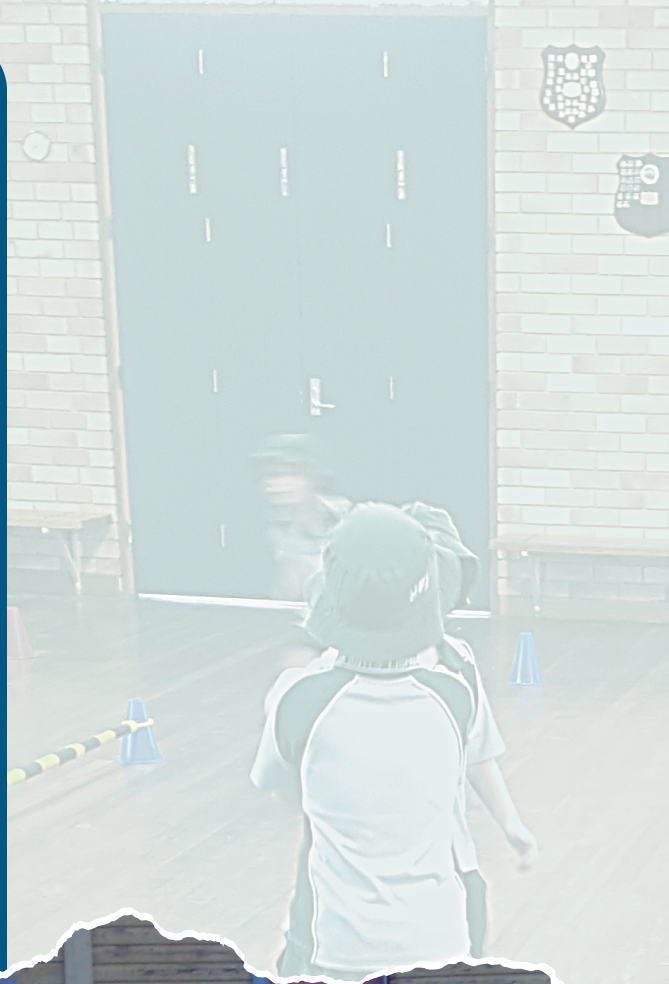




DOWN TIME GAMES

**Skill Games and
Activities to Play
Whilst Waiting**

*NB: This is a guide for coaches.
Please feel free to use your own own activities to
meet the aim of each session*



WARM UP GAMES

Foot Touch Challenge

AIM: Whilst standing as tall as possible... touch your foot with your opposite hand .
Bring your foot towards your hands. Stay tall with light quick feet

- Athletes find their own space facing the Instructor
- Athletes try to complete the following sequence in a standing (position start slow):
- Touch right hand to left foot / ankle in front of body; touch left hand to right foot / ankle in front of body: repeat x2 x4, x6, x10,
 - "lets see how fast you can do it"
- Do the same behind the body : repeat x2 x4, x6, x10
 - "lets see how fast you can do it"
- Repeat in front of the body x 2 and behind the body front of body x 2,
 - repeat x4, x6, x10 ... "lets see how fast you can do it"
- A great activity for coordination, incorporating cross body movements.



Equipment: None

Knee Tag

AIM: Speed Agility and Quickness

- Partners face each other with right hands linked between them.
- with their free hand each person must attempt to tag just above their partner's knees. IMPORTANT TO POINT OUT NO HITTING OR SLAPPING.
- each tag equals 1 point.
- Play first to 5, 10, 15
- This game focuses on quickness, reaction time, agility, etc

Equipment: None

Shadowing / Follow the Leader

AIM: Follow the Leaders Movements

- In groups of 4-6 children jog in a line and "follow the leader"
- The aim is to copy the leaders movements.
- Start by general jogging then encourage vigorous & active movements eg rolling, twisting, side stepping, zig zaging jumping, skipping, crawling, high knee running, star jumps... Entire group must follow
- Blow a whistle or shout "CHANGE and change leaders. The last person in line runs to the front and becomes the new leader for the rest to follow

