

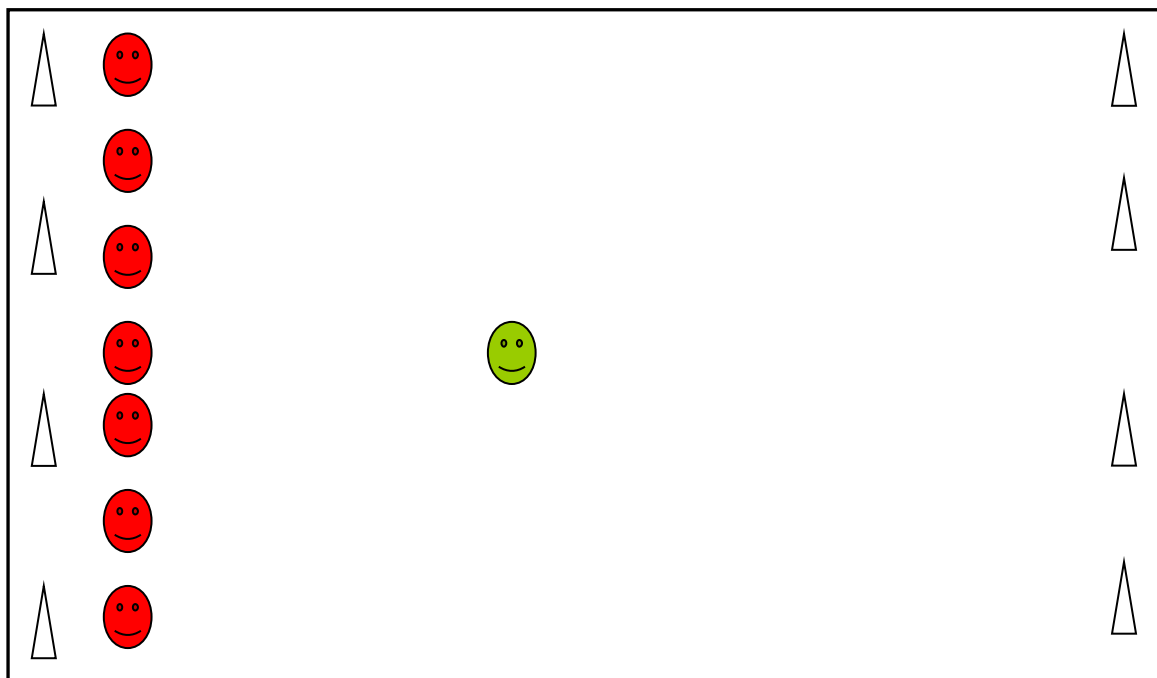
Warm – ups / Fun Games

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1. BULLDOG

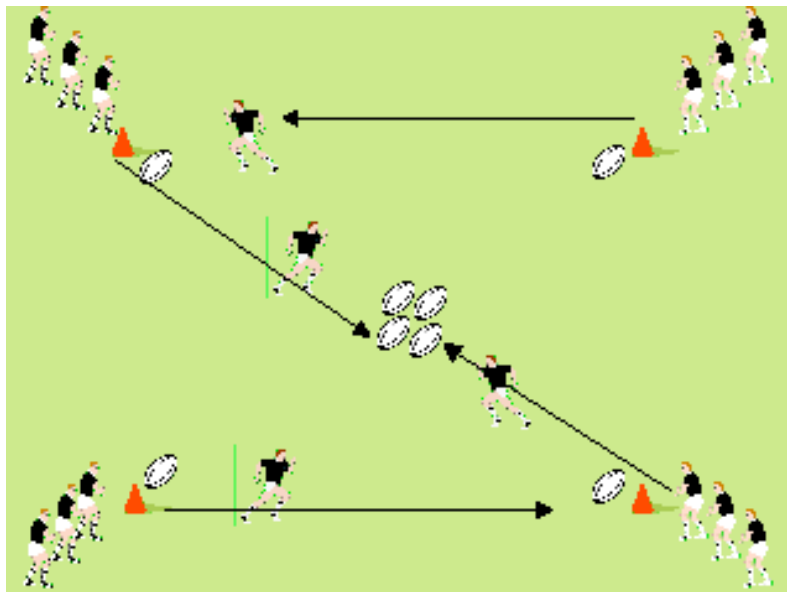
- Set out two lines of cones spaced 20m apart. All children line up
- One child is nominated or volunteers as the “tagger”
- The tagger shouts; Bulldog, Bulldog I call “Michael”. Michael then attempts to run to the other line without been tagged. Before Michael runs, he can shout; “open gates”. If he does, all the children attempt to run to the other line at the same time
- Once a child is tagged, they then become a tagger themselves with the other tagger, and the next time they must call out a child to run
- The game is over when all the children have been tagged



2. Rob the Nest

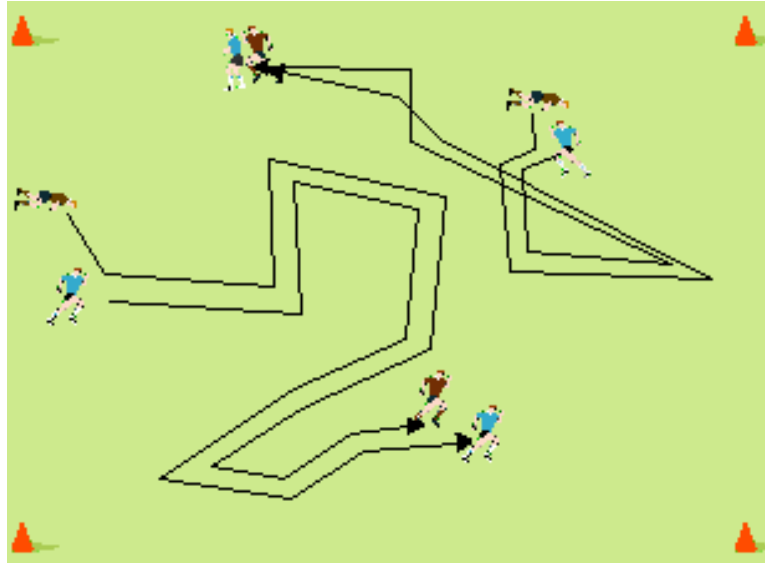
Set up grid as shown in the diagram:

- Divide the group into 4 even teams - Each team has its own corner of the playing field.
- Teams align behind each of the cones. When whistle blows the first members of each team sprint to the centre and return a ball back to their cone (nest)
- The next team member can only start when the ball is placed on the ground in front of their cone.
- The second runner if he/she chooses can run to the centre and retrieve another ball or they can rob the nest of one of the other competing teams. (When all the balls have been collected from the centre, children will 'rob' from other corners.)
- The aim of the game is to get three balls back to the nest at one time before any other team. The team that does this scores a point, then all balls are returned to the centre and the activity begins again.
- Have children roll, bounce, throw and catch balls while taking them to their corner.



