

Fun Game 1: Which Way Blue or Red?

All players stand in a line halfway between red and blue cones, all players are on their toes ready to sprint, cones 6m apart. Coach calls red, all players run to the red cone. If the coach calls blue, all players run to the blue cone. Coach stands at the front and tries to distract the group by feinting the opposite way. Progress by asking players to do the opposite to the call i.e. call red run to blue. Eliminate those who go the wrong way.

Fun Game 1 Illustration: Which Way Blue or Red?

