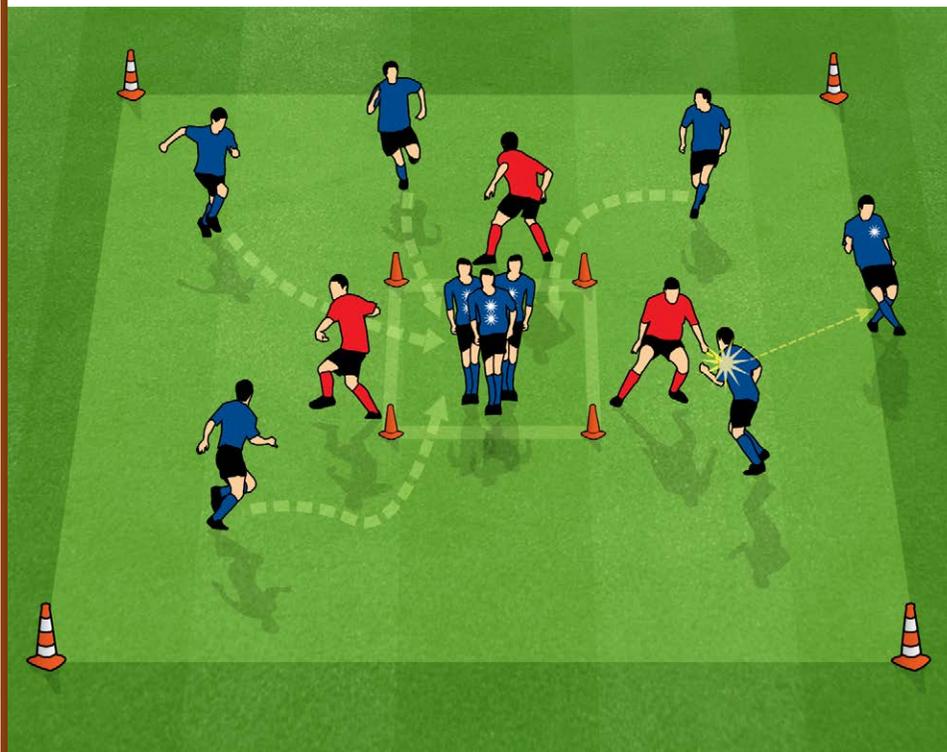


## ESCAPE TO VICTORY

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Have a coned area in the centre which is the prison.
3. Have a set number of players in the prison to start with and 3 guards protecting the prison.



### HOW TO PLAY

1. In this game the objective is for the attackers to break into the prison and help the prisoners to escape.
2. Guards defending the prison try to tag attackers attempting to break in. If an attacker gets tagged they must go to the outside of the large area before trying to break in again.
3. Attackers have two lives each. If they are tagged twice they then become prisoners. If prisoners escape then they become attackers and attempt to free others.
4. If the prison guards capture all prisoners then they win the game. If all prisoners escape and break out of the overall area then they win the game.

### PROGRESSION

- Make prison bigger or smaller
- Guards can only move sideways
- Attackers have 1 minute to get as many prisoners freed as possible
- Add a ball each for attackers and / or the Prison Guards

### OUTCOMES

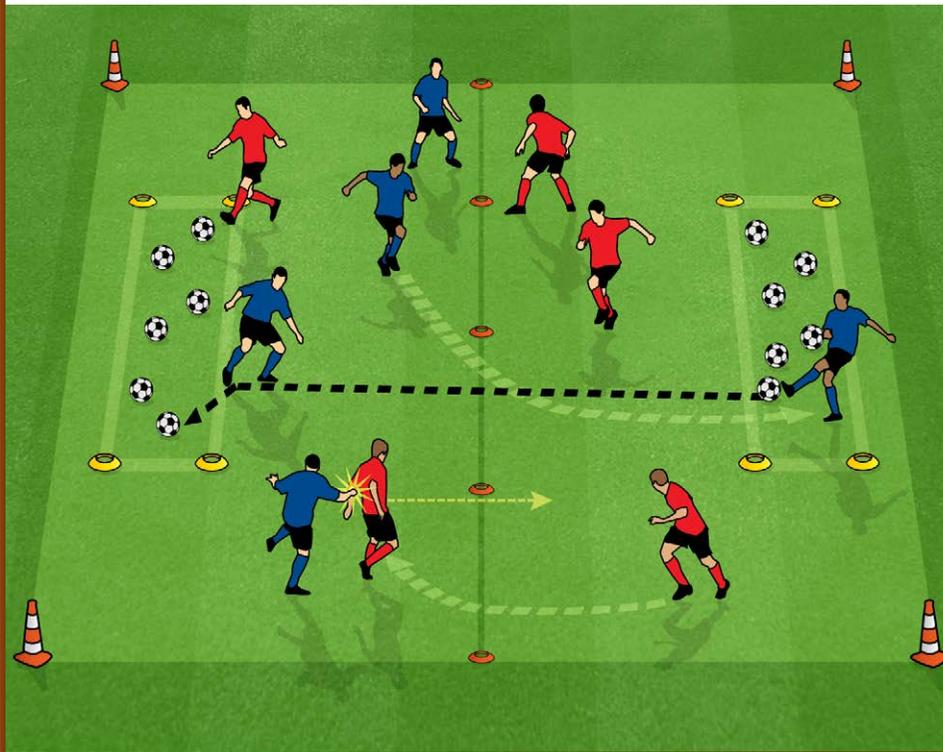
- Change of Pace / Direction
- Acceleration / Deceleration
- Dodging and deception
- Teamwork & Communication

## TREASURE ISLAND

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m is the Island. Modify area depending on the number and age of players. Split area into two halves with a line of cones.
2. Make a square of cones (treasure chest) at each end and place half of the footballs (treasure) within the grid.
3. Split into even teams with bibs.



### HOW TO PLAY

1. Players are pirates and they are safe in their own side of the Island.
2. Once pirates cross the centre line, the other team are allowed to tag them. Tagged pirate must return to their own treasure chest before attacking again.
3. Once players get inside the opponents treasure chest they are safe. They are allowed to dribble / carry one ball to their own side and place the ball within their own treasure chest.
4. Players are not allowed to stop opposition taking a ball back to their treasure chest.

### PROGRESSION

- Players are allowed to pass one ball back to their treasure chest
- Players are allowed to stop the opposition dribbling / passing footballs back to their treasure chest

### OUTCOMES

- Awareness
- Change of running pace / direction
- Teamwork
- Long distance passes

## CROSSING FROGS

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Circle in the area (pond) with cones scattered in the pond.
3. Players(Frogs) begin outside of the Pond without a ball.



### HOW TO PLAY

1. Frogs move around the outside of the pond in direction dependant on coaches command.
2. When the coach shouts "cross the pond" Frogs must dodge the cones and get to the other side.
3. Frogs receive a point for getting across to the other side of the pond without touching a cone.

