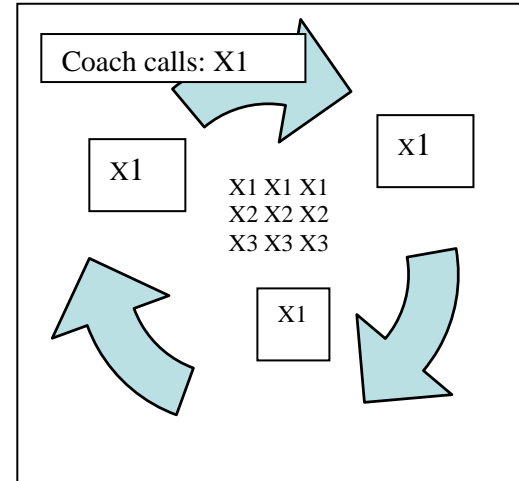




Warm Up Games

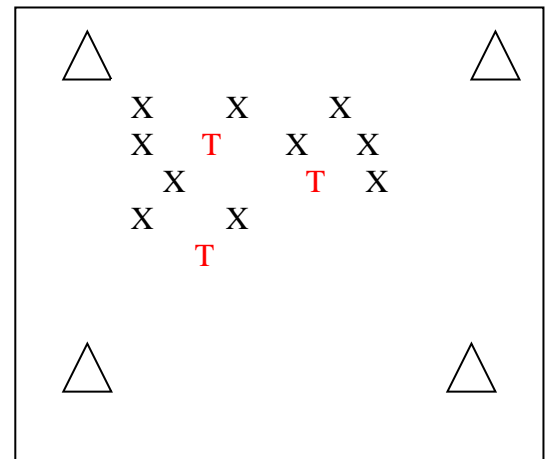
CIRCLE CHASE

1. All players stand in a circle.
2. The coach gives each player a number from 1 - 3.
3. The coach calls out a number and all the players with that number sprint around the outside of the circle and return to their starting position.
4. Another player will hotly pursue each player.
5. Aim of the game is for each player to attempt to tag players in front, without being tagged by the player behind.



TAG BALL

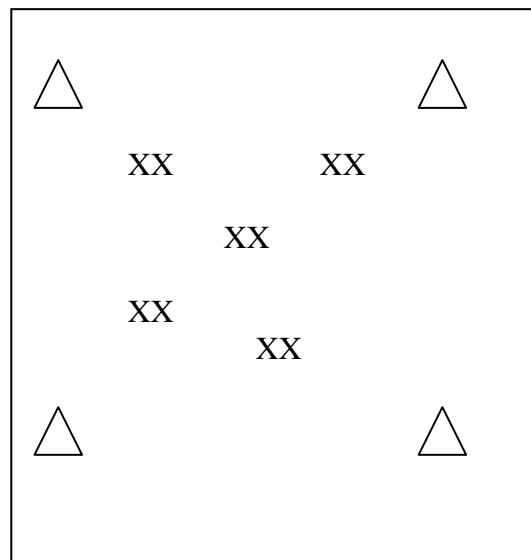
1. Set up a grid.
2. Give 3 or 4 players a football each.
3. These players have 30 seconds to tag as many of the other players as possible by touching the ball off the players. (No throwing allowed)





BACK-TO-BACK

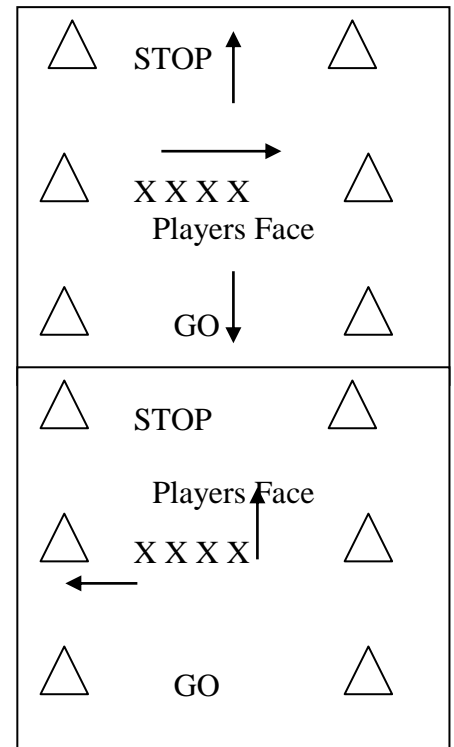
1. Set up grid as shown.
2. Coach gives various instructions for the players to complete in the grid. (E.g. go like aeroplanes, hopping, skipping etc.)
3. On 1 whistle the players stand back to back with a partner change direction.
4. On 2 sharp whistles the players stand back to back to back with a partner.
5. Last two players back to back are out.
6. Nominate a cone where the players stand when they are out of the game.
7. Last two remaining players are the winners.