3. Predator Prey (Shadow Run)

Put children into pairs and designate which member of the pair will start as the 'Predator' and the 'Prey'. Predator must start lying on his stomach, whilst the 'Prey' must start in standing position. On coaches signal Predator gets to feet and tries to tag his Prey. Each Prey can move anywhere within the confines of the grid in order to evade the Predator. If Predator tags Prey, roles are reversed.



Coaching Points: Players are challenged to use peripheral vision.

Agility

Reaction

Acceleration/Deceleration

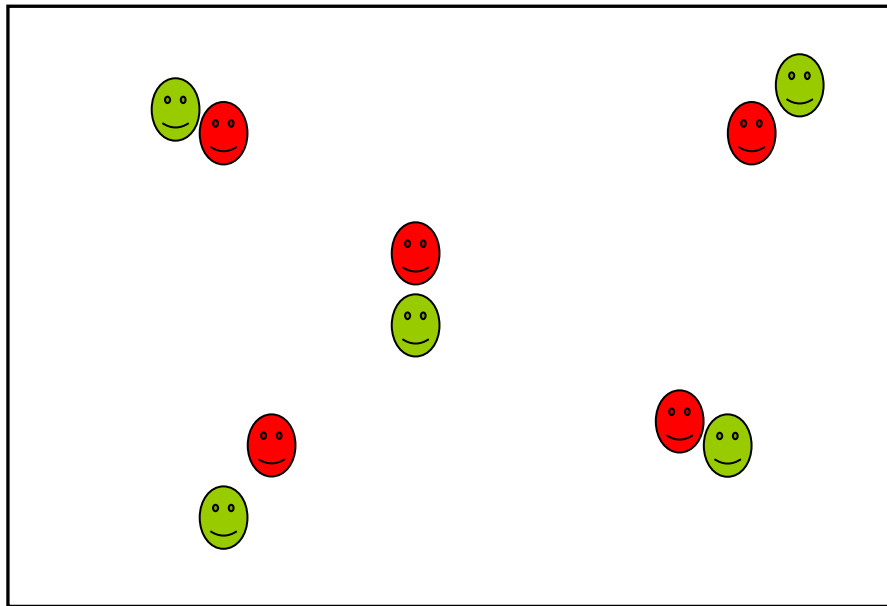
Note: 10 seconds work to 30 seconds rest.

Predator can also score a point, if he's within touching distance when coach shouts stop.

4. Back To Back:

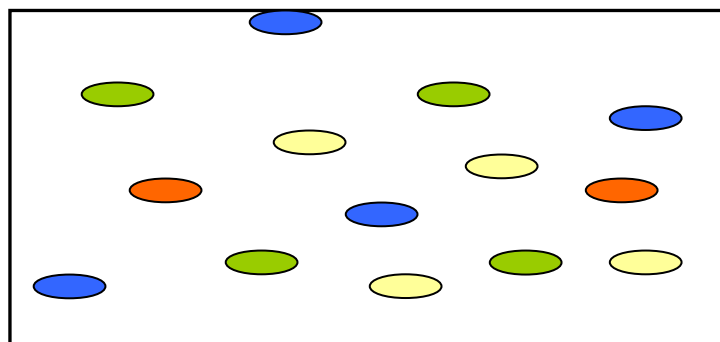
Mark out an area for the players to move about in. On the coach's command the players must get back to back with the player closest to them. If there is an odd number then the player who doesn't get a partner does 5 star jumps and does the calling next time.

Variation: Change the calls to 'side to side', 'face to face', 'hands to hands', etc.



5. Minefield

Place lots of 'mines' (i.e. cones) around the floor. Nominate a number of children to stand along side of playing area. Select 2 opposite groups to run through the 'minefield' without touching the 'mines' or bumping into anyone. Challenge the children further by having them all run across the 'minefield' at the same time.



6. Cork, Dublin, Meath

3 lines of domes approx 15 metres apart

1 line of red domes (Cork)



1 line of blue domes (Dublin)



1 line of green domes (Meath)



1. Children standing on Red. Coach calls-out “run to Meath”, children run to green line. Coach continues calling a destination to run to.
2. “Simon says” – only run to the line if Simon says so.
3. Variation – travel by skipping, frog leaps, aeroplanes, bunny hops, side-stepping, running backwards.

7. Tag Tails

Children tuck bibs into the back of their shorts. Make a square. Put ten tails and three taggers into square. Give taggers 1 minute to catch all tails. Change taggers.

8. Here, there, everywhere, no where.

4 corners named after each one, coach calls different one each time and points other way etc. Children run to corner called by coach.

9. Opposites

Children do opposite of your order.

10. The Crooked Road

Speed, agility, quickness.

Set up lines of cones. Show children how to run through the cones.

1. Through cone run
2. Zig-zag run
3. Backwards and forwards through cones
4. Shuffle through cones
5. Use cones like rung of ladder-single leg lead
6. Solo/ dribble between cones
7. Jump over cones



11. Statues

Get the children to run around inside a grid, on a signal they must hold a still position for a few seconds before moving on.

12. Numbers

Children move around the designated space and when the coach calls a number e.g. '3' they form groups of 'three' as quickly as possible.

13. Shapes

The children jog around the designated area. On the coaches call, they make different shapes e.g. 'triangle (they get into 3's in the shape of a triangle), 'square' (they get into 4' in the shape of a square).

