

Warm Up Activities

Activity 1: Random Rope

- Skipping ropes scattered on the ground.
- Team players run to a rope, skip 10 skips, drop the rope and move to another rope.
- Change styles of skipping to backwards, double jumps etc.

Activity 2: Simon Says

- Coach directs players to perform activities such as hopping, jumping, burpees etc.
- Players only perform activity if coach precedes this instruction with "Simon says".

Activity 3: Knee Tag

- Players face each other in pairs.
- On command, try to tag partner's knees while avoiding being tagged.
- Work for a set time limit.
- Reinforce the safety aspect of players keeping their body upright to avoid collision.

Activity 4: Partner Tail Tag:

- One player has a tail [tea-towel, piece of material, netball bib etc] tucked into the back of their clothing [ensuring most of the tail is visible].
- Stay within the designated area.
- Partner aims to chase their partner to snatch their tail.
- Players swap roles.
- Variation- both players have a tail and attempt to grab their partner's tail whilst protecting their own tail from being taken.

Activity 5: Fox and Geese

- 3 players join hands to form a circle. An extra player is selected as the "fox" and stands outside of the circle.
- Select a "goose" from the circle.
- "Fox" aims to tag the goose.
- Players keep circle in tact and aim to re-position to protect "goose" from being tagged.
- Fox makes quick changes of direction to move around circle to tag "goose".
- Fox cannot tag goose over / under the linked hands of geese. Fox must tag goose with outside hand.

Activity 6: Cat and Mouse

- Players make circle and join hands.
- 1 player stands inside circle [mouse] and 1 player stands outside of circle [cat].
- Cat tries to catch mouse, as players in the circle raise and lower arms to let the cat and mouse in and out.
- Variation – increase difficulty by using 2 cats chasing the mouse.

Activity 7: Jail Tag

- Select a designated area and mark out with cones. Players spread out. Make a Jail by selecting a designated area.
- 1 player is "it" and tags the other players who go to jail once tagged.
- 2 guards protect the jail and attempt to tag any players who come near the jail, guards are not permitted to leave jail.
- Free players may release prisoners by tagging them.

Activity 8: Rats and Rabbits

- Players set up in 2 lines, next to a partner who is standing 1m away. Mark out a line or cones to where the players aim to run to.
- 1 line of players are "rats" and the other line of players are "rabbits".
- On the call of "rats" the rats aim to sprint to their line before the rabbits can catch them, and vice versa.
- Players can keep a tally of scores receiving 1 point if they catch their partner or 1 point if they reach the line before they are caught.

Activity 9: Rob the Nest

- Mark out a large rectangle area with cones.
- Place a hoop in the centre of the rectangle and at each corner.
- Place eggs [balls / bean bags] in the centre hoop [nest].
- 4 teams of players line up at each corner of the rectangle.
- Each team send a runner to rob an egg [bean bag / ball] from a nest and place the egg in their own nest [hoop].
- Players collect eggs from the middle nest or other team player's nests, team players cannot stop others from stealing their eggs.
- Set a time limit for each game.