

HUNT THE BEANBAG

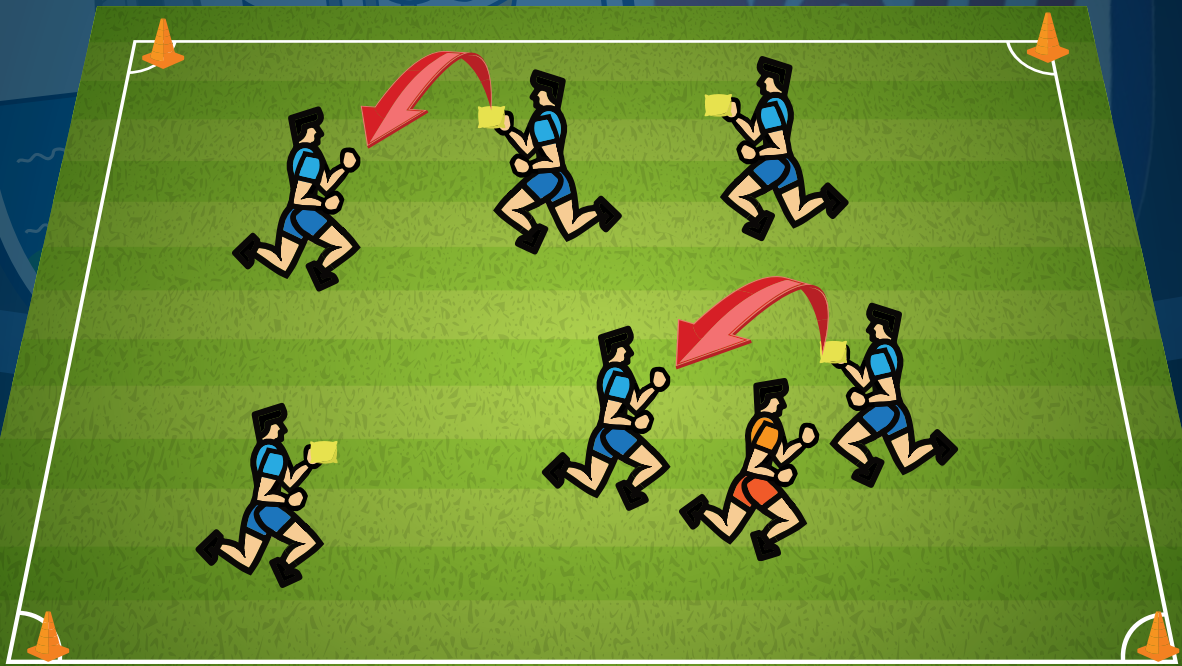
Diagram



TAGGER



OTHER CHILDREN



What you Do

Have 1 tagger for every 6-8 children. Half the children collect a beanbag or a ball except the taggers. Children run around a 20m x 20m square set out with cones. The taggers try to tag a child who has the beanbag/ball. To avoid being tagged, children run and dodge the tagger or throw the beanbag/ball to another child. A child who is tagged while holding a beanbag/ball becomes the new tagger.

What You Need

- Beanbags or small balls
- Cones

Key Coaching Point

- Encourage all children to stay moving at all times.
- Emphasise the importance of keeping head up whilst running.
- Children should communicate with each other when passing beanbags/balls to each other.