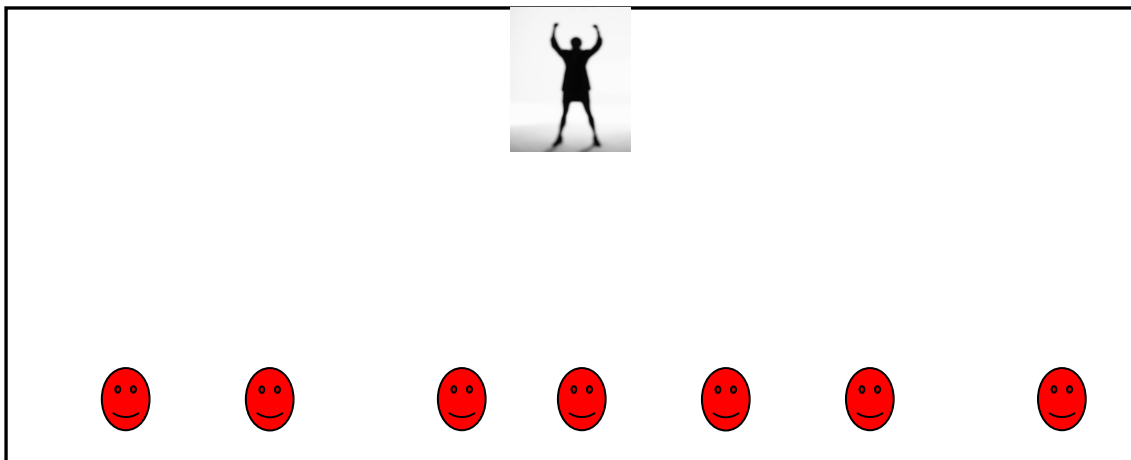
14. Ball Tag

- Mark out a square of about 15 meters by 15 meters
- Pick out any 2/3 children who will be 'on' – give each of them a ball each
- Children with a ball must try and run up to another child and touch them with the ball below the shoulder.
- If a child is touched with the ball, they must stand with one arm held out and another child must push their arm down (“flush the toilet”) to get them back into the game
- The children must stay inside the square
- No throwing of the ball.

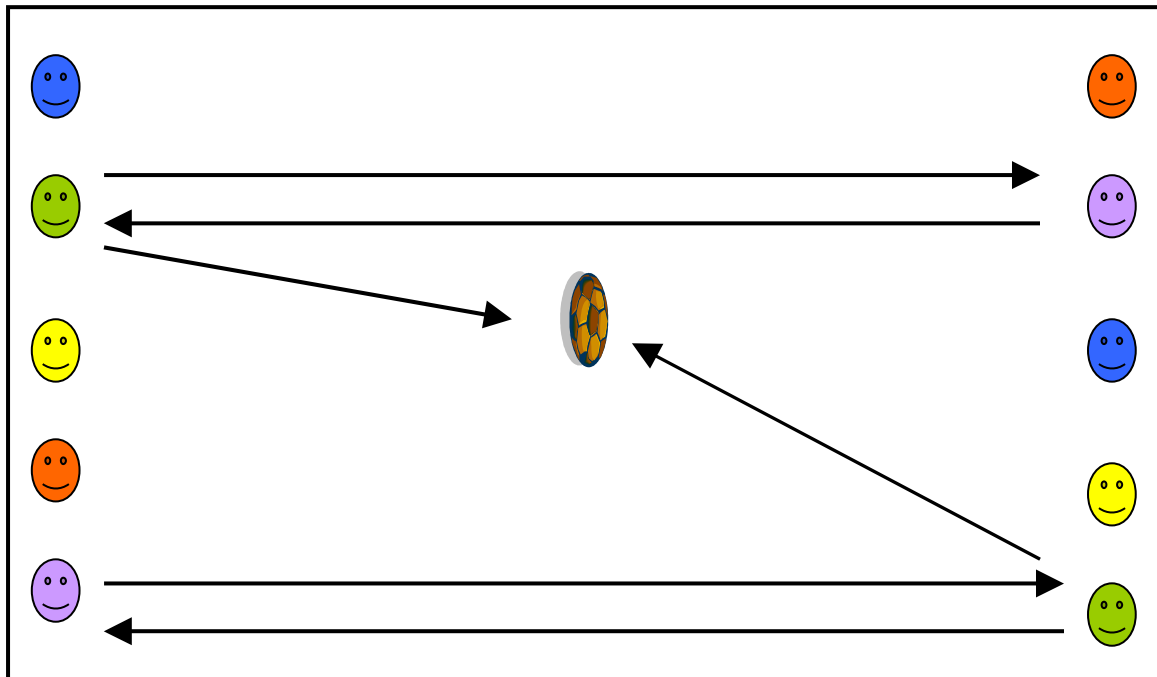
Change the children who are 'on' after about 2 minutes

15. ANIMAL STATUES

- Children line up, 30m from the coach
- Children start to move as a group towards the coach from 30m moving like a specific animal e.g. Monkey, Frog, Horse.
- Coach calls out freeze and children have to freeze in position of the animal.
- If they fall or move they have to start again. First to reach the coach wins



