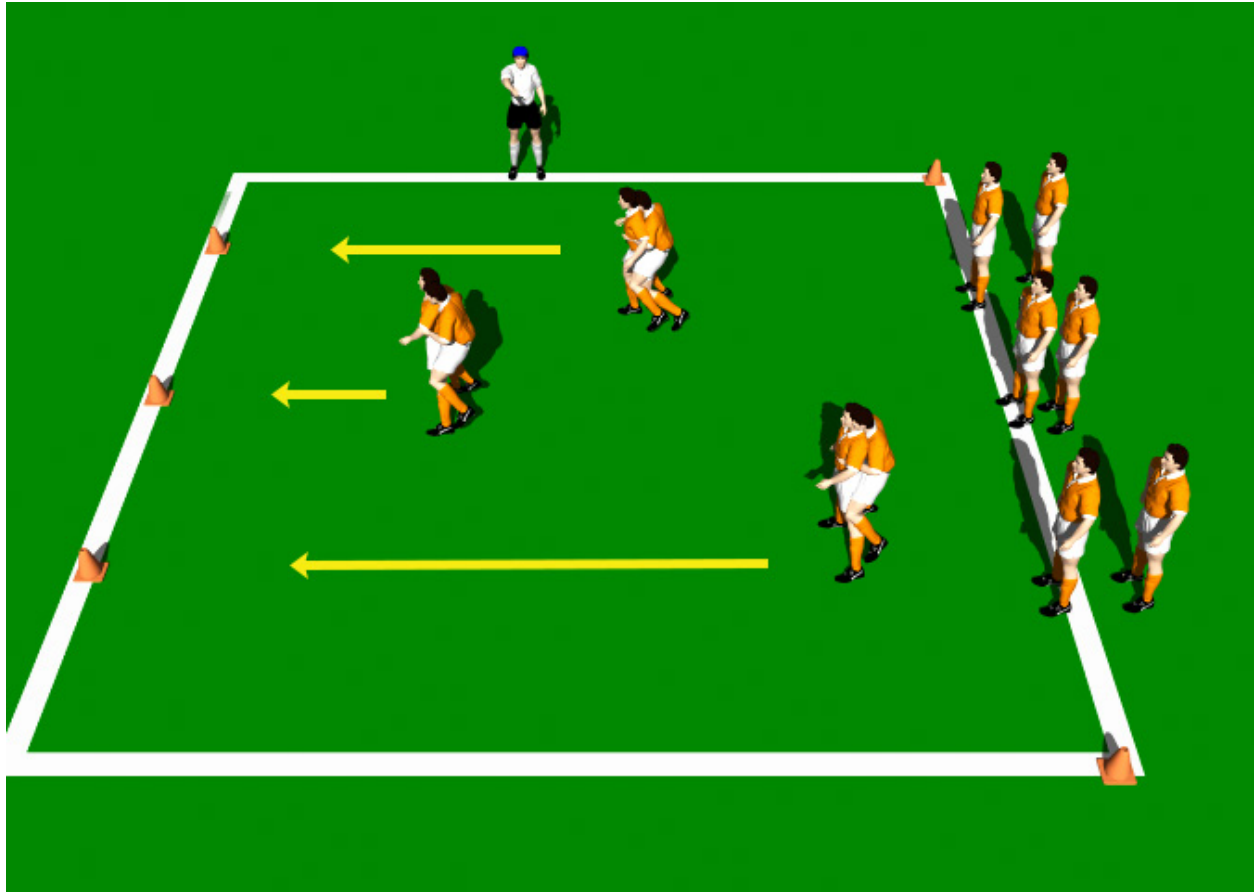


Carry Me Relay Game



Objective of the Practice:

This is a fun warm up game to develop team building. Players love this game.

Coaching Points:

Divided your players into two teams. The first player in line must carry the second player in line around the cone and back. Then two players carry the next player and so on, until the last player is carried around the cone. The first team to carry every player wins.

Field Preparation:

Grid 10 x 20 yards. Entire group of players. Cones.