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START WITH PLAY

20 FUN WARM UP GAMES FOR
ANY AGE OR SPORT



ADD MORE FUN TO YOUR COACHING SESSIONS

Warm Ups / Team Building / Decision Making / FUNdamental Movements

For more information, please visit:

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Any information provided in this guide should be used at the risk of the individual and consideration should be made to ensure activities are appropriate for their individual group.

Abbreviations

ABC - Agility, Balance & Coordination

RJT - Running Jumping & Throwing

CKPS - Catching, Kicking, Passing & Striking

Definations

Agility - Is the ability to move in any direction at speed (this includes acceleration and deceleration)

Balance - Is the ability to control your body in its own space

Coordination - Is when all parts of the body work together to preform a task or a skill

Welcome & Thank You

Firstly I would like to thank you for supporting HelpMeCoach.ie by getting this guide. We try to provide coaches with quality and usable information whether it's on our website, on social media or here in this guide.

Secondly, I want to commend you for investing in this resource! That says a lot about you as a coach, that you are looking to improve! As your coaching journey continues, you will start to understand that you will always continue to learn and that nobody has all the answers. We are here to provide our views and experiences in the hope that they can help you in your current stage. We are always learning from anyone we work with because every coach has something unique that they bring to coaching and every situation is different and presents different challenges. We would also like to wish you all the best and have no doubt you will do a great job.



Introduction

The following information is important to understand before using any of the material within this coaching guide and should make things easier for you to use in your sessions.

The main purpose of this guide is to give you a good variety of games that you can use to help you develop the fundamental movements along with other skills. These games can be used for warm ups with any age group, team building with older ages, and as a station for a full session with younger ages!

We want to emphasise that within the 20 games we have included you have a multitude of variations with regressions, progressions and adaptations. We would encourage you to take this as a starting point and build upon it to further your knowledge of Fun Games.

The key thing when coaching ANY sport or ANY age is to make it FUN! This is the number one reason people will come back session after session. Make sure that stays front and centre of all your sessions and you will be a long way towards being remembered for all the right reasons by all the players you work with!

Finally, It is important that you also understand that as a coach applying any of these games that it is solely your responsibility to be aware of and considerate to ALL safety considerations. We can not allow for individual circumstances and this is the full responsibility of any coach implementing any of the games in this guide.

The very best of luck in your coaching journey & we are always available to help where we can, just get in touch.



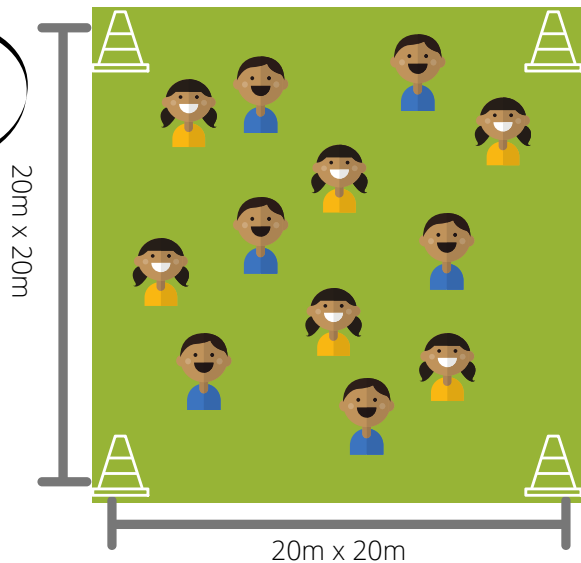
Game Name



Works

Here you will see what this game helps to develop

Set Up



This section shows you how you should lay out your station

We also let you know what equipment you might need here

How

Here you will get the details of how the game is run and how you can control what happens

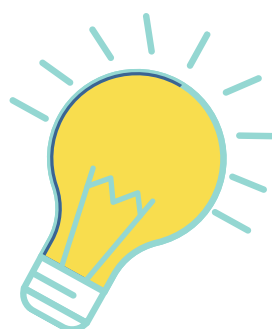


Progression

Here you will get some progressions, how you can advance the game through new rules etc

Why

This area gives you a better understanding of why you should be using this game with developing children.



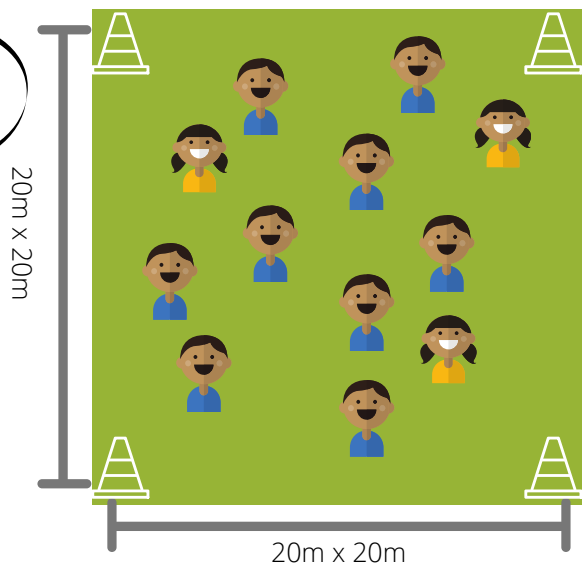
Stuck In The Mud



Works

This game helps to develop ABC's along with Running & Jumping.

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

For every 7 players there is a catcher, for example if there is 20 in the group you would have 3 catchers.

Players MUST stay inside the marked playing area

How

- When the coach blows the whistle the game is on – catchers aim to catch other players who cannot leave the marked square.
- When caught players are 'stuck' – stand with a wide stance and arms out stretched, they are 'freed' when another player crawls through their legs and the game continues.

Vary what players must do when caught and how they are 'freed'; Players crouch down into a tucked squat position – players must 'leapfrog' over them to free – this helps introduce a squatting pattern while also working on jumping & landing. Players assume a 'bridge' position – players must jump over to free – this helps introduce a brace/plank pattern while also working on jumping & landing. Players assume a 'toilet' position (kneeling lunge) – players must 'sit on the toilet' to free – this helps introduce a lunge pattern while also introducing a squat pattern. Players assume a single leg 'h' balance position with arms raised – players must high five to free – this helps introduce a single leg balance/'h' position.

Progression

Why

A running Fun game is a great way to warm up Children for sport, running will increase heart-rate and blood flow getting muscles and organs ready for exercise. Agility is the main focus of any chase based game – this is a Fundamental movement skill vital for all team field or court invasion sports. Co-ordination skills will also be challenged through catching and varying ways to free each other. Children will perform mutable dynamic movements such as crawling, crouching, standing, which will activate and strengthen their bodies.