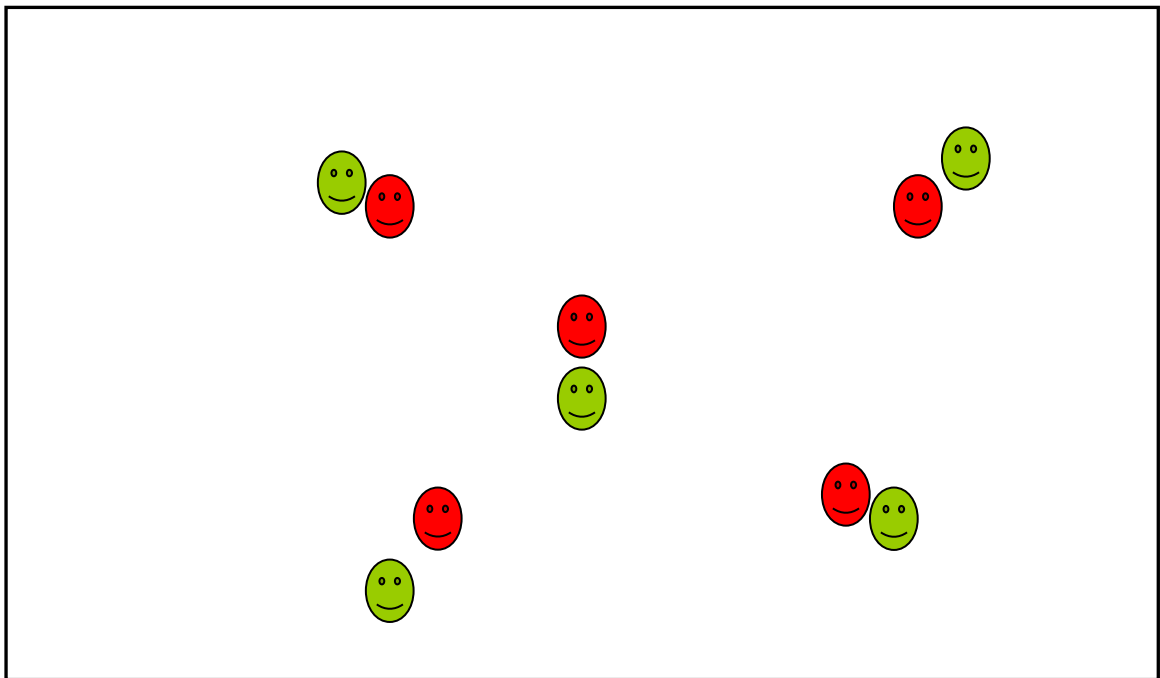
16. SNATCH THE BACON



- Divide the group into two smaller groups. Each child is given a number (1-5) in their smaller groups
- Have the groups line up opposite each other 10m apart. Place a ball in the middle preferably sitting on a cone
- When no 1 is called the number ones from each team run to the opposite line, then back to their own line and then they run for the ball
- The child who gets the ball for their team wins a point
- After a few minutes the coach can call out the numbers 2 and 3 together

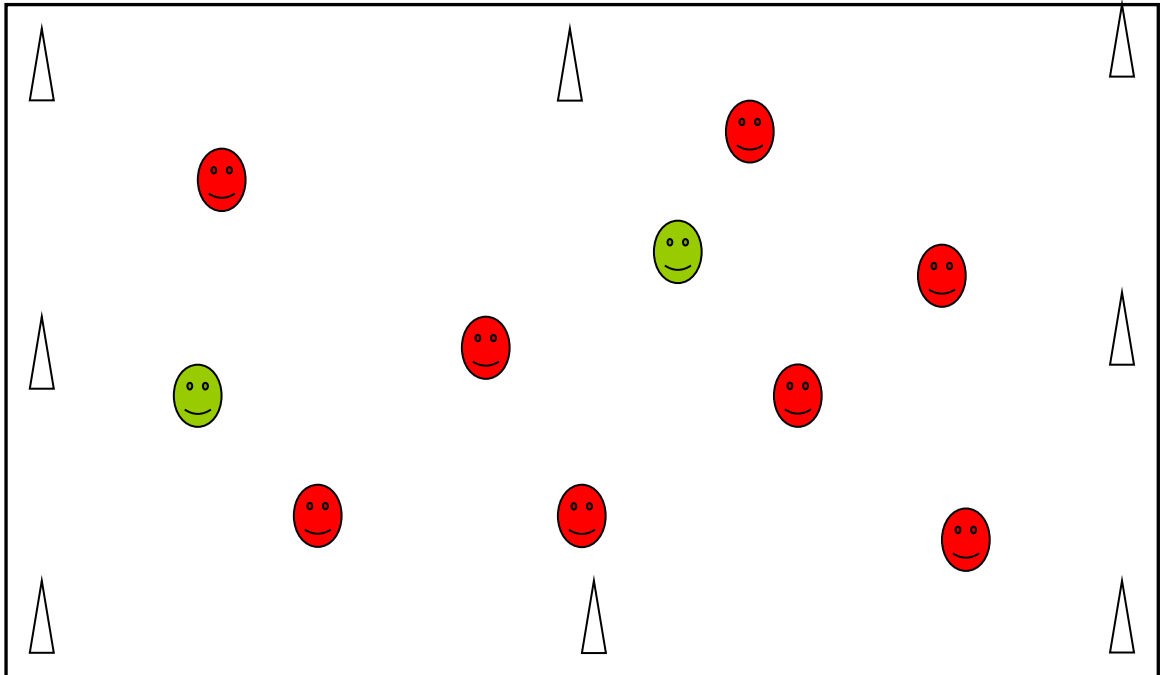
17. TRUCKS AND TRAILERS

- Children divide into pairs, one child is a truck and the other is a trailer
- The trailer must follow the truck and replicate all of their actions e.g. turning, jumping, rolling, skipping.
- Switch the truck and trailer



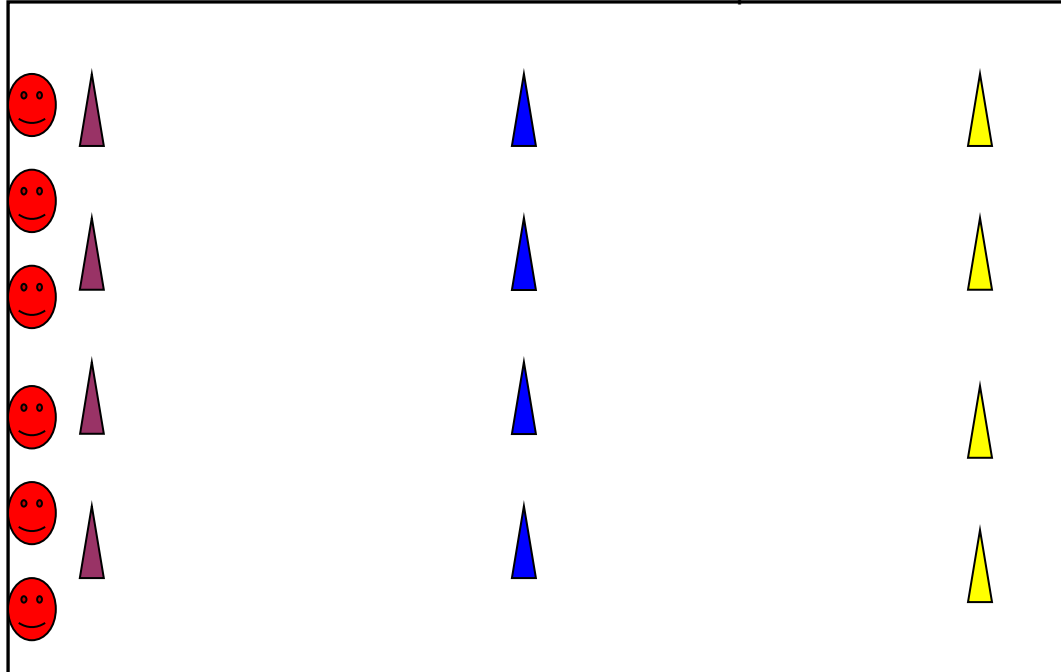
18. STUCK IN THE MUD

- Set out a square 20m x 20m approx.
- All children line up
- The coach nominates 2 “taggers”
- Once a child is tag they must freeze on the spot and spread their feet on the ground
- The children are freed when another child crawls through their legs
- Alternate “taggers”



19. SHIP, SEA, SHORE

- Set out three lines of cones. Lines should be 10m apart.