Equipment: None



Partner Unbalance

AIM: Keep your balance ... but try to make your partner overbalance

- Face your partner with arms up and at 90°, palms facing forward and stand on one foot
- Place your palms in your partner's palms and balance... do not hold their hand... fingers need to face upwards (like you are washing a window)
- On "GO" or whistle,,, without palms separating try to push your partner to unbalance and make their other foot touch the ground
- Variation:
 - Do the same but stand on one foot in a hoop and try to unbalance your partner out of their hoop

Equipment: None



Human Knots

AIM: Detangle to form a Circle

- In groups of at least 6 everyone faces each other with hand in the middle
- Hold a person's hand and make sure it is of two DIFFERENT people
- Ensure that it is NOT the person next to you... everyone should be tangled
- Strategically ... try to untangle

WARNING:

- Be patient with this game ... SLOW deliberate movements only
- Only one or two moving at a time
- Allow people to let go to adjust their grip into a more comfortable position
- Allow people to let go if they feel uncomfortable or any pain

Equipment: None



Fastest Game of Tag in the World

The game is played in a designated area
Using cones marked out space on a field.

- Everyone is IN.
- On the command of go or a whistle, everyone begins to chase and try to tag everyone else while trying to avoid being tagged themselves.
- If you are tagged you sit down on the spot. Runners need to be aware of tagged people on the ground for safety purposes.
- The game continues until there are only a few people left trying to tag or for a pre determined time. Be mindful of not continuing one game for too long as the children who are seated will not get much of a warm up. The idea is fast and furious and keep starting over.
- For each new game, everyone is then in again and the game begins afresh. You can play this game five or six times in the space

FASTEST GAME OF TAG The game is played in a designated area i.e. confines of basketball court or marked out space on a field. Everyone is IN. On the command of go or a whistle, everyone begins to chase and try to tag everyone else while trying to avoid being tagged themselves. If you are tagged you sit down on the spot. Runners need to be aware of tagged people on the ground for safety purposes. The game continues until there are only a few people left trying to tag or until the teacher deems it is time to start over. Be mindful of not continuing one game for too long as the children who are seated will not get much of a warm up. The idea is fast and furious and keep starting over. Everyone is then in again and the game begins afresh. You can play this game five or six times in the space of a warm up as each game will only go for a minute or so

Equipment: None



REACTION GAMES

Head and Catch

- Have the team form a circle around the coach, facing the coach.
- Only the coach needs a ball.
- Drill Instructions
- The coach will always throw the ball towards the players head as if the player is going to head the ball.
- The coach yells "HEAD" or "CATCH" to the player he is tossing the ball to.
- The player must quickly react to the coaches command and perform the event the coach yells.
- If the coach yells "HEAD" the player must head the ball back to the player.
- If the coach yells "CATCH" the player must catch the ball and return it to the coach.
- If the player performs the wrong action,
- that player runs around (x1/x2) the circle till they are back to their place.



Equipment: Large soft ball eg volleyball



Catch the Finger

- Athletes stand in a circle facing inward, with the palm of their right hand held facing up at about shoulder height, towards the person on their right.
- The index finger of their left hand is held pointing down and touching the upturned palm of the person on their left.
- On a signal from the coach, the athletes must attempt to quickly take their finger away from the palm of the person on their left, while attempting to grab the finger of the person on their right.
- This can be played as an elimination game i.e. players are eliminated if caught. Can be played with a little as two people.

Equipment: None

RUNNING GAMES

Practice Start Techniques

Whilst kids are waiting for their race (especially if they are already in lanes for their heats) teach them starting techniques as the starter calls them out.