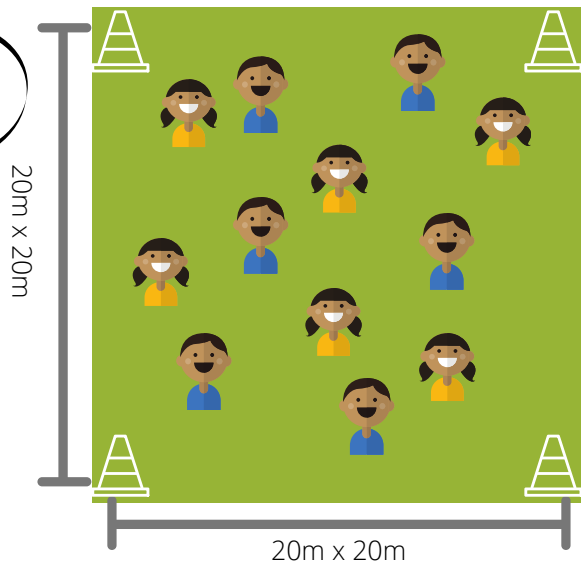
Traffic Lights



Works

This game helps to develop ABC's along with Running & Jumping.

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

You will need 3 cones / bean bags / bibs

(1 GREEN, 1 ORANGE, 1 RED)



How

- When the coach has green, red, and orange cones, children pretend to be cars and when the coach raises the green cone the children run around in any direction,
- Red cone = stop, Orange = slow.
- Every 30 seconds (when the coach shows the Red cone) introduce a new command
- Speed Bump (hop), Icy Road (side step/skid), Flat tire (single leg hop), Reverse (run backwards), Roundabout (spin).

Progression

When the coach has green, red, and orange cones, children pretend to be cars and when the coach raises the green cone the children run around in any direction, Red cone = stop, Orange = slow. Every 30 seconds (when the coach shows the Red cone) introduce a new command; Speed Bump (hop), Icy Road (side step/skid), Flat tire (single leg hop), Reverse (run backwards), Roundabout (spin).

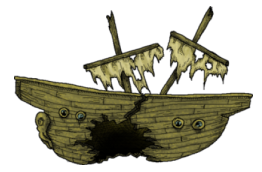
Why

A running Fun game is a great way to warm up Children for sport, running will increase heart-rate and blood full getting muscles and organs ready for exercise. Agility is the main focus of any chase based game – this is a Fundamental movement skill vital for all team field or court invasion sports. Coordination and other movement skills will also be challenged through the varying commands introduced by the coach.



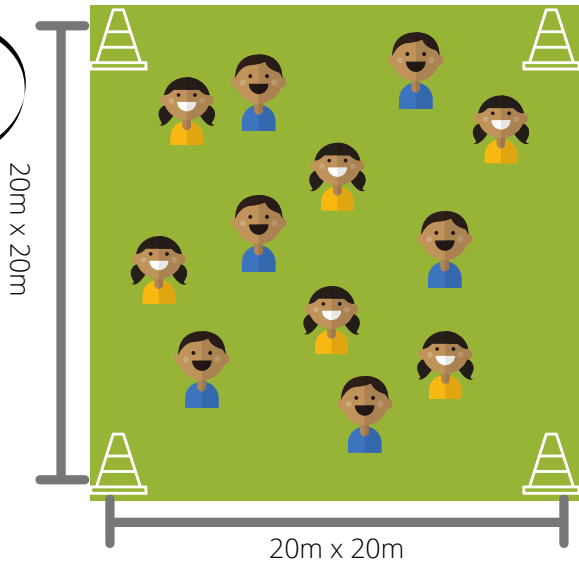
enjoy!

Ship-Wrecked



Works This game is great for agility & running

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Each side of the area is called a side of a ship - Bow, Stern, Starboard & Port - when coach calls an area of the ship players must run to this area.

How

- Each side of the area is called a side of a ship – Bow, Stern, Starboard & Port
- When coach calls an area of the ship players must run to this area
- Every 30 seconds the coach can introduce a new command -
- Scrub the deck (players must drop on hands and knees & pretend to scrub),
- Climb the mast (players must pretend to climb a rope raising knees and hands),
- Stormy seas (players must sidestep pretending the ship is rocking)
- Shark Attack (players must lie on their belly and pretend to swim away from a shark),
- Walk the plank (players must walk putting 1 foot in front of the other pretending they are on a thin plank)

Progression

Complicate the exercises or make a competition; Challenge players by introducing commands that have more complex movements, stability/mobility or strength. If players are last to get to an area or perform an exercise they are out. (disadvantage to this is you will not have all players involved all the time).

Why

A running Fun game is a great way to warm up Children for sport, running will increase heart-rate and blood full getting muscles and organs ready for exercise. Co-ordination and other movement skills will also be challenged through the varying commands introduced by the coach. Dynamic movements introduce mobility and strength activities in a fun way.

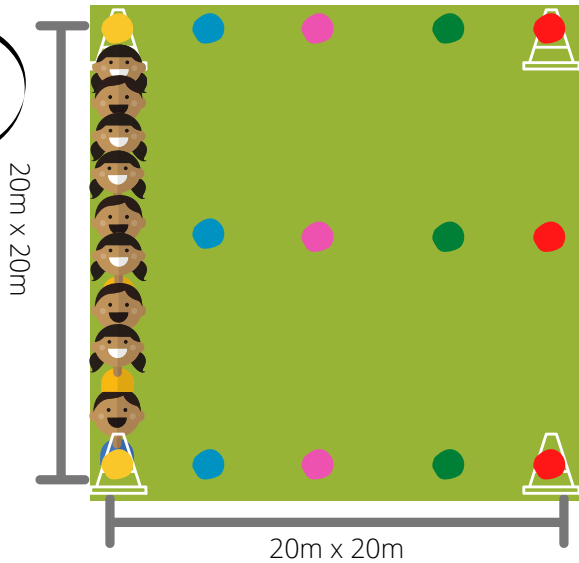


House



Works This game is great for agility & running

Set Up



Mark a square area with cones 25m x 25m (will vary depending on numbers)

Place cones 5m apart in 5 lines of a colour as per example. Use one of the outside lines as a starting position for the kids (the yellow line in this example).

How

- The line that the kids line up on will be "House" & also "Yellow"
- All other lines will be called their colour (Blue, Pink, Green, Red etc)
- They will all also have a number attached (Blue = line 1, Pink = line 2, Green = line 3, Red = line 4)
- The coach will call a colour or a number and the kids must run to this line and wait for the next call
- The coach should try to get the kids to make a mistake eg call a colour but point to a different one, call a number that they are already standing on etc
- If a child makes a mistake they become a judge with the coach and call out others that make a mistake. The winner is the last one standing!



Progression

Continue to add instructions by assigning different things to each colour, for example different fruits, sports teams, days of the week, months of the year etc. The key here is to be inventive and make it fun and engaging for the kids.