### PROGRESSION

- Frogs asked to move backwards / sideways across the pond
- Frogs asked to jump across a number of cones in the pond
- Introduce ball for each Frog

### OUTCOMES

- Keep their head up / Awareness
- Change of direction / pace
- Multi directional movement / Jumping

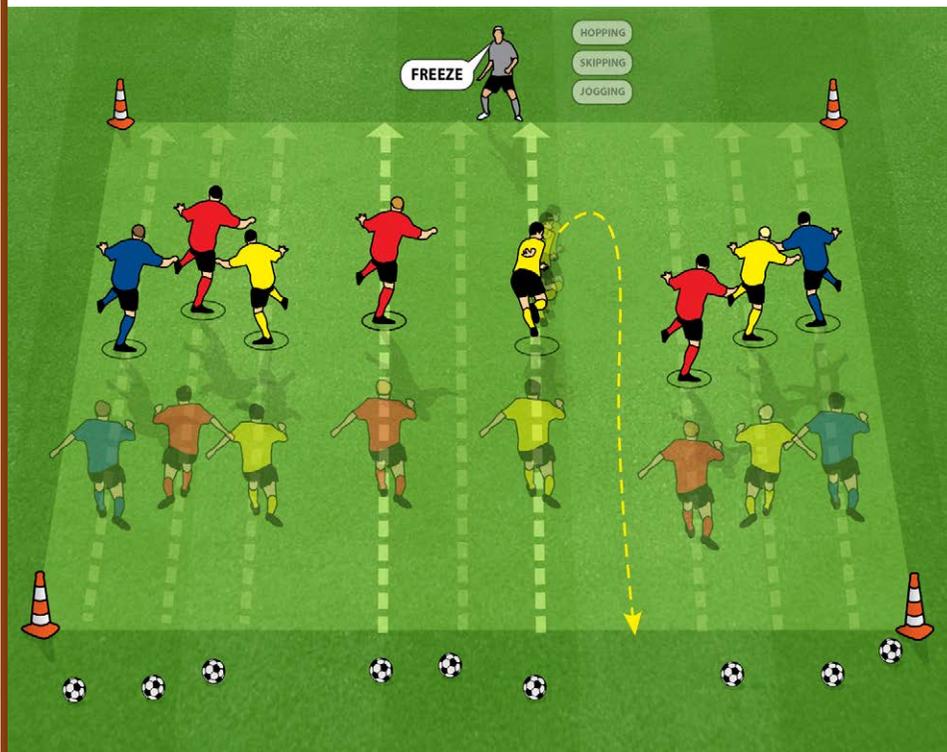
# General Movement

## STATUES

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.



### HOW TO PLAY

1. Coach calls out a methods of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts “freeze” players must stop and hold their position with out moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

### PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to “freeze”, including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

### OUTCOMES

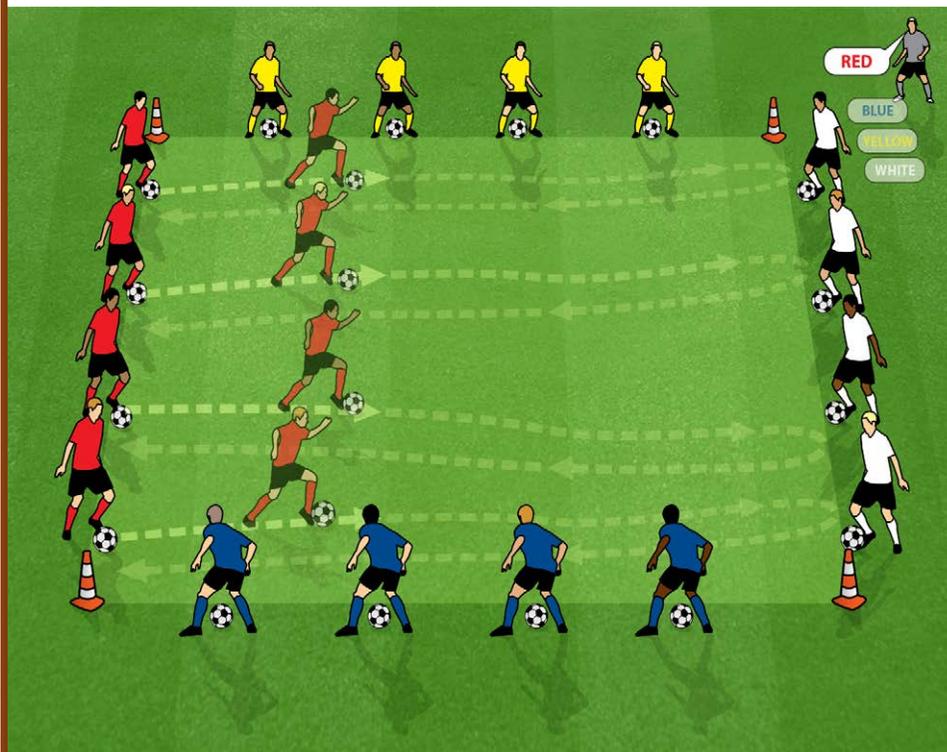
- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

## CONNECT FOUR

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 4 equal teams and provide them with a team name.
3. Players to begin standing around the outside of the area.



### HOW TO PLAY

1. When coach calls out a team name they have to move to the opposite side and back.
2. Players move in different ways as instructed by the coach.

### PROGRESSION

- Introduce footballs for players to carry, throw or dribble
- Two teams are called to move at one time
- Three teams are called to move at one time
- All teams go at same time
- Players can race against each other

### OUTCOMES

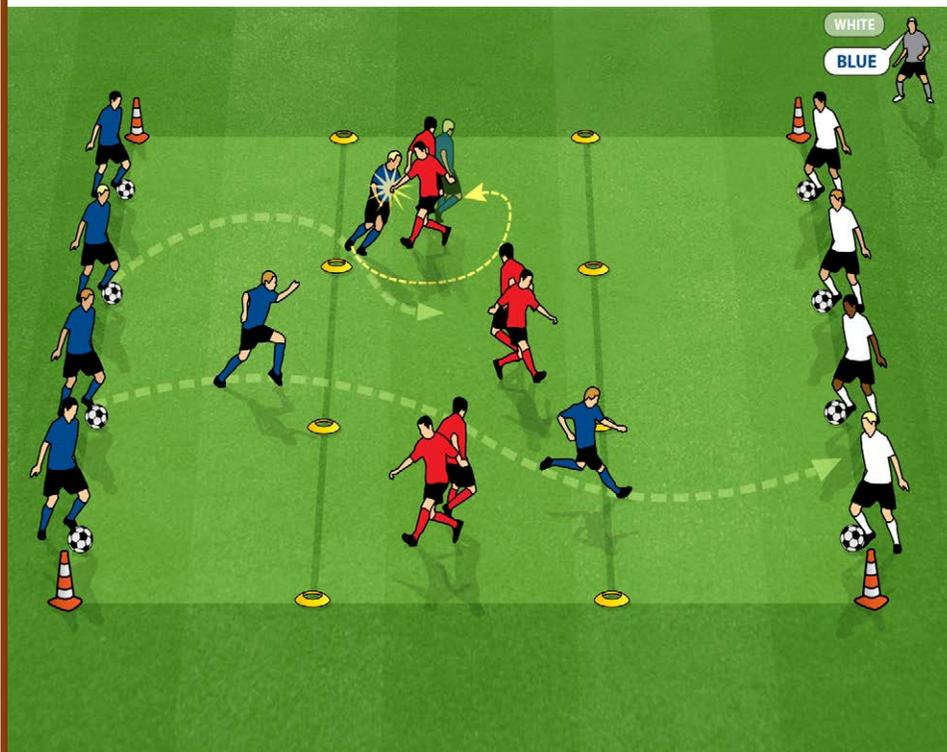
- Keeping their head up / Vision
- Dribbling in tight spaces
- Spatial awareness

