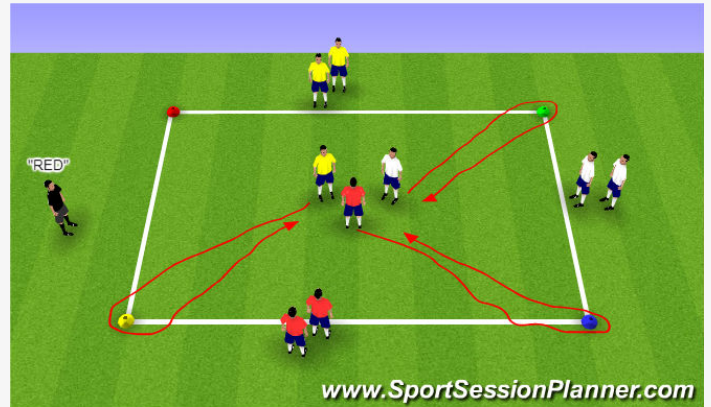




Description

Simon Says 2a (10 mins)

Players: 3-8
Grid: 10 x 10 or 12 x 12
Set Up: - 4 different color cones must be used in this drill. if cones aren't available then you can substitute with multi colored pinnies. - 3 players start in middle of the grid w/o a ball. The coach then yells a color of a cone, the players then choose to run around a cone of a color that wasn't called. Again the players may not run to the same cone color and may not run to the cone color that was called. Variations: include all variations that were given in exercise 1a



Simon Says 2b (15 mins)

Set up: - Same player amount and grid size as 2a. -
Exercise stays the same just with a ball. Variations: All variations of this exercise are the same as 2a. If changes of direction were not introduced in week 1 then they should be introduced this week.