- o Athletes practice their "On your marks... Set..." with the starters call whilst the age manager walks around and corrects:
- o On your Marks: favourite foot in front approx. shoulder width apart... weight on front foot... ensure both feet are pointing down the track
- o Set: Knees bend... opposite arm opposite leg... body weight on front foot... eyes looking approx 2-3m ahead at the ground
- o GO: Drive the arms



Equipment: None

Lane to Lane Challenges

AIM: Focusing on technique and achieving the challenge

- o Athletes line up parallel to the track double arm distance apart and challenge them with a specific movement to the next line (focus on technique... tall posture, head still, pumping elbows):
 - o "I want you to run with high knees to the next line in 5 steps.... GO"
 - o "I want you to run with high knees to the next line in 10 steps.... GO"
 - o "I want you to run with high knees to the next line in 20 steps.... GO"
 - o "who thinks they can do it in 25 steps"
 - o "How many pitter patter steps can you do? GO"
 - o "Can you add 5 more? GO"
 - o "Can you add 10 more? GO"
 - o "can you do it backwards"
- o Use this same set up to practice starts and allow kids to continue across ALL lanes

Equipment: None

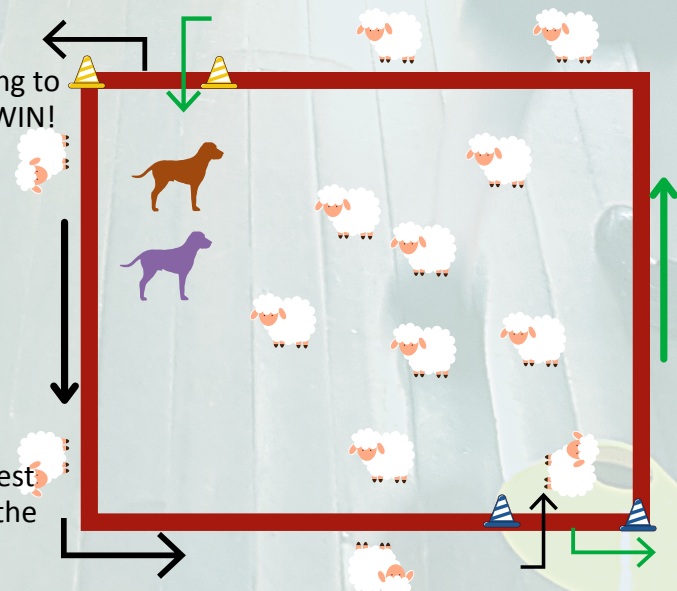
Out the Gate (middle distance game)

Sheepdogs vs Sheep

AIM:

- o Sheepdogs - tip all the sheep and they are all outside trying to get back in, so none are left in the paddock SHEEPDOGS WIN!
- o Sheep - to get back into the paddock as quick as possible
- Create a large square playing area "Paddock" with ground markers.
- Form two "gates", marked on opposite corners of the playing area.
- Choose one or more 'sheepdogs'.
- Sheep (other players) scatter inside the playing area.
- On "Go" sheepdogs attempt to tag the sheep
- If a sheep is tagged by a sheepdog they must run out the closest "gate" and re-enter the game by running back in the gate on the opposite corner of the playing area.
- Play game for designated time approx 3 min
- Change sheepdogs for next game

