The amplitude of $y = a\cos bx$ is given by $|a|$, so the amplitude of $y = -2\cos\left(\frac{1}{3}x\right)$ is $|-2| = 2$. The period equals

$$\frac{2\pi}{|b|} = \frac{2\pi}{\left|\frac{1}{3}\right|} = \frac{2\pi}{1} \cdot \frac{3}{1} = 6\pi.$$