

Sample Underage Warm Up Activities

For underage players:

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1. Free Movement: Spatial Awareness

- i. Set out square area that all players must remain inside.
- ii. Allow players to move about the square as they wish but may only take 4 steps before changing direction.
- iii. Demonstrate the use of the outside foot in transferring weight to make the change in pathway i.e. use the inside of the outside foot to drive off.
- iv. This encourages players to move in all different directions and avoid contact with other players.
- v. Introduce joint mobilisation exercises (e.g. high knees, heel flicks, skipping etc.) every 15/30 seconds, depending on fitness levels.
- vi. Challenge them to travel in different directions i.e. sideways, backwards.
- vii. Tips: One foot leads the other when going sideways.
Look over your shoulder when travelling backwards.
Look for the free spaces to move into at all times.
- viii. Challenge them to travel in different pathways and directions
- ix. Can they change 'gears' as they travel?

2. Back To Back:

- i. Players run about until call of 'Back to Back'.
- ii. Group pair off.
- iii. Last to form a pair or anyone not in a pair is the new caller.

3. Numbers:

- i. Group move about until a nos. is called by caller e.g. '3's/4's etc.
- ii. On call players aim to form nos. called.

4. Shapes:

- i. Repeat above but call out shape to be formed by players e.g. Triangle – Get into groups of 3

5. Free Movement with balls:

- i. Same as activity above accept there is 1 ball for every 3 or 4 players in the square.
- ii. Players must hand pass ball to a free player then receive another.
- iii. Encourage players to move in all different directions and 'CALL' for the ball to avoid player not being ready for a pass or more than 1 ball going to a player at the same time.

- iv. To progress, introduce pick-up (players take a hop/solo then leave ball on ground for next player to pick up) and high catch (players lob ball into air for person to catch).
- v. To progress further, have a few players/mentors in the square that act as defenders and try to dispossess people around them.

6. Red Light:

- i. Children line up along one of the sidelines.
- ii. The aim is to get to the opposite sideline first.
- iii. One child 'The Caller' goes to opposite sideline and calls out '1, 2, 3 Red Light' as the rest of the group move towards the caller.
- iv. On 'Red Light' caller turns around quickly in an attempt to catch someone moving.
- v. Anyone caught moving must return to starting line.
- vi. The winner becomes the new Caller.

7. Signal Man:

- i. Players space out at random in a grid
- ii. Coach stands in front and signals with hands i.e. if s/he points to his left all the players move sideways to their right etc. If he points forward, all move back
- iii. Challenge them to move the opposite way to the way pointed i.e. if the coach points behind him all move forward etc.
- iv. Above but respond to audio commands i.e. 'Right', 'Left' etc.

8. Mirror Dodge:

- i. Pairs – Nos. 1 & 2
- ii. No. 1 acts as a mirror and moves in different directions opposite his partner
- iii. No. 2 acts as a reflection and attempts to mirror No. 1 i.e. if No. 1 moves to his left, No. 2 moves to his right, if No. 1 moves backwards, No. 2 should move forwards etc.
- iv. Challenge No. 2 to go the opposite way to No. 1

9. Spider's Web:

- i. All children line up along one of the sidelines
- ii. 3 or 4 children space out along the middle between the 2 sidelines.
- iii. The aim is for the large group along the sideline (Flies) to travel across past the 'Spiders' in the middle without being tagged.
- iv. Winner: Who ever gets over and back the most times in a set time.

10. Cone Dodge:

- i. Place different coloured cones randomly around playing area.
- ii. Touch 3 cones of the same colour

- iii. Touch 3 different colours first etc.
- iv. Players move around area performing different skills as they come to certain cones (e.g. dodge every white dome, side-step every green cone, feint and side step every green one, jump over every red cone, run around every blue cone etc.).

11. Mine Field:

- i. Use spaced out domes and cones in a grid
- ii. 4 or 5 players space out along the 4 sides
- iii. Give each group a number 1 to 4
- iv. On call e.g. '1 & 2' players aim to dodge across the Mine Field, with out touching any domes
- v. Challenge further by calling all the numbers
- vi. Challenge players to travel sideways or backwards through the mine field
- vii. Challenge them to travel with a ball i.e. dribbling/soloing/bouncing etc.

12. Cups & Saucers:

- i. Pairs – Nos. 1 & 2
- ii. Nos. go to a spaced out dome and turn it up side down making a saucer
- iii. No. 2's go to a dome small hole facing up i.e. a cup
- iv. The aim of the game is for the No. 1's to turn all the cups into saucers and vice versa for the No. 2's
- v. The winning group will have the greater number of saucers or cups at the end of a set time e.g. 1 minute.

13. Foot touches:

- i. Players get in pairs.
- ii. Player must try and touch his partner's foot with his own to score a point. NB No stamping
- iii. Repeat above but touch knees, shoulders etc.
- iv. Other player avoids partner while trying to touch his foot at same time.

14. Tails:

- i. Assign 3-5 'catchers' and give the rest of players a bib to tuck into the back of their shorts like a tail.
- ii. Catchers attempt to get the tails from the other players.
- iii. Once caught, players put on their bib and become a catcher.
- iv. Challenge catchers to see how long it takes to catch everyone then let another set of catchers attempt to beat that time.
- v. Repeat above in pairs. Place tail in the back off of togs and then the front

15. Turtle-flip chasing :

- i. Assign a few players as catchers.

- ii. The rest are turtles that are trying to avoid being caught. Once caught, players get down on their backs and pretend to be a turtle that has been flipped on its back.
- iii. They can be freed by being flipped back up the right way by their team-mates.
- iv. Challenge catchers to see how many turtles they can flip in a certain time then allow a different group of catchers to try and beat that score.

16. Ball Tricks :

- i. In pairs with a ball between 2, pairs roll ball back and forth and attempt to stop it with as many different body parts as possible (e.g. knee, elbow, chin etc.).
- ii. See who can get the most.
- iii. Juggle 2 balls between you and your partner. Which pair can juggle the longest? Repeat while on the move.
- iv. No. 1 holds ball in hands and attempts to keep No. 2 from touching the ball by using pivot only i.e. s/he must keep one foot stationary and use the other foot to prevent partner from touching the ball.

17. Shadows:

- i. Players are in pairs, one is the leader and the other the shadow.
- ii. Leaders jog around freely doing anything they want (e.g. jump, side to side, tumble, cartwheel etc.) followed by their shadow who copies their activities.
- iii. After a minute switch leaders and shadows.
- iv. Encourage players to use imagination and do whatever they can think of (as long as it's safe!!)

18. Touch Tag:

- i. Pairs – Nos. 1 & 2
- ii. No. 1 uses dodges and feints to prevent being tagged by No. 2.
- iii. No. 2 attempts to tag No. 1 as many times as possible in a set time i.e. 5 secs., then 4secs, 3 secs.
- iv. All players must stop on whistle.
- v. If No. 2 can touch No. 1 he gains a point, if not No. 1 gains a point. See who scores the most points in a set time.

19. Pass The Sharks:

- i. All players line up along the sideline well spaced out
- ii. Nominate 3 or 4 to stand along a middle line between the 2 sidelines these are the Sharks
- iii. The aim is for the fish to swim past the Sharks without being tagged. If tagged they are out of the game
- iv. If successful on getting to the other side you gain a point. See how many points you can get in 1 minute.
- v. The Sharks also gain 1 Point every time they tag a Fish.