Equipment: 4 cones for gates, cones to mark out area

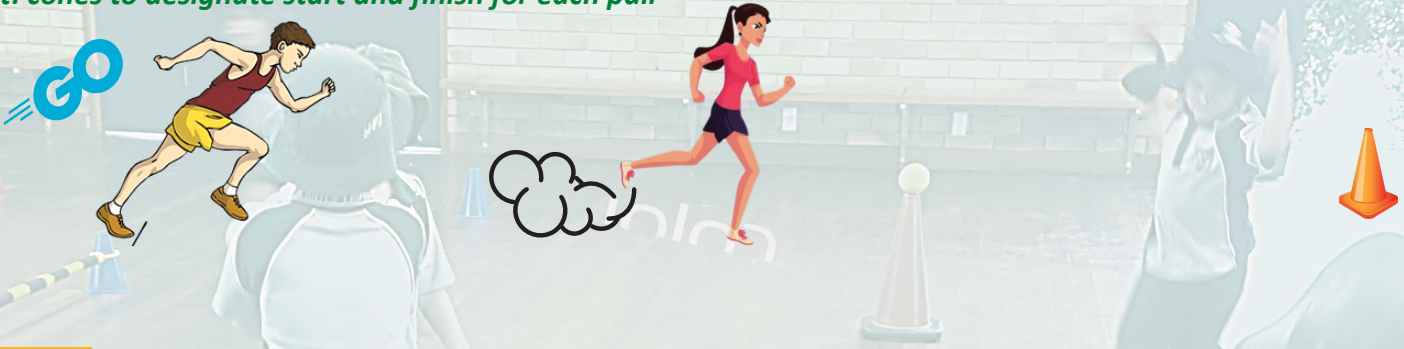


Cops and Robbers

AIM: Fast Reaction Time, Sprinting Technique

- This is a chasing game. Athletes, in pairs, each start with 5 points.
- One athlete stands behind and the other takes two large steps in front
- The athlete behind is the COP and the one in front is the ROBBER
- On a go signal, both athletes take off and the COP chases Robber. If the cop lightly tags the robber before they are able to reach a "finish line" approximately 20m away. that person is caught and loses a point.
- Roles are reversed for the next repetition.
- Focus is placed on running a straight line, head still and driving arms... NOT TRIPPING OR DIVING ALLOWED
- VARIATION: person behind starts in a crouch position, only 1 step head start is allowed, 3 step head start, start in different positions eg sitting

Equipment: cones to designate start and finish for each pair



Simon Says

Based on the simple game of "Simon Says". A large square is formed and athletes are told to stay within the area. Athletes find their own space. On "Simon Says" athletes begin to move around the area in any direction or demonstrate the movement that is called out. Call out things like

- high knee run
- star jumps
- low arms
- standing start (and see if they are doing it correctly)
- pitter patters
- long jump landing position
- skipping
- race walking

Equipment: None



Rock-Paper-Scissors Tag

- Athletes line up in pairs, facing each other a metre or so apart. Each athlete is awarded 10 points each
- Each pair plays the simple scissor-paper-rock game" and makes either a rock, paper or scissors hand gesture to their partner.
- Based on the game of rock-paper-scissors, whoever wins the battle chases their partner towards a "finishing line" and attempts to lightly tag them before they reach it.
- If the "loser" is tagged before they reach their home/finish line they lose a point(the tagger does not receive the point).
- If partners do the same gesture, it is a tie and no points are scored. Play for a designated time ... if someone loses all their points they both start at 10 again and game restarts



Equipment: cones for gates, cones to mark out area

Turn Over the Hats

- The athletes are divided into two teams.
- Each team is designated a specific ground marker colour (approx 20) eg Team A=Blue, Team B=Red.
- These markers are scattered right way up in the designated playing area.
- On “Go!” Team A moves around the playing area attempting to turn as many markers upside down of Team B as possible whilst Team B attempts to turn as many Team A markers as possible upside down. Whilst playing, each team can turn any of their own markers the right way up.
- After playing for a designated time, stop the game and count the number of markers the correct way up to determine the winning team.



