

## Up and Under Warm Up Game



### **Exercise Objectives:**

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

### **Coaching Pointers:**

Divided your group of players into pairs. Each pair has a ball. Both players stand "back to back". Both players work together "in synch" as they time the exercise. One player has the ball and raises the ball above their head for their partner to take.

Their partner brings the ball down and hands the ball back through both the players open legs.

This is continued for 60 seconds. The coach can adjust the speed going from slow to quick, quick to slow. Also the coach can shout "change" for the players to change the exercise in the opposite direction

Make a game. How many can you do in 30 seconds?

### **Field Preparation**

- ☆ 2 Players
- ☆ 1 Ball