Why

This is a great FUN and challenging game that works on agility and listening skills. It improves their ability to process information and react accordingly. It is a great way to build rapport with a group and get them to give you an item for each colour to engage them more!



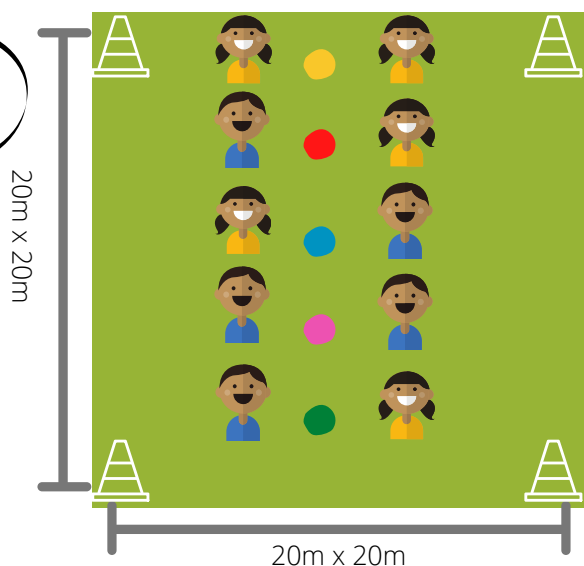
Fast Reactions



Works

This game is great for balance, coordination & listening skills

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Split your group into pairs

- Each pair faces their partner
- Keep space to spread out your arms and not touch the person next to you
- Place a bean bag, ball or cone in the centre between each pair
- *Explain to make sure not to bow when picking up the object to avoid clashing heads, encourage the squat movement

How

- Once you have the game set up, the coach will call commands eg. touch your head, touch your toes etc.
- Once the coach says the word "BEAN BAG", or whatever object you are using the players must react and grab it as fast as possible.
- The person that gets it first wins a point
- Reset the game and go again!
- This can be played as individuals or as a team (one side against the other)
- If teams, let them come up with their team name (Favourite sweets, cartoon etc)

Progression

This can be progressed by making the movements you ask them to do before calling the object more challenging, for example balance on one leg then touch your left ear with right hand, next touch your right foot with left hand etc.

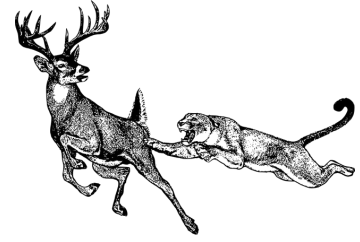
You can also add complexity by adding different objects, for example different colour cones or have a ball, a bean bag and a cone.

Why

This game is a great way to develop listening skills while also working on many fundamental elements such as balance and coordination. the ability to process information and react to it quickly also transfers really well to all kind of sport.



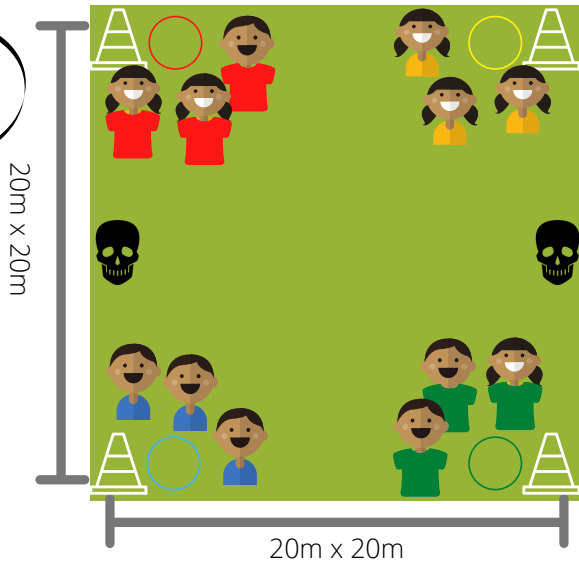
Hunted



Works

This game is great for agility, coordination & spacial awareness

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Place a different coloured hoop in each corner & place an even number of matching bibs at each hoop (red bibs with the red hoop etc)

Split your group into even teams at each colour hoop.

Players tuck their bibs in their waistband to create a "tail"

How

- Once you have your groups set up that they start at their own colour hoop with the same colour bib tucked in as a tail you are ready to play
- When the coach blows the whistle, each team "hunts" all other teams while also trying not to get caught themselves
- They have to try and take a tail from an opponent and can only take one tail at a time!
- When they have successfully hunted a tail they then bring it to the hoop that matches that colour. For example if you catch a blue tail it must go to the blue hoop.
- If you lose your tail you must go to the DEAD ZONE (marked with a skull above)
- To leave the dead zone you must do 5 burpies, then go back to your colour and put your tail back on to re-join the game
- The coach should stop the game on intervals and count how many bibs are in each hoop at that time. The team with the least amount of tails in their hoop at the end win.



Progression

You can progress this game by adding different exercises into the dead zone. These can be physical exercises or even sport specific skills.

Why

This is a non stop activity where children have to be fully aware of their surroundings to make sure they are not caught when focused on making a catch themselves. There is loads of agility, balance and coordination involved in this game and it is great fun for kids. The addition of different exercises to get back in the game gives the coach great range to customise this game.



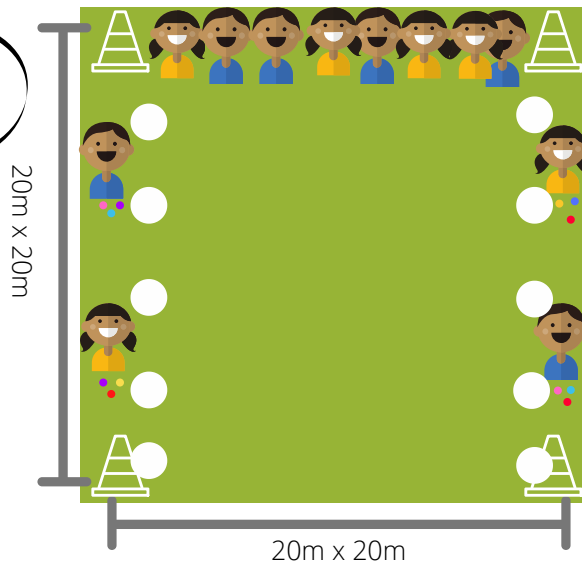
Cowboys & Indians



Works

This game is great for Agility, Running & Throwing

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Create two tram lines down the sides. Indians line up on one end, have one or two cowboys on each side outside the tram lines.