Equipment: 20 cones each of 2 colours



Crows & Cranes / Witches & Worlocks

- Create a large rectangle paly area with a halfway line
- Each person is “awarded 10 points each”
- Athletes pair up and find a partner: One Cranes and the other Crows
- Allocate a cranes home line and Crow home line
- Partners line up by center line of playing area.
- Leader calls out either “Cranes” or “Crows”. If “Cranes” are called, they are to tag the “Crows” before they run to their home line, or visa versa.
- If tagged, that person LOSES A POINT.
- The partner that has the highest point left at the end of the game is the winner

Equipment: 3 sets of cones to indicate: centre line, 2 x home/finish line

Beat the Ball

- Form two teams: a running team & a passing team.
- The passing team forms a circle double arms distance apart facing a leader in the middle.
- The running team forms a relay line (start line is net to the first person on the passing team) ready to run.
- On “go” the passing team passes the ball to the person to the person (each pass is worth one point) whilst the running team runs a lap around the outside of the circle or the line. When the runner gets back to the start, they tag the next runner to run.
- The aim is to pass the ball as many times as possible by the time the last person finishes running.



Equipment: ball, cones to create a circle

JUMPING GAMES

Scissors: Figure 8 Relay

AIM: Extension to scissors, "Leg closest to bar goes over first",
Knee drive, jump onto HJ bags

Warm Up

- Split group into 3-4 lines
- Set up a scissor station for each line
line... colour code the cones
- Explain Figure 8 and demonstrate
- Demonstrate over the equipment
- Allow participants lots of opportunity
for jumping

Challenge Ideas

- Relay... Which team can do it the quickest
- Line the group on one Scissor station and time how fast the
whole group can complete the activity...
 - Beat the last time

Equipment: 4 cones (2 of each colour), object to scissor eg pool
noodle, 2 x mini hurdles,



Pattern Jumping - Intro to Triple Jump

AIM: For participants to confidently demonstrate:

- pattern jumps landing on different feet

Split class into 5-6 even lines

- each line has 3 landing targets (dots ,cones)

pattern Challenges: walk in & -

- land on 2 feet on each dot;
- right foot only on each dot
- left foot only on each dot

Introduce Patterns

- left, left, right, right, left, left, right, right,
- right, right, left, left, right, right, left, left
- left, left, 2 feet right, right, 2 feet
- right, right, left, left, right, right, left, left
- left ,right, 2 feet; right left, 2 feet
- increase distance between dots
- add run-up, focus on rhythm

FOCUS:

one foot take off, "DONT look down" at take off, rhythm, mixing up patterns,
soft knees on landing

Equipment: leader/line cones, rubber dots (best) to jump on



Hop-Scissor-Paper-Rock-Hop

- Divide your group into two teams and have each team line up in front of the hula hoop on either end of the path. The teams should be facing one another.
- The goal is for the participants to make it to the other side of the hula hoop path, resulting in a point for their team.
- When you yell “Go!” the participants at the front of each team must hop/jump into each hula hoop along the path until they meet each other.
- When the participants meet, they must engage in a round of Rock Paper Scissors. The participant who wins will immediately continue hopping to the end of the path. The participant who loses must step out of the hula hoop and return to the end of their team’s line. As soon as the participant steps out, the participant next in line (of the team that had just lost) must begin hopping to intercept the winning team.
- Once those participants, they must again engage in a round of Rock Paper Scissors and you can keep playing as long as you want.
- MODIFY
- If your group is particularly large, consider paying two separate games or, even better, divide them into smaller groups and adjust to create a second game
- If you find that participants are doing a lot of standing around, consider including other elements such as making the losers do 10 jumping jacks when they return to their team’s line.

Equipment: 20+ hoops to create a jumping track



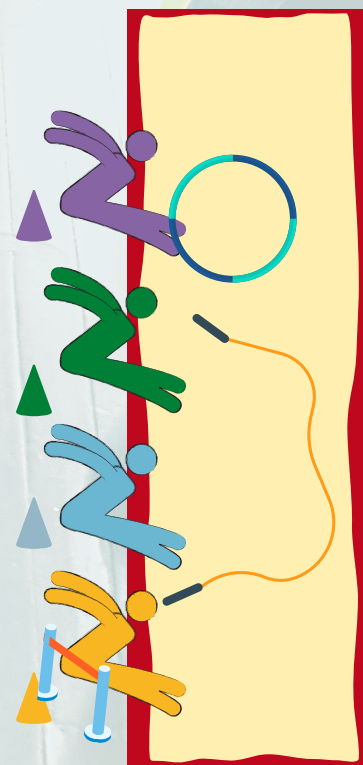
Side of the Pit Jumps

This allows athletes more jumping opportunity and a great way of skill development and warm-up