SHIP

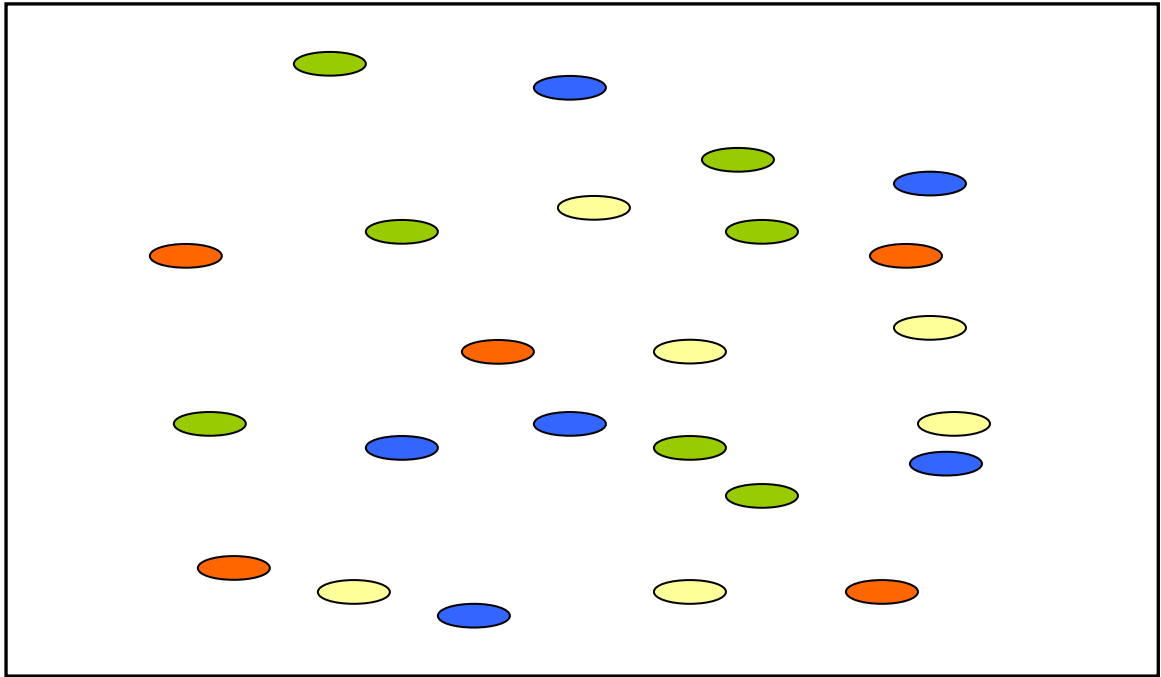
SEA

SHORE

- All the children line up at the ship
- Coach calls out where the children have to run to i.e. everybody run to the shore.
- Coach can try to trick the children e.g. coach points to shore with his/her hand but calls out ship, coach runs to shore and calls ship etc.

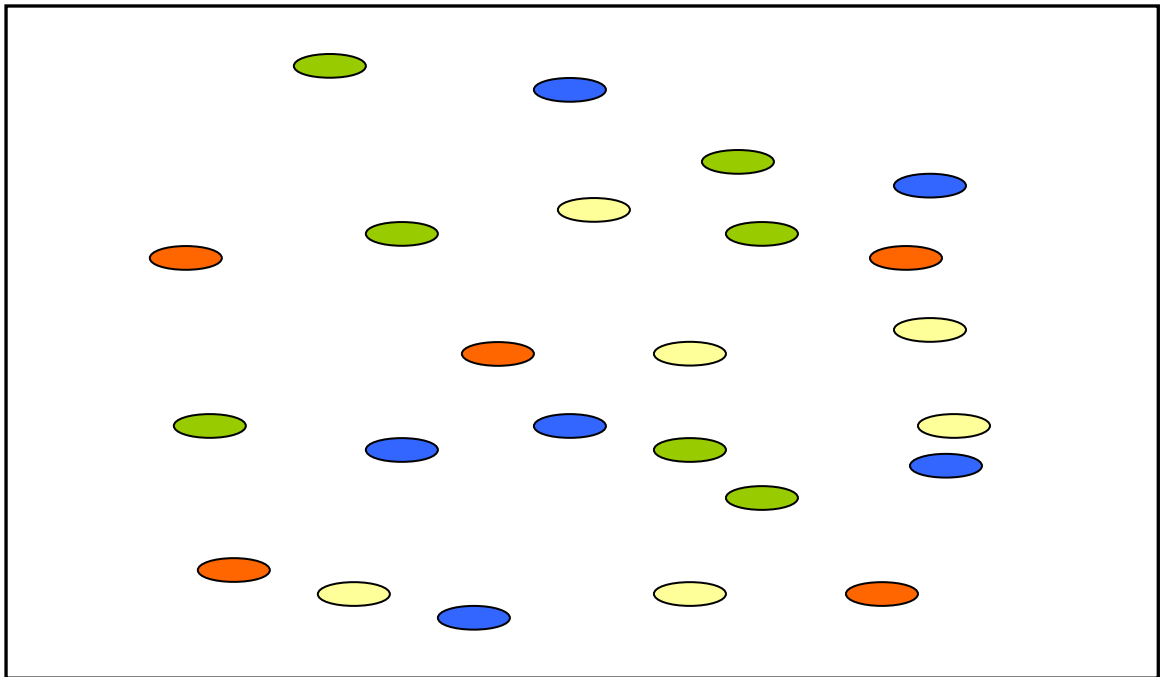
20. Cups and Saucers

- Scatter cones around the ground
- Divide the children into two groups
- One group attempts to turn all the cones upside down, while the other group attempts to turn them the right way up
- Game lasts for one minute, count the cones for each team and then repeat