Cowboys have bean bags with them spread out the length of the side

How

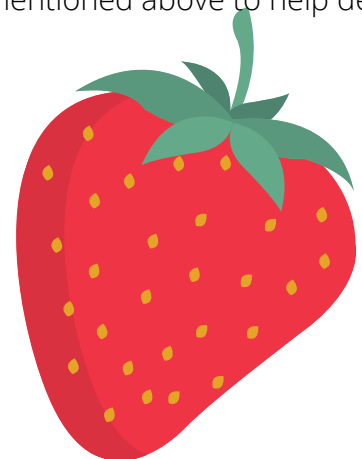
- When the coach blows the whistle, the Indians have to run from the end they are at to the other end of the square.
- As the Indians are running, the cowboys have to try and "shoot" them. This is done by throwing bean bags (make sure that this is an underarm throw only)
- If the Indians are hit by a bean bag (between the hips and feet, NOT ABOVE THE HIPS) they then become cowboys
- After the run is completed the coach tells the cowboys to collect the bean bags by shouting RELOAD! once this is complete the coach can blow the whistle and start the next round
- Continue until you have a winner! They would then start the next game as the first cowboy

Progression

This game can be progressed by introducing rules like only throwing with your left hand, start laying down and you have to jump up before you can throw, Balance on one leg when throwing etc. The more inventive the better!

Why

This game is great for developing throwing. It is also a game that involves lots of agility and running and jumping. The coach can add elements in as mentioned above to help develop other areas also.



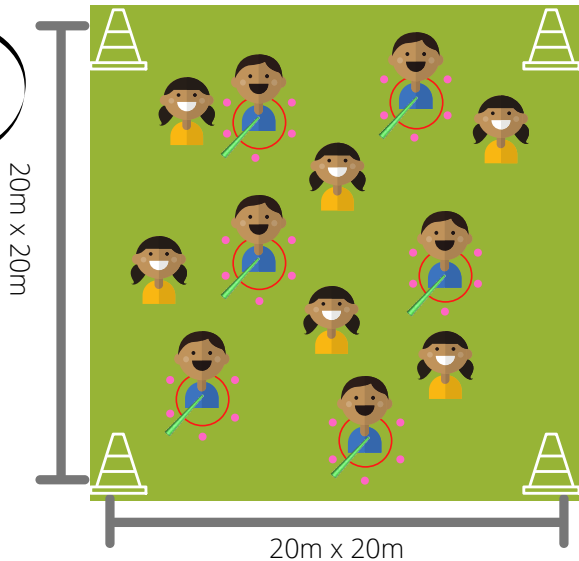
Space Invaders

Works

This game is great for agility & running



Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Split your group into pairs. Each group starts with a hula hoop, 5 cones & a foam noodle (this can be replaced by something else appropriate if needed) Each pair finds a space in the area where they are not too close to another group. They will place their hoop on the ground with the 5 cones spread around the outside. One person starts in the hoop holding the foam noodle

How

- Each pair has a planet with 5 satellites to defend (the hoop with 5 cones around it)
- One of the pair defends as the other attacks other planets
- The attacker has to try and attack other planets and steal one of their satellites without getting hit
- The defender uses the foam noodle to defend their planet by touching an attacker with it
- If an attacker gets touched by the foam noodle they have to leave the satellite back and must attack a different planet
- If the attacker is successful, they return to their own planet and add the satellite to their collection
- The players swap places after the attacker returns with a satellite they have stolen from another planet to allow both an opportunity to attack and defend
- When the coach blows the whistle all players must freeze so the coach can count the satellites for each team to decide the winner

Progression



This game can be progressed by introducing rules for movement (only hopping, bear crawling etc). You can also play this game in rounds, so when the coach stops for the first count one team might be ahead but then the game continues rather than resetting to start again.

Why

This is a great fun game that develops spacial awareness, balance, agility, and coordination. It will also work on decision making and a tactical awareness of when to attack and defend.

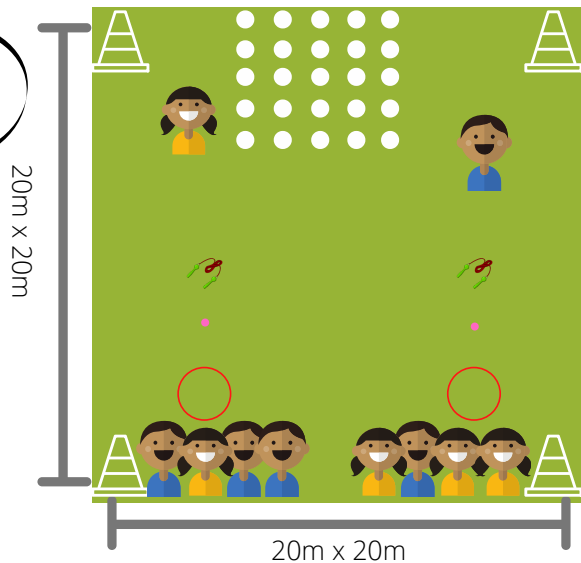
4 In A Row



Works

This game is great for decision making & multiple fundamental movements

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

- Split your group into teams of 4 or 5
- Set out a grid of upside down cones at the opposite end of the playing area 5 x 5
- First place a hula hoop in front of each group
- Next place a bean bag down for each group
- Finally place a skipping rope down for each group
- Each team will have 4 bibs (1 colour per team)

How

- The aim of this game is to get 4 of your colour bibs in a row on the grid. This can be done vertically, horizontally or diagonally
- The first 4 people in each team have a bib (each group different)
- The first person will carry their bib through the obstacles placed in front of them before setting their colour on the grid
- The obstacles can be decided by the coach and can be changed, for this example we would say obstacle 1 is ten reps of the hula hoop. Obstacle 2 would be to throw up the bean bag and catch it behind their back & obstacle 3 would be 10 skips of the skipping rope
- When all obstacles are completed they can then place their colour on any free cone
- The next 3 people will do the same. Blocking others from winning should be explained and encouraged for those that are a bit behind as a tactical way of getting back in the game
- Once all the colours are placed in the grid, the next person to go does to obstacles and can move one of their bibs to a different position on the grid (only one move and they can only move their own colour)
- When a team gets 4 in a row in any direction, they are the winners!



Progression

This game can be progressed by adding more teams, you can change the size of the grid and you can also change the obstacles to be more game specific skills

Why

Not only is this game great fun, it also creates good competition. It is a great game for developing decision making under pressure and also gives great freedom to the coach to work on what ever they feel is necessary through the obstacles.