CAT & MOUSE TAG

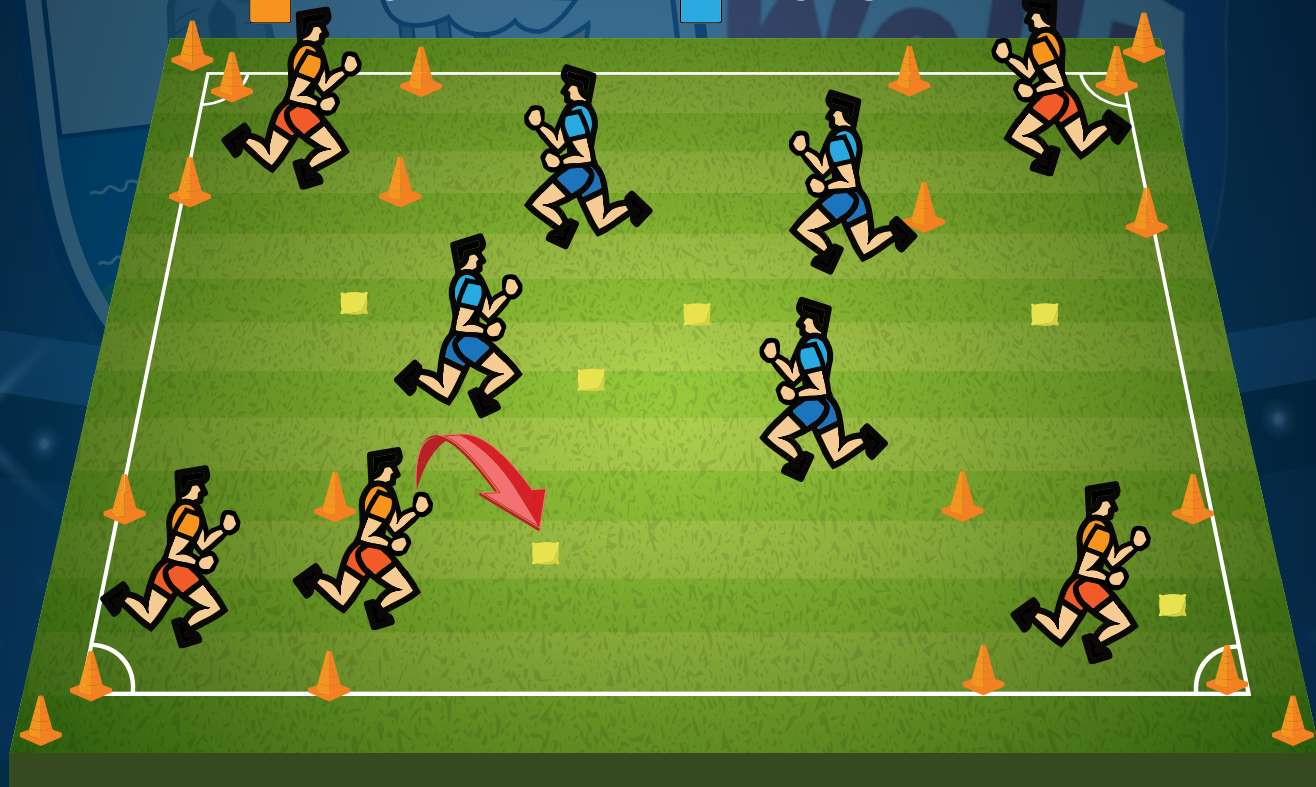
Diagram





MICE



CATS



What you Do

Cats  must try and tag the mice  who are trying to collect bean bags and bring them back safely to den. If they are tagged they then become a cat. Cats