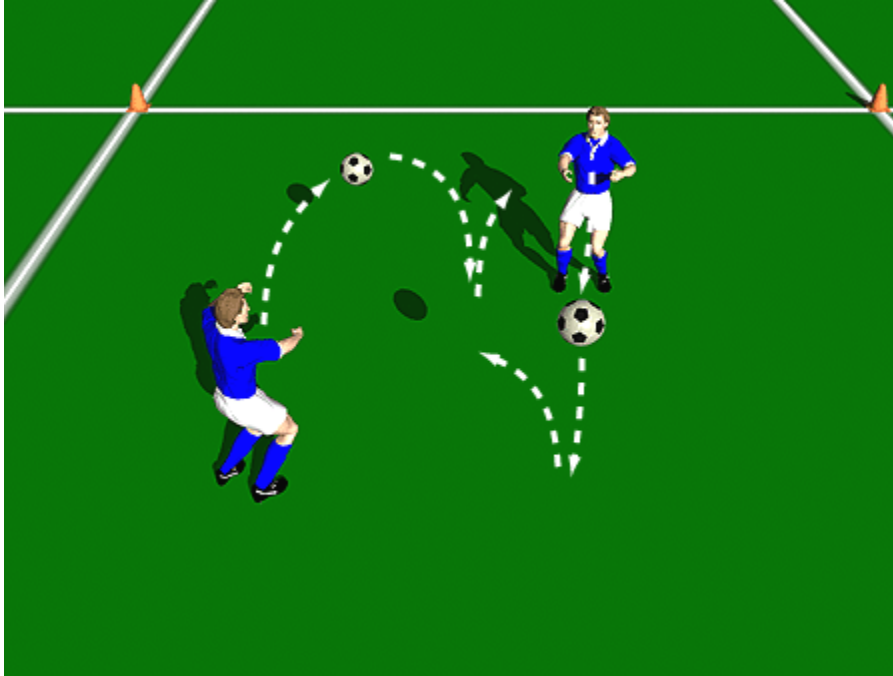


# Warm Up Activities

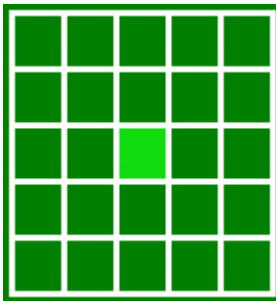
## Ball Exchange One Bounce



### Coaching Points:

Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards or 9 metres x 9 metres.

The players exchange balls while moving around the grid. The ball is only allowed to "bounce once" for they catch it. They are constantly moving to a new position. Players should vary serve in all direction to make the exercise for challenging. Focus should be on "quick feet" and being light on their toes.



### Organizational Set Up

Entire Team  
2 players per grid 10 x 10 yards or 9 x 9 metres.  
1 ball for each player  
Supply of Cones