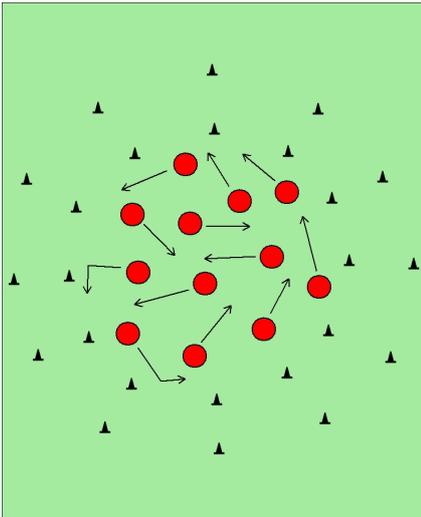




Chocolate box



How it works

All players jog/run inside **Quality Street** which is the name of the smallest of the two cone circles and try to stay in space.

The coach calls out these names of different chocolate bars and the players copy the following actions:

Curly Wurly - run in a curved pattern inside the playing area and/or run figure of eight or curved pathways around the inside set of cones;

Boost - sprint quickly for a few seconds;

Time Out - stop and sit down or just stand still;

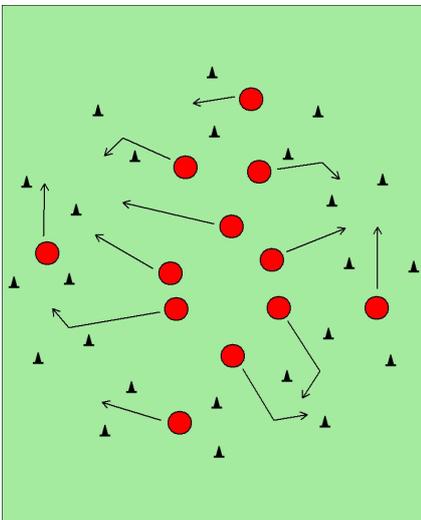
Double Decker - stop, find a partner and do a piggy back with one player on the other's back;

Lion Bar - stop and make a lion roar noise and show claws;

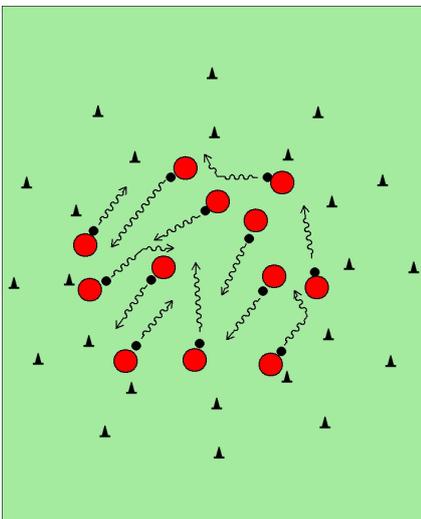
Heroes - players stop and strike a hero pose;

Aero - players jump in the air and could pretend to head a ball;

Breakaway - run away out of the circles altogether until the coach calls **Quality Street** and then they have to return;



Wagon Wheel - run around the wheel shape between the two sets of cones.



Players now dribble a ball on **Quality Street** and copy the following actions when the names of the chocolate bars are called:

Curly Wurly - dribble the ball in a curved pattern inside the playing area and/or run figure of eight or curved pathways around the inside set of cones;

Boost - dribble quickly for a few seconds;

Time Out - stop and sit down on the ball or just stand still and put their foot on the ball;

Double Decker - leave the ball, find a partner and do a piggy back with one player on the other's back;

Lion Bar - stop the ball and make a lion roar noise and show claws;

Heroes - players stop the ball and strike a hero pose;

Aero - players pick up their ball, throw it in the air and catch it;

Breakaway - dribble away out of the circles altogether until the coach calls **Quality Street** and then they have to return;



Wagon Wheel - dribble the ball around the wheel shape between the two sets of cones.

Possible changes

Think of other chocolate bars that could have actions to go with them such as Penguin or Rolo.