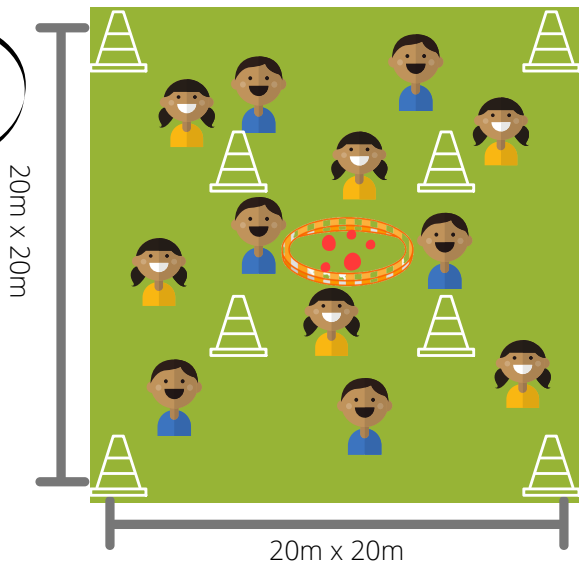
Popcorn



Works

This game is great for co-ordination based throwing, catching & movement

Set Up



Mark a square area with cones 20m x 20m with a square 2m x 2m in the centre with a hula hoop 'Popcorn bucket' in the middle of that. (size will vary depending on numbers)

Fill the 'Popcorn bucket' with bean bags

How

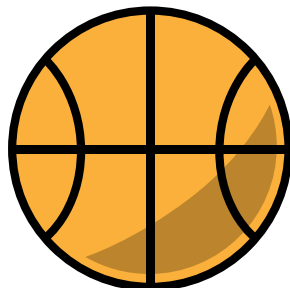
- 'popcorn makers' or 'blockers' in the inside area aim to empty the bucket by throwing the 'Popcorn' (bean bags) out.
- The players on the outside have to gather the 'Popcorn' and throw them back into the 'bucket'.
- Time for 30 seconds then count how many 'Popcorn' pieces are in the 'bucket' – swap the next 2 'Popcorn makers' and see if they can do better – repeat until everyone has a go.

Progression

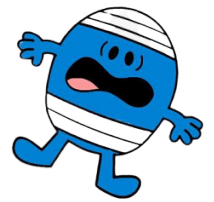
Popcorn can change; Become sport specific by using relevant equipment for example, basketballs & a bin/basket, Gaelic Footballs & handpass into bin/basket etc.

Why

Throwing is a complex hand eye co-ordination skill and can be difficult for younger players to grasp – Creating a Fun environment to perform the skill helps with acquisition at beginner level. Throwing is one of the Fundamental movement skills of Physical literacy. Co-ordination skills will also be challenged through aiming at a target and movement.



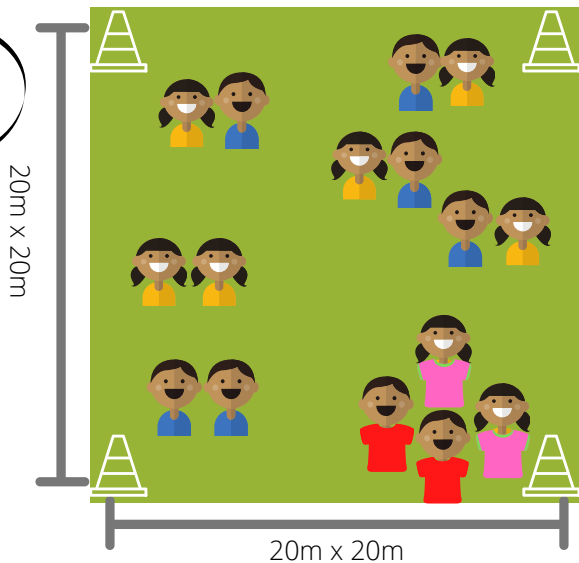
Bump



Works

This game is great for agility and coordination

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

- Split your group into 3 categories
- Chains - 2 people together linking arms
- Catchers - 2 or 3 people depending on group size (highlighted in pink)
- Bumpers - 2 or 3 people depending on group size (highlighted in red)

How

- Chains spread out around the square and stay in that place
- Chasers start holding a bib and will be trying to catch bumpers
- Bumpers have to try to join a chain without getting caught, The bumper joins a chain by linking one side and saying BUMP to the person on the other side of who they are now linked with. That person now becomes the bumper
- If caught a bumper must take the bib and become a catcher
- The catcher that caught the bumper is now a bumper
- Bumpers can not rejoin the chain they have just been bumped from

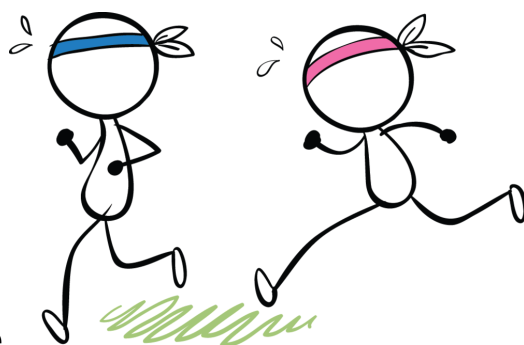
Progression

You can progress this game by adjusting the number of catchers versus the bumpers. You can also add in some throwing by changing from a bib to a bean bag, the catcher must hit the bumper with the bean bag to catch them.

You can also add rules like you can only join from the left or catch with your left hand etc

Why

This is an excellent game for developing agility and fast thinking. Players are continuously changing direction and having to make decisions. This mimics many of our games where we have to make fast decisions when moving at speed.



friends

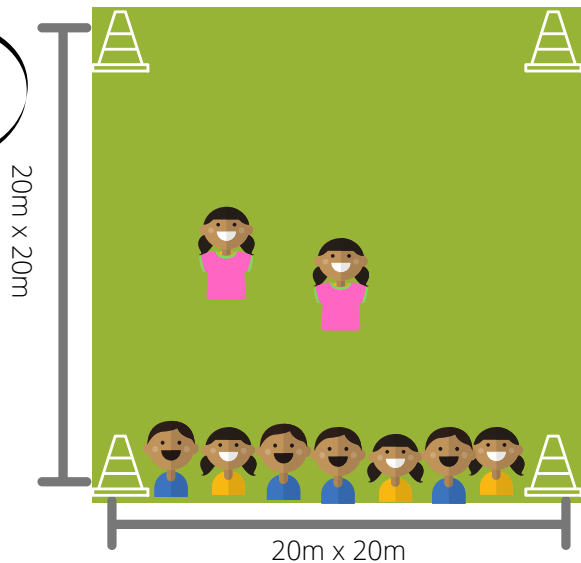
Foxes & Hounds



Works

This game is great for agility and coordination

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

- Split your group into 3 categories
- Chains - 2 people together linking arms
- Catchers - 2 or 3 people depending on group size (highlighted in pink)
- Bumpers - 2 or 3 people depending on group size (highlighted in red)