Challenges:

- Jumping the snake (skipping rope)
- Target landing (using large flat hoops)
- Jumping over an object (mini hurdle)
- Jump and drive knee
- Jump and clap
- Jump, clap and pull through
- Jump catch ball
- 3 - 5 - 7 step run in

Equipment: 8 cones (2 per line indicating start of line and jumping cone, objects to jump over eg flat hoop, skipping ropes, mini hurdle)



THROWING GAMES

Long Arm Slinging/Push/Chuck:

AIM: For participants to confidently demonstrate the sling technique using fox tails

Using a socktail ... In groups of 2 partners: one partner creates a basketball hoop using their arms whilst their "Push/Sling/Chuck" their socktail into the basket. Focus on the basic movements for each of the throws. eg

- Side on – opposite foot
- Extend arm
- Body weight transfer

Sling for Distance

- Split class into 5-6 even lines
- Place target 10-15m away
- Participants will sling the foxtail / Socktail
- Introduce hoop at the target (long arm sling)
- Each line has a target
- Allow plenty of throws
- Add Challenges:
 - hit the target
 - points

Equipment: targets eg hoops, sock tails (made from 2 pairs of football socks)

"Throwing" Golf

AIM: Try to score a hole in one / closest to target

Version 1: played like Coits

- Only 1 target (witches hat) to aim for
- The leaders of each line sling at once.
- "HOLE IN ONE" closest to target wins
 - 10 points for "Hole in One"
 - 5 points for closest, 4 next closest etc etc

Version 2: played like tenpin bowling

- Only 1 target hoop/discus or shot ring to aim for
- Form 5+ lines
- The leaders of each line roll at once.
- "HOLE IN ONE" closest to target wins
 - 10 points for "Hole in One"
 - 5 points for closest, 4 next closest etc etc

Expansion: using various targets pushing/overarm throws could be used

Equipment: cones to indicate lines targets eg hoops, hoops for slinging, safety shots, sock tails (made from 2 pairs of football socks)



Hoop flip/turn race

In teams of 4-8 athletes form a sing line. Approx. 5m away a hoop is laid on the ground and athletes attempt to Push/sling/overarm throw their sock tail/discus/ball into the hoop. If successful the team may flip their hoop over to advance the hoop forward. The winning team is the first team to have their hoop flip a predetermined number of times or past a pre determined finish line.

- Side on – opposite foot
- Extend arm
- Body weight transfer

Equipment: 2 hoops per line, 1 cone per line
throwing implements



Press up Tunnel Ball

- Played like traditional tunnel ball however, there are a few variations:
- each line is in a push-up position approx arms distance apart with the last person at the back waiting for the ball
- the ball is rolled under players holding a push-up position
- once the ball reaches the end person, that person calls “down”
- the line then drops onto their stomach and the person who was at the back runs over the top of them all, becomes the new leader.
- Once at the front, everyone gets back into a push-up position and continues.

Equipment: 2 cones per line, 1 ball per line for rolling



Captain Ball

- Have two teams lined up, double arms distance apart.
- The captain of each team standing 2-3m away from the first person on the team.
- To start the game, the captain throws the ball to the first player in the line who then throws the ball back
- The captain throws the ball to the next player, who throws the ball back
- The player continues in this way until all players have had a turn.
- The last player catches the ball and runs to the captain to replace them (The old captain joins at the start of the line).
- The new captain now repeats the throwing of the ball to each player.
- The first team to complete have every player be the captain wins the game.



Equipment: 3 cones per line, 1 ball per line for passing