## SLIP THROUGH THE NET

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Split area into thirds.
3. Group divided into 3 teams, bibbed in a different colour.
4. 2 teams begin on the outside of each end of the area (Fish), with players in the middle third (Fisherman's Net).
5. Nets must be paired together, with each player only allowed to face in one direction only.



### HOW TO PLAY

1. When Coach calls out a team the fish must try and travel through the middle third to get to the other side.
2. The Fisherman's Nets in the middle third try to tag (catch) players travelling through.
3. Fishes receive a point for travelling through successfully.
4. Fishes who are caught link in to one of the nets, facing the opposite direction to the player that they link next to.

### PROGRESSION

- Introduce a ball for the fishes
- Both teams go at the same time
- Nets are allowed to both turn at once if required

### OUTCOMES

- Fundamental Movement
- Change of direction / speed
- Teamwork & Communication

## ESCAPE THE DRAGONS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players. Place 4 "castle gates" around the outside of the area.
2. Split into 2 teams, one team of Knights operating inside the circle (Prison) and one team of Dragons operating outside of the prison.
3. Number each Knight in the circle.



### HOW TO PLAY

1. Knights are moving around inside the circle and Dragons moving around outside.
2. Coach shouts out a number and that Knight has to get to one of the Castle gates before the Dragon catches them.
3. Each time a Knight escapes, a point is awarded to their team.
4. Swap over teams so that they play the other role.

### PROGRESSION

- Shout out two or more numbers
- Certain Castle Gates are locked and Knights must get a key (one of the Footballs) before escaping through them
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging / escaping

### OUTCOMES

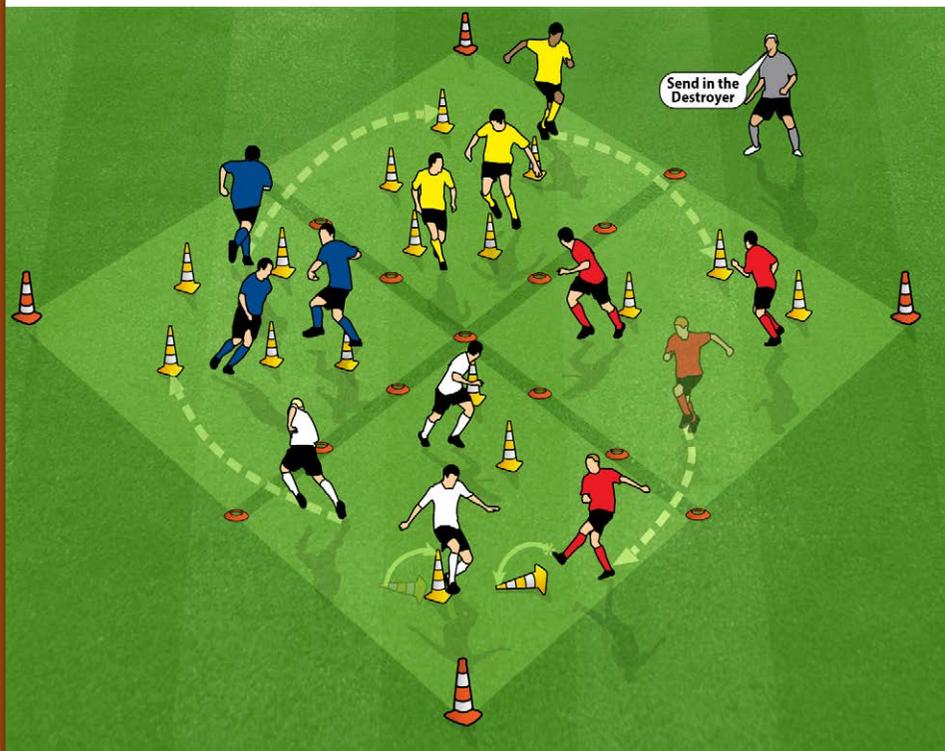
- Acceleration
- Change of pace / Direction
- Teamwork / Communication
- Fundamental Movements
- Dribbling

## THE DESTROYER

RECOMMENDED FOR 9 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Group is split into 4 equal teams.
3. Split area into 4 sections and place an equal number of tall cones in each square. (Tall Cones could be substituted for balls on cones).



### HOW TO PLAY

1. Players move around their areas in ways dictated by the coach.
2. When the coach shouts "Send in the Destroyer", one person from each team moves in a clockwise direction into the next square. The destroyer tries to knock down as many cones as possible whilst the remaining team members stand them back up. Players are not allowed to obstruct destroyers from knocking their cones down.
3. Destroyers have 20 seconds to knock down as many cones as possible. The team with the least cones destroyed wins.

### PROGRESSION

- Alternate the square that Destroyers visit – clockwise, anti-clockwise, diagonal
- Destroyers have a ball and they have to knock cones down by passing

