









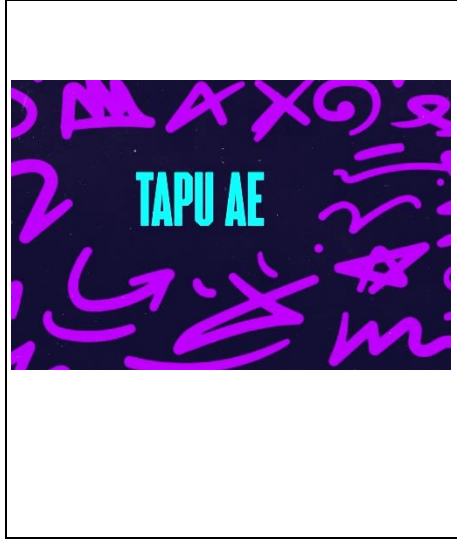
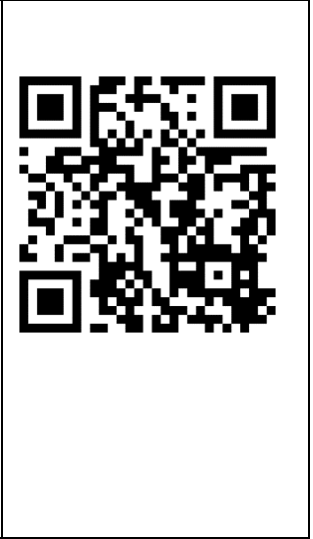



Warm-up Games

Game	Skills	Equipment	Instructions	QR Code
 <p>Football fielding</p>	<ul style="list-style-type: none"> - Ground Fielding - Underarm Throwing 	<ul style="list-style-type: none"> - 2-4 Wickets with bases - 10 Cones - 1 Ball (cricket or tennis) - Colour bibs (optional) 	<ul style="list-style-type: none"> - Set up rectangle playing area with 2 sets of wickets roughly 2 metres back from the middle of the rectangle - Split players into 2 teams - 1 team starts with the ball rolling it to each other - After 4 rolling passes are made, the team with the ball can then aim at the wickets or shoot between 2 sets of wickets to score a goal - The ball is turned over when a point is scored or if the other team intercepts a pass <p>PROGRESSION – Underarm throws instead of rolls</p> <ul style="list-style-type: none"> - Increase playing area or distance to the stump 	
 <p>Zone Ball</p>	<ul style="list-style-type: none"> - Overarm Throwing - Movement - Catching while moving 	<ul style="list-style-type: none"> - 16 Cones - 1 Ball (cricket, tennis, vortex) - Colour bibs (optional) 	<ul style="list-style-type: none"> - Mark out 2 zones at either end of a playing field 2 metres in size - Split players into 2 teams - Teams dedicate 1 player to stand inside the zone as the scorer - 1 team overarm passes the ball to each other trying to get 5 passes before throwing to player inside scoring zone to score a point - Turnover if ball is dropped - After point is scored, player in zone is rotated and the other team starts with the ball 	
 <p>Battleships</p>	<ul style="list-style-type: none"> - Overarm throwing 	<ul style="list-style-type: none"> - 10 Cones - 10 Tennis or soft balls - 1 Large ball (Swiss ball, rugby ball, football) 	<ul style="list-style-type: none"> - Place large ball in the middle and mark 2 lines either end - Give each player a ball (if possible) - Using overarm throw, players aim to hit large ball to move it towards the other team's line - Once ball goes over other teams' line, or closest after certain time is the winner - Balls get moved back to the middle and starts again - PROGRESSION - Move lines closer or further away - Replace large ball with stumps; points scored for each hit 	
 <p>Head, Shoulders, Knees, Grab</p>	<ul style="list-style-type: none"> - Reactions 	<ul style="list-style-type: none"> - Cones (1 between 2) - Balls (1 between 2) 	<ul style="list-style-type: none"> - Place a line of cones with balls on top of them - Split players into pairs and get them to stand on either side of a cone - Players are to follow the instructions of the coach, such as touch head, shoulders, knees, or grab the ball in any order to keep players thinking and moving - On grab the players race to grab the ball before their partner does - Change partners after 5 rounds to keep players competitive <p>PROGRESSION - Get players to stand back further</p> <ul style="list-style-type: none"> - Have players turn around so their back is facing the ball - Have players laying down, so they must jump up before going for the ball 	

	<ul style="list-style-type: none"> - Underarm Throwing - Catching - Movement 	<ul style="list-style-type: none"> - 12 Cones - 5 Balls (cricket or tennis) 	<ul style="list-style-type: none"> - Set up square as a playing area - Start off with 2 taggers who start with a ball - Tagger's aim is tag players in other team, taking a maximum of 3 steps when they have the ball in their hand - When a player is tagged, they then join the taggers team - Add more balls in as the taggers increase - Game is over when there is 1 player left not tagged <p>PROGRESSION - Split players in half, if players get tagged, they still join the other team</p> <ul style="list-style-type: none"> - Ball can be intercepted, resulting in the other team now being the tagging team 	
	<ul style="list-style-type: none"> - Catching - Underarm throwing - Overarm throwing 	<ul style="list-style-type: none"> - 10+ Cones - 7+ balls 	<ul style="list-style-type: none"> - Set up a playing field with 3 zones (if you have enough players) otherwise an open rectangle field will do fine - Place 3 balls on top of 3 cones at each end as a target just outside of the playing area to challenge the thrower - Split players evenly into 2 teams - Teams pass the ball to each other and must touch someone in each zone (does not matter if you're not using zones) before scoring - A player can under/overarm throw the ball to knock off the target balls on the cone off - Once a point has been scored or a throw has missed it is then the other teams turn with the ball <p>PROGRESSION – The ball is turned over once dropped or intercepted</p> <ul style="list-style-type: none"> - Make the zone or distance to the target balls shorter or further - Change up the skill being used; everything must be underarm / right-handed catching 	
	<ul style="list-style-type: none"> - Catching - Underarm throwing - Overarm throwing 	<ul style="list-style-type: none"> - 4-6 Cones - 2-6 Balls (cricket or tennis) 	<ul style="list-style-type: none"> - Split players into 2 teams - Get players from each team standing diagonally facing each other in 2 lines - First player passes ball onto next player diagonally from them - Once ball passed on player runs down to the end of the line and waits for their next turn - The winning team is the first team to get to designated area <p>PROGRESSION - Increase or decrease the distance between players</p> <ul style="list-style-type: none"> - Add more balls in so each player must throw and catch more before running to the end of their group 	