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Jungle Run

Purpose

- Conditioning in a fun, game-like manner

Requirements

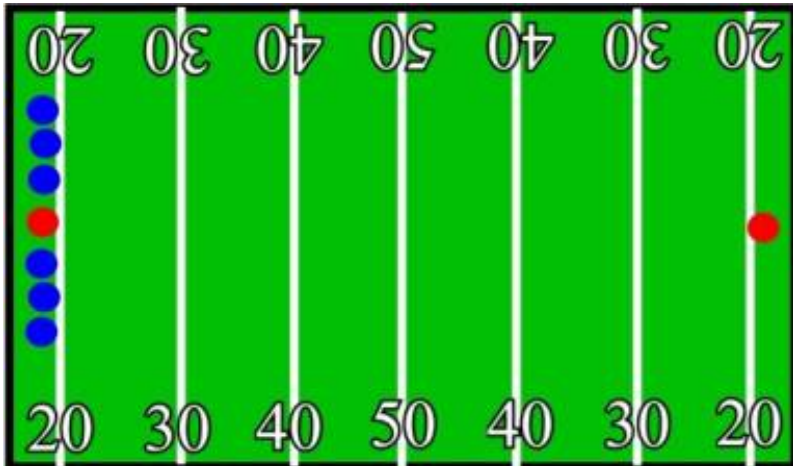
- Football field – lines marked clearly
- At least 2 coaches

Goals

- Run from one 20-yard line to the other first without being tagged
 - Athletes who finish first move up to the next fastest group
- If tagged, tag another athlete and race to the finish without being last
- If an athlete cannot tag another, and finishes last, that athlete must do pushups and move down to the next slower group

Execution

- Begin with groups of athletes (up to six) organized from fastest group to slowest group
- Place the fastest group on one 20-yard line, with the next slower group on the opposite 20-yard line
 - Continue to equally distribute the remaining groups in this manner
 - Coaches stand on opposite 20-yard lines
- In the illustration below, the athletes are in **blue** and the coaches are in **red**