must not enter the dens to tag mice. Mice can only spend 4 seconds at den before he has to try move to another den

Key Coaching Point

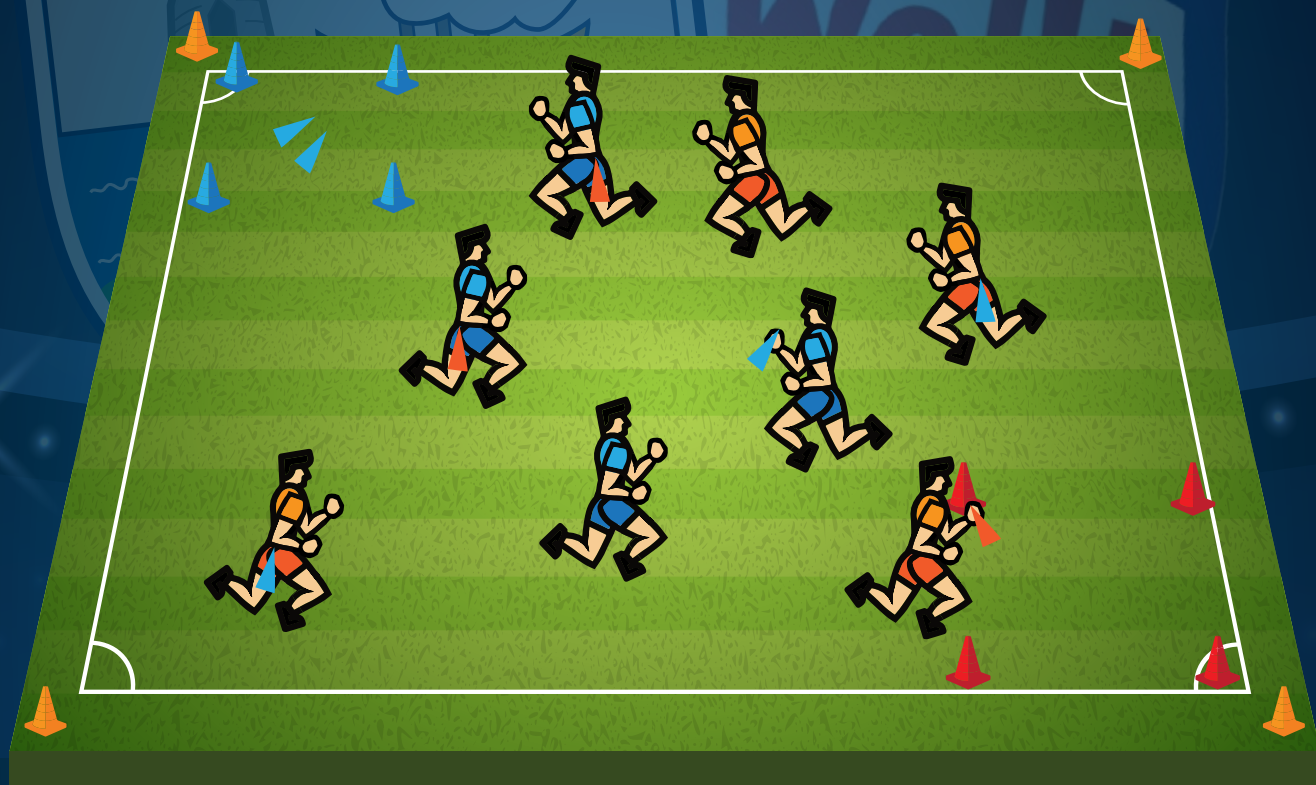
- Get mice to time their runs
- Be aware of surroundings
- Good footwork
- Fun

