



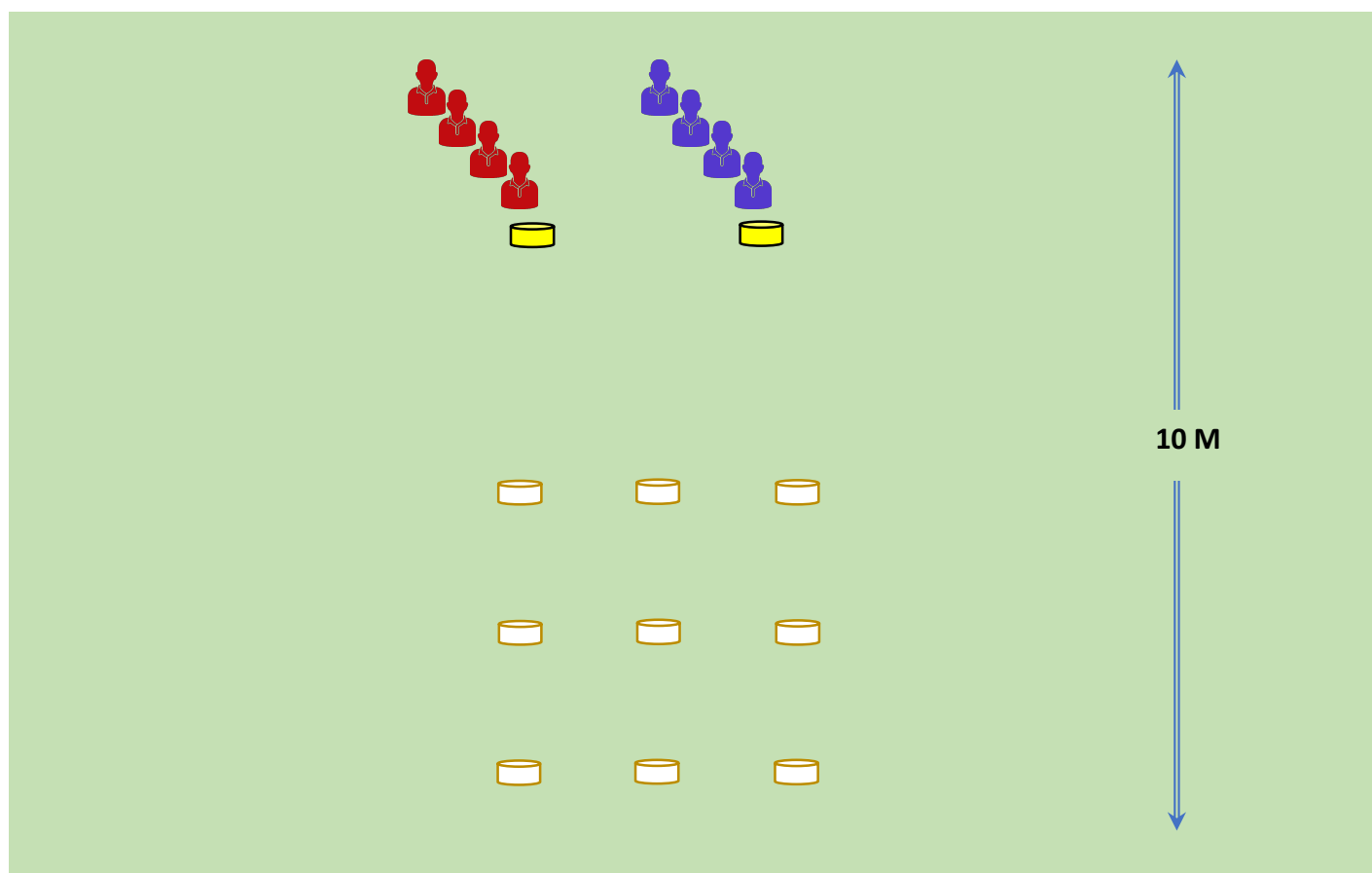
Leadership Warm-Up Drills

One aspect of the leadership badge is about improving team communication, one way we want to try and encourage this is through the players taking control of a warm up with the support of the coach. (10 Mins Max)

Attached are a collection of drills the player can practice, then run for their team.



