

## Fun Warm up Games

### Cat and Mouse

Give all children a bib each and have them tuck into the back of their shorts and stand in front of goal to be the mice, have 1 child stand in the middle of pitch who is the Cat, on coaches command the children run to the other goal without getting their bib taken by the Cat. If they have their bib snatched they become a cat. Play until there is only one mouse left who is crowned the winner.

You can repeat this game giving the mice footballs to run across the pitch with and if the cat tackles them they become a cat.

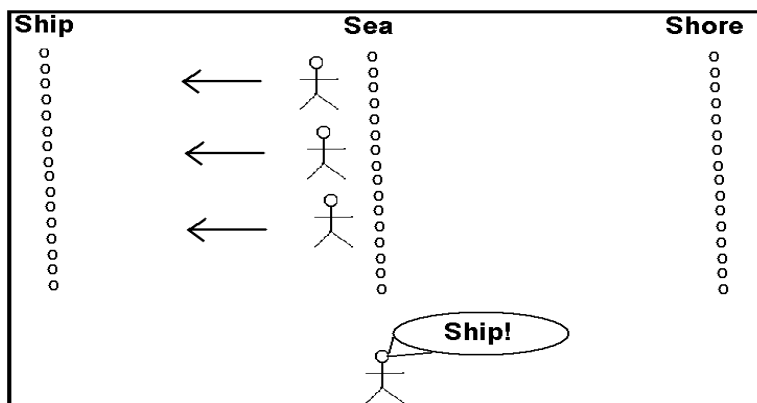
### Splat

Give a couple of children bibs and ask them to scruple it up into a ball. The rest of the children run away on the pitch into the spaces and the children with the bibs chase them and throw the bibs at them. When the bib hits someone they shout SPLAT, the person who gets hit gathers the bib up and throws it at someone else shouting SPLAT!

### Shore, Ship, Sea

Have 3 rows of cones and assign each set of cones with shore, ship or sea. On the coaches command children have to run to what coach calls out, last one to get there is out. If the coach shouts Shark! Children lay on stomachs and put hands behind back of heads and make a shark fin, if coach shouts Submarine children lay on back and put one foot up in air. Play until one is left who is then crowned the winner.

You can then repeat this game with a ball so children have to run to the line keeping control of the ball.



### **Dog Eat Dog**

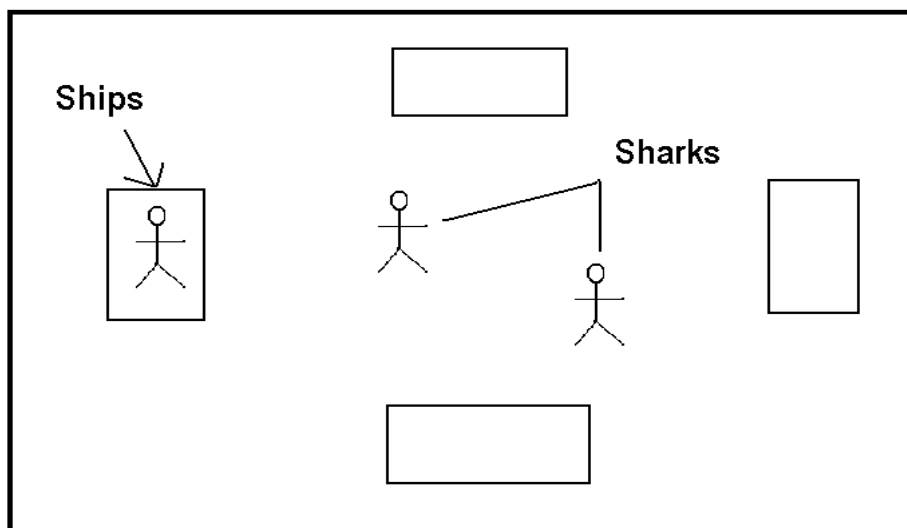
Children have a bib tucked into the back of their shorts, they are not allowed to go out of the marked area. On coaches command children try and take each others bibs, if child has bib snatched they sit down outside of square. The last one left with bib is winner.

You can then progress this to king of the ring were all children have a ball and they try to kick each others out of the square, they must sit down outside of square when their ball has been kicked out. Last one left in the square with ball is winner.

### **Sharks**

Use mats, benches or cones to mark areas to be the ships. Pick 2 children to be sharks. When children are stood on the ship the sharks cant get them as soon as they leave the ship they are in the water and sharks can tag them. If the shark tags them then they need to stand still with their legs wide apart and shout for the other players to help them. The players can free each other by swimming (crawling) through their legs.