What You Need

- 4 x Outer Marker Cones
- 16 X Cones to mark out 4 Dens within square
- 2 x coloured bibs
- Different colour bean bags' (lots of them)

FOX'S TAIL TAG

Diagram



What you Do

Divide players into 2 teams Blue v Red. Blue team must tuck a red coloured bib into their shorts as a tail and Red team must put a blue bib in shorts as a tail. The Blue foxes run and try to collect the blue tails (bibs) from the Red foxes and try to place them in the Blue den (marked in diagram). The Red foxes run and try to collect the red tails (bibs) from the Blue foxes and try to place them in the Red den.

Key Coaching Point

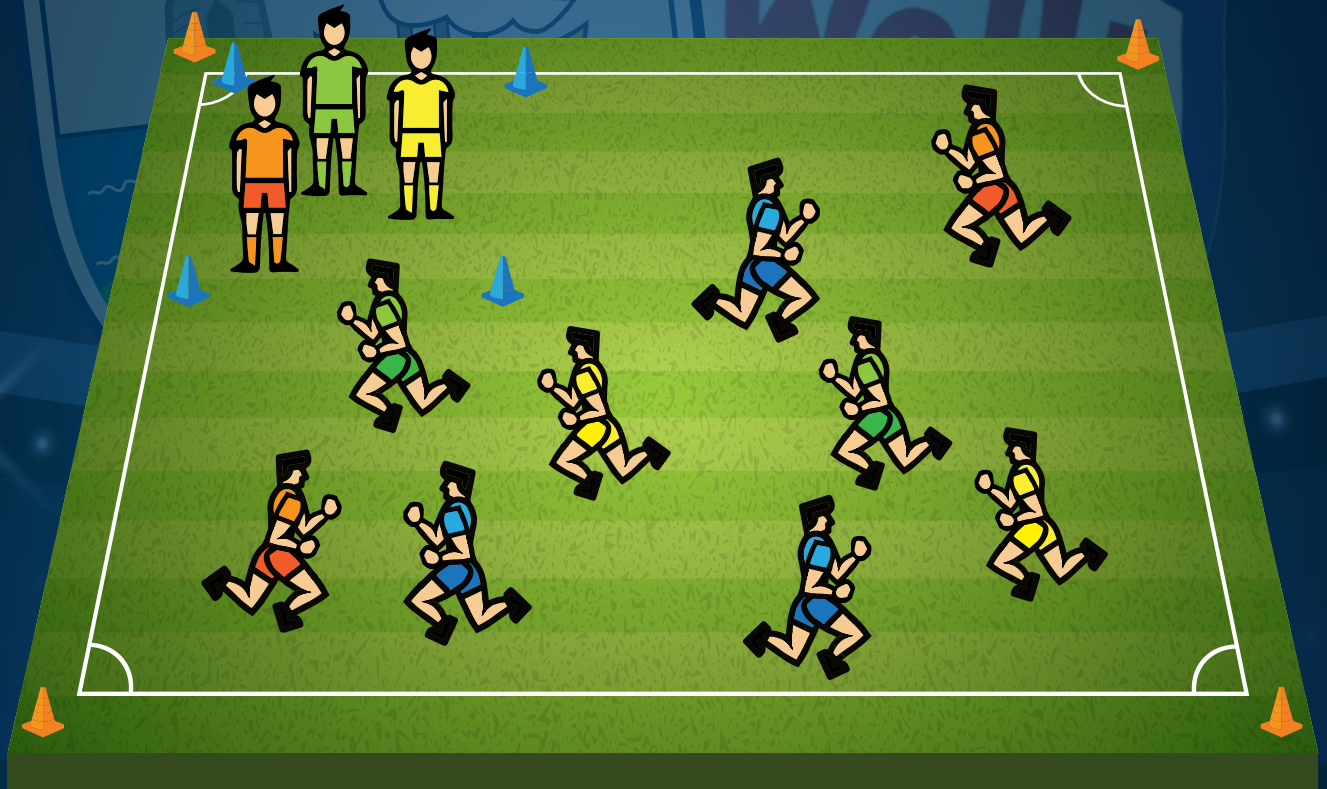
- Get kids moving, sidestepping, dodging etc ...
- Time games to 1 min and see which group of foxes got the most tails (bibs) back to their den.
- Fun

