Activity Title: Grid 1 Day 1

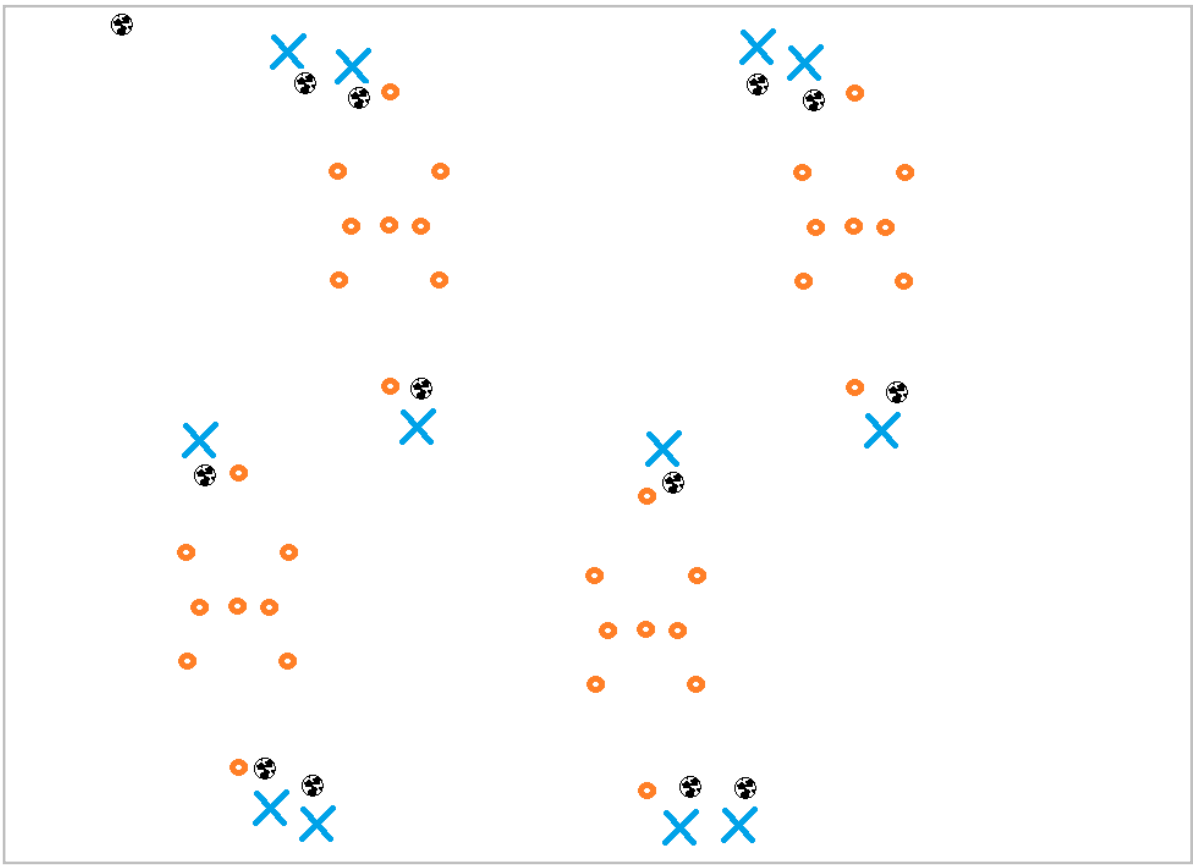
Activity Name: Basic attacking forward space

Activity Setup: Create multiple sets of 2 cones 4yards apart with 3 cones next to each other creating an obstacle midway between the two cones and cones on each side of the divider to force left and right movement. 2 players on one single cone, 1 player on the opposite.

Activity Description: Player will drive to the center obstacle and cut, touch or roll to the left or right of the obstacle after passing the limiting cones. then quickly touch forward to the next line. Once there the next player on the opposite cone will go back with the same move.

Emphasis:

Sharp touches left and right movement before forward

Cue Words:

Active body
Sharp touch