How

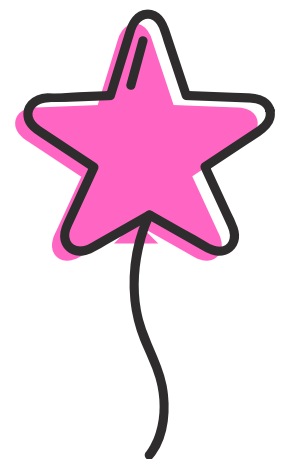
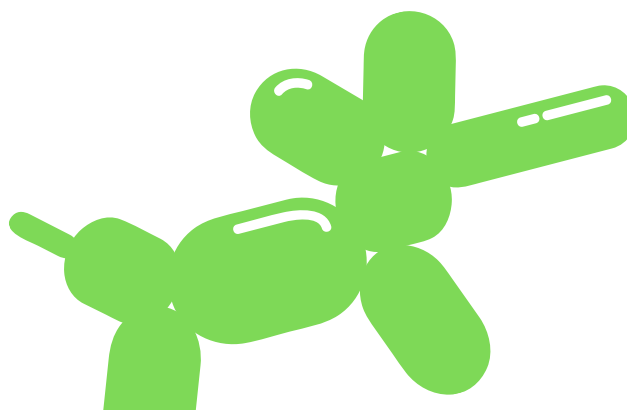
- Foxes line up on the end line, they each have a bib tucked into the waistband of their bottoms (this is their tail)
- You have 2 Hounds (identified in pink) in the middle of the zone
- When the coach blows the whistle, the foxes must leave the line they are standing on and run to the safety of the other side
- On each run a fox makes, the hounds will try to grab their tail
- If a fox loses their tail, they become a hound, if they get across safely they get to run again on the next whistle
- Continue until you are down to the last fox!

Progression

You can make adjustment to either the foxes or the hounds in how they can move, for example hounds can only hop on one foot etc

Why

This is an excellent game for developing agility and fast changes of direction. You are also getting a good element of coordination as the hounds reach for the foxes tail. This game also creates an ability to move through a space with awareness of surroundings leading to a "heads up player"



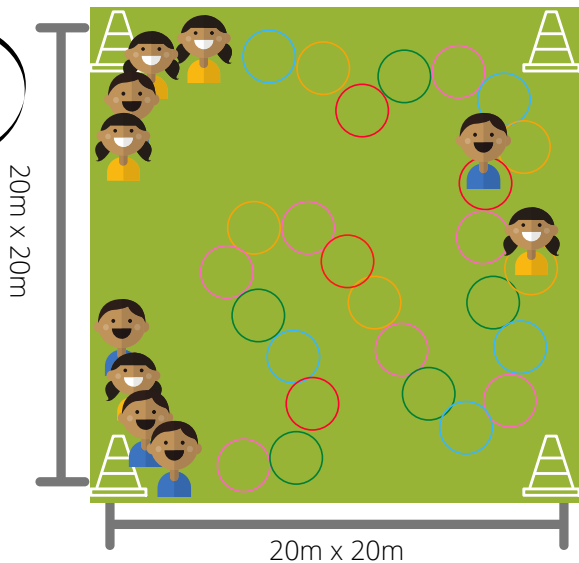
Stepping Stones



Works

This game is great for working on balance and footwork along with some decision making

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Split your group into teams of 4

- E

How

- Once you have the game set up, the coach will call commands eg. touch your head, touch your toes etc.
- Once the coach says the word "BEAN BAG", or whatever object you are using the players must react and grab it as fast as possible.
- The person that gets it first wins a point
- Reset the game and go again!
- This can be played as individuals or as a team (one side against the other)
- If teams, let them come up with their team name (Favourite sweets, cartoon etc)

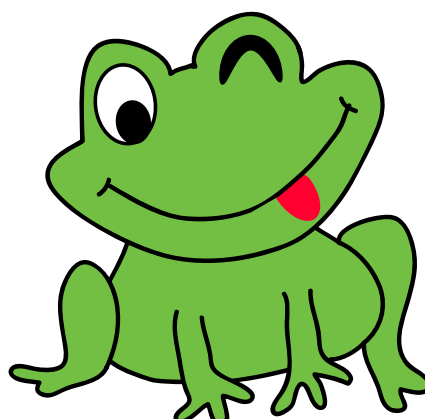
Progression

This can be progressed by making the movements you ask them to do before calling the object more challenging, for example balance on one leg then touch your left ear with right hand, next touch your right foot with left hand etc.

You can also add complexity by adding different objects, for example different colour cones or have a ball, a bean bag and a cone.

Why

This game is a great way to develop listening skills while also working on many fundamental elements such as balance and coordination. the ability to process information and react to it quickly also transfers really well to all kind of sport.



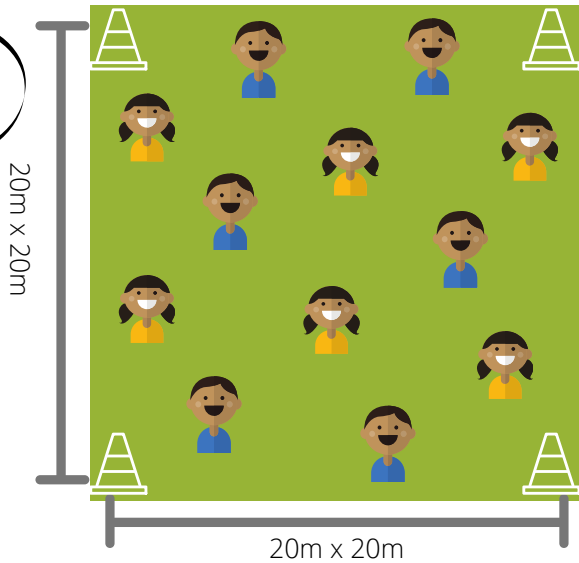
HA
HA

Social Distance



Works This game is great for agility & running

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Players are asked to find a space where they are not able to touch another player when they have their arms spread out

The coach should have all the players names written out on a clipboard

How

- Players must run around the square trying to keep a minimum distance of 1 metre from all other players.
- The coach must watch for players getting too close
- If a player gets too close to another they both get a number beside their name, start with 1 then 2 and so on
- If a player get to 5 they must go into "Quarantine" This is a zone outside the playing area where they have to do an exercise chosen by the coach. eg 10 jumping jacks etc

Progression

Introduce different types of movement; Vary the difficulty by the speed players have to move at, it can be made easier by walking, then progress to a jog and then top speed. The coach can also award/deduct points based on not performing the appropriate movement. Other movements such as hop, crawl, backwards walk/jog can be used to further challenge players. Sport specific variation where everyone has a ball, such as dribbling a football, basketball or hockey ball or soloing a gaelic football or sloitar can also be introduced.