Children are not allowed to stay on each ship for longer than 10 seconds and once they leave the ship they cant return to it until they have visited another one



### **Ice Monsters**

Give 3 children the same colour bib to put on, they are the ice monsters, give 1 child a different colour bib he is the superhero. The Ice monsters run around and tag the players freezing them and the superhero unfreezes them by going through their legs.

Repeat this with footballs so everyone has a ball except the ice monsters. If the ice monsters kick their ball then they need to hold the ball up in the air and stand with their legs wide apart, this means they need help. The other children can free them by nut megging them.

### **Targetman**

Children spread out on pitch and when coach calls name of a child everyone races to tag that child; first one to get him gets a point. Child being chased needs to run away and see how long they can last without being caught.

Repeat this with footballs so everyone has a ball and when coach calls child's name everyone dribbles and tries to hit the target mans ball. The first one to kick their ball and hit the target mans ball gets a point. Targetman needs to dribble into the spaces and try to stop their ball from being hit by another ball.

### **Dodgeball Game 1**

Choose 2 people to have a ball and have them chase other players and hit them in the legs. When they've been hit they sit down outside the area. Play until there is only 1 player left who is then crowned the champ.

### **Dodgeball game 2**

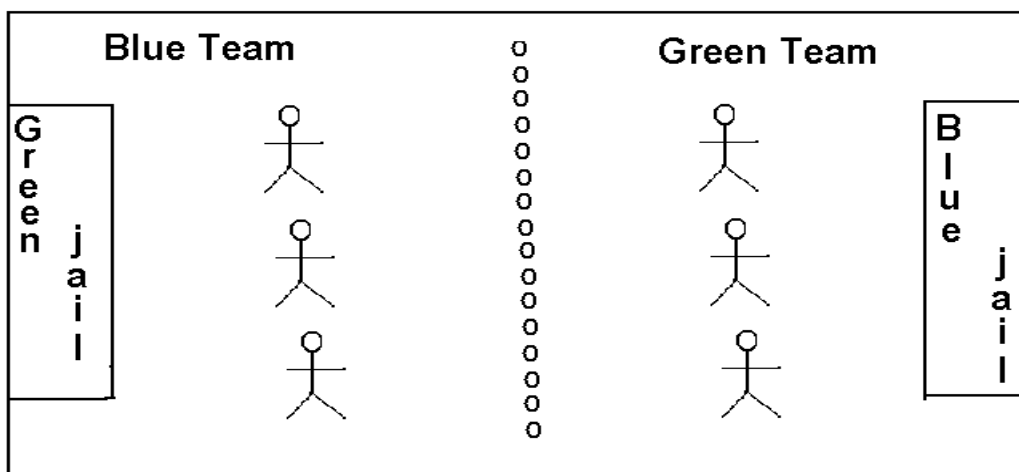
Split hall / pitch in 2 halves with a team on each side, put 3 soft balls on the pitch and have them throw the ball across the half way line to each other.

Teams are not allowed in opponents half.

If you get hit in the leg you have been captured by the other team and need to sit behind the opponents' back line.

If you catch a ball thrown by the opposition before it bounces you can rescue one of you captured team mates and get them back into the game.

Keep playing until one team has no players left.



### **Musical Statues**

Children run around and when music stops they have to stop. Last one to stop is out until there is only one left who is crowned the winner.

If you don't have music then do it so that when the coach shouts stop then children need to stop.

Progress to playing with footballs so when the music stops or when the coach says stop then the children need to stop their ball. Last one to control their ball is out.

