


# Warmup Games

Title	Actions
Nick a ball	<div data-bbox="459 349 1062 846"> </div> <ol style="list-style-type: none"> <li>1. All players in “an area” (Size dependant on no of players)</li> <li>2. Each player has a ball EXCEPT the sharks</li> <li>3. Players have to maneuver to stop getting their ball nicked</li> <li>4. Once nicked they become a shark</li> <li>5. Alternatively when nicked they are “out”</li> </ol>
Spelling	<div data-bbox="459 1227 1062 1724"> </div> <ol style="list-style-type: none"> <li>1. All players in “an area” (Size dependant on no of players)</li> <li>2. Each player has a ball</li> <li>3. Players have to spell out a word specified by the coach</li> </ol>

<p>Opposing Cones</p>	<ol style="list-style-type: none"> <li>1. All players in “an area” (Size dependant on no of players)</li> </ol>  <p>The diagram shows a green rectangular field. At the top, there are four pairs of red and white cones, each with a player icon between them. At the bottom, there is a single blue and white player icon with the text 'Go!' above it. A horizontal line of six yellow cones is positioned between the top and bottom groups of players.</p> <ol style="list-style-type: none"> <li>2. Place cones on opposite sides</li> <li>3. Each player has a ball</li> <li>4. Dribble ball to opposing cone (same Colour) and back (or do relays)</li> <li>5. Progression             <ol style="list-style-type: none"> <li>1. Add defenders</li> <li>2. Specify ball/stick position (forehand, backhand, left hand ONLY, right hand ONLY)</li> <li>3. Players have to spell out a word specified by the coach</li> </ol> </li> </ol>
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Chase  
the  
player



1.

2 teams –

attackers/Defenders

2. Attackers run one route and defenders run the other

3. First back is winner

4. Progression: Defenders can attack the attackers once they have done their route

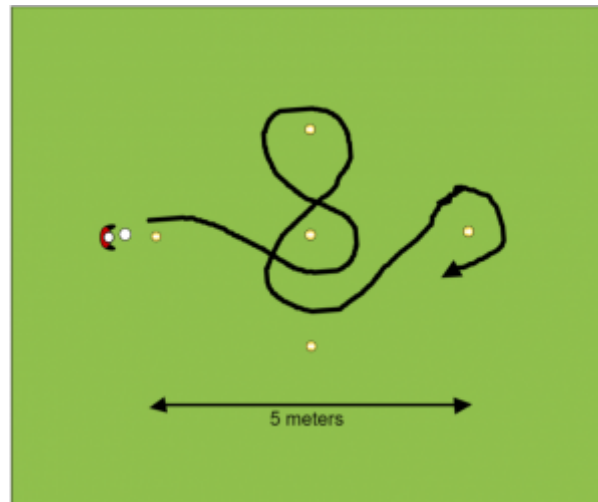
**Notes:**

1. Move ball before feet (anticlockwise)

2. Move feet before ball (clockwise)

3. Distance between cones dependant on player skills

8s

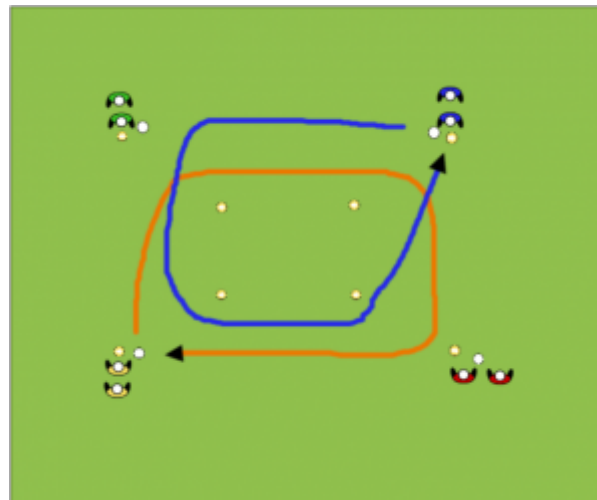


1. 3 person teams
2. Diamond shape cones with central one
3. Run "8s"

**Progression:**

1. Forehand/backhand
  2. Increase speed
  3. Single handed on forehand/backhand
- Get it right before progressing

Cross  
Overs



1. 4 teams
2. Corner start cones
3. Go around the cones increasing speed slowly
4. Alternate clockwise/anticlockwise
5. Specify skills and forehand/backhand/one hand

Who's Free	<p>Four or Five players in circle formation about 15 yards in diameter</p> <ol style="list-style-type: none"> <li>1. All players except one have a ball.</li> <li>2. Two players inside circle             <ol style="list-style-type: none"> <li>1. One attacker</li> <li>2. One defender.</li> </ol> </li> </ol> <p>To start, attacking player moves and calls name of player he wants to serve him a ball.</p> <ol style="list-style-type: none"> <li>1. They receive &amp; control the ball</li> <li>2. Send ball on to the open player who did not have a ball (you can't give it back to the player who served it).</li> <li>3. Attacker then asks for another ball (calling name and making appropriate run</li> <li>4. Defender tries to dispossess attacker – If defender does then he replaces the person making the pass in</li> </ol>
Monkey in the Middle	<ol style="list-style-type: none"> <li>1. The players make a circle with one player (the monkey) in the center.</li> <li>2. The players try to pass the ball around</li> <li>3. Monkey tries to intercept it.</li> <li>4. When monkey is successful he replaces the made player who made the "fatal" pass.</li> <li>5. Can progress by adding players/monkeys or balls</li> </ol>

