

Warm Up Games





Mountains and Valleys

Objectives: Warm the players up in a fun way

Setup: Mark out a 10 x 20 metre rectangle with two different coloured cones at each end like the diagram on the right. One set of cones are up the right way to resemble mountains and the other set are upside down to resemble valleys.



How to play:

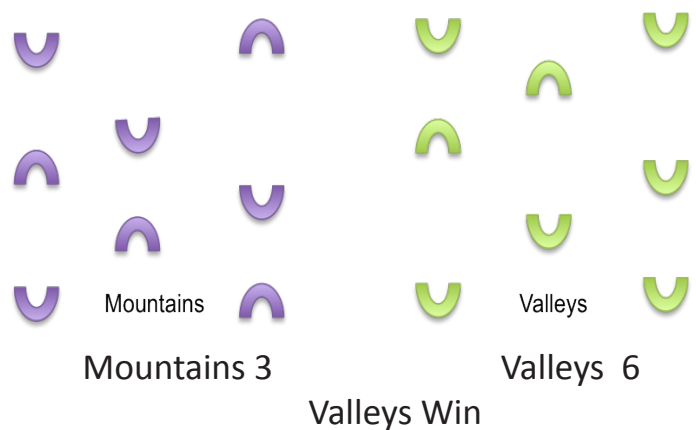
- Players are in two teams, mountains and valleys.
- The aim of the game is to flip the opposite teams cones over and defend your own cones.
- The team that has the least amount of its cones flipped after 2 minutes wins.

Key coaching points:

- Team work
- Attack and defend

Progressions:

- More Cones
- Obstacles
- Larger teams





Herd the Sheep

Objectives: Warm the players up in a fun way

Setup: Mark out a 10 x10 metre rectangle with two different coloured cones in opposite corners like the diagram on the right. These cones are the gates of the pen.

How to play:

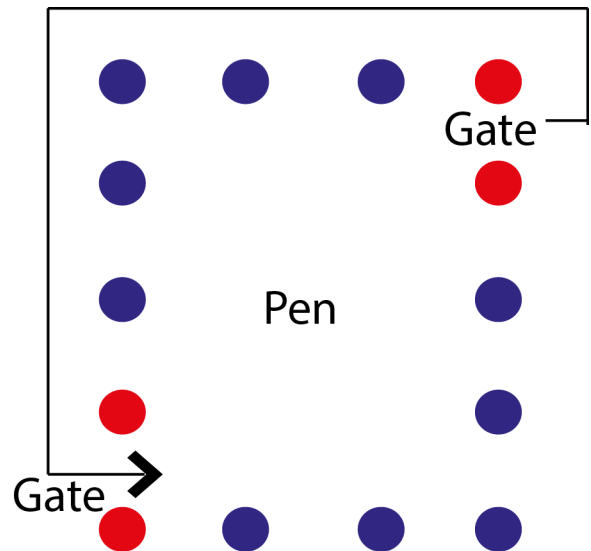
- All the players start inside the pen with one player chosen to be the tagger.
- When the tagger tags a player they must walk/skip/hop (which ever you decide) out the gate and round the outside of the pen and enter the pen again through the other gate.
- The taggers goal is to empty the pen.
- If they achieve this then they choose someone else to be the tagger and play again.

Key coaching points:

- Quick feet

Progressions:

- Make the pen larger
- Add more taggers
- Create a time limit
- Play with a ball





Chain Tag

Objectives: Warm up

Setup: Mark out a rectangle big enough for all the players to run around in freely.

How to play:

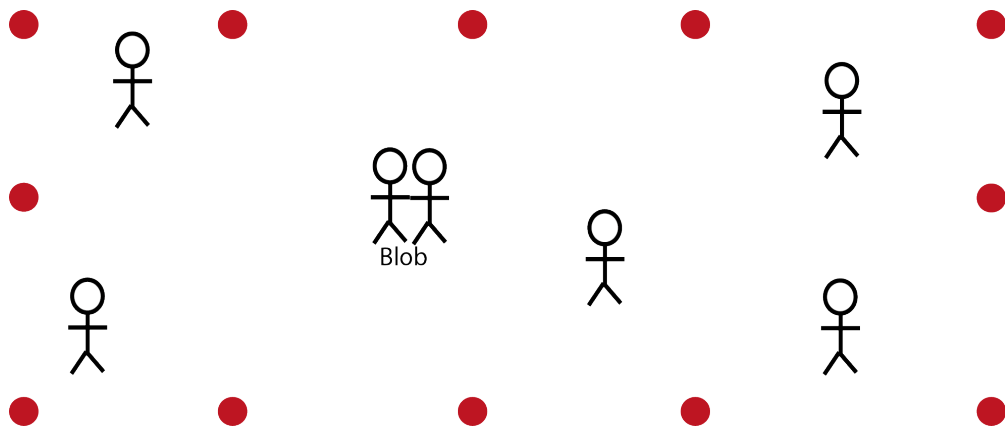
- Two players are named the taggers, they start the chain by holding hands.
- The chain runs together to tag other players.
- Once a player is tagged they join the chain.
- The chain must stay connected the whole time and only the end players of the chain can tag.

Key coaching points:

- Teamwork
- Evading
- Cooperation

Progressions:

- Larger area
- When the blob gets to 4 players let it split





Rock, Paper, Scissors Tag

Objectives: Warm up

Setup: Mark out a 15m x 15m playing area. 3 different types of equipment (enough for one third of the class, per piece). For example plastic bags, frisbees and tennis balls

How to play:

- Divide the class into three equal teams.
- Each team will be given different pieces of equipment, so we will have a frisbee team, a tennis ball team and a bag team.
- Each team has one team that they can attack and one team that can attack them (just like rock paper scissors).
- In this case, the story is as follows: the bags can easily catch a tennis ball so sacks will attack the tennis balls. However, if a bag was to try and catch a frisbee, the frisbee would easily slice through the bag, frisbees will attack bags. Tennis balls would be able to knock frisbees out of the air, so tennis balls will attack frisbees.
- On a signal players will attempt to tag their prey while avoiding their predator. The first team to eliminate all of their prey wins the game.

Key coaching points:

- Running
- Dodging
- Strategy

Progressions: A variation is to make this an individual game. Just as above each player will chase their prey, however, once tagged they will sit down and hold their item in the air. Players who are still alive may now trade items with any downed player. This really adds strategy to this game. The last player left is declared the winner.



Up Down Stop Go

Objectives: Warm up

Setup: Mark out a playing area big enough for the players to run around in

How to play:

Coach calls out the commands below or holds up a sign with them on and the players have to do the opposite

GO - players must stop.

STOP - players must move around the space either walking or running.

UP - players must sit or lay down.

DOWN - players must stretch up to the ceiling.

Key coaching points:

- Listening Skills

Progressions:

- Add more commands
e.g. Sit - players must jump
Run - players must pretend to sleep