



Kickstart - FUN GAMES WARM UP

Category: Warm-ups
Difficulty: Moderate

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Description

Kickstart - Warm Ups - Fun - Games - Play

Kickstart - Tig (10 mins)

SET UP: split into 2,3,4 teams with bibs
(Red tig Blues - Blues tig Yellow- Yellow tig Red)
If caught stand with legs open can be freed with own team
crawling under the legs

PROGRESSIONS:

1. Add Ball

COACHING POINTS:

1. LET THEM PLAY - HAVE FUN



Kickstart - Tiger Tails (10 mins)

SET UP: Every player tucks there Bib into the back of there shorts
all players look to steal the other players bib & give to the coach
- Option to split into 2 groups-

PROGRESSIONS:

1. Add Balls
- 2 Coach can give the Bibbs back

COACHING POINTS:

1. FUN / LET THEM PLAY



Kickstarter (Knee Game) (10 mins)

SET UP: box 25 x 20 dependant on numbers -player pair up
The game is Knee Tig - facing each other looking to tap knee
with nand , can proctect with hand.

PROGRESSIONS: 1.Add Balls

COACHING POINTS: 1. LET THEM PLAY - HAVE FUN



Kickstart - Dodge Ball (10 mins)

SET UP: 2 Catchers with ball each - they look hit other players
UNDER ARM

UNDER WAIST HEIGHT - If players get hit with ball, they stand like scare crow
get freed by going under legs

PROGRESSIONS:

1. Add Balls

COACHING POINTS:

1. LET THEM PLAY - FUN



Kickstarter - Hide it / Bounce it (10 mins)

SET UP: 2 Teams Catchers & Dribblers

Catchers have ball in hand & must bounce it, they get a point by touching the dribblers team ball or player - Dribblers hide the ball
(Coach can decide how many catchers)

PROGRESSIONS:

- COACHING POINTS:** 1. LET THEM PLAY - HAVE FUN



Kickstart - Hand Hide It. (10 mins)

SET UP: Hand Hide It - all players have a ball each & must hold the ball in 1 hand at shoulder height - Aim is to try knock other players out of the players hand - while hiding their own ball

PROGRESSIONS:

1. Coach can give the ball back
2. split into 2,3 or 4 teams

COACHING POINTS:

- LET THEM PLAY - HAVE FUN



Kickstarter (10 mins)

SET UP: box 25 x 20 dependant on numbers -player pair up
The game is Knee Tig - facing each other looking to tap knee with hand , can protct with hand.

PROGRESSIONS: 1.Add Balls

COACHING POINTS: 1. LET THEM PLAY - HAVE FUN

