

## Game of Cones



### **Exercise Objectives:**

The Game of Cones is a fun warm up activity for all age groups. In addition, it's a great activity for speed and change of direction.

### **Field Preparation:**

Position a large number of cones around the field. Hide five pinnies under the cones.

### **Coaching Points:**

Divide your group into two teams. The first team to find 3 pinnies wins. Players run one at a time. Have several rounds to ensure everyone participates.