

## The pod

**Set-up** – each pod consists of four different coloured markers, in a 2m x 2m diamond shape. The working player starts in the middle of the pod, facing one of the markers (see diagram). Players are in twos or threes at each pod.

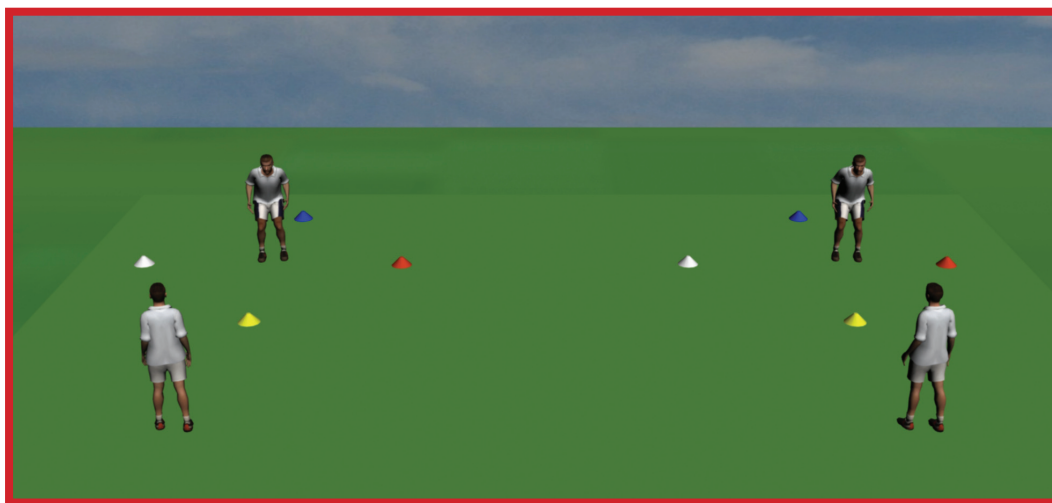
**Action** – one of the non-working players is the 'caller'. They call out a colour, and the working player has to move as quickly as possible to get their feet either side of the marker of that colour, and then return to the middle of the pod. As soon as they get back to the middle, the next colour is called. This is supposed to be a fast moving game, with the players reacting to a verbal cue. The player continues to call different colours until the working player either makes a mistake, or gets ten right in a row. Then the next player jumps into the pod, ready for action.

### VARIATIONS

**NESW** – instead of a colour, name the markers North, East, South and West. Now call a direction each time. This will test the players' brains as well as their bodies!

**Numbers** – try giving each marker a number 1-4 instead of a colour. Different players will find numbers, colours, directions easier and harder.

**Mix-it!** – if the players are getting really good at each of the above, start mixing up the colours, numbers and directions all into the one go. 'Red', 'North', '3', 'Blue' etc. This can get really fun!



### COACHING TIP

Timing of the call is important again, give the player enough time to get back to the middle of the pod, but not too much time to settle before they have to make their next move. This is an agility drill so changes of direction are good!