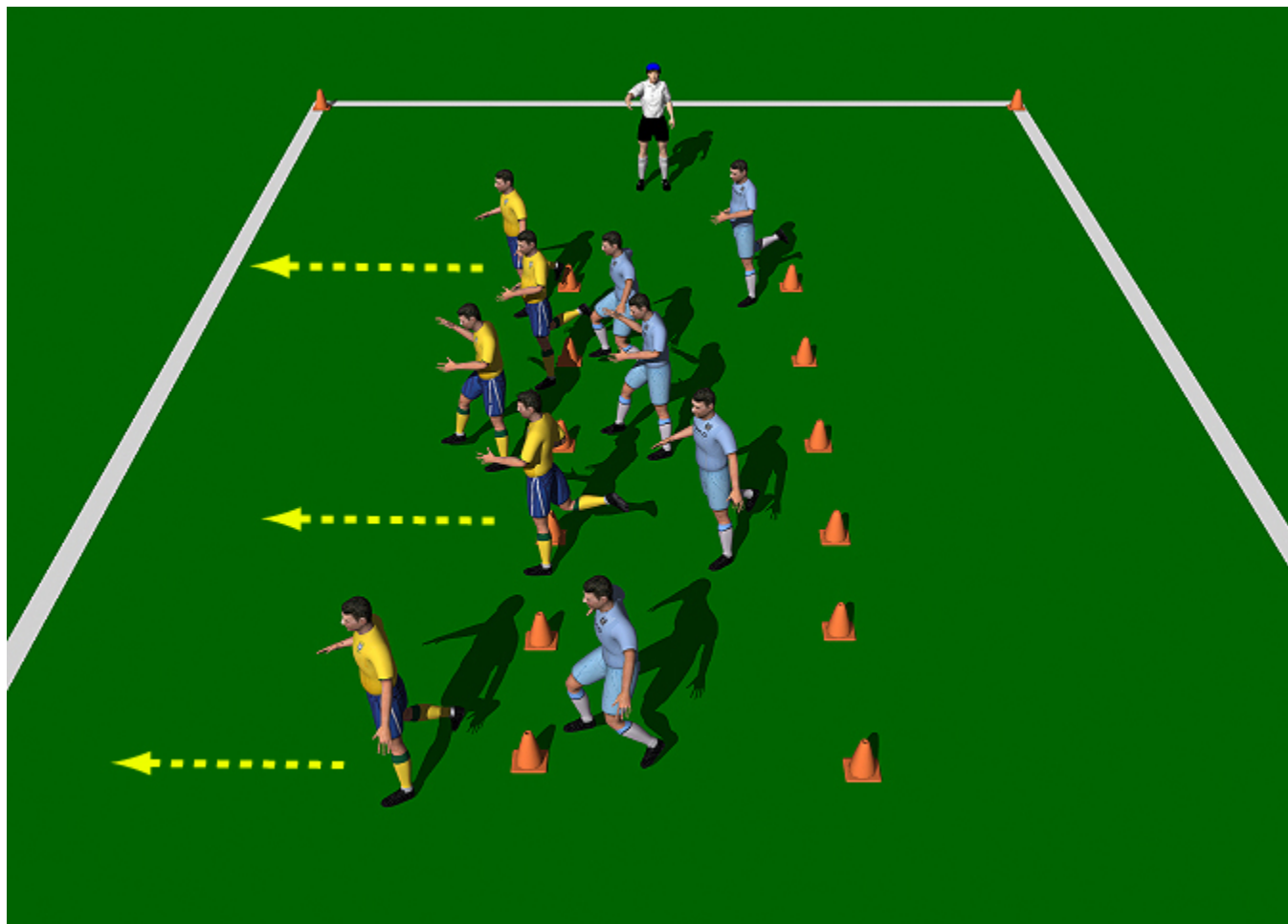


Catch your Man



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

Using cones mark a line 2 yards apart. Divide the group into pairs. Each group wears a different color pinnie (e.g.; blue and yellow). Each player is positioned at a cone, opposite their partner. When the coach shouts out one of the colors, the opposite color must chase their partner to the side and try and tag them. The successful players get a point.

Coach can vary the practice by having players do the opposite of what he says. Also, can be performed with a ball. Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins. Swap partners.

Field Preparation

- ★ Entire Group
- ★ 20 yards by 10 yards