

Warm Up Activity - #6 / Huddle and Move

Start Game – 15 Minutes

Organisation/ Explanation

- Nominate one player as the 'catcher'.
- Nominate another player as the 'driver'.
- The 'catcher' goes out of the group.
- The 'driver' must put a bib in the back of their shorts and then get the rest of the players to link arms and form a huddle.
- On the coaches' whistle, the catcher must try to pull the bib out of the drivers shorts.
- The driver must command the huddle to move either left or right in order to avoid being caught.
- Continue the practice for 30 seconds or until the bib is successfully pulled away.
- Give all players a turn as 'catcher' and 'driver'.

Coaching Remarks

- Encourage players to listen to the 'driver'.
- Encourage players communicate and to work as a team.
- Encourage players to move quickly on their feet.

Diagram