What You Need

- 4 x Outer Marker Cones
- 4 x Blue Marker Cones
- 4x Red Marker Cones
- 2 x sets of coloured bibs

SPIDERS & FLIES TAG

Diagram



What you Do

Divide group into 4 equal teams of 3, 4, 5 players on each team. One team is the spiders and the other 3 teams are flies. Spiders have 45 seconds to catch as many flies as possible and return them to their spiders web (marked in diagram).

What You Need

- 4 x Outer Marker Cones
- 4 x Cones to mark out spiders web
- 4 x different coloured bibs for each team

Key Coaching Point

- Rotate the teams each time so every team gets a turn as the spiders.
- Footwork
- Evasion skills (dodging, ducting)
- Fun

LIZARDS V BUTTERFLY TAG

Diagram



What you Do

Divide group into 4 equal teams of 4, 5, 6 players on each team. Choose one colour to start as lizards and the other 3 colours spread out in square and fly around like butterflies. The team of lizards must run around and tag the butterflies, once butterfly is tagged they must fall onto ground on their bellies and wiggle like caterpillars until a coach/parent runs in with a hula hoop and the caterpillar crawls head first through the hoop and turns back into a butterfly.

What You Need

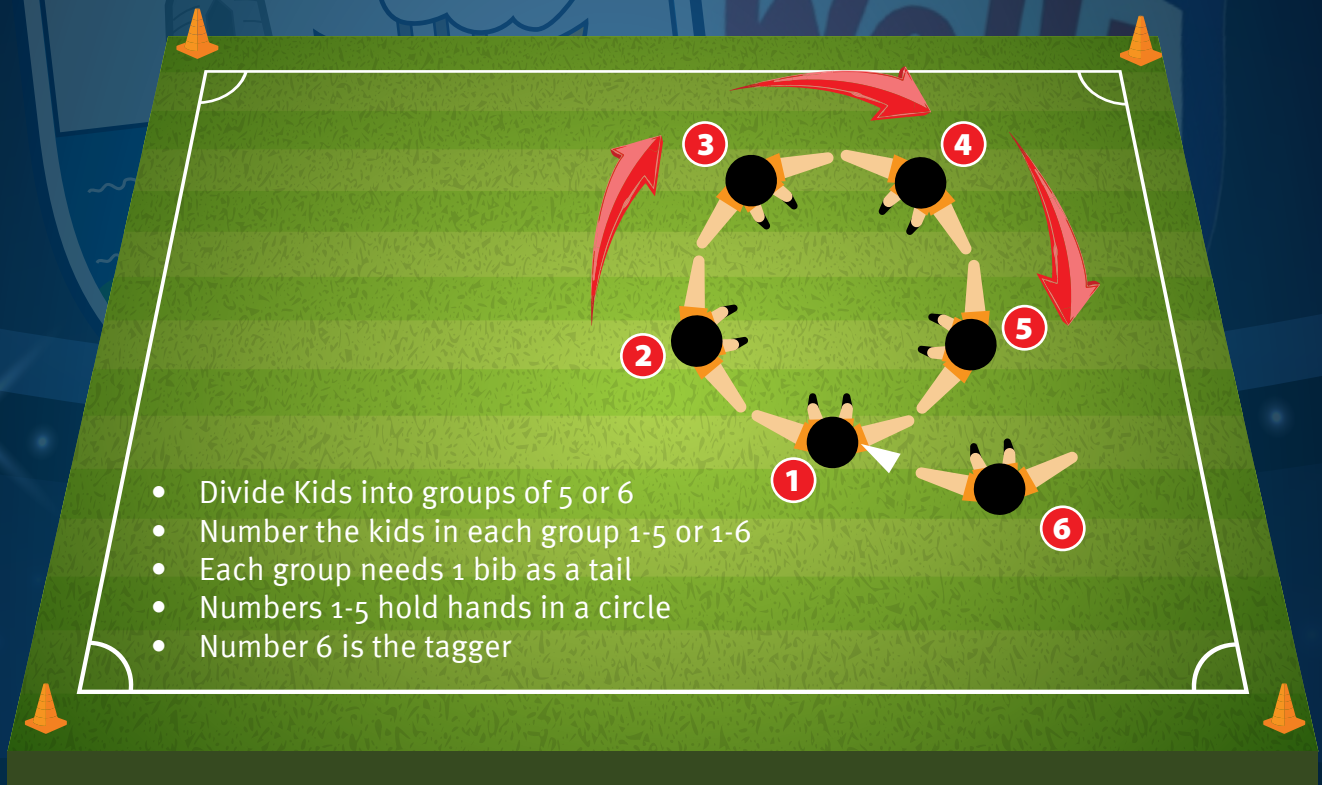
- 4 x Outer Marker Cones
- 4 x different coloured bibs for each team
- 3-4 x hula hoops for Coaches/Parents

Key Coaching Point

- Footwork
- Caterpillars should keep moving while on the ground
- Challenge kids to do a plank crawl through hoop where only their elbows and toes are touching the floor.
- Fun

MERRY GO ROUND TAG

Diagram



What you Do

Kids numbered 1-5 hold hands in a circle, player No 1 must tuck a bib into shorts. Player 6 is trying to rob the bib from Player 1. Players 1-5 must turn like a merry go round to keep Player 6 from getting the bib from Player 1. The circle chain can not be broken by Players 1-5 at any time and Player 6 can only run around outside of Merry Go Round.

