FSA Spring 2015 Curriculum Week 7
Category: Warm-ups
Difficulty: Beginner

## Description

Simon Says 7a ( 10 mins )
Players: $2-8$ Grid: $10 \times 10$ or $12 \times 12$ Set Up: same as 1 b


## Simon Says 7b ( 20 mins )

Players: 2-8Grid $10 \times 10$ or $12 \times 12$ Set Up: - Grid setup is the same except now there are 4 goals placed on each side of the grid - After players go around the color of the cone the coach yells and receives a ball, the players go 1 v 1 against each other and can score in any of the 4 goals. - 3 points are awarded to the goal directly in front of the player after he receives the ball, 2 points to either side goal, and 1 point for the goal behind the player.


