**Conditioning**

Jog once around entire field as a team, I will follow behind or next to them inside line.

Warm Up: jog forward, side shuffle (both ways), backwards run – together as a group in line.

Hunters and Hunted

* Divide players into 2 teams, each team wearing a tail/bib from shorts with 2 cones on sides of playing area (see below)
* Each team is trying to pull the flag from other teams players and drop to ground…..they become out, they sprint around cone, pick up their tail/bib and return to play.
* Play for 1 minute with 30 second break…and play again! Team counts their bib grabbing for total.

**Sneaky Fitness** (Warm up game)

Create a playing area large enough for your players to move around in safely. For twelve 10-year-olds, it should be about 20x15 yards. Place a pole or distinctive cone on each side of the playing area, about five yards from the sideline. Split your players into two teams. Each player tucks a training vest into their waistband. Use a different color for each Send each team to opposite ends of the playing area.



* On your command, players try to take a vest from a player on the other team and drop it on the ground. If a player loses his vest, he must run around one of the poles outside the playing area and rejoin the game, picking up his vest and tucking it into his waistband as he returns.
* Play for one minute. The winners are the team who have the most bibs when you call "time". Play best of three.

SNAKE DRILL

All players stand in a line about 3 feet from each other. The player in the back runs in a weaving fashion around the players and stops 3 feet from the first player. This is repeated.

Relay Races (cones)

Without balls/With balls

CONE RACE / SPRINTING

4 cones approx. 5 ft. apart– 2 lines (2-3 teams**)**

on whistle, 1 at a time from each line (race), sprint to first cone, run back to line, sprint to second cone, etc. until player reaches last cone and sprints back- tags teammate to go.

CALL OUT DRILL

### The players jog around in an area and the coach blows whistle and calls out instructions

### push-ups - hi-five

### dead bug - jumping jacks

jump up and down

RUN/Listen for call ( from one side of the field to the other and back on my call)

side step one way, side step other way back

jog one way, sprint back

run backwards one way, sprint back

## WEAVE DRILL

Players weave through cones while holding the ball.

The first time through they hold the ball over their head; second time, behind their head; third time behind their back. The trick is that the ball can't touch their body.

Pairs Tag

Two sets of players are connected holding a penny – they are the taggers. Remaining players run around in grid. Tagger tag players. Works on talking (taggers are connected by a penny – what direction they will go to)

Speed Burst Interval Drill

Players will be running a 30-yard length of the field, sprinting as fast as they can. Once done, they will rest for 2 minutes before doing their next sprint.

Hurricanes and Ladders
Divide your players into two teams of 5 to 7 kids, You'll need 1 ball and half a field.
One team starts as the "ladder", the other as the "hurricane".

The game starts when the coach tosses the ball into play.

The ladder team must run to the ball, form a line, and begin handing the ball from one end of the line to the other in an over the head/between the legs passing motion. When the ball gets to the last player in line, that player yells STOP!

At the same time, the hurricane team forms a circle with their arms linked as one teammate runs around the outside of the circle as many times as possible before hearing the ladder group yell stop. The number of circles is counted.

The teams switch roles on the next turn.

Whichever team has completed the most circles after 5 rounds being the "Hurricane" wins.