Tic-Tac-Toe (Noughts and Crosses)

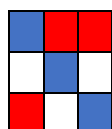


Setup

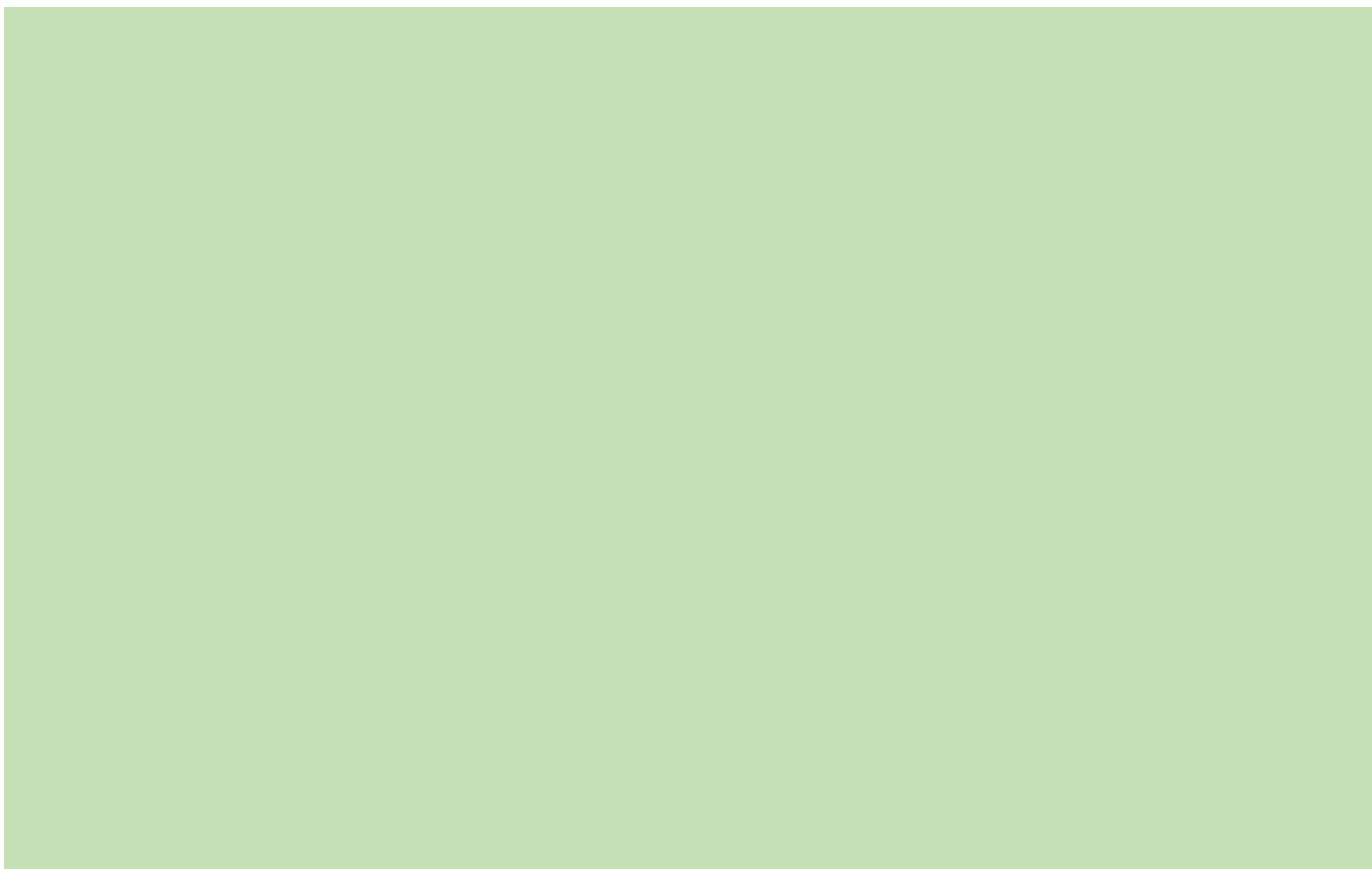
9 White cones in a **3x3 grid** – **3 Blue Bibs** and **3 Red Bibs** – Two teams lined up **10 m** away from the grid.