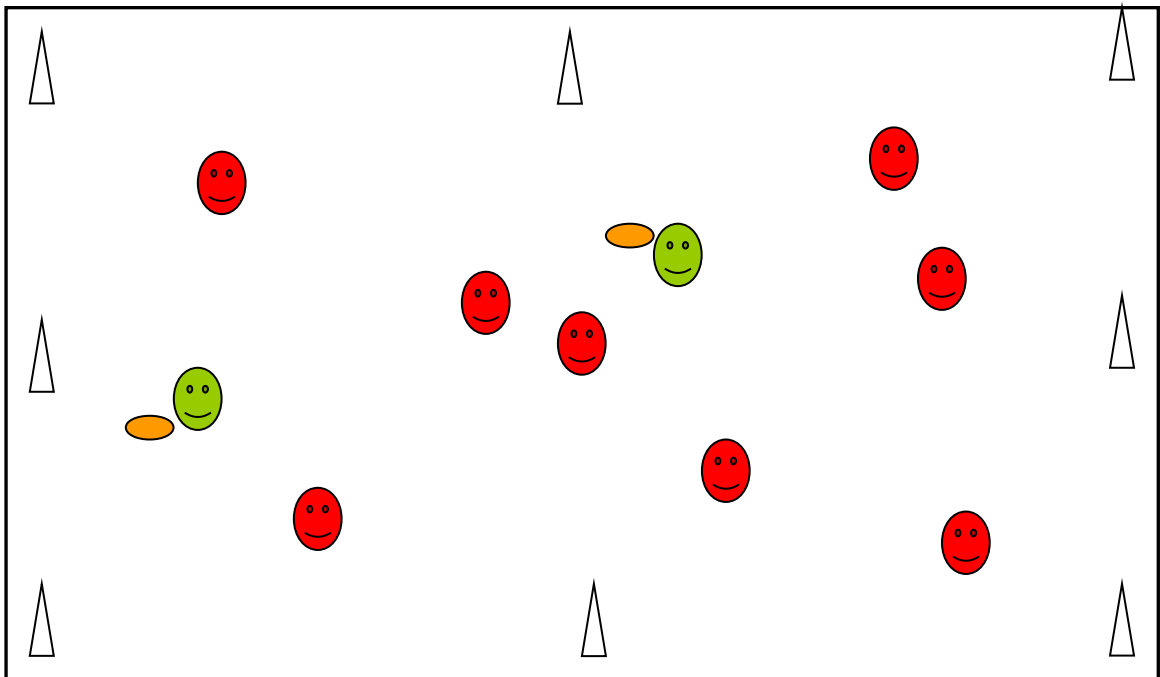
21. COLOUR RECOGNITION

- Scatter cones around the ground
- Who can touch 3 different coloured cones? Who can touch 2 blue cones?
- Children put their hands on their head when they are finished
- Use different ways of travelling e.g. children must run, skip, hop, jump.



22. DODGE BALL

- Set out a square 20m x 20m approx.
- 2 or 3 children are given a sponge ball. They attempt to throw the ball at the other children's legs.
- If a child is touched with the ball, they must bend down on their knees and another child must bunny jump over them to get back into the game
- Alternate children with the sponge ball



23. Snow paths

Mark out a square 10m x 10m. Scatter cones inside the square. Ask the players to make different pathways in and around the cones. Walk, jog, run, move backwards/sideways.

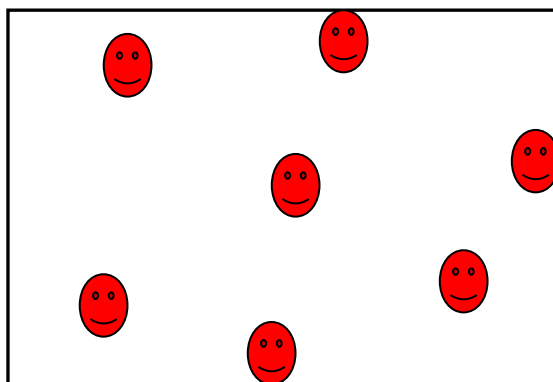
24. Bridges and Rivers

Organise the players in to groups of 2 and number 1 and 2.
No. 1's make a bridge shape using their body (balance on their hands and feet). No. 2's crawl under the bridge and then make a new bridge for No. 1's to crawl under and so on. Variation, No. 1's stay as bridges and No. 2's see how many they can go under within a set time.

25. Bean Game

Mark out an area for the players to stay inside. Players aim to follow coaches instructions while moving in and around the area. When coach shouts out a type of bean the players must react.

Frozen bean (freeze), Jelly beans (wobble), broad beans (stand wide), beans on toast (lay down), runner bean (run about), etc.



26. Mr and Mrs Game

Mark out an area for the players to move about in. Coach says the name of a Mr Man and the players have to move like them. For example:

Mr. Slow – move slowly
Miss. Rush – move fast
Mr. Jelly – shake your whole body
Mr. Crouch – crouch and move
Miss. Tall – Stretch up and move
Mr. Strong – move about flexing your muscles
Mr. Bounce – bounce around the area.

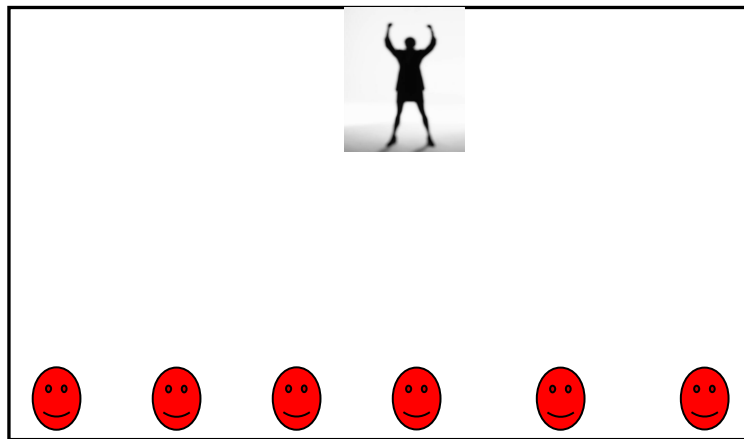
Ask the children to add in their own.

