

Noughts and Crosses Warm Up Exercise

Objectives:

- Short distance sprints and agility
- Thinking at speed
- Teamwork

Equipment:

- 9 hoops
- 6 training bibs - 3 x 2 colours

Method:

- Players split into two teams and stand behind line for tag relay.
- First three players in each team have bibs to place in a hoop.
- Subsequent players move bibs between hoops to block opponent or create straight line of 3 bibs.

Hoops

○ ○ ○
○ ○ ○
○ ○ ○

< 10M >

Players in two relay teams

X X X X X
X X X X X