

WARMING UP



INTRODUCTORY ACTIVITIES

For all levels:

Short, snappy fun activities which get the heart pumping and the session rolling.

1 RUNNING

- Run, leaping high.
- Run on all fours.
- Run from one boundary to the opposite one.
- Run to touch all boundaries.
- Run making groups of given numbers.
- Run as fast as possible on the spot.
- Run with short steps.
- Run with long strides.
- Run, on signal, collapse onto ground.

2 SKIPPING/HOPPING

- Skip around on the spot.
- Skip around, high skips, long skips.
- Eight skips forward, five jumps forward.
- Skipping alone, then in rings of two, four.
- Skip, hop, run, jump, to alternate boundaries.
- Hopping on one foot, then the other.
- Arms on partner's shoulders, both hop about.
- Hop on one foot, clap under raised leg.

3 JUMPING

- Frog jumps, starting in crouch position.
- Place ball on the ground and jump over it.
- Jump up and touch your feet either behind or in front.
- Jump forward, backward, left and right.
- Jump to turn around on the spot.
- Throw ball in air, jump to catch it, head it.
- Throw ball in air, jump to tap ball with both hands.
- Hop on one foot while tapping the toe and heel of the other alternately.
- Move forward on two hands and one foot.
- Three jumps moving forwards, three back.

WARM-UP EXERCISES USING BALLS

For all levels:

Callisthenic type exercises using footballs to assist with stretching, flexibility and mobility.

1 TWISTS

Players in pairs standing back to back. Twist bodies sideways to give the ball to each other. Increasing the speed and the distance.

2 SIT UPS

In pairs, lying on backs with the soles of feet touching. One sits up and tosses footy to partner who catches and touches it to the ground behind their head.

3 BEND AND STRETCH

Standing back to back, in pairs one passes football between legs to partner, who passes back over their head. Gradually move apart and increase speed.

4 UNDER AND AROUND

Sit back to back in pairs, legs stretched out flat. Player with ball raises legs and circles ball under legs from right to left hand, then around the side to partner who repeats the process.

5 JUMP BALL

Stand in pairs three metres apart facing each other. One player places ball between feet and attempts to flick the ball to the other while jumping. Partner catches the ball and repeats.

Variation: Flick the ball backwards instead of forwards.

BODY MOVEMENTS

For all levels:

1 BICYCLE

Lie on back, hips supported on hands. Move legs as if riding a bicycle.



2 CURL STRETCH

Lie on side, curl so that knees touch elbows.



3 FOOT SLAP

Stand on one leg. Bend down and slap foot, first with left hand, then right hand.



4 LEG SWINGING

Stand beside partner, resting hand on partner's shoulder. Swing legs forwards, backwards. Repeat using other leg.



5 WASHING MACHINES

Partners face each other with hands joined at shoulder height. Bend trunk side to side. Lift up one pair of arms to turn under, to end up back to back.



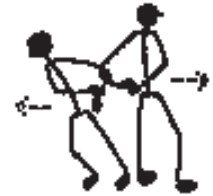
6 OVER AND UNDER

One child puts hand and knees on ground. Partner bunny-jumps over by placing hands on partner's shoulders, then crawls under partner's high bridge.



7 TUG OF WAR

Partners stand side by side facing opposite way with feet astride. Link elbows and clasp own wrist with other hand. Keep upright while pulling sideways.



8 BRIDGES

Stand beside partner with feet astride. Both bend trunk towards partner, swing outside arm up over to touch partner's hand.



9 TRUNK TWIST

Partners stand back to back, feet astride. Twist to touch partner's opposite hand.



10 CROSS SITTING

Sit with legs crossed. Swing arms forward and trunk downwards to touch the ground as far in front as possible and back to hold toes and stretch up.



11 ROWING

Partners seated, facing, feet touching, join hands, move forwards and backwards.



12 STAND UP

From seated position, stand with folded arms and leg. Repeat maintaining arm position.



WARM-UP GAMES

For all levels:

Listed in sequential order, simple to complex.

1 Simon Says

Begin with "Simon Says" and lead into on-the-spot exercises and activities.

2 Empty the Bag

Coach has a collection of balls which are thrown out in all directions. Children return the balls in the fashion commanded, eg: "hop back", "big steps back" or "jump back", etc., and various combinations of these.

3 Here, There, Everywhere

Coach uses three words that have special meaning, eg: "EVERYWHERE": Stands for particular activity to be carried out such as running on hands and feet. "THERE": Players run after the coach. "HERE": Players run towards a nominated boundary.