Objective

To start each team sprint with a bib in hand and places it on an empty cone then tag a team mate, the next player does the same. To win the team needs to build a line of the 3 same colours, each team only has 3 bibs so when they have run out players need to move their bibs to a spare place on the board. See as below in this game **blue team** wins. **Tip** -Help your team members out with good communication.



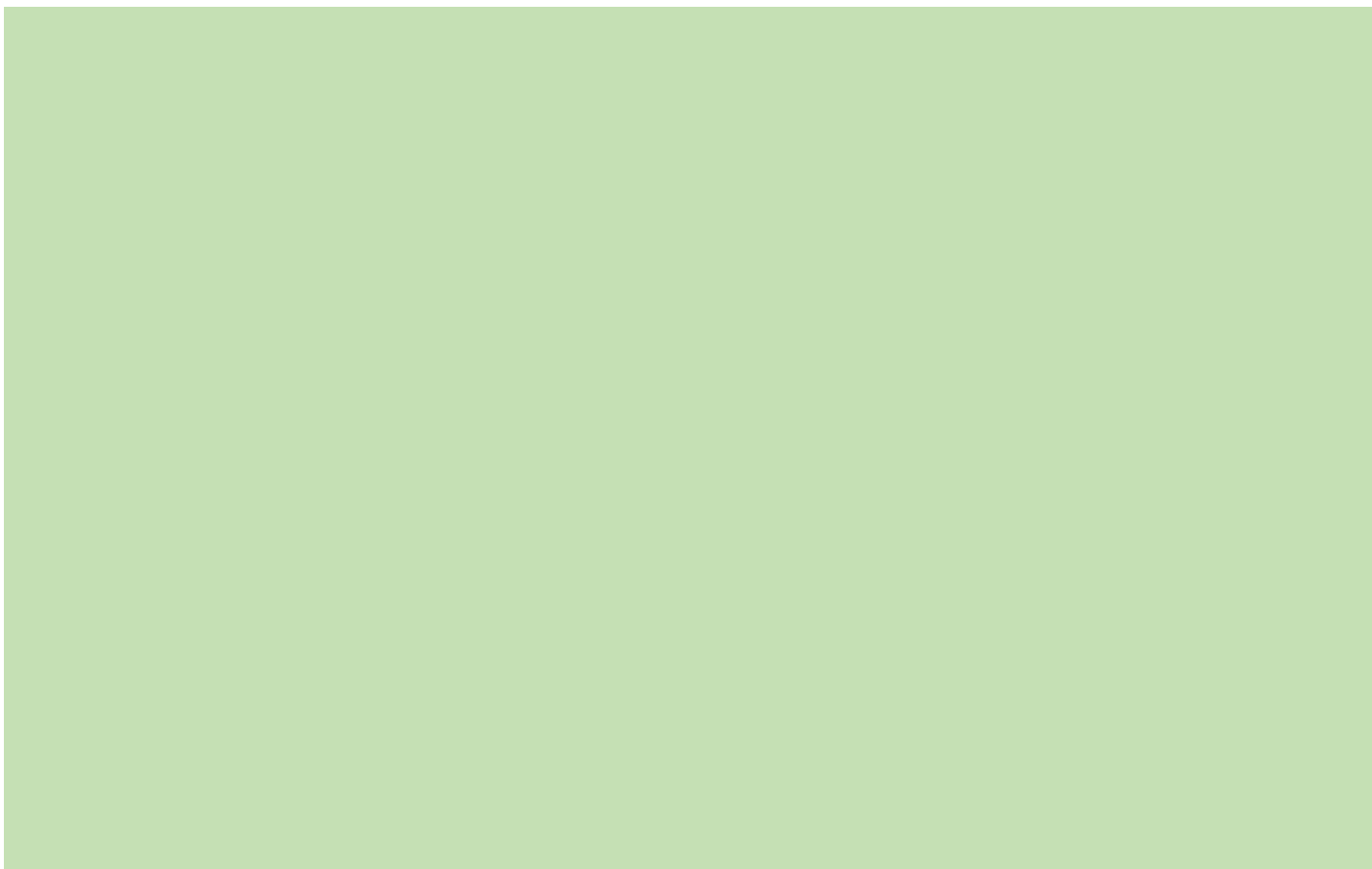
Last Man Standing



Setup

Objective

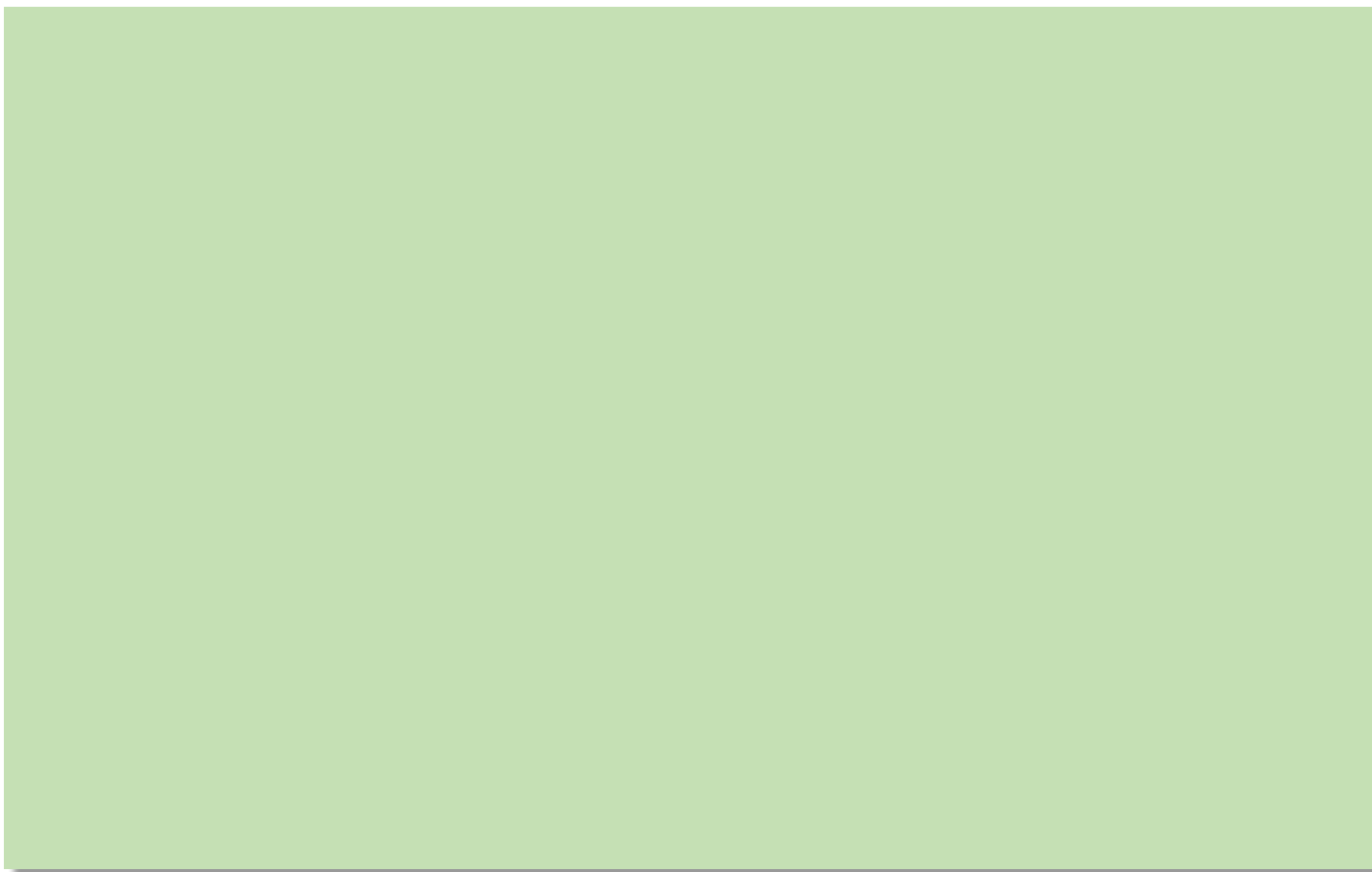
Bulldogs



Setup

Objective

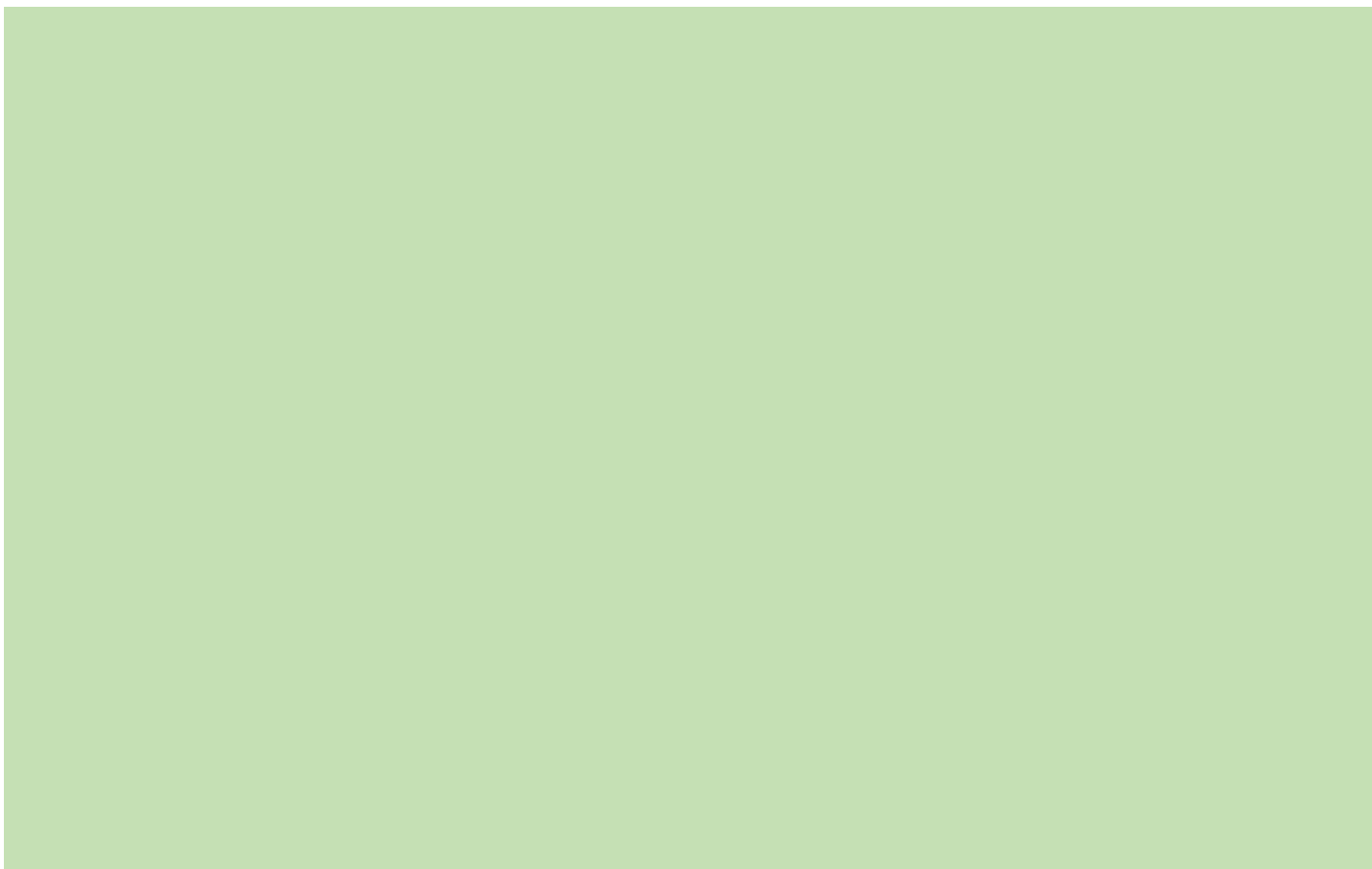
