

Date:	Venue:	Duration:	No of Players:	Ability / Level:
Equipment:			Purpose:	

Time	Task / Activity / Session Content
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Domes and Dishes

Divide the group into two teams, one called Domes and one called Dishes. Place a set of cones randomly in a set area with half of the cones as normal (Domes) and half of the cones upside-down (Dishes). Teams aim to create as many Domes or Dishes (depending what team they are on) as possible in 60 seconds. Team with the most Domes or Dishes at the end is the winner. Encourage players to bend their knees as well as the waist to get low enough to turn the cones.

Farmers and Foxes

With younger players call this farmers and foxes, older players will probably prefer it to be called bib tag, even though the game is the same.

The foxes (players) put bibs into the back of their shorts. The farmer (coach) runs around the area attempting to pull the bibs out. When a players bib is pulled out, he becomes a farmer too.

Play until 1 fox is left. The players must remain within the confines of the area throughout the activity. Any player running outside the area, automatically becomes a farmer.

Can adapt this warm up so that a player starts as the original farmer.

Jailbreak

One team runs clockwise round the inside of the circle with the other team running anti-clockwise around the outside of the circle (blue cones).

When the coach shouts 'Jailbreak' the players inside the inner circle try to 'escape' to outside the 10m x 10m square (yellow cones). The players on the outside must 'tag' the jailbreakers to catch them.

The inside team scores a point for each 'jailbreaker'. Swap over roles and see who wins. If you have an odd number of players give the defenders the extra player.

You can start this drill at walking speed to get your players going.

Progression: 1) Use bibs as 'tails'...jailbreakers are 'caught' when they have their tail removed. 2) Add sticks, and then balls to jailbreakers to dribble with if this is too easy and too many players get away.

