

## Fun Warm Up Games



In this sequence the coach puts his players through a variety of warm ups games using the ball.

- **One bounce through legs**
- **Bounce behind the back**
- **Juggle and Spin 180**
- **Juggle and Forward Roll**
- **Up and Under**
- **Trunk Twists**
- **Roll the Ball**
- **Ball Sequence**

### **Field Preparation**

Entire group

Area 30 x 30 yards

Cones

Supply of balls