### OUTCOMES

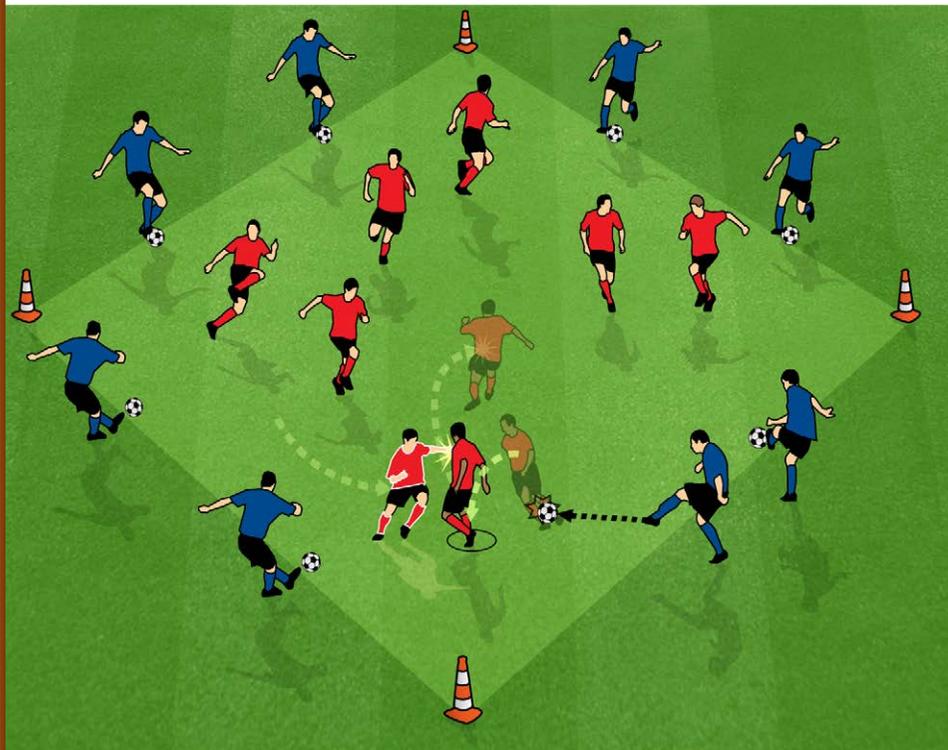
- Fundamental Movement
- Change of pace / direction
- Passing accuracy

## STAR WARS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 2 teams equal teams, the "Jedis" and the "Storm troopers". Teams have different coloured bibs.
3. Storm Troopers on the outside of the area and the Jedis inside.
4. Storm Troopers with a ball each.



### HOW TO PLAY

1. Teams inside the area nominate a player to be the Jedi Master without any other teams knowing who it is.
2. Jedis move around as they wish. Storm Troopers try to shoot the Jedis by passing the ball and hitting them below the knee. If Jedis get hit, they must freeze on the spot.
3. Frozen Jedis can only be freed if they are tagged by the Jedi Master. If the Jedi Master gets hit, then other players can't be freed.
4. How many players can be frozen in 30 secs / 1 minute.
5. Change over teams. Instead of having a Jedi Master, the Storm Troopers have "Darth Vader" who performs the same role.

### PROGRESSION

- Allow 2 Jedi Masters
- Storm Troopers can only use weaker foot

### OUTCOMES

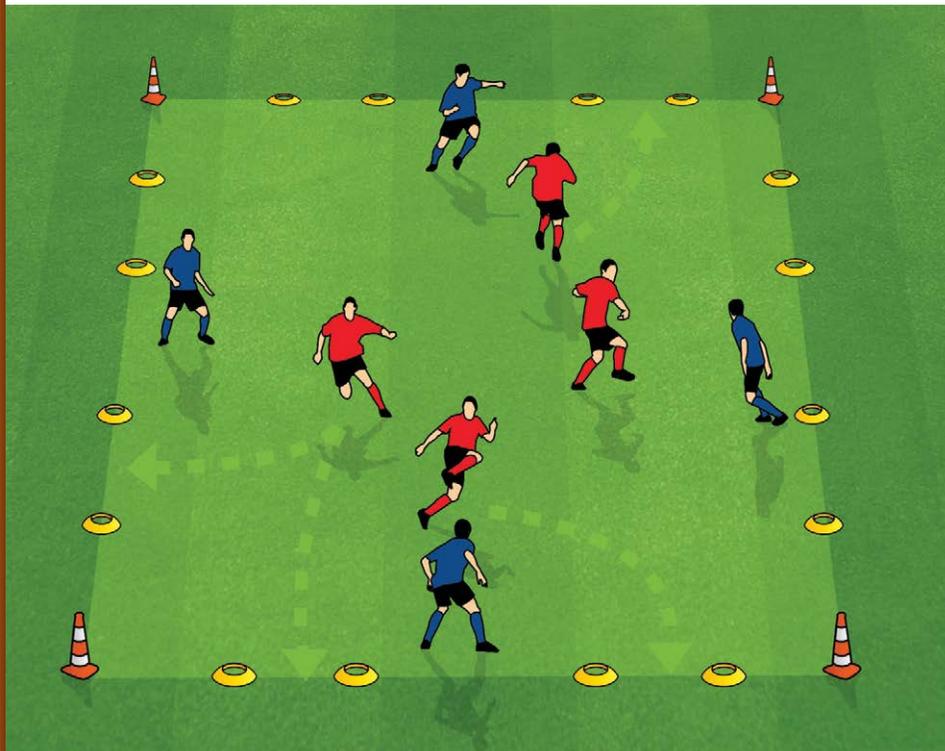
- Fundamental Movement – Dodging, Jumping etc
- Change of direction / speed
- Passing accuracy
- Weight of Pass

## ZOO ESCAPE

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Set up 8 Zoo Gates, 2 on every side of the Zoo.
3. Animals in Red are in the Zoo Park, with each of the 4 Blue Zookeepers standing next to a pair Zoo Gates.



### HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after each gate
2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates. Zookeepers stop animals escaping by tagging them
3. If animals escape they score 1 point and then re-enter to start again

### PROGRESSION

- Introduce ball each for animals to have in hands / at feet
- Introduce ball each for Zookeeper to have at feet
- Use a different "trigger" for Zoo Escape. For example, instead of coach shouting they could bounce a ball instead (Vision & Awareness)

### OUTCOMES

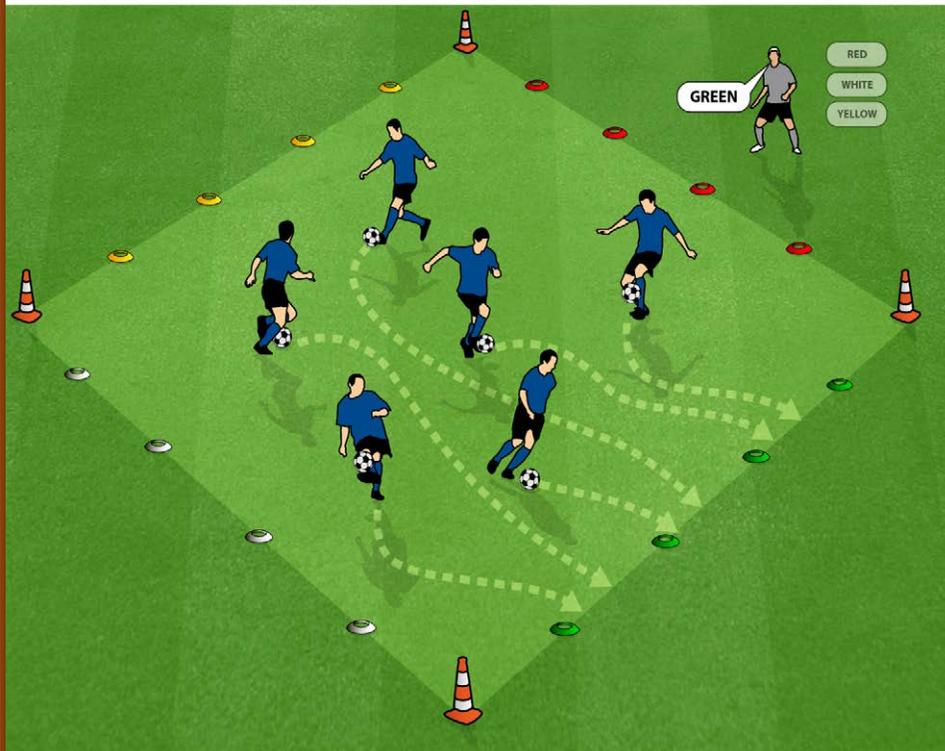
- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration

## COMPASS RACE

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 outside lines to be set out using different coloured cones.
3. Players in the square with a ball each.



### HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks.
2. When coach calls out a colour, players must dribble their ball to that colour line.
3. Players then continue to dribble around area.

### PROGRESSION

- Award points for the first 5 players to get to the line.
- Coach calls another colour when players are on their way to a line (encourage turning).
- Add in a defender to guard a line.
- Players are not allowed to use the same turn twice in a row.

### OUTCOMES

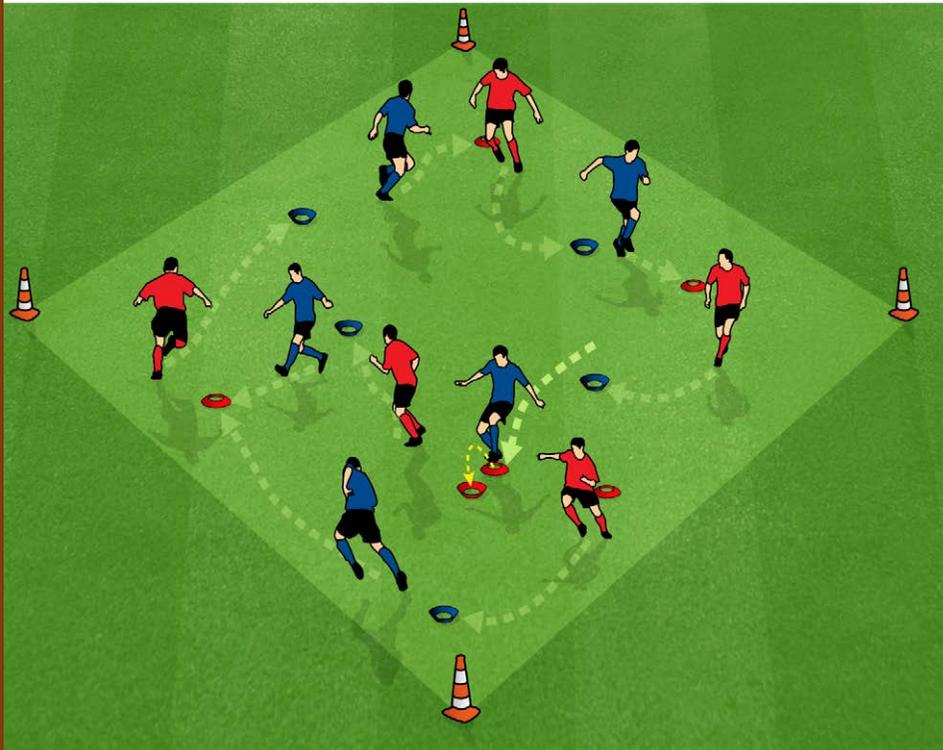
- Control the ball in the direction of a line or away from defenders
- Practicing lots of different turns
- Awareness of space to attack into

## DOMES & DISHES

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers.
3. Each player is given 1 cone each (all same colour).
4. Players are asked to find a space in the square and place their cone on the floor. One team places cone on floor as a "Dome" and the other team place cone upside down as a "Dish".



### HOW TO PLAY

1. Teams have 1 minute to turn as many cones into either Domes or Dishes (which ever their team represents).
2. After 1 minute, coach counts the amount of Domes / Dishes and award a winner.

### PROGRESSION

- Encourage players to try different movements by creating new rules. E.g running backwards / side stepping between cones / jumping over cones before turning them over.
- Introduce a ball for each player to dribble.

### OUTCOMES

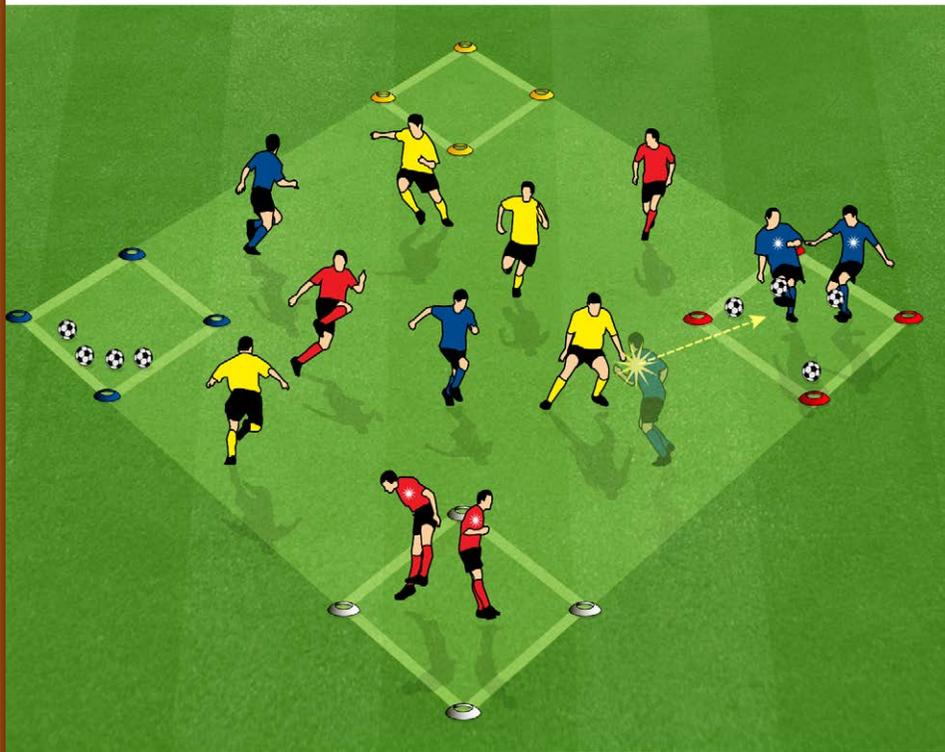
- Mobility when changing direction at speed
- Movement in different methods - forwards / backwards etc
- Encourages teamwork
- Vision & spatial awareness

## TAGS & TRICKS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 squares (3x3m) in each corner of the square. Each square has a specific challenge .
3. 2 teams of equal numbers (red and blue) plus one team of two chasers (yellow).



