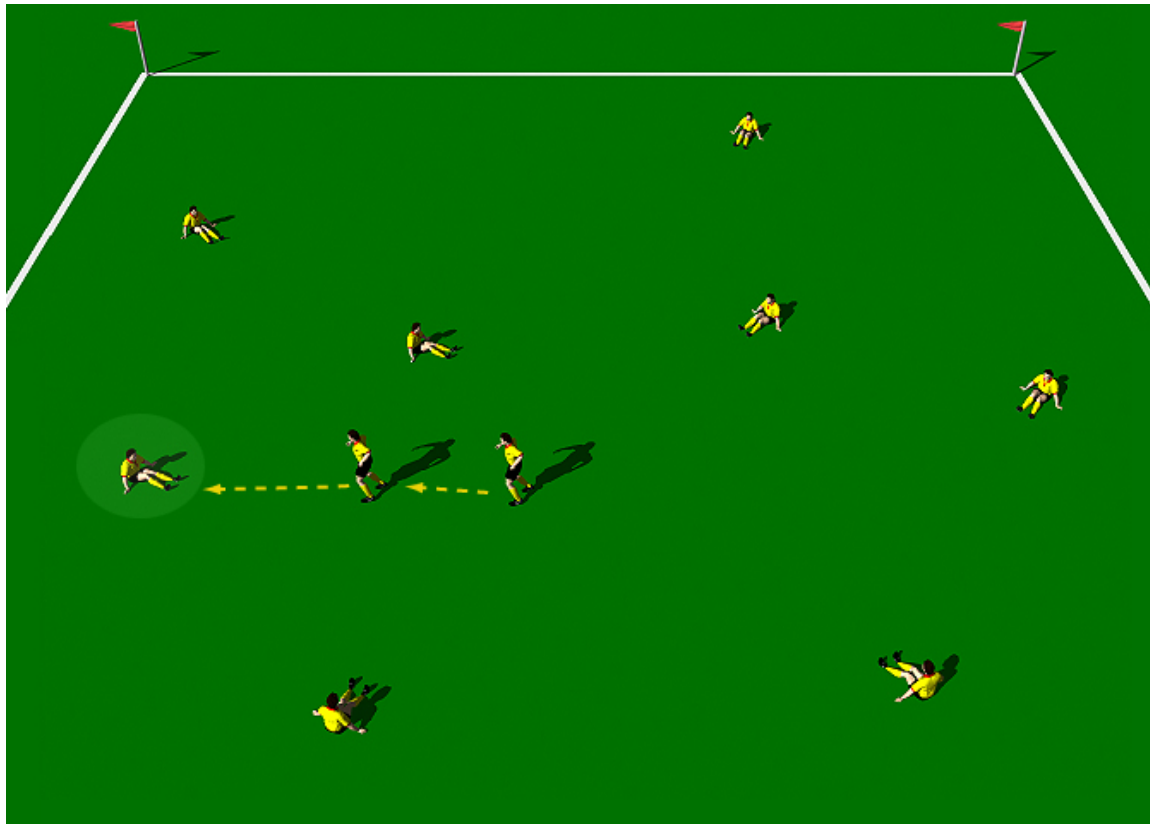


Chase and Sit Game



Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Field Preparation

- Entire Group
- 30 x 30 Yards

Coaching Pointers:

Group sits on ground, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner, the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by sitting next to a resting player, thus making the player he sits next to the new "runner".