

## Warm Up Activity - #7 / Bib/Cone Reaction Game

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 20m x 20m.
- Lay out various coloured bibs or cones inside a small area.
- Players to jog around performing various warm-up movements.
- On the coaches' call of a colour, the players must race to stand next to one of the bibs/cones.
- Ensure that there is one less bib/cone of each colour than there are players. If the players don't react quickly enough, they are out of the game.
- Progress this by playing the game with every player having a ball and dribbling around the playing area.

### Coaching Remarks

- Encourage players to listen to the coaches' instruction.
- Encourage players to be ready to react.
- Encourage players to be aware of what's around them.

### Diagram