What You Need

- 4 x Outer Marker Cones
- 1 bib for each group of players

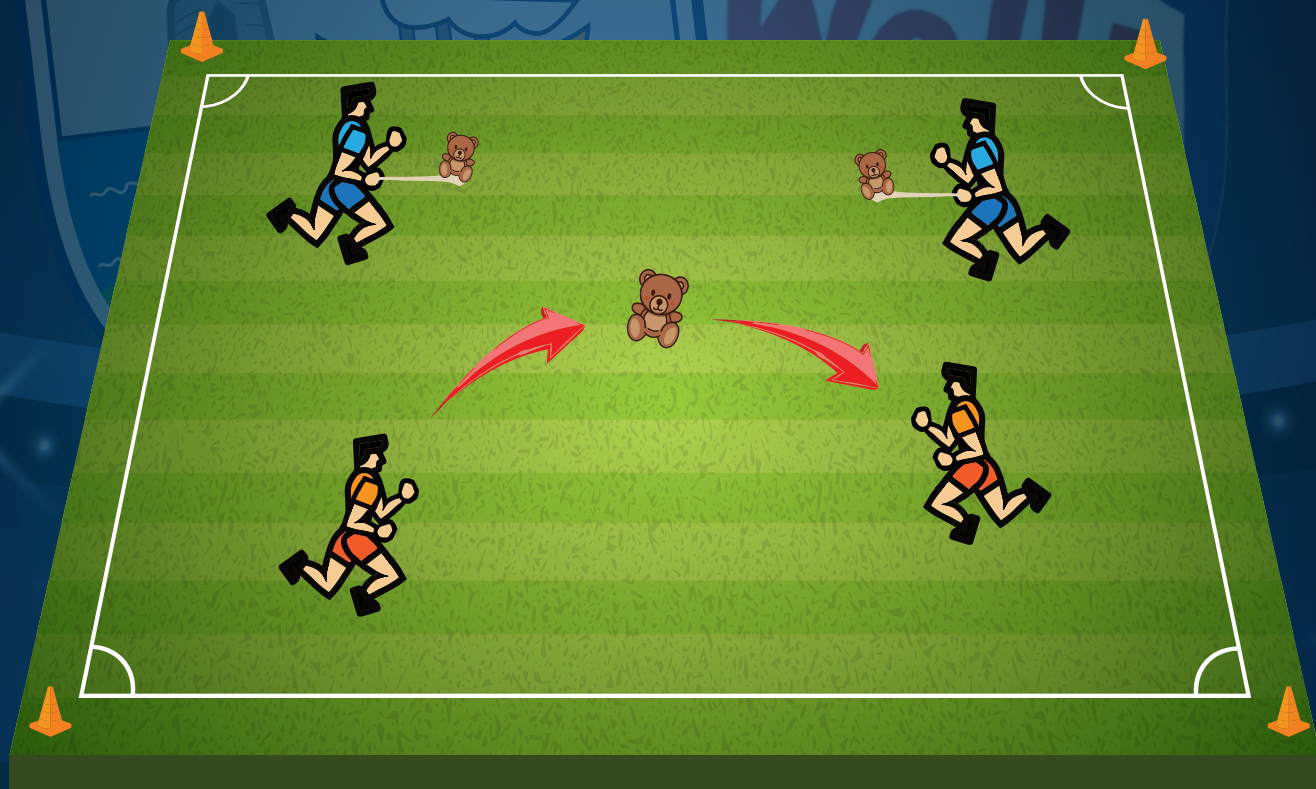
Key Coaching Point

- Get players to move around on balls of their feet.
- Work as a team
- Quick feet (Footwork)
- Change tagger & bib carrier
- Fun

READY TEDDY GO

ENDLESS POSSIBILITIES WHEN KIDS
BRING THEIR FAVOURITE TEDDY TO PRACTICE

Diagram



What you Do

Endless games can be created by Ready Teddy Go games. Set up areas for play, use coaches and parents to help play games

What You Need

- Each child bring their teddy to do all training with

Progressions

- Add hurley and kids can bring teddy for a rocket ship ride on his hurley by soloing around
- Coaches throw teddies high for players to catch
- Teach kids to shield by using teddy and spare hand

ROCKET FUEL!



What you Do

- Divide the children into four different 'crews'/teams, one at each corner of a 20m x 20m square. Assign a different colour to each 'crew' – Green, Red, White, and Blue.
- Take four slalom poles and put them at an angle into ground at each corner. These are the rockets!
- Scatter footballs/sliotars/cones/beanbags around the square.
- The equipment is the "fuel" needed for the rocket to take off.
- One player at a time is allowed to go and get the "fuel" for the rocket at a time and must tag another team mate in their corner before they can run.
- One piece of equipment ('fuel') only can be brought back.
- First team to collect the most cones on

their rocket ship wins and the coach helps that teams rocket to take off!