27. Signal Man

Players space out at random in an area facing the coach. Coach stands in front and signals with hands. Players must follow the direction the coach is pointing to, i.e. left/right/forward/backward.

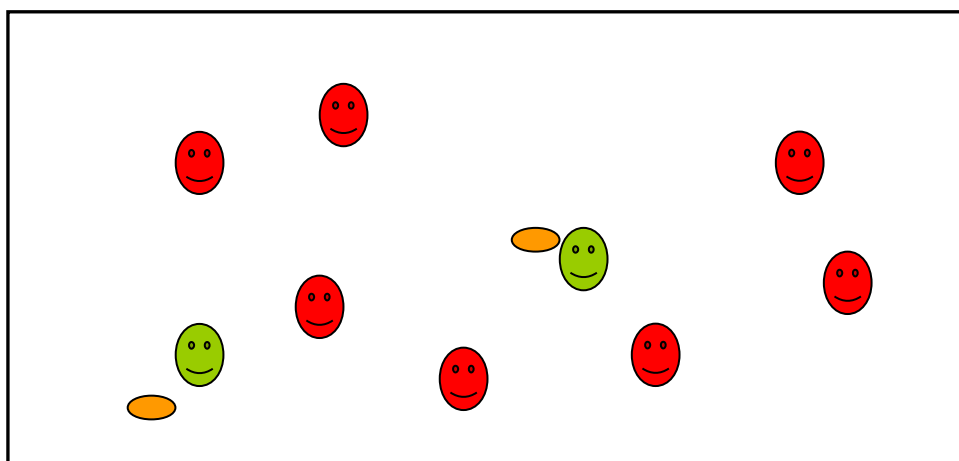
Make it harder by challenging them to move the opposite way to your signal.

Get the players to now respond to audio commands i.e. 'right', 'left', etc.



28. Turtle Flip Chasing

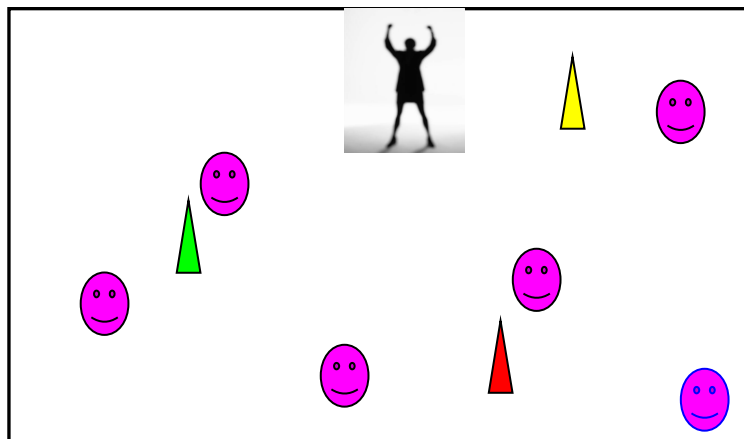
Mark out an area for the players. Assign a few players as catchers. The rest are turtles that are trying to avoid being caught. Once caught, players get down on their backs and pretend to be a turtle that has been flipped on its back. They can be freed by being flipped back up the right way by their teammates.



29. Simon Says

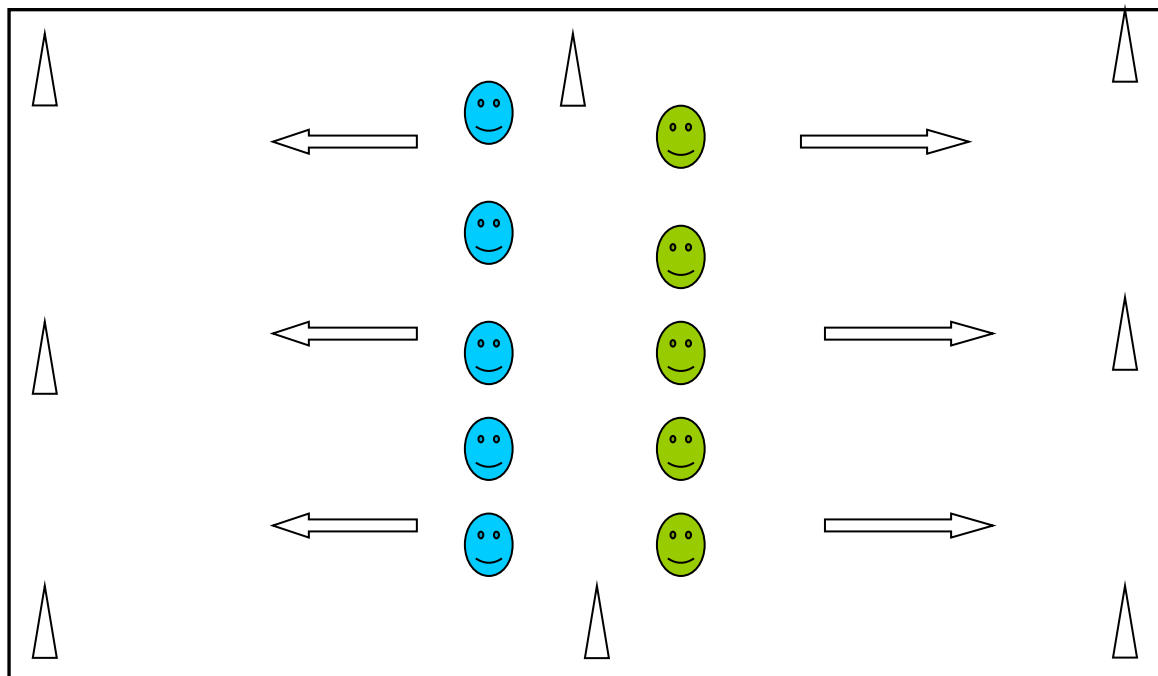
Players must follow the coach's command.

Simon says: touch a red cone, move like a rabbit, get in to groups of 2's, etc.



30. Crusts & Crumbs

Divide the group in to two teams and organise them in two lines parallel with each other. Name 1 line 'Crusts' and the other 'Crumbs'. If the coach calls out 'Crusts' then they must react quickly and run to the allocated line away from the Crumbs. The Crumbs are trying to catch the Crusts before they reach the line and so on. If a Crumb tags the Crust before they get to the line they score a point and vice versa.

