

Warm-up activities:

Warm-up set-up:

Coach sets up eight cones in two lines (four cones per line). The two cone lines are about 15m apart.

Coach splits group into four teams of three players. Each team stands in a line between between two cones (see diagram). Coach gives each team a number (1 to 4). The teams keep these numbers for the rest of the warm-up session.

Warm-up routine:

Coach shouts out "Game on" and the players have to jog on the spot, facing the coach. If they stop for any reason, they have to exit the warm-up area and do one press-up.

Coach calls out any two numbers from 1, 2, 3, 4. The teams with those numbers put their hands up, shout "yes" and the two teams sprint to exchange positions. E.g. coach calls out "2 and 3", "4 and 1" etc. He will also call out false numbers e.g. " 1 and 5" to try and trick team 1 to move. If they do, they have to exit for a press up.

Coach then introduces two other instructions: when he shouts "check" the players have to do a standing two-footed jump and when he shouts "change" the players have to about-turn through 180° and face the opposite direction. After a few goes, coach tries to confuse players e.g. by calling "check" whilst turning himself round, calling false team numbers, gradually speeding up the rate of instruction.

10 mins.