### **Musical bumps**

As above but when the music stops children sit on floor or sit on the ball

### **Musical Cones**

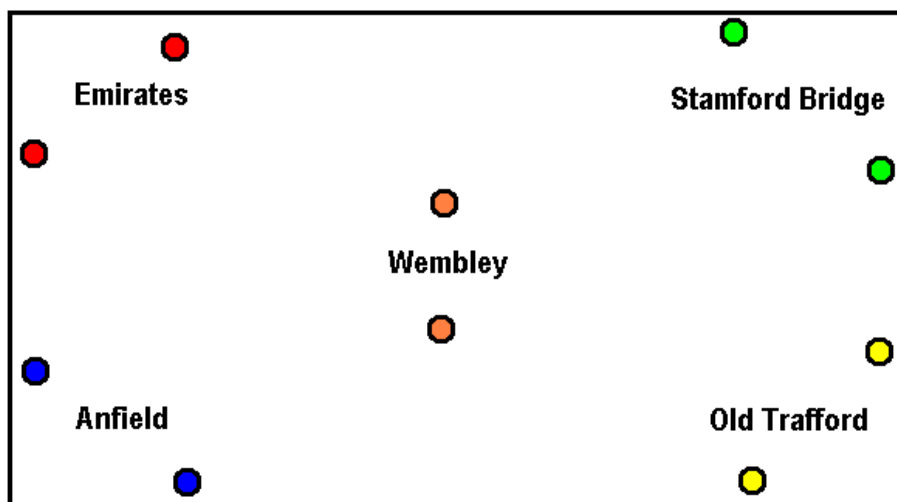
As above but when the music stops children need to stand on a cone or dribble and stop their ball near a cone. Coach takes a cone away each time so whoever doesn't get a cone is out.

### Corners / Maps

5 different set of cones and place them in each corner and one set in the middle. Coach calls out a colour and children need to run to that corner, last one to get there is out. Repeat with footballs so children need to dribble into corners

You could adapt the game and call it shopping or stadiums and use it as a memory game. Name each corner with a shop or stadium i.e. butchers, bakers, fruit shop, chemist etc or Riverside, Old Trafford, Wembley etc and when you call out a place children need to run to that area.

Make it harder and turn into a runnin / dribbling quiz – Eg run to were you might see Deigo Costa etc



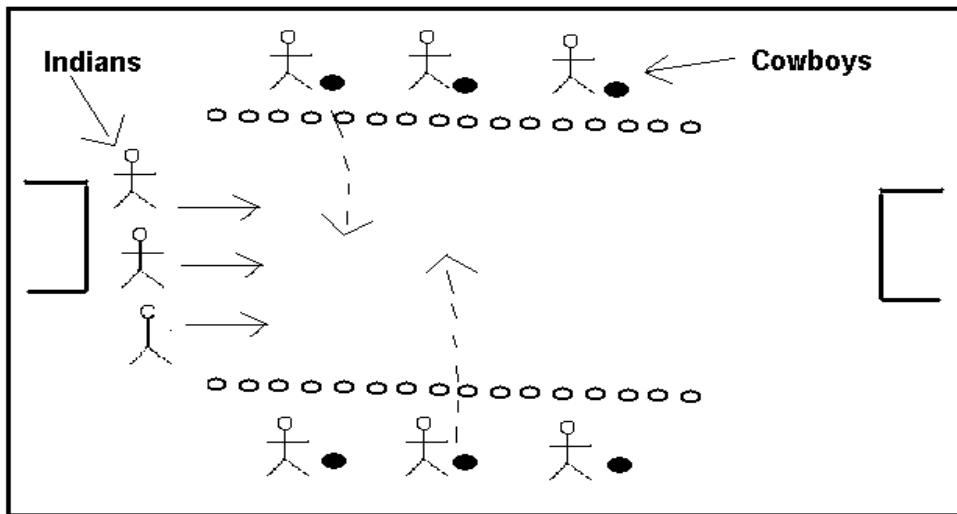
### Cowboys and Indians

Have two rows of cones on outside of hall / pitch, these are the hills were the 2 cowboys are hid with there footballs (guns) waiting for the Indians to run through the valley.

Indians need to run from one goal to the other goal between the cones without being hit by the cowboys in the legs, if they do get hit then they become a cowboy and get a ball and stand at a cone.

Cowboys only get one shot each go and must wait for coach to shout reload before they get the ball back.

**Ensure the children keep the ball low and do not blast it at the Indians.**



### **Tigs/ Tag**

Children run around and catcher chases them if they tag them then they then become it and must tag someone else.

Repeat with ball so child with ball is on and if they hit someone they are then on and have to go and hit some one else with it

### **Domes and Dishes**

Place all the cones around the hall. Half of them upside down and the other half the right way up. Upside down cones are the dishes and the right way up cones are the domes. Divide the group in 2 and assign them with either domes or dishes. On coaches command players run around turning the cones to either make a dome or dish, when coach shouts stop the team with the most domes or dishes wins.

