

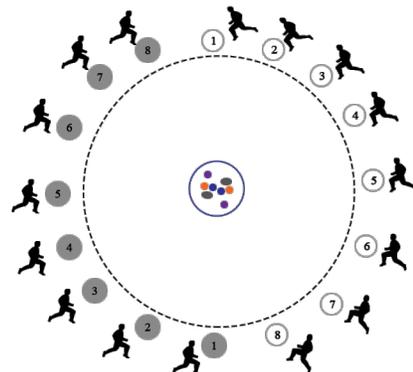
The Starting Wheel



Objective: To practice starts

Description: Two teams are placed in a large circle with at least a 30-meter diameter. Each team member has a number. Teams are arranged so that the same number on the opposite team will be facing each other. Each team has a team object specific to that team (such as tennis ball, rubber chicken, etc) placed in the middle of the circle. The coach or leader will use the following format when calling off numbers. “Runners to your marks.” At this command, all runners on the circle will take their marks from a sprinter starting position. No starting blocks will be used for this activity. When the coach or leader commands “Set” all runners come up to a set position. The coach or leader will now call out a number which is the command for the two runners who have that number to start and sprint to the inside of the circle, grab their object, run back through their position they vacated, run the circle clockwise, return through their spot and place the object back in the center. Arrange to have students of equal ability paired against each other. Repeat until everyone has had a chance to start and run.

Variations: (1) Runners use a standup start and commands are race starting commands. “Runners set” and all runners assume a stand up starting position. On the number command, the two runners whose numbers are called will sprint and perform the starting wheel activity. (2) Place only one object in the middle of the circle and when the command is given the two starters race for the object. (3) Vary the length of the start by increasing the diameter of the circle.



Equipment: Use different objects that are safe for teams to run with such as a tennis ball and rubber chicken.