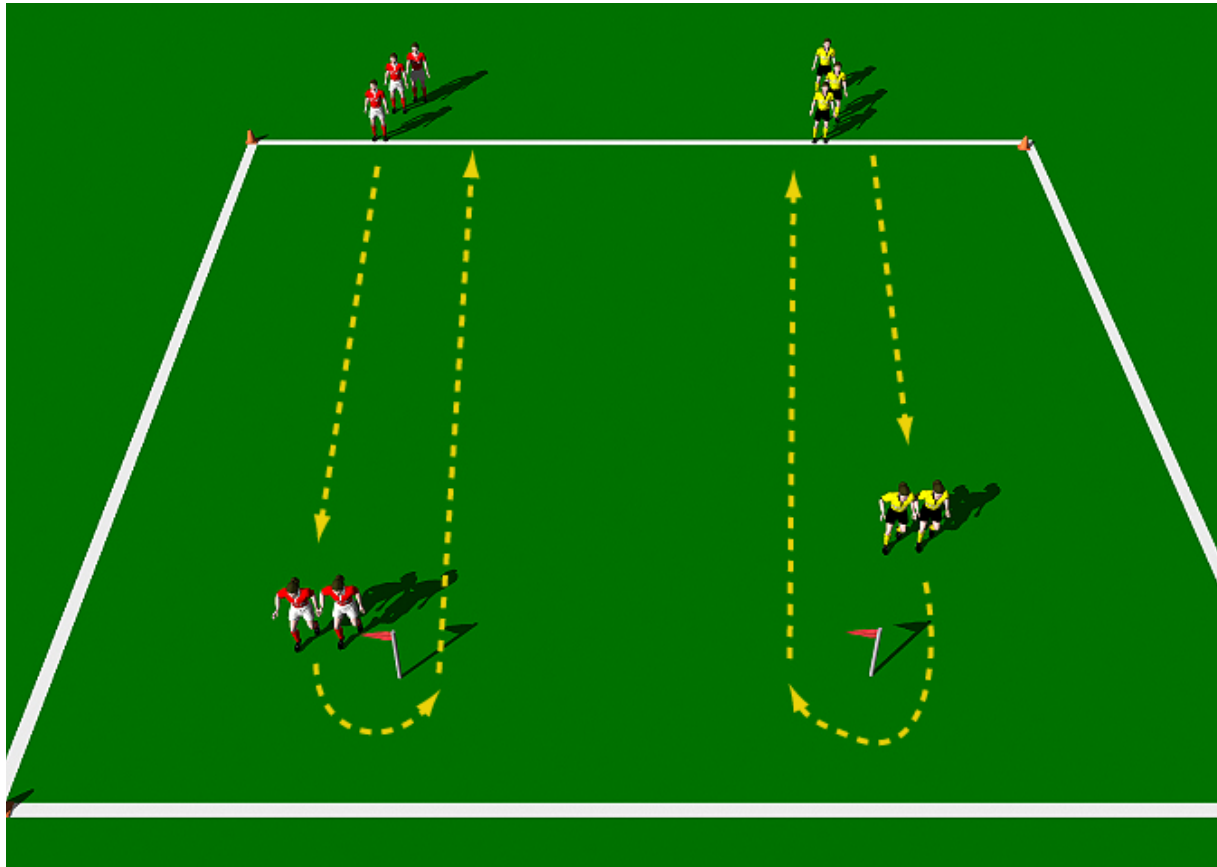


Chain Relay Warm Up Game



Exercise Objectives:

This is a fun warm up that focuses on teamwork and team building skills.

Coaching Pointers:

Divide the group into two teams. Place cones 20 yards apart. First player in each group runs around opposite cone and back to group. He then joins hands with the next player and repeats.

Follow this sequence until all players are linked in a chain. First team around cone and back to finish line with all players win. If the link is broken, the team must start again from the first player.

Field Preparation

- ☆ Entire Group
- ☆ Half Field