

Odds and Evens without the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Field Preparation

- ☆ Entire Group
- ☆ Area 20 yards by 10 yards

Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball.

Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins.