the mechanic (coach) to have their car fixed ie. stand out for 20/30 seconds.

Runaway truck - the coach comes into the playing area and crashes into any cars (balls) that are not being kept under control. Kick their ball out of playing area and the players have to go and fetch it and return as quickly as possible.

Taxi - players have to leave their car and run to get in the taxi (two coned off areas outside each end of the playing area).