4 Ostrich Tag

One child is chosen as "IT". That child chases other players around trying to tag as many as possible. Tagged players help catch the remaining players, who may stand in a "SAFE" position such as putting their arm under one leg and taking hold of their nose with the other hand.

Variation: "SAFE" position may change to bobbing down and holding their ankles.

5 Steal the Ball

Players stand on base line with one player standing 15–20m away. A football is placed on the ground 3 metres behind him. On signal, the players move forward and attempt to reach the ball, pick it up and run to the boundary without being tagged. Players can only move when the lead player has his back to them. When he turns, all players freeze, any player caught moving returns to the base of the line and starts again.

Variation: Players can only move in the fashion commanded, eg: hopping, skipping.

6 Spider and Flies

Two spider's are chosen, remaining players are flies. The spiders sit in the middle while the flies move around by hopping or skipping, etc. The spiders sit quietly and patiently until they are ready to leap up and chase the flies towards the boundary. Flies caught become spiders in the next round. The game ends with the last fly as the winner.

7 Scarecrow

One person is "IT" and when they catch others they become "scarecrows". The scarecrow is released by a child crawling between his legs. Finish when all competitors are scarecrows. Must be played in small area.

8 Odd Man Out

Players move around either skipping, hopping or running. When whistle is blown, they grab a partner. As a variation, form groups of three, four, five partners, etc.

9 Tame Dog

One player is chosen as a tame dog and stands inside a marked area about 4m wide. All other players are wild dogs and stand outside. The wild dogs irritate the tame dog by stepping into or running across its area. The tame dog tries to tag the wild dogs who enter. Wild dogs who are tagged become tamed and help the first tame dog.

10 Cat and Mouse

Players form a circle and hold hands. Two are selected to be the cat and the mouse. Cat stands outside the circle and the mouse inside. Cat tries to catch the mouse. Other children protect the mouse letting him pass under their arms, but not the cat. Try two cats chasing the mouse.

11 Magic Wand

One player holds the "wand". Raise the wand and all players jog around. Lower the wand and all players skip around. When the wand is placed on the ground, all players run to the boundary before being tagged.

12 Hungry Birds

Players jog around in a circle. A number of footballs are scattered in the centre. Players must keep away from the footballs. On a signal they run in, pick up a ball and run to the boundary.

13 Magic Football

Coach in centre holding a football. Players move around carrying out the actions indicated by the coach, eg: walking, running to the right, running to the left, jumping on the spot, etc. When the coach hides the football behind his back all players run to the boundary, as the coach tries to tag them.

Warm-up games continued...
14 Close the Circle, Open the Circle

Commence with all players standing in a circle. Coach calls "Open the Circle". All walk in and raise their arms above their heads. "Close the Circle" – Walk backwards till arms are stretched sideways and all players are holding hands. "Lower the Circle" – Crouch down with hands still joined. "Spin" – All drop hands and jog on the spot.

15 Jumping Jacks

Players stand in a group at one end facing the coach who performs a number of jumping movements which the players imitate. On a signal, the children are chased to the boundary. Give players a turn at being the leader.

16 Follow the Leader

Players stand on a line with a lead player walking up and down in front. Lead player calls what action players must use to move to opposite boundary (skip, run, hop, jump, crawl, etc). No matter what action is suggested by the leader, both he and the other players must carry it out. The players try to cross the opposite line without being tagged by the leader.

17 Rucks and Rovers

The game is played in an open space with marked boundaries. The distance between boundaries depends on the numbers participating. All players line up on one boundary (designated "Rucks") and face the opposite boundary (designated "Rovers"). Players must move between both boundaries according to commands from the coach who stands in the middle. Movement can be either jogging, running, hopping, jumping or skipping. When a command is given, all players must immediately carry out the nominated activity.

Any player not performing the activity exactly as commanded is eliminated and moves to a pre-determined area. Eliminations continue until only one player remains.

COMMANDS:

"Rucks" – All run to a boundary designated "Rucks".

"Rovers" – All run to the boundary designated "Rovers".

"Umpy on Ground" – Stand still and Salute Coach.

"Raise the Run-through" – Players stand still and pull an imaginary rope to raise the team banner.

"Match Starts" – Continuous jogging on the spot whilst shaking hands with a partner.

"Mark" – Continuous high jumps on the spot off alternate feet.

"Huddle" – Players form groups of designated numbers

"Huddle Five" – five players huddle together.

