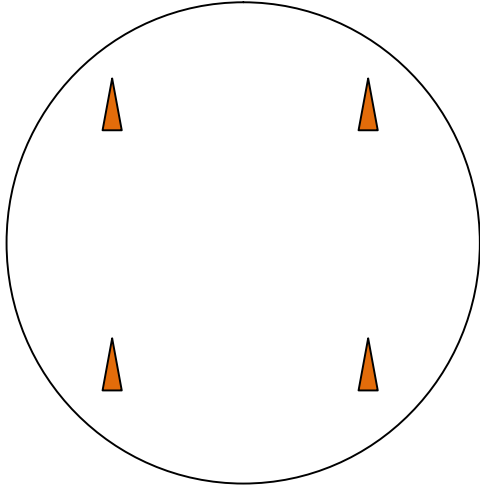
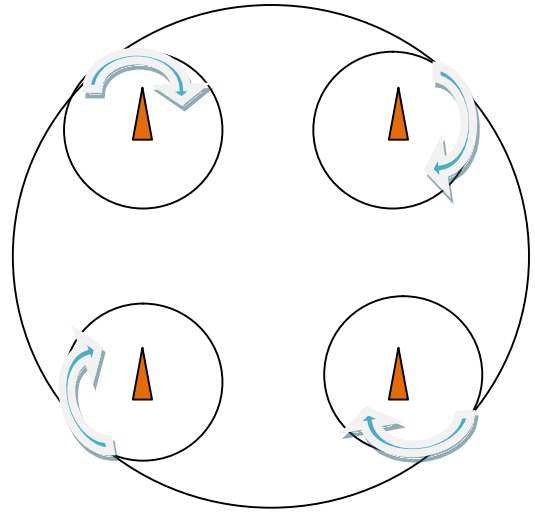


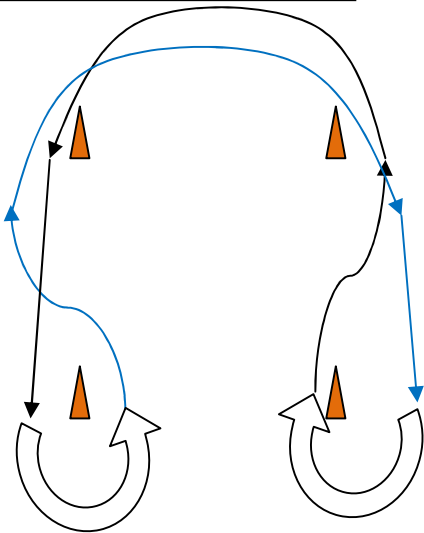
Warm up - circle all 4 cones



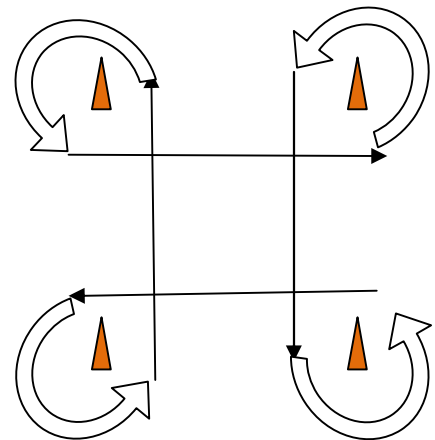
Follow big circle and make a full small circle at each cone - all the same direction of turn. Example: all right hand turns



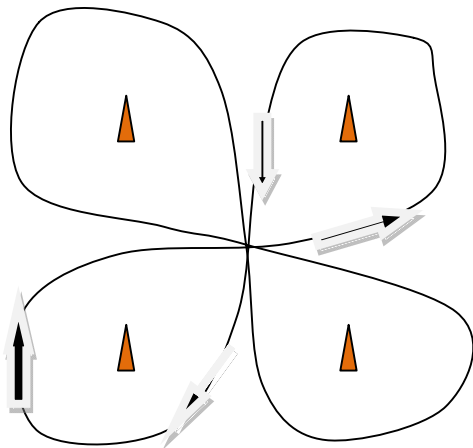
Follow part of big circle and go around cones for 1/2 circle change of direction.



Walk straight through the circle, then circle a cone (270 degree turn) and again, straighten to walk to next corner cone, circle, etc. All left hand turns in the example.



This one has circling each of the 4 cones, all turning in the same direction, but crossing through the center. Example, all right hand turns. Like two connected figure 8s.



Cloverleaf - all right hand turns.