Why

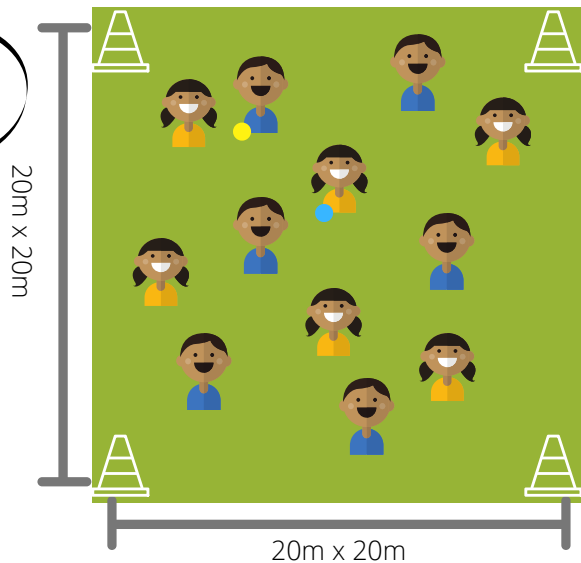
A running Fun game is a great way to warm up players for sport, running will increase heart-rate and blood flow getting muscles and organs ready for exercise. Agility and spatial awareness are also developed through moving at speed while being conscious of and reacting to what is happening around you. This is vital for any team based invasion sport.. Co-ordination and other movement skills will also be challenged through the varying commands introduced by the coach.

Mr Sun & Mr Frost



Works This game is great for agility & running

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

All players spread out around the playing area.

1 or 2 players are picked to be Mr. Sun and given a Yellow / red cone
1 or 2 players are picked to be Mr. Frost and given a Blue cone

How

- When the coach blows the whistle the players that are Mr. Frost holding the blue cone have to try and freeze people by touching them with the blue cone
- When a player is touched, they must freeze like a statue in whatever position they were in when caught
- The players that are Mr. Sun holding a yellow cone have to go around and unfreeze these players by touching them with the yellow cone.
- The coach can stop the game and choose new people to be Mr. Sun & Mr. Frost for the next round

Progression

This game can be progressed by replacing Mr. Sun with a number of yellow bean bags. Unfrozen players throw their bean bag to frozen players to 'unfreeze' them, this introduces throwing and catching skills and basic concepts of passing for team games.

Another adaption is to remove Mr. Sun all together and time how long it takes Mr. Frost to freeze everyone, then the next player has to try and beat that time.

Why

A running Fun game is a great way to warm up Children for sport, running will increase heart-rate and blood full getting muscles and organs ready for exercise. Agility is the main focus of any chase based game – this is a Fundamental movement skill vital for all team field or court invasion sports. Co-ordination skills will also be challenged through catching and freeing each other.

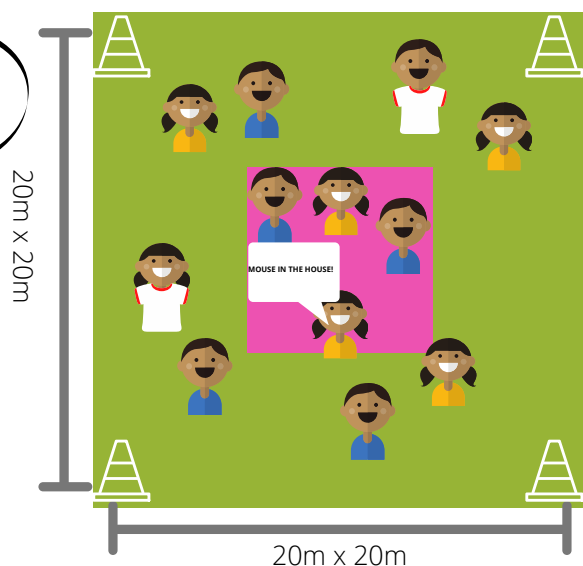
Mouse In The House



Works

This game is great for Agility, Co-ordination & Communication skills

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)
Mark out another smaller square in the middle (highlighted in pink here)

The coach picks people to be catchers (3-5 catchers per 20 players)

How

- When the coach blows the whistle the game is on
- catchers aim to catch other players who cannot leave the marked square.
- When caught, players must go inside the 'House' (the smaller square).
- If a player who has not been caught gets into the 'House' and everyone shouts 'Mouse in the House' all players are free.

Progression

Teams 'Mouse in the House' Players are divided into 2 even teams. The aim is for a team to catch all the other team. When caught, players must go inside the other teams 'House' this would be placed in a corner instead of in the centre. If a player who has not been caught gets into the opposition 'House' and everyone shouts 'Mouse in the House' all players on that team are free.

Why

A running Fun game is a great way to warm up Children for sport, running will increase heart-rate and blood full getting muscles and organs ready for exercise. Co-ordination and other movement skills will also be challenged. Encourages children to communicate and develop some teamwork skills.

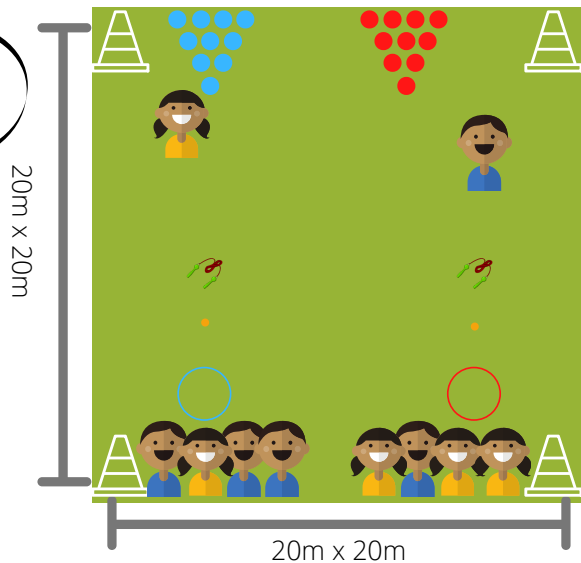
Stack

Works

This game is great for coordination and teamwork



Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

- Split your group into teams of 4 or 5
- Set out a set of disc cones at the other end for each group (colour code works well)
- First place a hula hoop in front of each group
- Next place a bean bag down for each group
- Finally place a skipping rope down for each group

How

- The aim of this game is to get all the cones back to the group and use them to build a tower
- The first person will run through the obstacles explained below and will collect a cone, they will then run back to their group and high five the next person to go.
- Once the group has enough cones to start those that have already run can be working on building their tower
- The obstacles can be decided by the coach and can be changed, for this example we would say obstacle 1 is ten reps of the hula hoop. Obstacle 2 would be to throw up the bean bag and catch it on their foot without dropping it & obstacle 3 would be 10 skips of the skipping rope while hopping on one leg
- Once all the cones are returned to their group the teams must work together to build the tallest tower they can
- The rules can be decided by the coach here are example rules; The tallest tower that stands on its own for at least 10 second wins. Teams have 5 minutes to collect all cones and build their attempt. Multiple attempts are allowed



Progression

This game can be progressed by adding more teams, you can change the number of cones allowed and you can also change the obstacles to be more game specific skills

Why

This game is a fun challenge that gets groups working together and also promotes great coordination to build the highest tower. It is also great for promoting problem solving. With a variation of obstacles the coach can change this game easily to promote other elements such as balance, agility, jumping etc.



