

# Factfile

Category  
Warm Up

Competition Type  
Alternate, integrated,  
opposed

Area Dimensions  
5m x 5m - 20m x 20m

Number of Players  
2 - 60

Time Per Game  
5 - 10 minutes

Objective  
To move your opponent  
as much as possible.

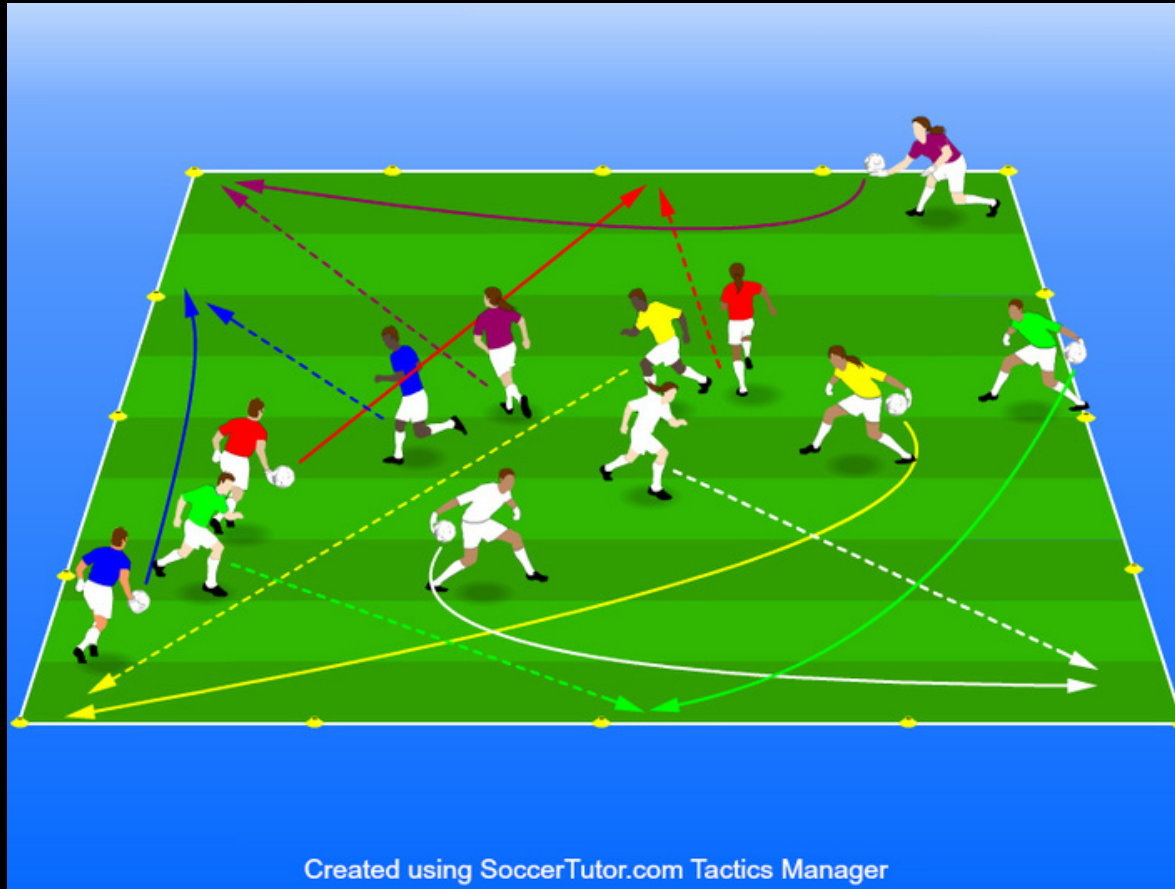
## Equipment

- 16 Marker Cones
- 1 Ball/beanbag Per Pair

## Safety Tips

- Be aware of other players running around to avoid collision.
- Use quick feet to avoid contact with others.
- Bend your knees when picking up the ball/beanbag.

# 13) How Far Can You Run?



## Rules

- Players split into pairs. One starts by rolling the ball/beanbag as far away from their partner as possible, to make them run the furthest distance.
- They should then find a central position, so they will have the least distance to run.
- Their partner should then roll the ball/beanbag as far away from them as possible.
- If the ball rolls out of the grid/hits the wall, the player who rolled the ball/beanbag must then collect it.

## Tips For Success

- Keep looking to see where your opponent is to roll to the place where they have to move the furthest.
- As soon as you roll, move quickly to a central position.
- Roll as soon as you pick up the ball/beanbag to keep a high intensity.

## Independent Personalisation

- Use a ball for slow surfaces, e.g. grass.
- Use a beanbag for fast surfaces.
- Disguise your roll to off balance your opponent, to challenge them.