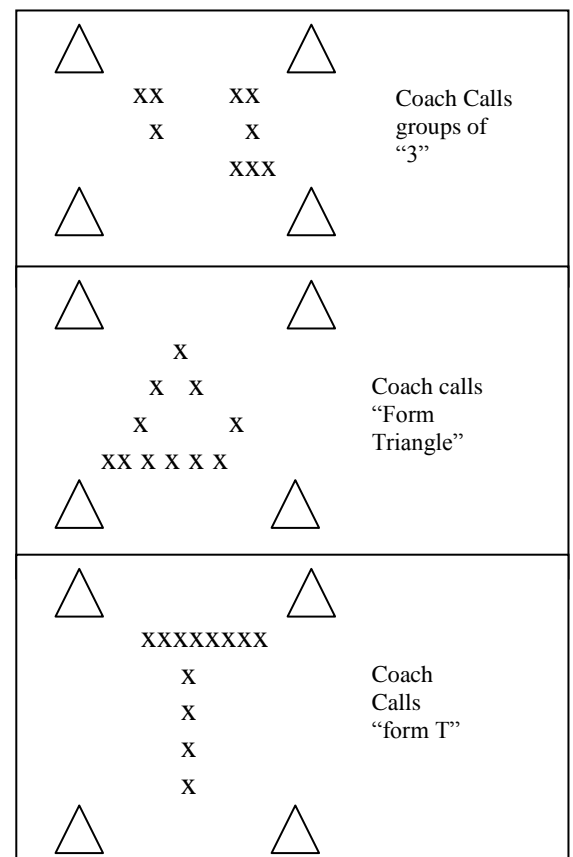
SWITCH GO STOP

1. Set up grid as shown in the diagram and get all players to line up behind one another on the middle line.
2. Coach calls out one of the instructions;
 - GO = Players run to the line on their **right**.
 - STOP = Players run to the line on their **left**.
 - SWITCH = players face the opposite direction.
3. Players must remember that when the instruction switch is called out that "go" and "stop" still mean right and left respectively.



GET INTO SHAPE

1. Coach calls out various instructions, which the players perform within the grid (e.g. jump in the air, right hand touch the ground, left hand touch the ground, fly like aeroplanes etc.)
2. When the coach calls out "a number" the players must form groups consisting of that number of players (e.g. 2, 3, 4, ect.)
3. If coach calls out "a shape" the players as a group must form that shape. (Circle, Square, triangle etc.)
4. The coach may also call out "a letters", which the players as a group must form (e.g. L, V, O, T etc.) Pick easy letters.

