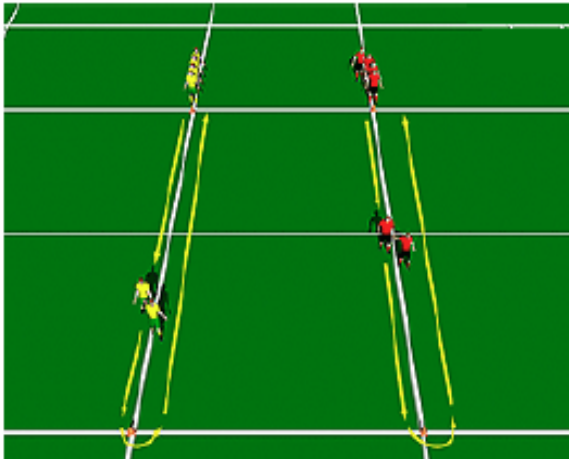


Chain Relay



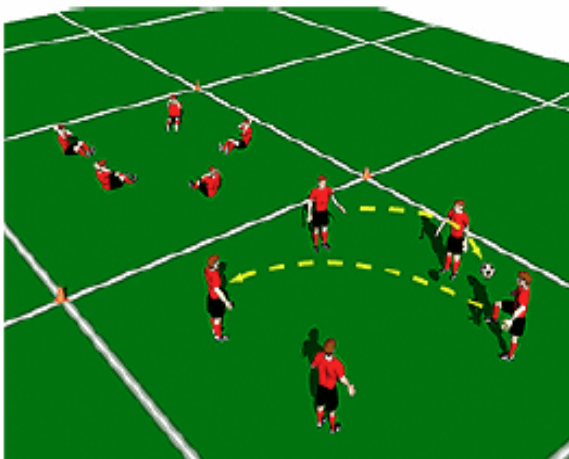
Two groups, Cones 20 yards apart (18 metres)

Divide the group into two teams. Place cones 20 yards apart.

First player in each group runs around opposite cone and back to group. He then joins hands with the next player and repeats.

Follow this sequence until all players are linked in a chain. First team around cone and back to finish line with all players win. If the link is broken, the team must start again from the first player.

Make Them Work



Two groups, 1 ball

Divide players into two groups. Each group in their own area, 10 yards x 10 yards. First group juggles the ball in the air "one touch", using the head, chest, thighs and feet. They may not pass the ball to the player they received the ball from. Second group must perform a designated exercise until the first group drops the ball. Reverse roles after ball is dropped.

Players exercising can perform:

- Sit-ups.
- Push-ups.
- Star jumps.
- Sprints.

Birds on a Fence



Have players jog around area 30 x 30 yards. Players alternate stretching and jogging every 60 seconds. While the players jog, heads must be up scanning the whole field, glancing behind them, looking far and near.

On coaches command:

Players must shout out the color of "John's socks", make of Tom's boots etc. (forces players to scan all players quickly).

Players' heads should be like that of a "bird on a fence" always glancing and checking behind.

Entire group, Grid 30 x 30 yards (27 x 27 metres)