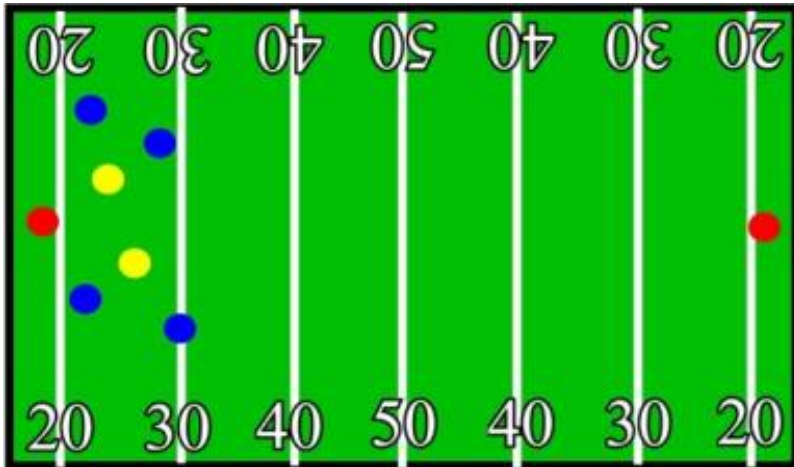


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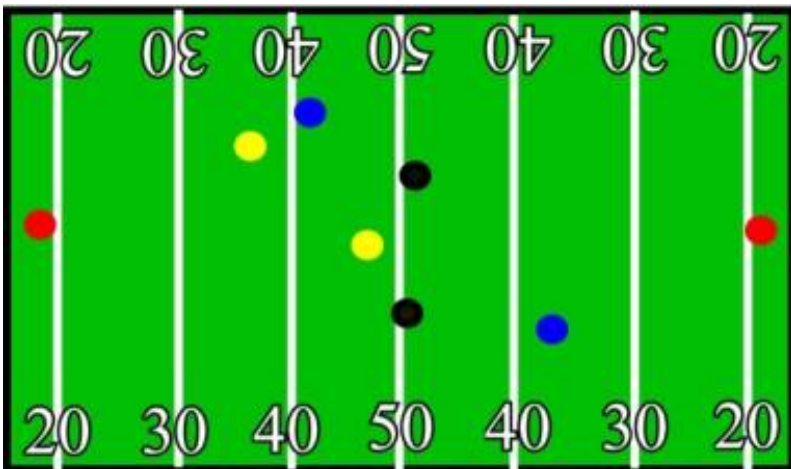
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Execution (Continued)

- Start the first group running toward the other 20-yard line
- Call out the names of two to three athletes (in yellow) who MUST tag another runner as fast as possible



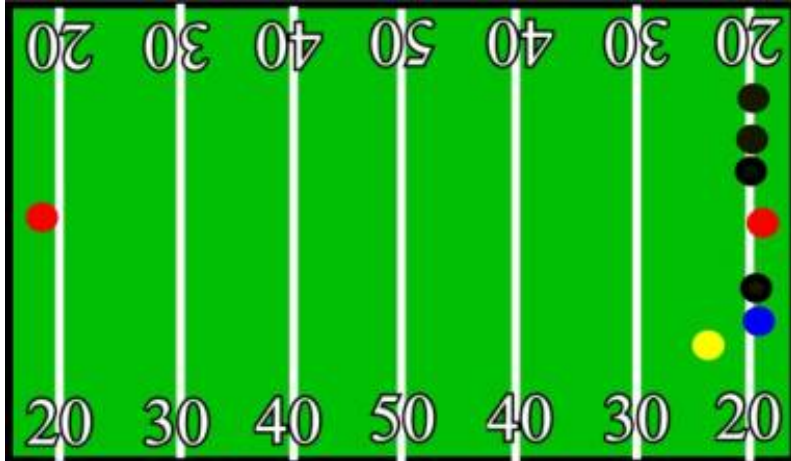
- The athletes will strive to finish first if untagged to move up to the next group
- If tagged, the athletes must try to tag another athlete as fast as possible to avoid finishing last
- The tagged athlete CANNOT immediately tag back the athlete who tagged them (in black)
 - He or she MUST find someone other than who has tagged them (in blue)



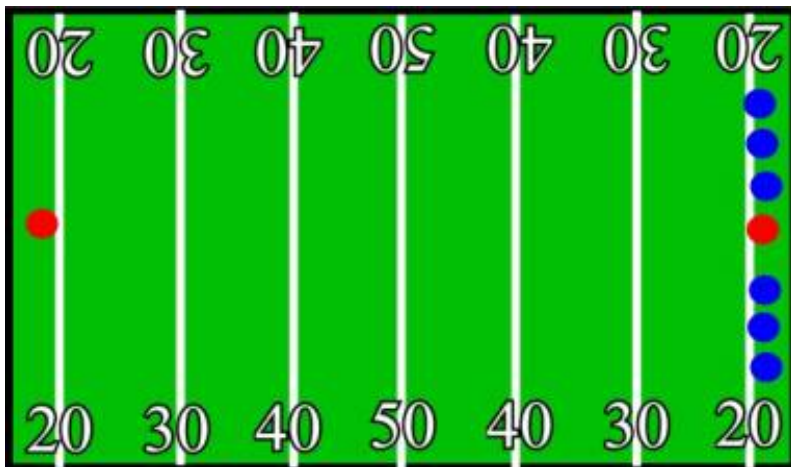
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- The athlete who is untagged, and/or finishes first moves up to the next fastest group
- The athlete who cannot tag another and finishes last (in yellow) must perform push-ups and be moved down to the next slower group waiting at the finish line and starting NEXT



- Begin the next slower group, including the last-place finisher from the previous group
- Repeat the game as described above



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