### HOW TO PLAY

1. Yellow team chase first. When they tag a Red / Blue they must tell the player which corner square to enter and perform challenge.
2. After player performs challenge they are allowed back into the main area.
3. If all players from red team are performing challenges in corner squares, blues win (and vice versa).

### PROGRESSION

- Increase number of players in chasing team.
- Increase difficulty of challenges performed in corner squares.
- Introduce a ball for players in the main area.

### OUTCOMES

- Encourages players to be comfortable on the ball
- Develops spatial awareness
- Develops balance

### BASKETBALL TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. All players start inside the area with a ball each, except for the 'tagger', who starts inside the area but has no ball



#### HOW TO PLAY

1. All players move around the area bouncing a ball
2. The 'tagger' tries to knock the ball away from the other players
3. If a player loses control of their ball or has it knocked away by the 'tagger', they give their ball to the 'tagger' and become the new 'tagger'

#### PROGRESSION

- BASIC:
- Increase the number of 'taggers'
  - Make the area smaller

#### OUTCOMES

- Increase spatial awareness and movement into space
- Develops hand eye coordination, change of speed, change of direction, agility

### BEAT THE KEEPERS (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 30m x 20m. Modify the width depending on the number of players
2. Divide the area up into three zones of equal size
3. Divide the players into 3 even groups and, if possible, place equal numbers in each zone. There must be equal numbers in each end zone
4. Players in the end zones have a ball each



#### HOW TO PLAY

1. Players in the outside zone try to shoot the ball along the ground through the 'goalkeeper' zone to the other end zone
2. If a player in the 'goalkeeper' zone manages to intercept the shot, they then swap places with the player who shot the ball
3. 'Goalkeepers' cannot use their hands, they must stop the ball with their feet only
4. Play for 2 mins. And then swap the goalkeepers if necessary

#### PROGRESSION

BASIC: The 'goalkeepers' are allowed to use their hands to stop the ball

#### OUTCOMES

- Develops passing and receiving techniques
- Passing over short distances
- Basic awareness of other players

### CHAIN TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. Create 1 or 2 pairs by asking some of the players to join a partner
3. All the other players are free to move around inside the area



#### HOW TO PLAY

1. While keeping their hands joined, the pair tries to tag the free players with their free hands. Everyone runs around while the taggers chase the free players
2. When a free player is tagged they join the pair, which becomes a threesome or a 'chain of three'
3. The three continue to chase and when a fourth person is tagged, they break into two chains of two and both chains continue to chase and tag
4. The game is completed when everyone is in a chain

#### PROGRESSION

BASIC: Investigate different movements i.e. walking, jogging, skipping, hopping

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness

### DRIBBLE TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. The players starts in the area with a ball each. 2 players are given bibs and start as 'taggers'



#### HOW TO PLAY

1. The players dribble around the area and try to avoid being tagged
2. The 'taggers' must keep close control of their ball, but aim to tag another player
3. All players, including 'taggers' cannot lose control of their ball
4. If a player loses control of their ball or is tagged, they become the 'tagger' and take the bib
5. A tag doesn't count if the 'tagger' loses close control

#### PROGRESSION

- BASIC: Specify the part of the foot players must use
- INTERMEDIATE: Specify dribbling only with the players non-dominant foot

#### OUTCOMES

- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed

### FAKE & SPRINT RACE (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 20m x 20m
2. Set up 4 cones, close together in the centre of the area
3. Using 2 cones on either side, set up 2 'gates' to run through
4. Divide players into 2 teams and line them up on opposite sides of the area



#### HOW TO PLAY

1. The first player from the blue team jogs toward the centre cones
2. The opposite player from the red team jogs toward the centre at the same speed, carefully watching the opponent
3. The blue player decides when to switch direction and sprint to the gate, using a fake to try and trick the red player
4. The red player tries to stay with the blue player and then beat them to the gate
5. Alternate to ensure each player gets to lead and chase

#### PROGRESSION

BASIC: Both players have a ball

INTERMEDIATE: Only the lead player has a ball, the chase player tries to win the ball from them

#### OUTCOMES

- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed

### FLAG TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



#### HOW TO PLAY

1. Players chase each other around the area, attempting to take snatch the flag off other players
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they play on, trying to snatch other flags
4. The game ends when the last player has their own flag snatched
5. The winner is the player who captures the most flags

#### PROGRESSION

INTERMEDIATE: Create two teams – the winning team captures all the opposition flags first

ADVANCED: Give every player a ball to dribble while they play

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control

### FOOTBALL RUSH (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start at one end of the area with a ball each, except for one defender, who starts inside the area but has no ball



#### HOW TO PLAY

1. On your call of "Football Rush" the attackers attempt to dribble their ball past the defender in the middle of the pitch and stop on the opposite end line
2. The defender tries to tackle as many players as possible, or even kick their ball out of the area
3. If an attacker has their ball intercepted or taken from them they join the defender(s) in the middle of the pitch
4. The last attacker remaining wins the game

#### PROGRESSION

BASIC: Make the pitch smaller

INTERMEDIATE: Add another defender at the start

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

### HOPPING TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start inside the area
3. Allocate a bib to one player, who starts as 'tagger'



#### HOW TO PLAY

1. All players move around the area by hopping. They should change legs when needed, but not alternately (bounding)
2. The 'tagger' tries to tag other players. When a player is tagged, they take the bib and become 'tagger'
3. A player cannot be tagged if they are standing still, balancing on one leg (safe position). Players can only stand still for a maximum of 5 seconds

#### PROGRESSION

- BASIC:
- Increase the number of 'taggers'
  - Make the area smaller
  - Use cones to add 'safe' areas to limit the places a player can stay in the 'safe position'
  - Create other challenging but safe variations

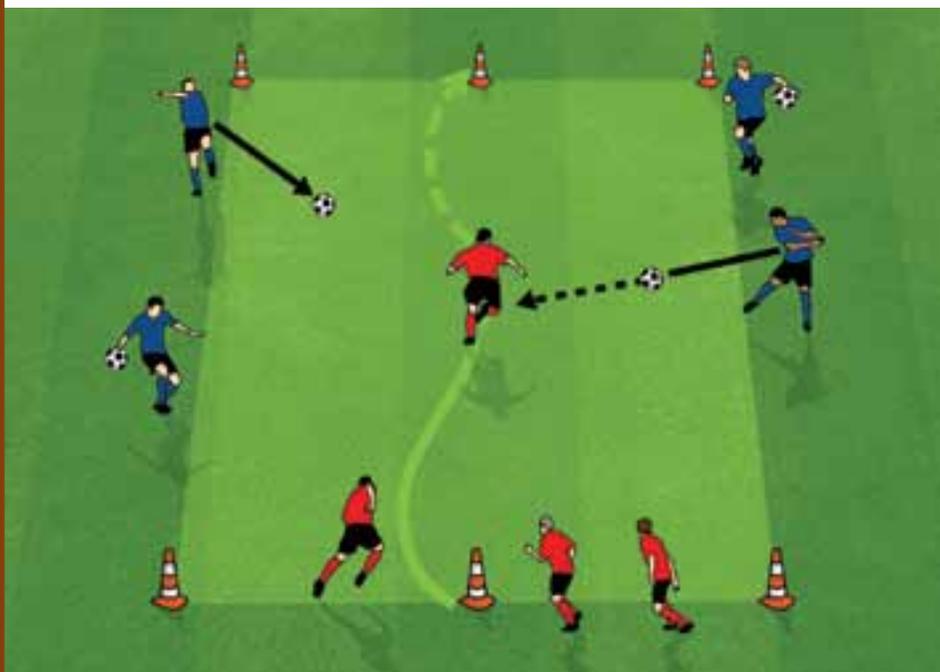
#### OUTCOMES

- Develop coordination
- Develop strength
- Develop ability to land off balance
- Injury prevention