### **Colours**

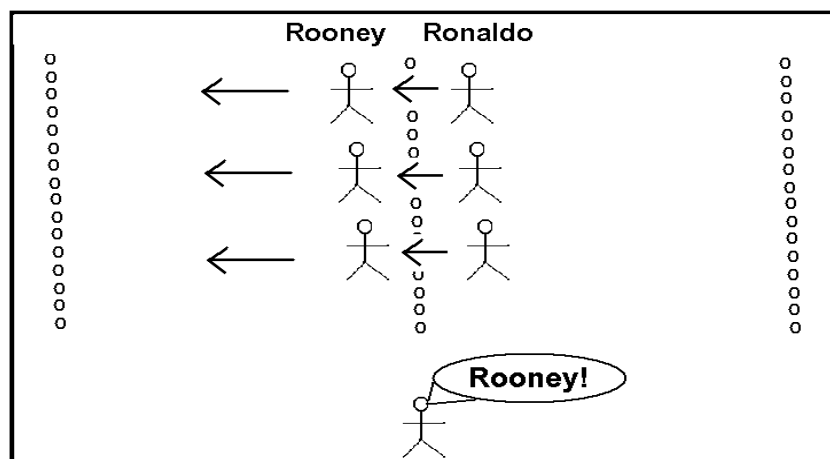
Scatter cones around hall / pitch. Children move around hall and when coach calls a colour children need to run and put their foot on that cone. (They can share cones) the last one to get to a cone is out. Play until there is one child left and they become the winner.

Repeat with ball so children have to dribble to cone and stop ball near it.

### **Rooney Vs Ronaldo or Rats and Rabbits**

Put 3 rows of cones out. Get children to partner up. Get partners to stand side by side along the middle set of cones facing you. The children on the left side of you are Rooney and the children on the right side of you are Ronaldo. When you shout Rooney all the children have to run to the far set of left cones without their partner tagging them. If you shout Ronaldo then all the children on the right side of you have to run to the cones on the right without their partner tagging them

Repeat with balls so when you call Rooney the children on the left side of you have to turn and dribble past the far cones and the Ronaldo leave their ball and try to tackle Rooney before they get past the cones and vice versa



### **The football rhyme and memory game**

Each child has a ball and when the coach calls out a number the children shout out the rhyming instruction and start to do the activity.

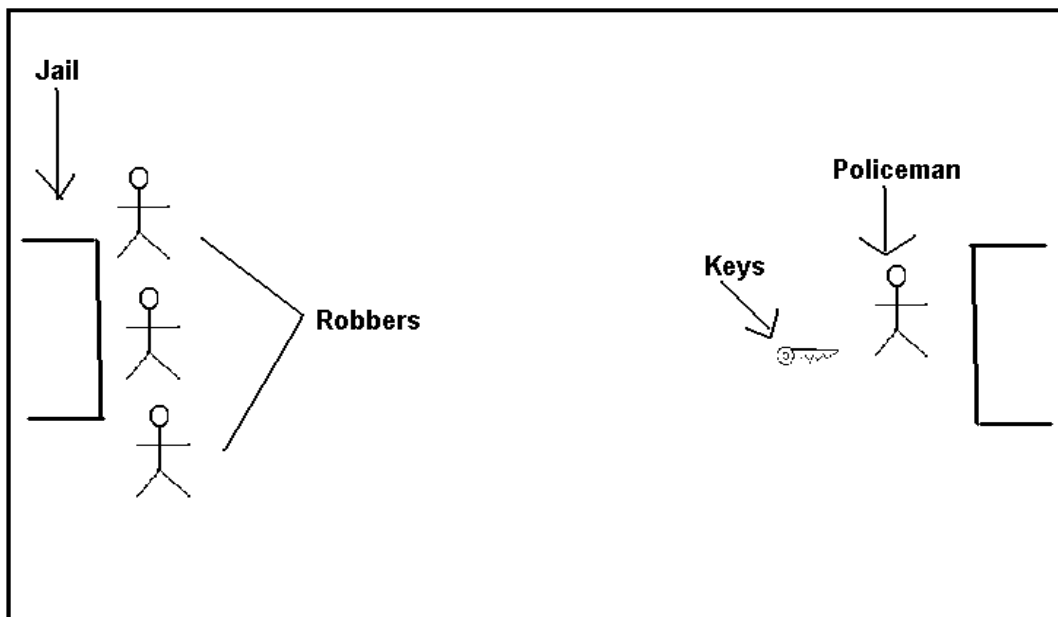
- 1 – on the run – children start to move with ball
- 2 – on the shoe – children stop ball with their sole
- 3 – on the knee – children stop ball with knee
- 4 – on the floor – children stop ball and lay on floor
- 5- What a dive! – children dive on floor like Drogba or Ronaldo
- 6- Show me some tricks – children show any tricks they have
- 7 – Can't stop turning – children need to keep turning with ball
- 8 – Gunna be late – children need to run with ball really quickly

