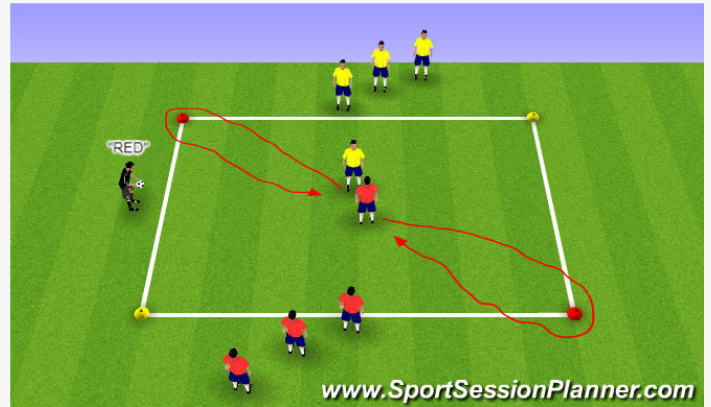




## Description

### Simon Says 1a (10 mins)

Players: 2-8 Grid: 10 x 10 or 12 x 12 Set Up: - 2 yellow cones and 2 Red cones. Set up Diagonally. - 2 players start off in the middle of the square w/o a ball. The coach then yells a color (red or yellow), the players must then run around that color cone then back to the middle as quickly as they can. The First player back wins the race. - Players may not go to the same cone as each other Variations: players going to the cones can use high knees, skipping, hopping, shuffling, etc. Players may also start the drill on their stomachs, backs, knees, etc. Can also include going to 2 cones instead of just 1.



### Simon Says 1b (15 mins)

Set up: - same grid size and setup as 1a. Only difference is now both players in the middle have a ball at their feet. - Coach says color of cone, players must dribble around the color of the cone as quickly as they can and then back to the middle. First player to stop the ball in the middle wins the race. Variations : Can include introducing multiple changes of direction (inside hook, outside hook, pull back, etc)

