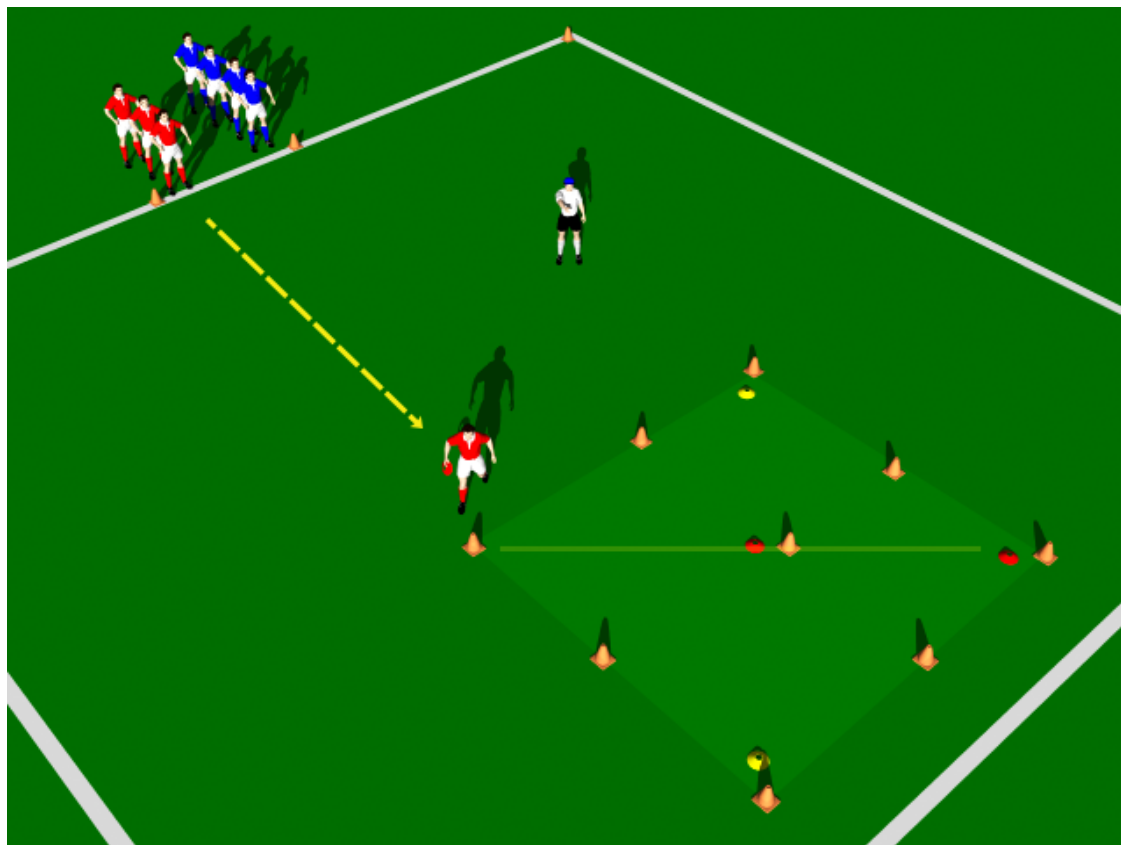


Tic Tac Toe Warm Up Game



Exercise Objectives:

The Tic, Tac, Toe warm up game is a fun activity for all age groups that promotes teamwork and quick thinking.

Coaching Pointers:

Divide your players into two teams. Place nine cones (as in the diagram above) approximately 15 yards from the players. You will need two sets of colored cones or pinnies as markers. One team with yellow cones, one with red cones.

Teams alternate to get three of the same colored cones in a straight line. The first team to place three of their cones in a row, whether it is horizontal, vertical, or diagonal wins.

If both teams are playing with optimal strategy, then there's a good chance that no one will win because they will have blocked all of each other's opportunities to create a row of three. Reset and start again.

Have the losing team do a short exercise or sprints.