### MISSILE ATTACK (GENERAL MOVEMENT)

#### SETUP

1. Create an area 25m x 20m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (red) and 'targets' (blue)
3. Half the 'shooters' line up on one side of the area, while the other half line up opposite them. The 'shooters' have a ball each



#### HOW TO PLAY

1. On your call, the 'targets' must try to dodge the balls whilst running to the other side of the area
  2. Each team gets one point each time they hit a 'target'
  3. Each team gets 3 runs and the team with the most hits is the winner
- nb. 'Shooters' must only throw the ball to hit players below the knees*

#### PROGRESSION

INTERMEDIATE: Players in the middle must dribble a ball to the other side of the area

ADVANCED: 'Shooters' pass the ball to try and hit the 'targets' (still below the knees)

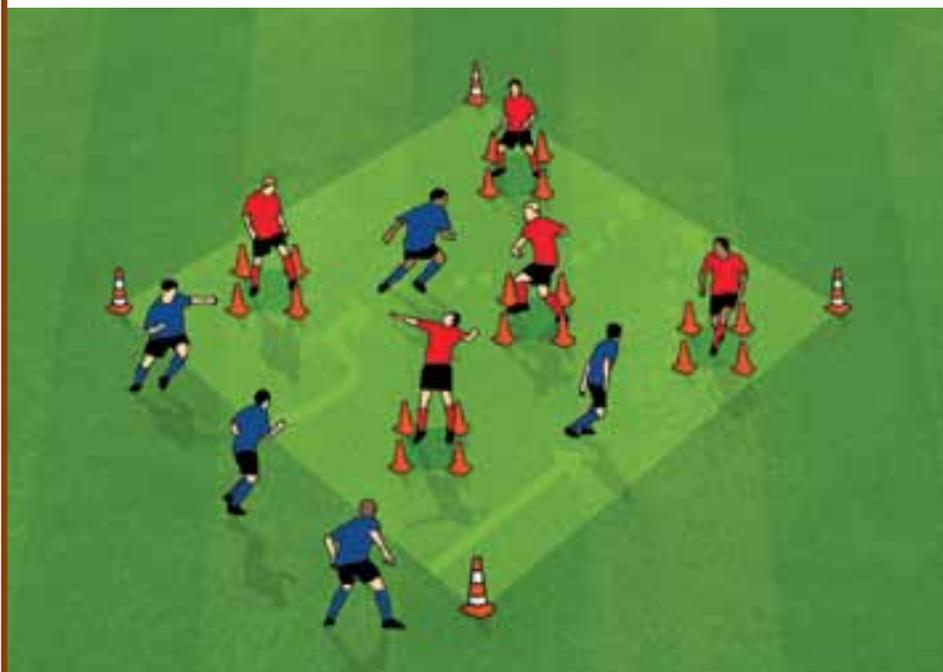
#### OUTCOMES

- Speed, agility and rapid change of movement
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing

### OCTOPUS (GENERAL MOVEMENT)

#### SETUP

1. Using four cones create an area up to 20m x 20m Modify the size depending on the number of players
2. Create 'bases' inside the area using four small cones to make a square. Spread these arms length apart
3. Assign a player to each 'base' (the octopuses)



#### HOW TO PLAY

1. Once each base has a player (octopus), the remaining players attempt to cross from one side to the other without being tagged
2. If a player is tagged they have to go back and start again
3. Assign new roles to players to ensure everyone has a go at being an octopus

#### PROGRESSION

INTERMEDIATE: 'Hospital' tag – if a player is tagged, they can keep going but not use that body part e.g. left leg tagged means hopping on the right only

ADVANCED: Tagger challenge – octopuses can only tag in certain ways – e.g. must tag left leg using right hand

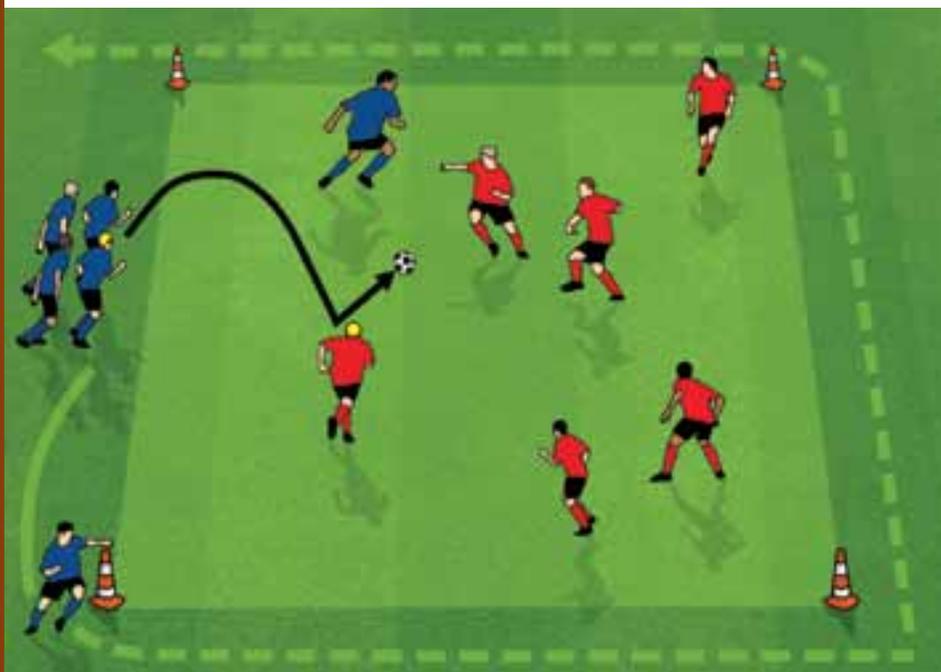
#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness

### PARTNER ROUNDERS (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Divide players into 2 teams. One team lines up in pairs behind the end line, the other spreads out inside the area



