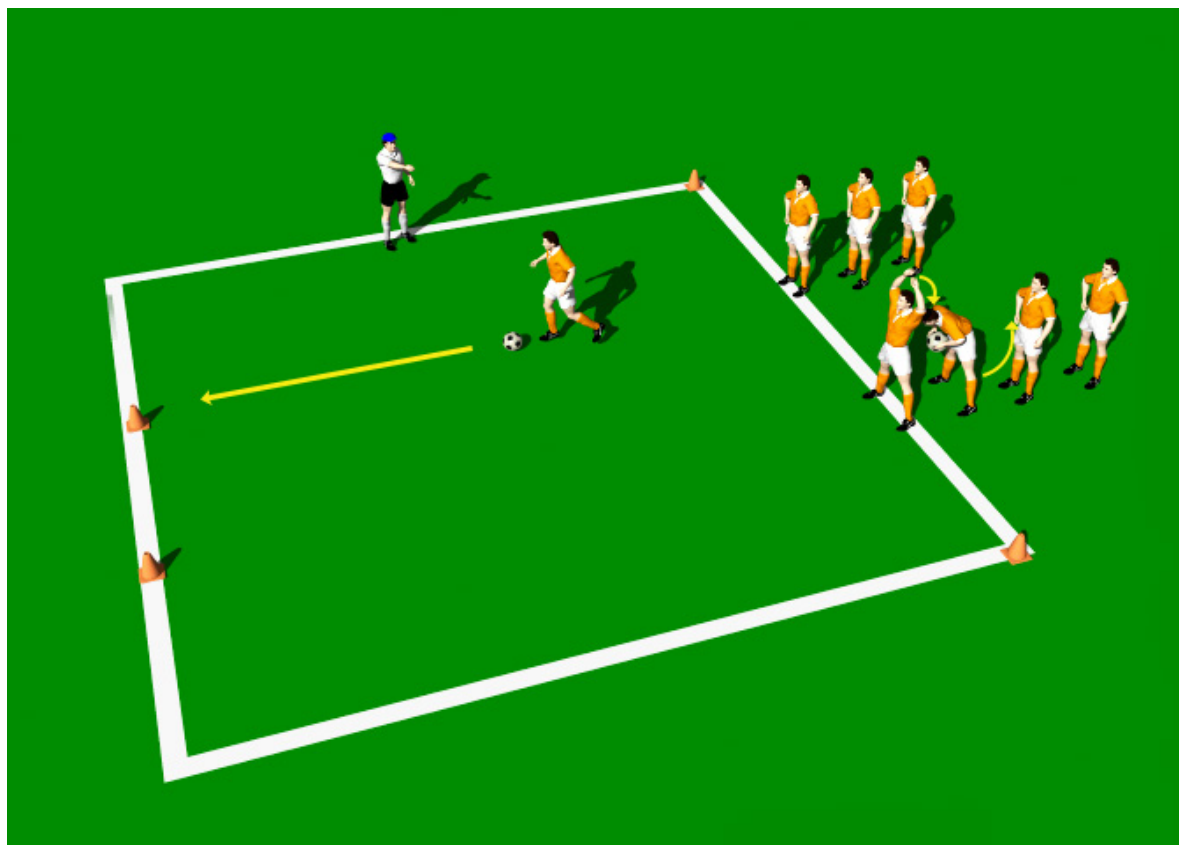


Up and Under Relay Game



Objective of the Practice:

This is a fun game to incorporate a ball with your warm up activity. It also develops coordination and timing as well as team building.

Coaching Points:

Divided your players into two teams. Each team has a ball. The first player in line has the ball and raises the ball above their head for their partner behind them to take. Their partner brings the ball down and hands the ball back through the players open legs. This is repeated until the ball reaches the last player in line. The last player then dribbles the ball around the cone and back to the front of the line to repeat the exercise. The first team to have every player dribble the ball wins.

Field Preparation:

Grid 10 x 20 yards. Entire group of players. Cones. 1 Ball per team.