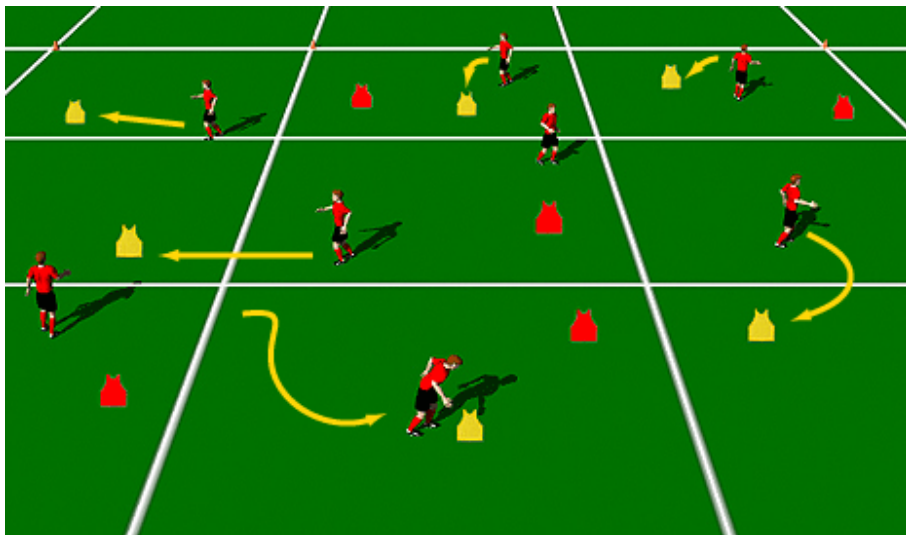
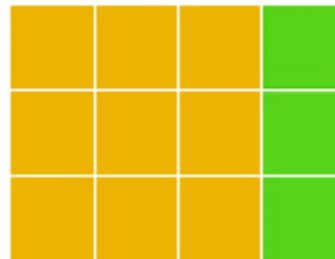


Pick up the Vest



Set Up

- ▶ Entire group
- ▶ 4 Cones
- ▶ 2 Sets of colored vests



- ▶ Grid 30 x 30 yards
or 27 x 27 metres

Coaching Points

Place 12 colored vests on the ground, six red, six yellow.

Players jog around the grid. As the players jog, the coach calls out a color. The players have to race to pick up a vest of the right color. Players who have a vest are awarded 1 point, first to 5 points wins. Or, players who do not have a vest perform a short exercise.