Gotcha!	<p>Each player will need a ball. Player 'A' is "It" and is the only player to start with a ball. All the other players are around the outside of the gridded space. Player 'A' dribbles and tries to hit the other players below the waist with the ball. When hit, that player gets a ball and joins player 'A'. The game is over when all of the players have been caught. The last player caught starts with the ball for the next game. If you think the task will be too difficult for the one player to get another at the start of the game, start with 2 players being "It".</p> <p>Encourage quick movements and sudden changes of direction to catch players off guard. Encourage deceptive passing of the ball: look one-way and pass the other, use the outside of the foot. Players not caught should run, jump, and use zig-zag movements.</p>
1v1 to Goal	<p>Divide players into two teams of 4 or 5 each + one goal and a supply of balls. Station each team at a corner post of the goal, standing off, but facing the field. Place a GK in goal facing the field. Coach/assistant stands behind the center of the goal with a supply of balls. Coach tosses a ball over the crossbar to about the penalty spot. A player from each team both sprint to the ball and attempt to control it, turn, and get a shot off. The second to the ball defends (if he then wins the ball, then he tries to shoot). When there is a score, save, or ball goes out of play, restart the same way with a different pair of players.</p>

Under Pressure	<p>Get all the kids dribbling around in a square area and then remove one, two, or three balls, depending on how much pressure needed. Then announce that whoever has possession of a ball after 1 minute is a winner. If they can chase someone out of bounds they automatically win that ball. Count down the last 10 seconds real loud to increase the activity. Kids without a ball have to do some token penance; a couple of pushups, make a weird face for the others, nothing real negative.</p>
Circle Game	<p>Set up a 20×40 yard grid, make a center circle, and split players into to teams that can be identified by a color. Have all the kids dribble their balls in the center circle. Call out a color. That team dribbles toward their goal. The other team leaves their ball and runs to slow the attackers down trying to get them to a sideline and to dribble out-of-bounds, or not get to their goal line before the coach counts to 7 or</p> <ul style="list-style-type: none"> <li>• Award 1 point for each out-of-bounds and 1 point for each player “held” for the coach’s count. Attackers get 1 point for each “goal”. Play to 10 points.</li> </ul>
Line Defense	<p>Start with two lines of players facing one another. Give each player a number and a “matching” player in the other line. Kick the ball between the two lines and call out a number. The two players with the corresponding number will play one on one while trying to kick the ball through the opposing line. This game teaches the players in the line not to chase after the ball since they have to defend their line in a limited area.</p>

<p><b>Snake</b></p>	<p>Players are grouped into threes (preferred) or fours. First player is the “head” of the snake, and does not have a ball. She’s essentially the leader in a follow-the-leader game. Second player has a ball at her feet, and must follow the head of the snake, dribbling wherever she goes. Third player is the “rattle”. No ball, just following. Emphasize to the “heads” to vary their lead – some fast, some slow, some sideways, some stopping, etc. I let one lead for about 20 seconds or so. Then, on a whistle from a coach, #2 drops the ball to #3 and becomes the head of the snake. The rattle (#3) becomes the dribbler and the former head circles around to become the rattle.</p>
<p>Egg Hunt</p>	<p>Have more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. (If you have an unusual colored ball –make it the Golden Egg or something special.) At the other end of the field is a goal. I use a portable goal and call it the “basket.” Blow the whistle, or whatever, and turn them loose. The object of the game is to get the “eggs” in the basket as quickly as possible. They are all on the same team, and aren’t allowed to take a ball away from another player. I like to time them to see how fast they can accomplish the task.</p>



Musical Chairs	<p>One less ball than the number of players in the drill. Players run around in goal areas in a scramble until whistle is blown. Players race to get ball from center circle and dribble to score on goal. Player without ball help get balls to center, repeating this until only one player left. Make sure to keep things moving along, don't wait very long to blow the whistle. Once players have concept start adding in defenders. One more that may work for you is using a ball as the goal. Have players match up by ability. Throw one ball out as the goal. Throw a second out that the two players will try and possess and score. First player to ball is attacker, second defends goal (ball) and tries to gain possession of ball. If successful, roles reverse. Only run this for 30-45 sec depending on effort of the players. I usually have 2-3 pairs doing this at once each with their own goal (ball) and playing ball.</p>
Tag	<p>This drill is based on the common kids' game of tag. Mark off a grid or circle. Everybody needs a ball. Whoever is "it" must dribble to another player and tag him. The other player avoids being tagged by dribbling away from "it." If the player being chased loses his ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.</p>

<p>Last Man Out</p>	<p>Two players or more needed. All players stand at a cone about 20 feet from a group of balls. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. The player who, at that time does not have a ball, is out. Remove one ball from the group and repeat until there is only one person with a ball.</p>
<p><b>Red Light/ Green Light</b></p>	<p>Each player with a ball lines up at one end of the penalty area. A coach stands at the other end and yells, "Green light," and turns his back to the players. The kids race across the penalty area to see who can reach the coach first. After a few seconds, the coach yells, "Red light." At that command, the players must stop and put a foot on top of the ball. The coach turns back around and looks for players whose ball is still moving. Those players must move a certain distance back to the starting line. Repeat calling red light/green light until someone wins the race. This game encourages fast dribbling while keeping the ball close.</p>

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