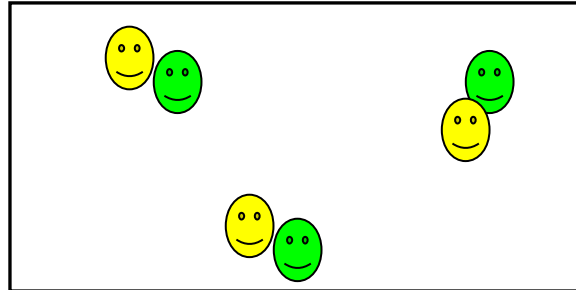


31. Toe/Knee Touch

Pairs stand facing each other.

Toe Touch: Players attempt to touch their partner's toes with their feet. No stamping hard on feet.

Knee Touch: Players try to touch their partner's knees with their hands



32. Circle Tag

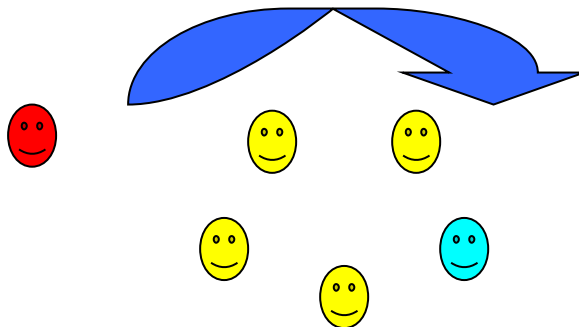
Divide the players in to groups of 6 (can vary depending on numbers).

No 1-5 join hands and form a circle. No. 6 stays outside the circle.

Coach picks one player in the circle to tuck a bib into their shorts.

On coaches signal the No. 6 must try and get the bib from the player.

The players in the circle work together to avoid the chaser by using small side steps and changing direction.



33. Skin the Snake

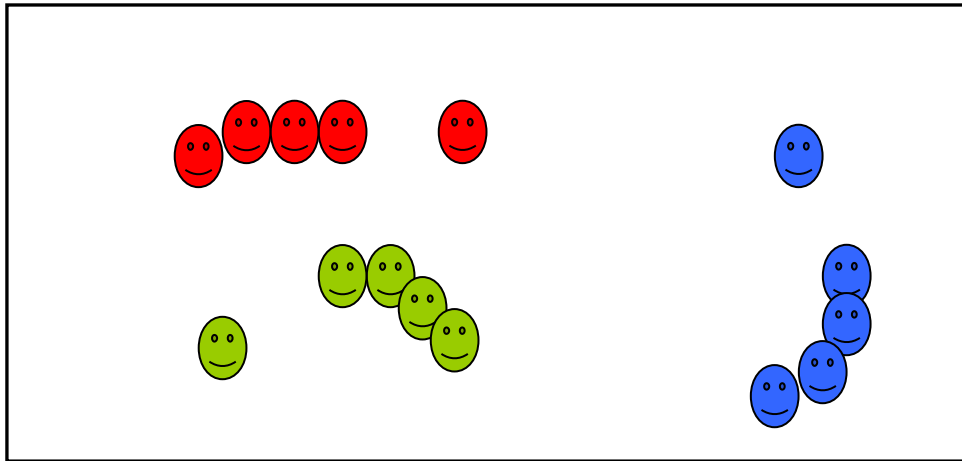
Groups of 5/6

4 players line up one behind the other and form a chain by grabbing the wrists of the player in front of them.

Player 5 stands in front facing the group.

The person facing the group has to try and tag (or grab the bib) off the last player in the line.

The group needs to move in a snake like manner to prevent them from being tagged.



34. Toilet Tag

Mark out an area for the players to run inside. Coach selects 2/3 players to be the catchers.

When a player is caught they must imitate a toilet with an extended arm for flushing.

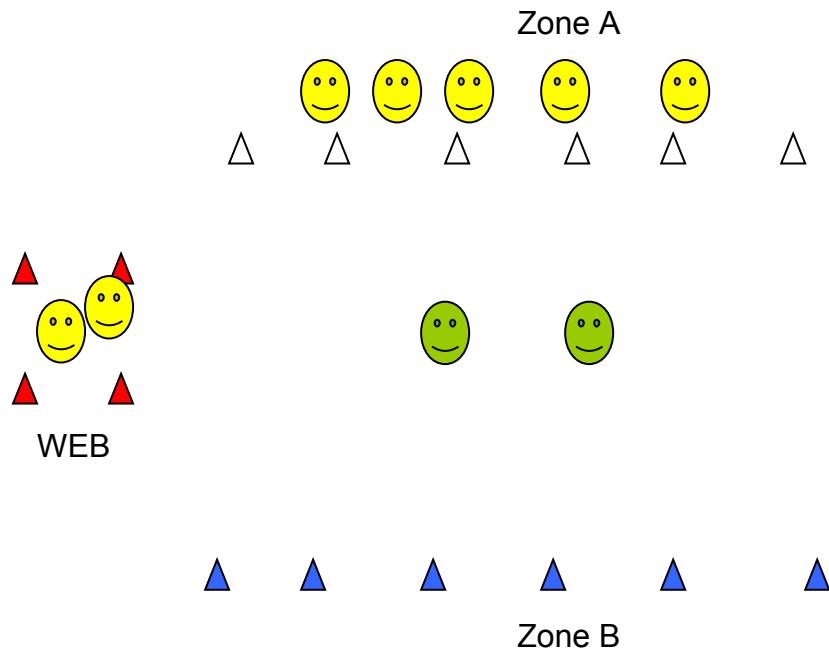
To free a player other players must flush the toilet by pushing down on the extended arm.

35. Spiders & Flies

Select 2/3 players to be spiders. Everyone else is a fly.

Flies must travel from zone A to zone B without being tagged by a spider. If tagged then the flies go to the spiders web which is a coned off area at the side.

Flies can be freed from the web by another fly if they get a high five from them.



36. Leprechauns & Shamrocks

Mark out an area for the players to run around in.

Allocate 2 children to be leprechauns. Everyone else is given a cone which is their shamrock. The leprechauns are trying to tag and steal the cones/shamrocks from the rest of the players.

When a player loses their shamrock they must go to the coach and get a new one and rejoin the game.

Whichever leprechaun has the most shamrocks wins. Change leprechauns regularly.