9 – This balls not mine – children need to swap balls with someone else  
10 – lets do it again – go all the way back to 1

### **Policeman's Keys**

Choose someone to be the policeman and stand them about 15 meters away from goal and place a set of keys behind them. Get the rest of the children to stand in front of the goal and when the policeman's not looking they can creep forward to get the set of keys but as soon as he turns around the children have to freeze and if they are seen moving the policeman will send them back to jail (the goal) and they have to go all the way back and start again

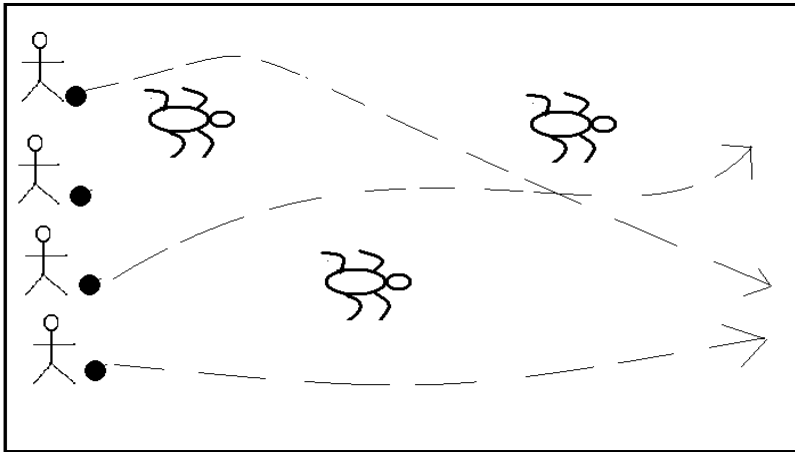
Repeat with a football and when the policeman turns around the children have to stop the ball and if he can see any footballs moving he will send that individual back to jail and they then need to turn and dribble all the way back to the goal and start again.



### **Mutant Crabs**

Have all children with a ball and stand them in front of the goal, have a giant crab in the middle who can only move with their hands and feet on the floor and their stomach facing upwards. Children need to get across the beech and to the other goal without the crabs taking their ball and if they do then they also become a crab

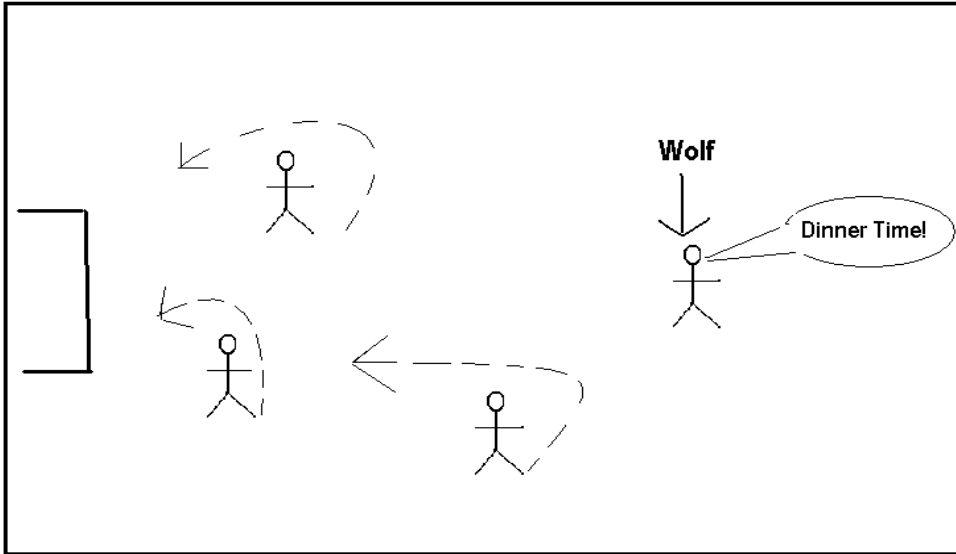




### **Whats the time Mr Wolf?**

Children stand at one end of the hall / pitch and the wolf stands at the other end, on the coach's signal all the children shout 'What's the time Mr wolf?' The wolf then replies with 1 to 12 o'clock whatever time the wolf says the children have to take that amount of steps closer to the wolf (i.e. 7 o'clock = 7 steps) when the wolf replies 'dinnertime' all the children have to turn and run back to the start without the wolf catching them, if the wolf catches them then they become a wolf and help the main wolf catch people when he shouts 'dinnertime'.

