

Obstacle Course Ideas

1. Set up a tire course by laying two lines of tires side-by-side and have scouts run through them, putting each foot in a different tire.
2. Scouts must roll a tire around a cone and back.
3. Complete a zigzag course through cones carrying 2 full buckets of water.
4. Set out several straw bales to hurdle.
5. Roll a ball with your head a certain distance.
6. Place a large drainage pipe on the ground to crawl through.
7. Place 6 x 6 balance beams set as a zigzag on the ground.
8. Crawl under a lane of ropes tied to stakes.
9. Hop a certain distance in a large sack (sack race style).
10. Throw tennis balls and knock cans over.
11. The course may also be interspersed with Scout skill stops (i.e. take a compass bearing, measure a distance by pacing)
12. Bear crawl a certain distance with your hands and feet like a bear and return doing a crab walk (Instead of your belly facing the ground like in the bear crawl, flip over and face the sky. Use your hands and feet to scurry across the yard like a crab.)
13. Each person has to jump rope 15 times before going to the next station.
Set up cones and dribble a soccer ball through the cones and back. Use however many cones you have.
14. A great way to round out the whole obstacle course is to end with a 50-yard dash