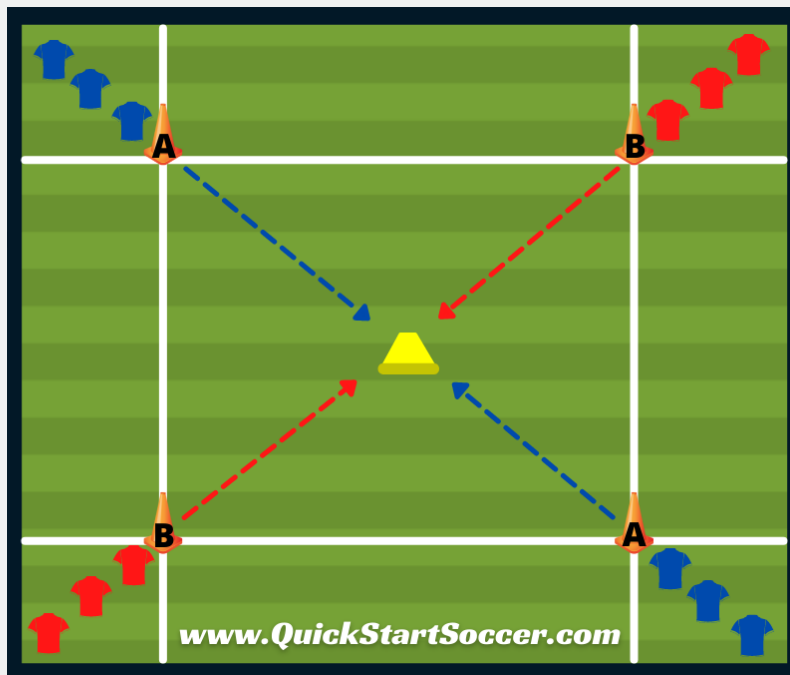


Warm Up Drill



CONE DASH



Set Up The Drill: To set up drill, make a 20x20 grid and place a cone at each corner of the grid. Next, divide the players into 4 groups and have them line up behind the four cones. Name two of the cones 'A' and two of the cones 'B'. Finally, place a small cone in the center of grid. Now, the drill can begin.

Instructions: The coach will shout out either 'A' or 'B', at which point the two players behind that cone will race to pick up the small cone in the center. For example, if the coach shouts out 'A' then the players in front of the two 'A cones' will race to the center. The aim of the game is for players to sprint to the center and pick up the cone before their opponent does.