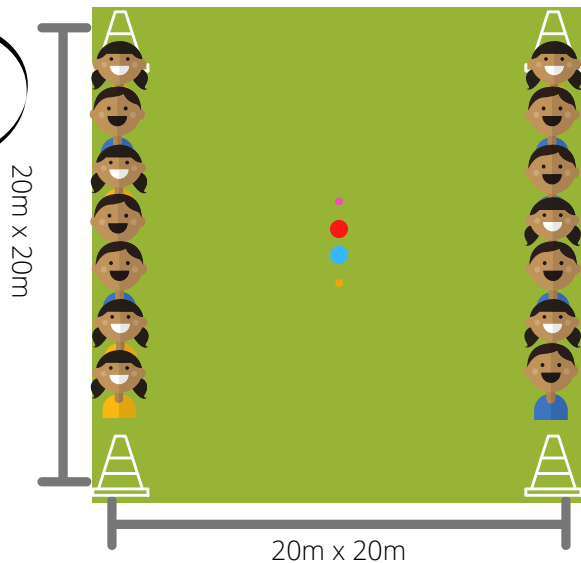
Snatch The Bacon



Works

This game is great for Agility, Co-ordination, Reactions, Timing & Team Work

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

- Divide the group into two teams and give each person in the team a number
- Teams then line up on each end-line of the square with the 'bacon' (cone/bib/ball) in the middle of the square
- All players should be given a bib to tuck into their waistband to create a tail

How

- When coach calls a number the players that have been assigned that number from each side must race in to 'snatch the bacon' and try to bring it back to their side without getting tagged by the other player
- A player is tagged by having their tail removed before getting back across their own line
- Players can only be tagged if in possession of 'the bacon', doing so before gives the point to that team
- Each time a player successfully retrieves the bacon without being tagged they score a point for their team.
- One or multiple items can be used as 'the bacon', the coach can call which is in play when calling the number. For example 7 red cone.



Progression

This game can be progressed by calling multiple numbers or multiple items at the same time. Players will have to make more decisions and communicate more. Sport specific skills can also be incorporated, 'the bacon' is the ball, when players are called they must run in a contest, win and dribble/solo/carry the ball back. When multiple players are called it resembles a game even more and can include passing, defending and possession scenarios.

Why

This is a running Game which involves Co-ordination skills applicable to multiple sports. It can also become a sport specific games based activity that challenges contesting for a ball and tackling. Another benefit is it encourages children to communicate and develop some teamwork skills

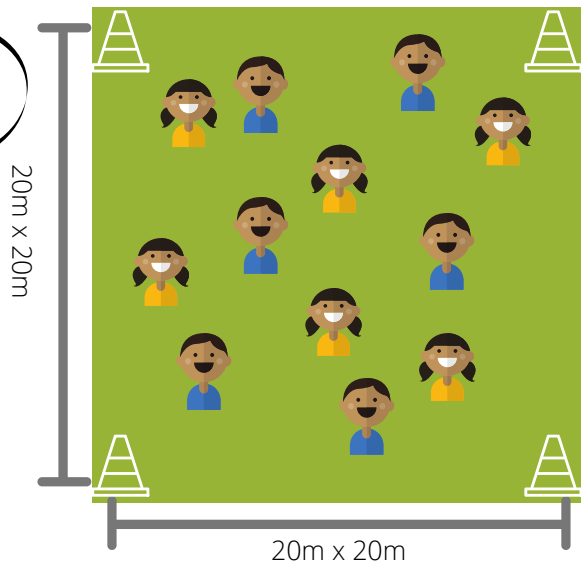
Mr. Men



Works

This game is great for ABCs Fundamental Movement skills

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Players find some space in the playing area to start with. This is a coach led game so players must listen carefully to instructions

How

- Players move around marked area
- Encourage them to vary movement and direction.
- Coach calls a 'Mr Men' character and players must apply that to their movement for example 'Mr Fast' players must sprint around, 'Mr Slow' players must move in slow motion etc.

Progression

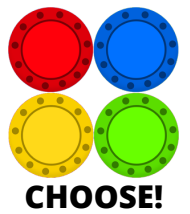
Progress the 'Mr Men' calls to incorporate more movements 'Mr Bounce' = Hop, 'Mr Jelly' = shake whole body as moving, 'Mr Tall' = reach up and stretch, 'Mr Freeze' = freeze on the spot

The coach can also add a scoring system for best 'Mr Men' impressions.

Why

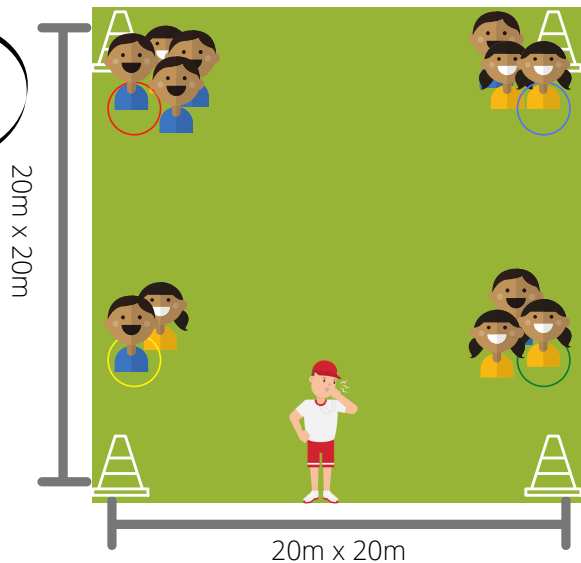
A running Fun game is a great way to warm up Children for sport, running will increase heart-rate and blood full getting muscles and organs ready for exercise. Co-ordination and other movement skills will also be challenged through the varying commands introduced by the coach. Dynamic movements introduce mobility and strength activities in a fun way. Fundamental movement skills applicable to multiple sports.

Choose!



Works This game is great for agility & running

Set Up



Mark a square area with cones 20m x 20m (will vary depending on numbers)

Lay out 4 hula hoops, one in each corner and each a different colour (red, blue, green, yellow)

How

- The players spread out around the playing area
- The coach stands with their back to the group and counts from 10 down
- As the coach is counting the players are deciding which colour to stand in
- When the coach gets to zero, they say "CHOOSE DON'T MOVE"
- The players must stay where ever they are standing
- The coach shouts a colour (to match with one of the hoops)
- If the players have also chosen that colour, they are out
- Continue until you have only one left.

Progression

This can be progressed by changing what movement the players can use to move to their chosen colour. The coach may also decide to remove one or two of the hoops as the group gets smaller to give less options.

Why

This is a fun running game that encourages individuality and decision making. It is a very interactive game and keeps kids on their toes. The coach can also vary the movement being used to develop different fundamental patterns.



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