

The Warm-up Race



The Set-up: Divide the group in half. Lines should be approximately 10 yards apart facing one another with two small gates (different colors) approximately 5 yards from the center of the grid.

The Exercise: The first two players move into the grid and run in place (players should be pumping the arms to work on proper running technique). When the Coach says Blue! The players race through the blue gate. The next two players in line should immediately move to the middle of the grid when the coach shouts the color for the previous group.

Progress to:

Sprint to the opposite color (coach yells blue, player sprint through red)

Turn! Coach yells turn; players now face their own line

Change! Switch places with the other person in the middle