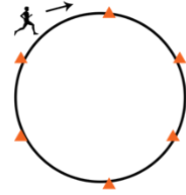


Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Circle Run-Simon Says

Objectives: To practice running the high jump curve

Description: Set up a circle approximately 10 meters in diameter with small cones or objects. If you approach from the right side, you will run a counterclockwise circle, if you approach from the left side, you will run a clockwise approach. Have a partner at a different location set up a similar course. Using telecommunications, decide who will go first. Partner 1 starts to run the circle. After 30 seconds, partner 2 indicates an activity by saying “Simon says do bounding.” Partner 1 continues around the circle bounding. After 15-30 seconds, partner 2 changes the activity by saying something similar to “Simon says take three steps and pop-up.” Partner 1 continue to run the curve and partner 2 calls out activities. However, if partner 2 does not say “Simon says” then partner 1 should continue the previous activity. If either athlete changes the activity when “Simon” did not say to, you must exit to the inside of the circle and jog in a clockwise direction until “Simon says” to do another activity and then you may re-enter the game. Continue for a designated period of time and then change partners running the curve.



Variations: Here are some recommended activities to do on the circle: (1) bounding, (2) change direction, (3) speed up, (4) high knees, (5) three steps and pop-up, (6) left leg jumping, (7) right leg jumping, (8) hopping on both feet, (9) Change or add your own.

Bonus Variation: Have multiple people on call or teleconference. Involve multiple athletes and trade off being “Simon.”

Equipment: Cones or small objects to form a circle

[Purchase Track & Field Self-Guided Workouts: Motivation and Activities](#)