"Hit the Deck" – Players lie on their stomachs.

"Half Time" – Players lie on their back.

"Coach Speaks" – Stand still, hands on hips, lean forward.

"Ring the Bell" – Players stand still and ring an imaginary bell.

"Freeze" – All players stand still. No movement is permitted.

18 Human Tunnel Ball

Players divide into two groups in line formation one behind the other. On "go", they move their feet apart and the first player at the front of the line crawls through the tunnel of legs. When reaching the end, he stands behind the last player and calls "tunnel". The next player at the front of the line follows. The winning group is the first back to their original position.

19 Rats and Roosters

Divide players in two teams. Team "A" stands on one side of line, Team "B" on the other. Team "A" is called RATS, Team "B" is ROOSTERS. Two lines are placed on the ground, one on either side of each team 10-12 metres from the players. When a particular team's name is called, all run for the burrows or the line in front, chasing the others.

20 Square Chase

Mark a square leaving room for players to run around its outside. Players stand outside the square, equal distance from each other, all facing one way. On the word "Go", all run. Each tries to catch the one in front and avoid being tagged by the one behind. As players are tagged, they drop out, until the game becomes a duel between the last two players.

21 Cops and Robbers

Small area split into three. Robbers in the middle with cops at each end. Robbers join cops when tagged by a thrown ball. The ball may only contact a player below the waist.

22 Dodge and Mark

Players in pairs, one is the "ATTACKER" and the other the "DEFENDER". On the signal, the attackers must free themselves from the defenders who follow and stay within arm's distance. The activity is repeated, players change roles.

23 Odds and Evens

Two groups line up parallel facing each other. One team is named the "ODDS" and the other is "EVENS". One team is nominated to turn around and run towards a "SAFE" area. The other must give chase and attempt to tag the opposition. Those caught join the opposition. The last player caught is the winner.

24 Free and Caught

Two or more children are "IT", remainder are scattered. Children chosen as "IT" chase and tag as many players as possible. Those tagged stand still and wait to be released by being tagged by a free player.

25 Freight Train Tag

Children in threes form a train by placing their hands on the hips of the child in front of them. Others chase and try to join the end of the train.

Warm-up games continued...

26 Two Versus One

Groups of three with two children nominated to chase the other child. The game is repeated so that everyone has a turn at being chased.

27 One, Two, Three, Charge

Two teams line up along the boundaries facing each other. Three players stand in the middle. Players on boundaries are numbered. Numbers are repeated within each team. When a number is called, the corresponding players attempt to change sides. If successful, all players change sides. The players in the middle "tag" as many opposition players as possible. Those caught remain in the centre.

28 Handball Tag

One or more players with footballs attempt to tag others by handballing. The last remaining player is the winner.

Variation: Dribbling the ball with their feet.

29 Touch Hands and Run

Two parallel lines of players facing each other. The players in one line raise an arm and hold it palm upwards. The opposition player touches the hand, turns and runs to his boundary. The other players give chase. The roles are then reversed.

30 Two Versus One Handball

Groups of three. Two players run and handpass the ball to each other, the third player attempts to intercept or block the ball. No tackling is permitted. A goal is scored after three handballs have been received without the ball touching the ground.

Variation: Substitute foot dribbling for handballing or increase the size of the group to five (3 handpassing and 2 intercepting).

31 Team Tag

Players wait in groups on boundary, each named after a football team eg; Hawks. The coach stands in the middle and calls each group in turn. Players run, skip or hop to opposite boundary and the coach tries to tag them. Those tagged assist the coach.

32 Through the Wall

Double circle with one football placed on the ground in the centre. Inside circle stand with feet wide astride facing the football. Outside circle run around the standing players. On a signal, they continue running forward until they reach their partner. They crawl through their partner's legs to the centre. First player to pick up the football wins.

33 Dodge and Steal

Make an area the size of a basketball court. A number of balls are

placed behind each base line. Players are in two teams, one in each half of the court. They try to cross their opponent's base line, take a ball and return to their own half without being tagged.

34 Island Tag

A number of markers are placed on the ground. Each marker represents an island. A player standing next to a marker cannot be tagged. Several players run between the islands trying to tag players as they run, skip, hop and jump, etc, from island to island. Set a maximum of 2-3 players on an island at any one time.

35 Circle Chase

All players in groups of three and jogging around a large circle or square. Each group of three has a number. The coach calls a number, the players belonging to that number run around the circle trying to tag as many players as possible until the coach yells "jog". Tagged players must run when a number is called.