What You Need

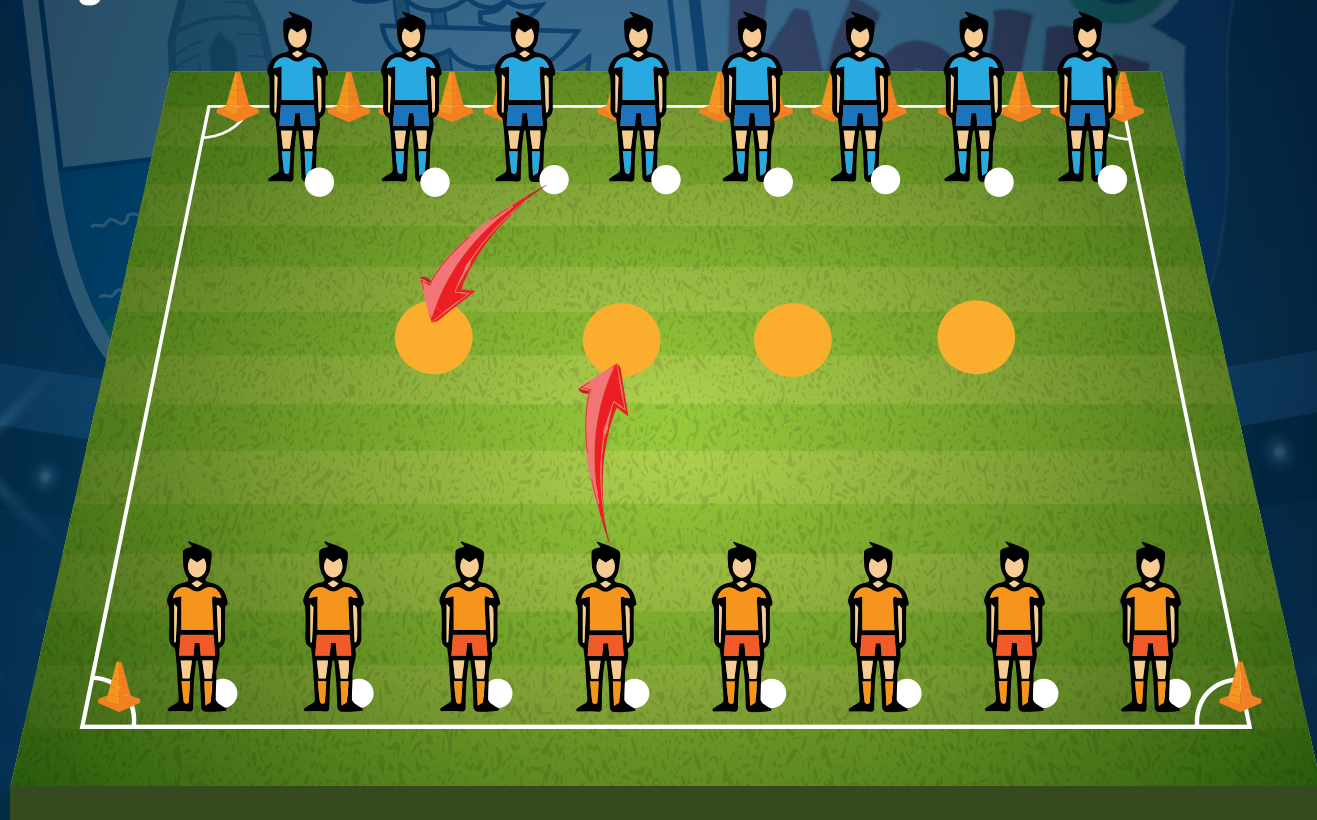
- Cones
- Slalom Poles x 4
- Sliotars
- Beanbags
- Footballs

Key Coaching Points

- Ensure the kids are using correct technique when running, stopping and turning.
- Encourage the child to use both left and right hands when picking up equipment.
- This activity can be modified to just use footballs/sliotars and solo the ball back (H+F), bounce it back to corner (F), dribble it on the ground (H+F)

GIANT TARGET BALL

Diagram



What you Do

- Place 4 Beach / Gym Balls in the middle of marked out playing area
- Make 2 teams of 6-8 players on either sideline
- Each player needs a football
- On coaches whistle players from both sides kick their ball on beach balls and try to push beach balls to opposition sideline

What You Need

- 4 x Outer marker cones
- 4 x Beach / Gym balls
- Football for every player

Key Coaching Point

- Get players to focus on target
- Players must run to get ball after their shot and bounce ball back
- Looking for contact with top of foot
- Fun

Progressions

- Kids must bounce or solo ball back after their kick at target
- Rotate kids to kick a different target every time
- Give kids a time limit to get balls from either side

JUKE BOX PASS

Diagram



What you Do

- Divide kids into 3 groups of 5-6 players
- Put 1 coach/parent in each corner of marked out area
- 3 Kids from each colour start with footballs and 3 without.
- Kids with ball must run with ball to a corner and pass to coach. After passing to coach the player must run to a different corner and take a different ball from coach/parent. While kids are moving to receive the ball from the coach, they must sing a song or do a silly dance.