You can repeat this with a ball and when the wolf shouts the time they take that amount of touches on the ball closer to the wolf (i.e. 5 o'clock – they would take 5 small touches on the ball getting closer to the wolf) when he shouts 'dinner time' they have to turn and run back to the start dribbling the ball without using their hands.



### **Body Parts**

Children run around room and when coach calls body part they have to put that part of the body on the floor, this then progresses to the coach calling a number and the children then have to put that amount of body parts on the floor (i.e. if coach shouts 3 then children can stand on 2 feet and put 1 hand on the floor to give them a total of 3 body parts on the floor) this will then progress to the coach shouting both a number and a body part so he might shout 3 knees therefore children will have to partner up and put 3 knees on the floor between them.

This can then progress to children dribbling a ball and when the coach calls out a body part the children need to stop the ball using that part of their body.

### **Circle games**

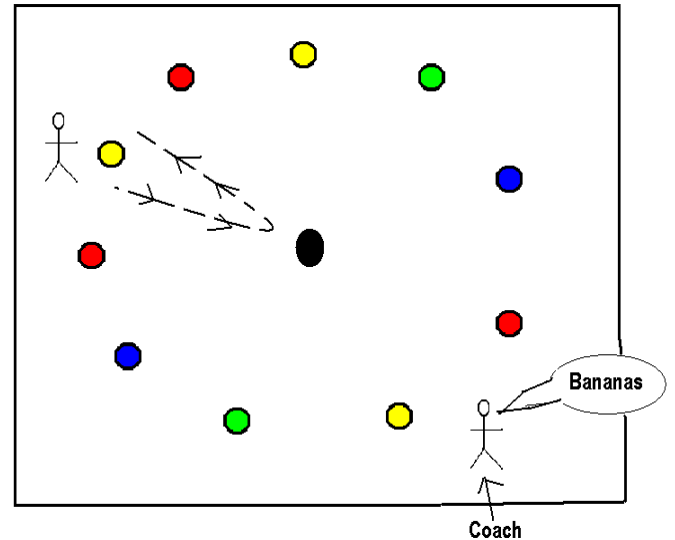
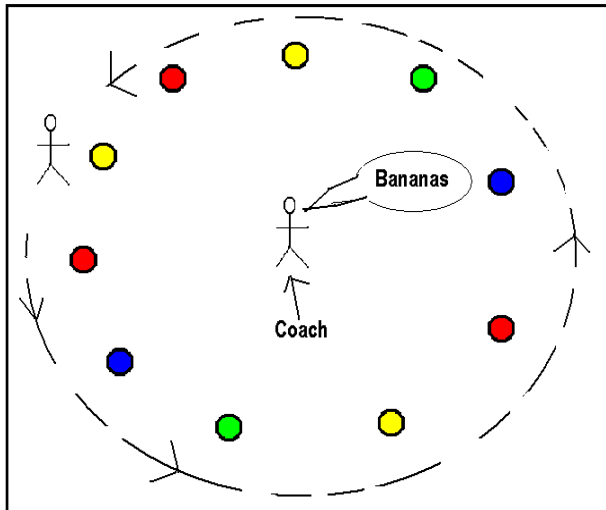
Make a circle with cones and put cones in order so they go blue, red, green, yellow – blue, red, green, yellow and get children to stand at a cone each and play the following games –

1 - Fruit salad – when you shout bananas all the children on the yellow cones run around the outside of the circle clockwise the first one back to their cone gets a point. Strawberries = red cones / blueberries = blue cones / Apples = Green when you shout fruit salad all the children run around. Repeat with ball so they have to dribble around the circle

2 – Repeat above game but instead of them running around the circle they run into the middle touch the cone and run back to their cone. Repeat with ball so

they have to practice dribbling into the middle and then turn and go back to the outside. This can then progress to them running into middle touching cone and then running to a new empty cone and the last one to get to a cone is out.

3. King of ring – give all children a bib and when you call colour e.g. yellow all the yellows go into the middle and try to pinch each others bibs. The last one left with a bib is the winner, repeat with ball so they have to kick each others balls out of the circle and the last ball left in circle is winner



### **Coach Says**

Basically it is Simon says were the Coach says do an action and the children do it. For example- coach says do star jumps, so all the children do star jumps, but if he only says do star jumps without saying coach says do it then they should ignore him and just carry on with the previous action. If they do react to it without the coach saying coach says then they are out.