#### HOW TO PLAY

1. The game starts with one player inside the area (red team) passing the ball to the first pair in blue
2. One of the pair passes the ball, first touch, into the area (the ball cannot go outside the area) and then starts running around the area as many times as possible
3. The other player in the pair runs into the area and avoids being struck with the ball, while the red team aim to pass the ball to hit the blue player below the knees
4. When this player is hit, their partner must stop running. They score one 'run' for every full lap of the area
5. The next pair step up, and when each pair has had 2 turns the teams swap

#### PROGRESSION

BASIC: Make the area smaller or larger

INTERMEDIATE: Players can only pass the ball with their non-dominant foot

#### OUTCOMES

- Develops change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops accurate passing
- Develops teamwork

### RUNNING FREE (GENERAL MOVEMENT)

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All the players are free to move around inside the area



#### HOW TO PLAY

1. On your signal ask the players, Who can run...? (or Can you run...?) like a zombie, an elephant, very tall, very small, on your tippy toes, as fast/ slowly/ smoothly as you can, with jerky movements, forwards/ backwards, keeping a certain distance away from everyone else, in front of/ behind a partner

#### PROGRESSION

BASIC: Ask the players to make suggestions

INTERMEDIATE: Add a ball

#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness

### SHARKS & ISLANDS (GENERAL MOVEMENT)

#### SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Use small cones to make several 1m x 1m 'islands' inside the area. There are fewer 'islands' than 'islanders'.
3. All players start inside the area as 'islanders' except for two of the players who are asked to be the 'sharks'.



#### HOW TO PLAY

1. The 'islanders' run around the area, while the two 'sharks' wait for your call to start the game.
2. The 'sharks' try to tag the 'islanders' as they run around the area. An 'islander' who gets tagged becomes a 'shark' and vice versa.
3. An 'islander' who is on an 'island' is safe, but only one 'islander' can stay on an island at one time. If another 'islander' is coming they have to leave.

#### PROGRESSION

- BASIC:** Reduce the number of islands or increase the number of sharks.
- INTERMEDIATE:** Give all the 'islanders' a ball, and instead of being tagged by the 'sharks', they must now be tackled.

#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (running, rolling, jumping, swerving)
- Develops spatial awareness

### SHARKS AND ISLANDS – WITH BALL (GENERAL MOVEMENT)

#### SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Use small cones to make several 1m x 1m 'islands' inside the area. There are fewer 'islands' than 'islanders'.
3. All players start inside the area with a ball each, except for two 'sharks', who have no ball.



#### HOW TO PLAY

1. The players with the ball ('islanders') dribble around the area, while the two without the ball are 'sharks'.
4. The 'sharks' try to tackle the 'islanders' to take their ball from them. An 'islander' who gets tackled becomes a 'shark' and vice versa.
3. An 'islander' who is on an 'island' is safe, but only one 'islander' can stay on an island at one time. If another 'islander' is coming they have to leave.

#### PROGRESSION

- BASIC:** Reduce the number of islands or increase the number of sharks.
- INTERMEDIATE:** Change the part of the foot allowed to be used to control the ball.

#### OUTCOMES

- Dribbling and changing direction and speed with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

### SNATCH THE FLAG (GENERAL MOVEMENT)

#### SETUP

1. Using four cones create an area as large as possible (30m x 20m)
2. All but 2 players start inside the area with a bib (flag) tucked into the back of their shorts
3. The remaining 2 'taggers' also start in the area, but with no bib



#### HOW TO PLAY

1. The taggers chase the other players around the area, attempting to snatch the flag from them
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they become the tagger
4. The game is continuous allowing for progressions

#### PROGRESSION

- BASIC:** Vary the running to include hopping, skipping or jumping
- INTERMEDIATE:** Give every player a ball to dribble while they play
- ADVANCED:** Give every player a ball to dribble while they play, except the taggers

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness

### STUCK IN THE MUD (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start inside the area. Allocate a bib to one player, who is the 'swamp zombies'



#### HOW TO PLAY

1. Players run around the area escaping the 'swamp zombies'
2. The 'swamp zombie' attempts to tag players causing them to get 'stuck in the mud'
3. If tagged the player must stay in one place, with their legs apart
4. The other players can 'free' a tagged player by crawling through their legs
5. After 1 ½ min. A new 'swamp zombie' is chosen and the game re-starts

#### PROGRESSION

- BASIC:** Add another 'swamp zombie'
- INTERMEDIATE:** Change the type of movement players can use e.g. hopping, bounding, jumping

#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness

### THE BATTLE ZONE (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Organise players in pairs, with one ball between each pair



#### HOW TO PLAY

1. Play begins with all players moving around the area. The player with the ball dribbles, their partner can move anyway they want
2. Encourage the pairs to move around well away from each other
3. When you call 'fight' the player without the ball gets to their partner as quickly as possible and tries to win the ball from them
4. The 'fight' lasts for 30 sec. and if the player with the ball keeps it, they get 1 point
5. The players then swap roles, begin moving around the area, and wait for the next 'fight'

#### PROGRESSION

- BASIC:** Specify the part of the foot players must use to dribble
- INTERMEDIATE:** Specify dribbling and protecting the ball only with the players non dominant foot

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

### TUNNEL RELAY (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 20m x 15m. Modify the size depending on the number of players
2. Split the players into two or more teams of 4-6. Spread the players out in lines according to their passing ability (better passers require longer lines).



#### HOW TO PLAY

1. One player starts at the front of the line, with the ball, and another player waits at the back
2. The rest of the players form a tunnel. This can be done in different ways e.g. bridging on their hands and feet or standing with their feet in a straddle position
3. The first player passes the ball through the tunnel to the last player. The first player then joins the start of the tunnel while the last player dribbles to the front
4. The player now at the back of the tunnel receives the next pass. The game continues until each player has passed the ball

#### PROGRESSION

- BASIC:
- Make the tunnel longer
  - Vary the ways of making the tunnel
- INTERMEDIATE
- Players pass and dribble with their non-dominant foot
  - Specify the part of the foot used to dribble
  - Create other challenging but safe variations

#### OUTCOMES

- Develop passing accuracy
- Dribbling at speed
- Develops teamwork

### WALL TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Set up lines of cones ('walls') randomly on the ground inside the area
3. All players start inside the area with 1 being the 'tagger', who has a bib



#### HOW TO PLAY

1. All players move around the area while the 'tagger' tries to catch them. The players use the 'walls' to shield themselves from the 'tagger'
2. The 'tagger' cannot reach or jump across a 'wall' to tag a player
3. The 'tagger' tries to tag other players. When a player is tagged, they take the bib and become 'tagger'

#### PROGRESSION

- BASIC:**
- Increase the number of 'taggers'
  - Make the area smaller or remove 'walls'
- INTERMEDIATE:** Give all players a ball to dribble
- ADVANCED:** The 'tagger' has no ball but the other players do

#### OUTCOMES

- Ability to change direction at speed
- Dribbling and changing direction with close ball control
- Awareness of space and other players while dribbling