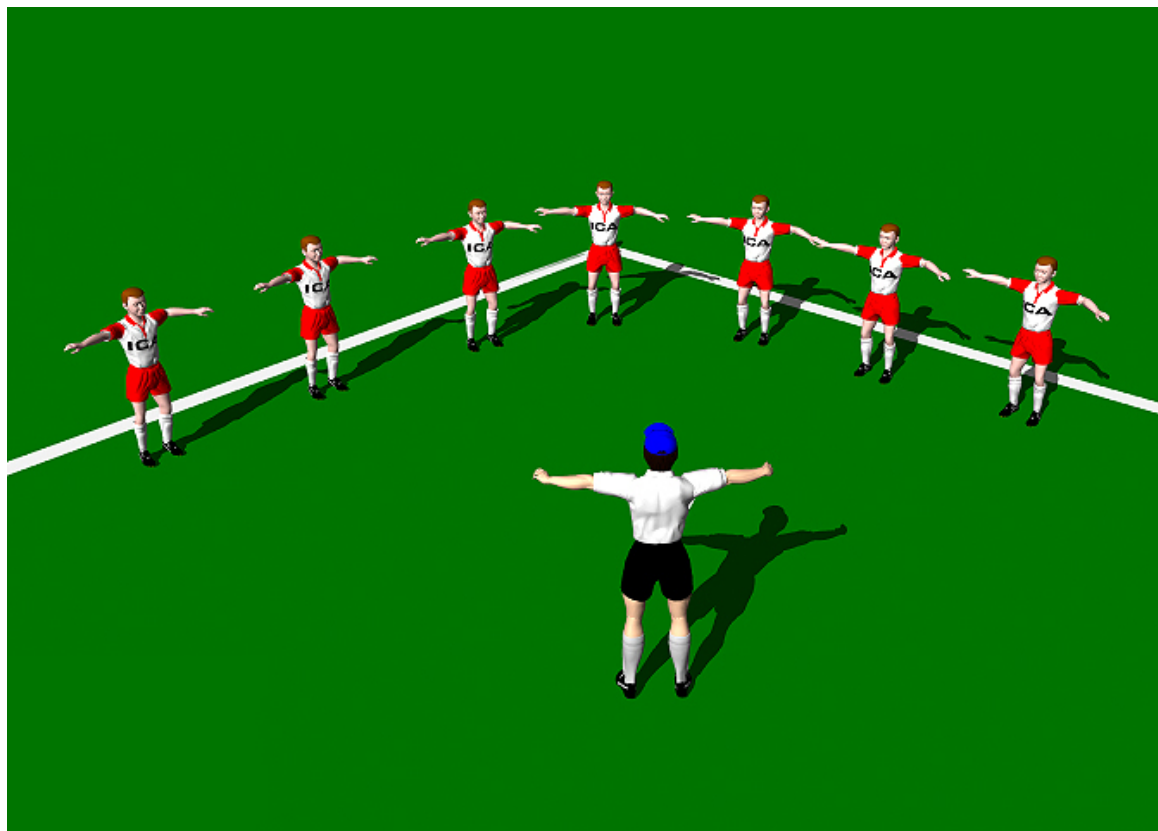


## Do This, Do That Game



### Exercise Objectives:

This is a fun game to incorporate into your warm up or warm down activity. It also develops quick thinking, timing and coordination.

### Field Preparation

★ Entire Group

### Coaching Pointers:

The coach should stand in a position, so the entire group can see him clearly.

**The Rule:** If the coach says "**Do this**" the group does not react. If the coach says "**Do that**" then the players must instantly mimic the coach's movement. The coach should be creative and perform a variety of different moves such as;

- Both arms out to the side.
- Both arms out to the front.
- Kneel on one leg, both legs.
- Sit down.
- Stand up.
- Move a finger, elbow, etc.
- Make up your own moves.

Any player who moves when they shouldn't can either;

- Sprint around a cone.
- Do an exercise.
- or sit out until there is a champion of the game.