



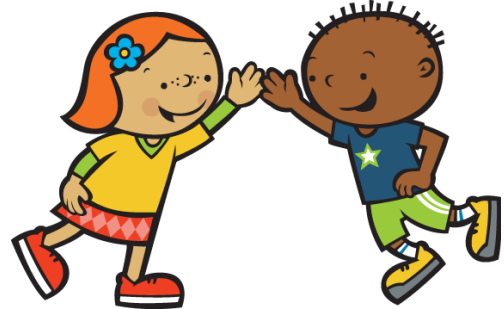
**WARM UP**  
**TAKE IT BACK** (5 min)

**SKILLS:**

Agility, quickness, teamwork

**EQUIPMENT:**

- 20-25 balls and/or other small objects
- 4 markers



**ORGANIZATION:**

- 4 teams of 3
- One team at each of the 4 markers, which are placed in a diamond formation (bases could be used instead of markers). Objects are placed in center where pitcher's location would be.

**ACTIVITY:**

- On "GO", one player at a time from each team runs out and picks up 1 of the objects and returns
- After tagging the returning player's hand, the next player leaves
- Play continues until all objects are gone
- The team with the most objects wins

**COACHES NOTES:**