

# Change, change run though!

## GameProgression

1. Set up 2 lines of cones approximately 15-25m apart.
2. Players line up at one end. The aim players is to be the first across the line after coach calls 'run through'.

## Instructions from the coach

1. 'Go!' - start running/racing
  2. 'Change' - change direction of run (this should be called several times by the coach).
  3. 'Run through' - players race to the line of the cones they are now facing. No more commands given after this
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1. Set players up into 3 waves so that adequate rest is given between races. Having spectators also adds to the fun of the racing!

