

## Warm Up Activity - #1 / Bib Pull Away

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 20m x 20m.
- Each player must put a bib in the back of their shorts.
- The players must move around the area and try to pull someone else's bib away.
- They must also try to protect their own bibs.
- If a player's bib gets pulled away, you are out of the game.
- The player who is left after everyone else has lost their bib is declared the winner.
- Get players to then play the same game but with a ball at their feet. Players then dribble and steal bibs.

### Coaching Remarks

- Encourage players to get side on.
- Encourage players to keep looking around and never stand still.

### Diagram

