

## WRIST COACHES WARM UP PART 2: PASSING TO YOU

GOAL: kids enjoy playing an animal while mastering the diamond shape & the four animal positions

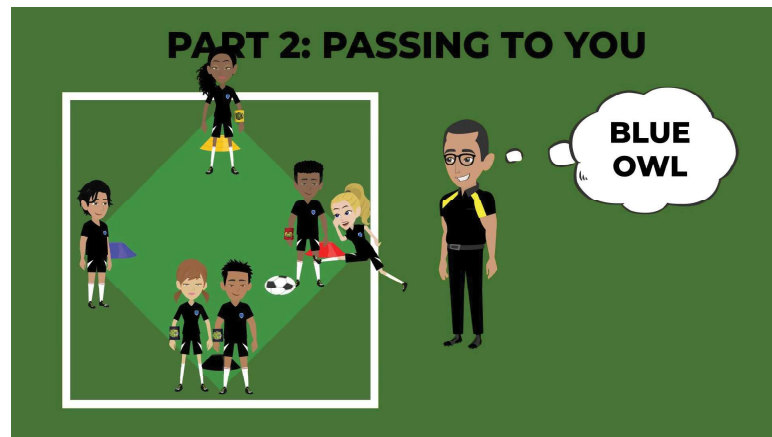
PREP: (same as PART 1)  
place 4 cones on the field in a diamond shape  
bring Wrist Coach kit

**Step 1:** hand out an animal band to each player and give them a minute or two to enjoy their animal and talk about their special powers and how it relates to their position



**Step 2:** kids run to their cone

**Step 3:** call out animals, kid(s) at that cone raises their hand other kids point to that player(s)



### Step 4

**Options A:** coach stands in the middle of the diamond and passes to designated animal, animal passes back

### Step 4

**Options B:** kids pass to each other as the different animals are called out by coach