



Tic, Tac, Toe Relays

Appropriate Age Group: 5-19

Skill(s) Practiced: Fundamental Athletic Skills

Drill Duration: 5-10 minutes

Resources: Hula Hoops, Bean Bags, Cones

Description: Players are divided into two teams, of no more than 3. They will sprint a set distance (variable based on age of athlete) to a tic,tac,Toe board set with hula-hoops. In a relay race, players will each drop a bean bag into a space, trying to gain three in a row. If a stalemate is reached, players may move only their bags.

Progression(s): Vary the distance. Allow "boxing-out" to prevent one team from taking a space. Add bean-bags for each team.

Drill Diagram(s):