What You Need

- 4 x Outer marker cones
- 3 x different colour bibs

- footballs for half of the group
- 4 x coaches / helpers

Key Coaching Point

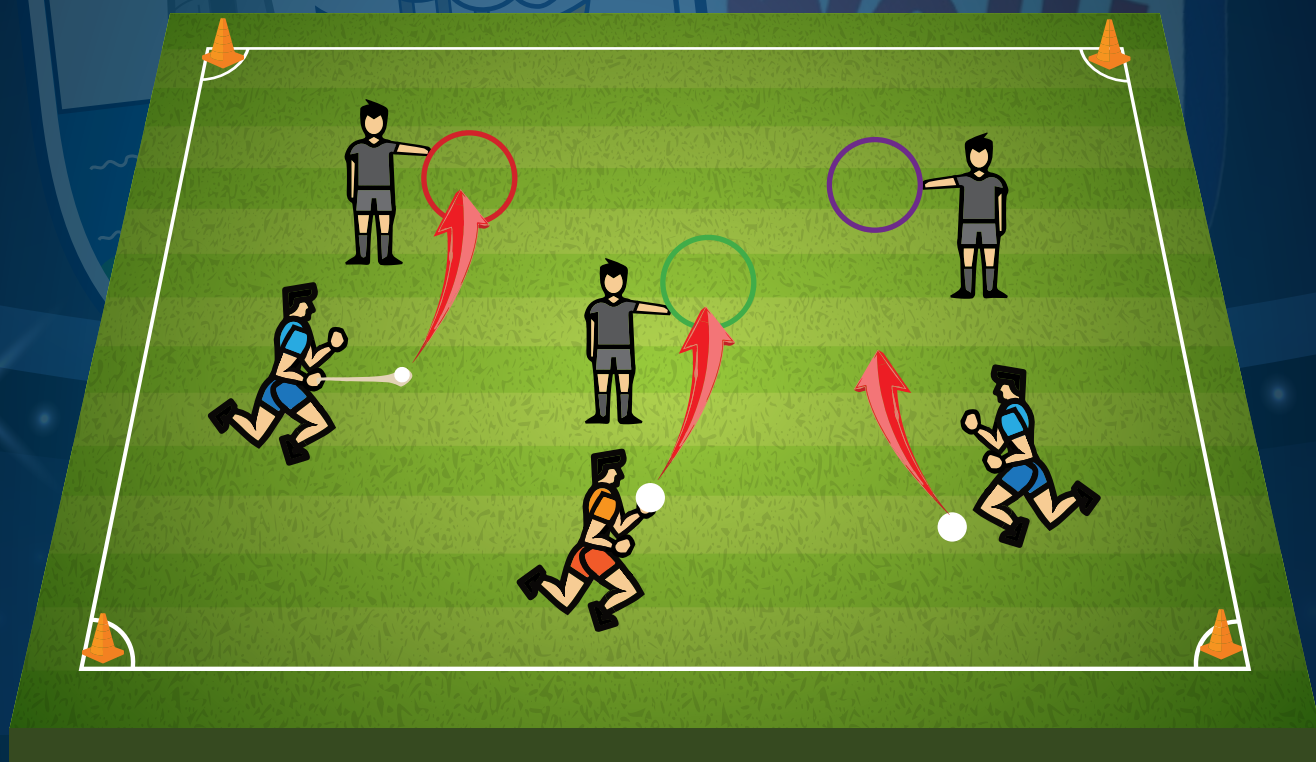
- Get kids throwing with 2 hands then 1 hand
- If hand passing make sure correct foot position
- Fun

Progressions

- Use different size balls
- Soloing between corners
- Hand pass to coach instead of throwing
- Bring roll lifts, jab lifts in for hurling

SONIC THE HEDGEHOG

Diagram



What you Do

- Mark out playing area as in diagram. Coaches/Parents stand in playing area holding a hula hoop at different heights
- Coach Provides a different skill for each coloured hoop eg: red rings - hand pass through ring, green rings - high throw through ring, purple rings - low kick/strike through ring

What You Need

- 4 x Outer marker cones
- 1 coloured hula hoop for each skill
- 3, 4, 5 coaches/parents
- footballs, tennis balls, hurleys, tennis rackets

Key Coaching Point

- Age and ability of players to determine which skills to use
- Have a floating coach to make sure skills are being correctly done.
- Fun

Progressions

- Add in extra skills
- Hand pass with both hands
- Hurley/Foot strike with right and left foot / side
- Solo in between skills
- Add in Pick ups in between

SQUASH THE BUGS

Diagram



What you Do

- Place coloured flat mats around area marked
- Divide kids into 4 equal groups
- 1 ball per group
- On coaches whistle 1 child per group must run out and bounce the ball on 5 flat mats around square (squashing the bugs under the mats) and then run back to his group and throw ball to player waiting

What You Need

- 4 x Outer marker cones
- 4 x Coloured group cones
- Flat mats (lots of them)
- 4 x Footballs

Key Coaching Point

- Hold ball with both hands
- Spread fingers behind the ball
- Extend the arms pushing the ball to ground
- Catch ball securely on bounce and brings to body
- Fun

Progressions

- Give players a target of bugs to squash in a set time
- Add in a pass to coaches in square
- Progress to right/left hand bounce
- Use foot solo after every bounce