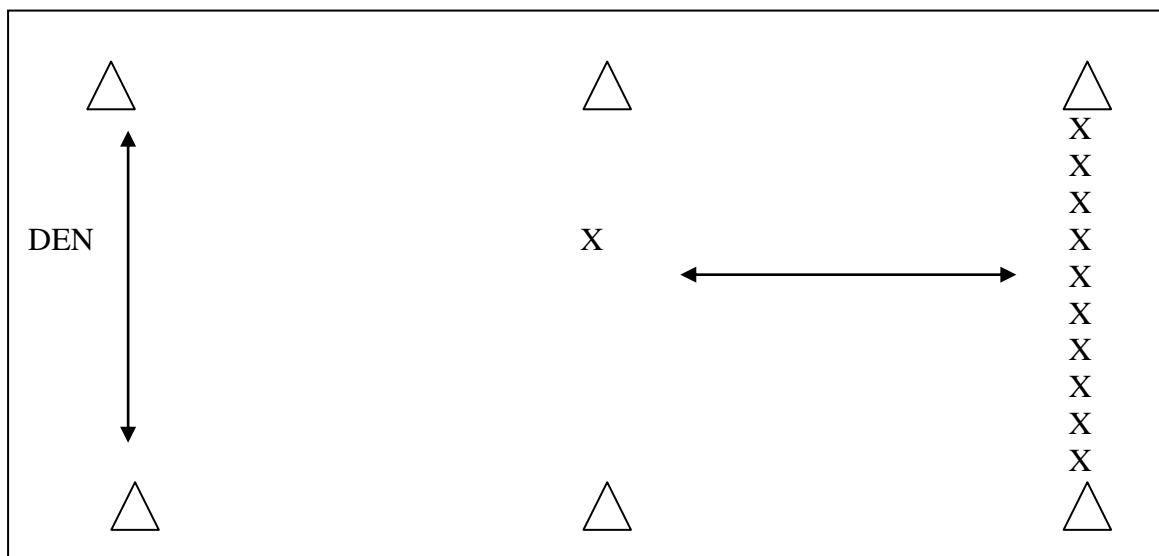


IRISH BULL DOG

1. Organise players as shown in diagram.
2. Player one calls a name. That player must make it to the den with out being caught or running out side the grid. If he/she is successful then everybody can run simultaneously. They also try to make to the den with out being caught.
3. However if the player is caught then that person is on also.
4. Occasionally player one or the coach may call "IRISH BULLDOG". When this occurs every body must run trying to make it to the den.
5. You may get players in middle to link hands when 4 or 5 players have been caught. They cannot break link and only two outside players can actually catch.

Variations:

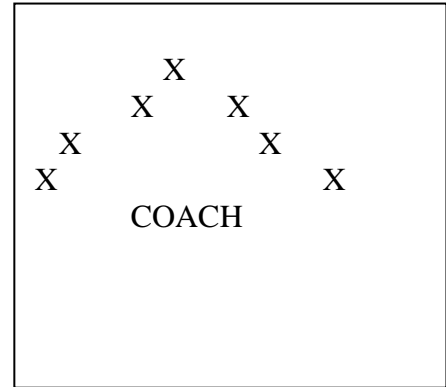
- 🏈 Individuals must solo when their name is called.
- 🏈 Also player one has a ball and must solo.
- 🏈 Any other players who are caught during the game must also solo.



BACK AND BELLIES

1. Arrange players into semi circle or straight line.
2. Coach calls out one of four instructions, which players must do, in quick succession.

Back	Lie on back	Can be called in any order
Belly	Lie on belly	
Side	Lie on side	
Feet	Stand up	

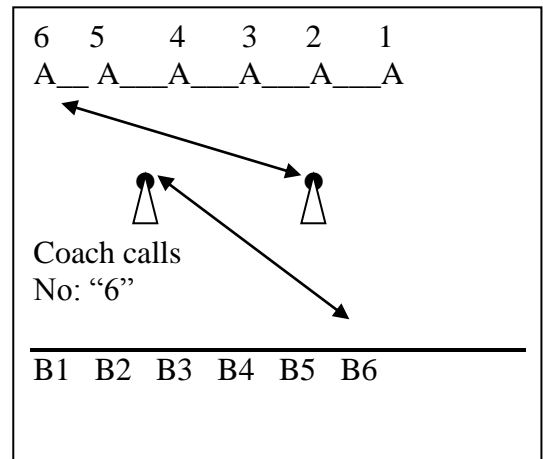


3. Give players a rest after 30 seconds.
4. Change the instructions so that the players do the opposite.

Back	Lie on Belly	Can be called in any order
Belly	Lie on back	
Side	Stand up	
Feet	Lie on side	

