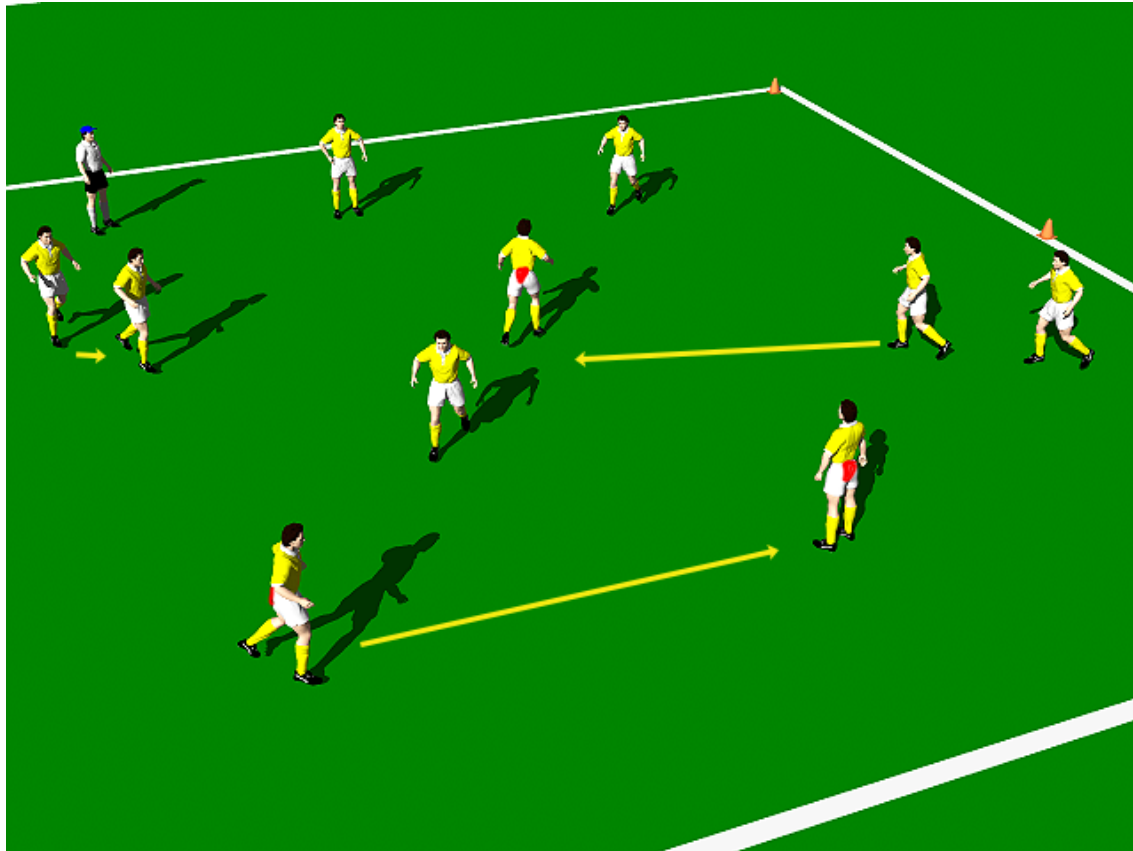


Steal the Pinnie



Exercise Objectives:

This is a fun warm up that focuses on vision and awareness.

Coaching Pointers:

Place your entire group in a square approximately 20x20 yards. Each player has a pinnie stuffed in the back of their shorts. Players jog around the area. Place get 30 seconds to see how many pinnies they can steal from their team mates.

At the end of 30 seconds, players who do not have a vest perform a short exercise.

Field Preparation

- ☆ Entire Group
- ☆ 20 x 20 Yards
- ☆ Cones
- ☆ Colored Bibs