



THE FINAL SCORE

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

- The final game score of the coach's favorite team

Method

- Coach uses the final score from their favorite team in any recent game.
- Participants do alternating opposite elbow to knee touches for the number of times that equals the final score multiplied by 5.
 - Example: New Orleans Saints score 28 points in a game, multiply by 5, youth do 140 elbow to knee touches.