SNATCH THE BACON

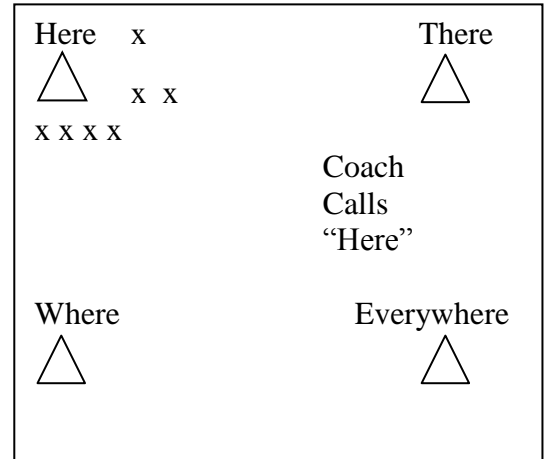
1. Divide the player into two teams with each team lined up at opposite lines.
2. Give each player on team A and team B a number (e.g. 1 - 10)
3. Place two cones with a ball on top of each in the centre.
4. When the coach calls a number, the players from both teams race to the centre and try to snatch the ball and return to their line first.



5. First player back receives a point for their team.

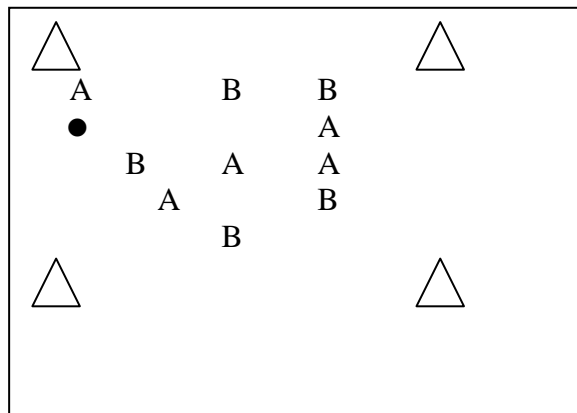
CORNER GAME

1. Set up grid
2. Name each cone as can be seen
3. Players must run around inside the grid
4. Coach calls a name and players run to the appropriate cone
5. Change names to town names/counties etc.



POSSESSION GAME

1. Set up grid(s) as shown
2. Split group into teams of 2 or four depending on number at session
3. 2 teams inside each grid and must pass the ball (hand pass can be used) to team members keeping possession for as long as possible.
4. Give the game 1 minute
5. The team with the ball at final whistle is the winner.



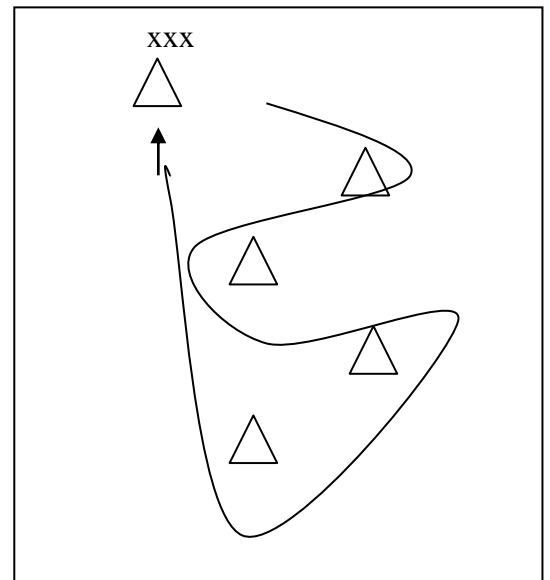


AGILITY RELAY

1. Set up two grids as shown.
2. On the whistle the players zig-zag from cone to cone.

Variations:

- 🏆 Follow the Leader - entire group runs together.
- 🏆 On the whistle first person in each group go on next whistle second person goes and so on.
- 🏆 Relay race.
- 🏆 Add a football to each group - Solo



PARTNER TAG

1. Set up grid as shown
2. Split group into partners
3. Players stand either side of line with backs turned to each other
4. Partners must be given a number
5. Players jog on the spot
6. Coach calls number and they must run to end line with partners in pursuit and not get caught