Simon Says – Traffic Lights



Setup

Objective

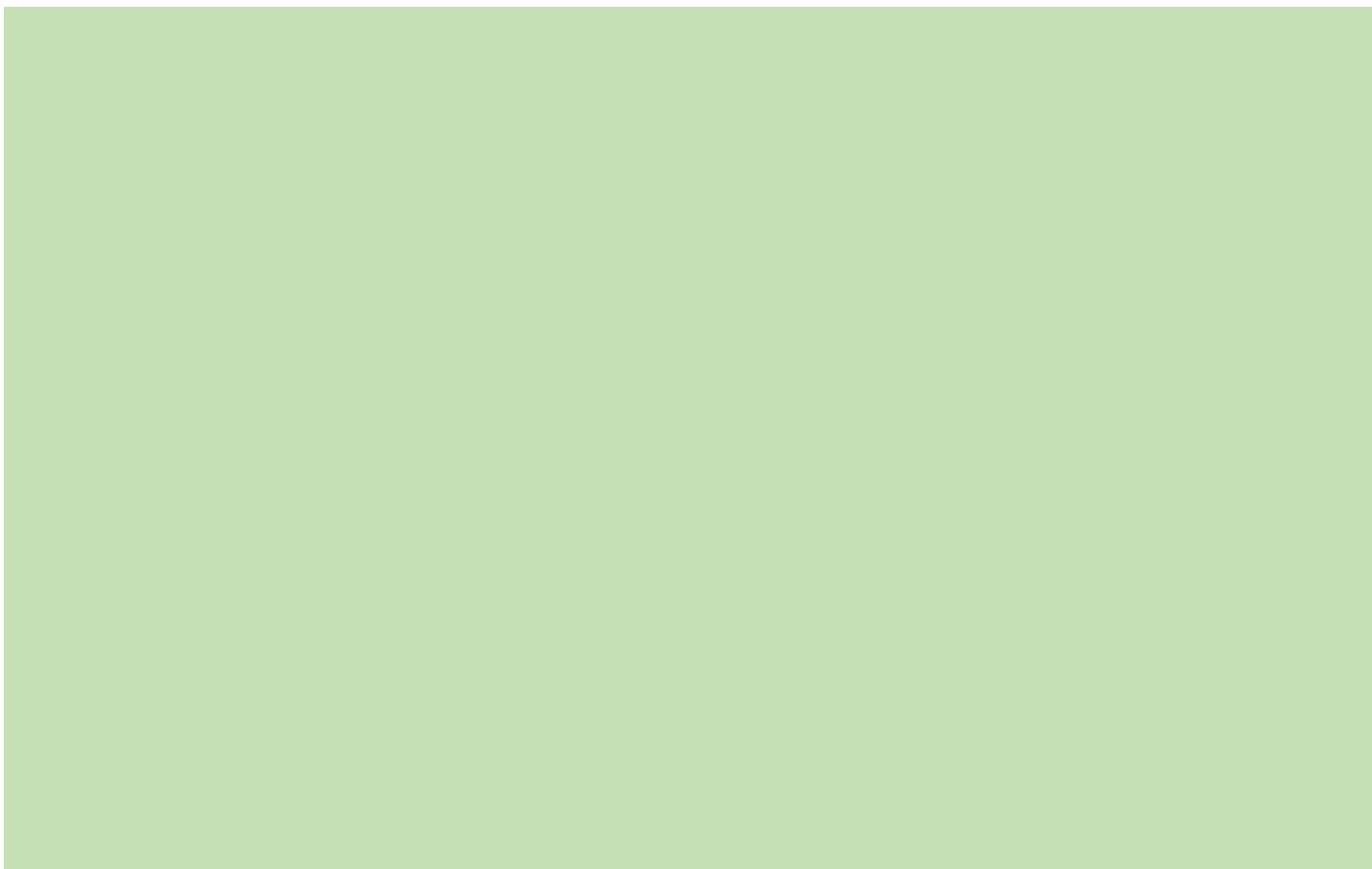
Crab Football - Dribble Skills



Setup

Objective

Passing Shuttle Sprints



Setup

Objective