



Micro's or Muppet games

Category: Warm-ups
Difficulty: Beginner

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Individual-Adult Member

Description

I have listed lots of games to play but you'll probably only get through 3 before the game. If you have time then do the 2v2 otherwise choose from any of the games before them but you SHOULD do the 1v1 game.

Red Light Green Light (5 mins)

To get them to stop at anytime shout 'Freeze'. You can also do this in the scrimmage game when the ball goes to far out of bounds. Each Player has a ball and follows coach's commands and does not use their hands.

'Green light' means go

'Red light' means stop.

Yellow light means go slow.

'Emergency Stop' means stop the ball with the foot and sit on it.

'Head on collision' means stop the ball with the foot and put your head on the ball.

'Elvis' means stop the ball with your foot, put your knee on it and point both fingers in the air.

'Road rage' means the coaches try and kick the players ball out of the area - if they get kicked out, they pay a speeding fin'e of 5 sole taps (touch the top of the ball with the the bottom of cleat - alternate feet)



Sharks & Minnows (10 mins)

The coach or coaches are the shark

The players are the minnows.

The minnows line up at one end of the field and have to 'swim' (dribble) past the Shark (Coach). The shark tried to steal their ball as he's hungry.

If the players lose their ball, they become a shark also.

Players have to stay inside the field but are safe if they pass the lines at the end of the field

The players try to dribble into the space and change direction and speed to get away from the shark.

Repeat until their are two players left who win. They can become the sharks for the next game.

You may want to put some colored cones down at the lines so they players know where to dribble too as the grass and lines are not easy to see.



Pirates of the Caribbean (10 mins)

All of the players are pirates and trying to steal captain Hook's treasure (disc cones)

The coaches hold 10-12 disc cones which is the treasure - gold, diamonds etc.

The players have to shoot their cannonball and hit the coach. If the coach gets hit, he drops some treasure. The player who hit him, picks up the cone and keeps it and tries to get more treasure.

The game continues until there is no treasure left. Try to make sure everyone gets some treasure and make a big deal about getting hit with the ball. The harder they hit you, the more treasure you drop.



1v1 to score (10 mins)

To help the players get a little more aggressive this recreates the game.

Coach starts with a ball and the first players in line run out when he serves a ball in.

Blue and beige teams attack the other goal to try and score.

Encourage them to:

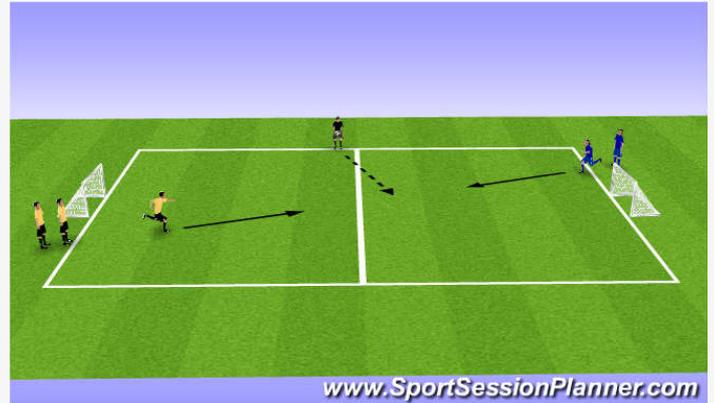
Get to the ball first

Steal the ball from the other player

You may want to use scrimmage vests if needed.

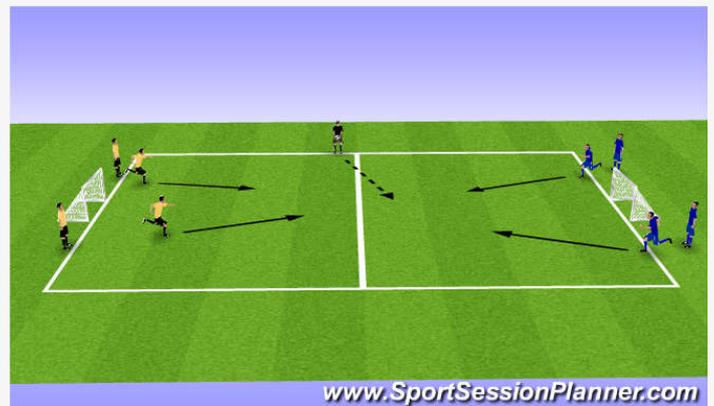
Defend their goal to stop the other player from scoring

Remember to serve to both players in turn so they all get the ball (Coach rolls it to Blue above, next time would be red etc)



2v2 to score (5 mins)

The same game as 1v1 but now have two players on each team but you will need scrimmage vests.



Scrimmage Game

Info for the game:

Try to balance the teams with some of the more experienced or aggressive players with the more timid ones.

I haven't seen some of the players play so I could miss a few here but I'm going on what happened in the game I coached.

Experienced players - Dillan, Tristen, Andrew like to go after the ball so have at least one of them on 1 team and two on the other.

Not so aggressive players - Alex (Miguel) and Amelia.

Encourage them to go to the player to take the ball away.

Don't worry too much about passing. Children at this age don't want to give the ball to someone else.

If some players are not touching the ball very often you can have them take kicks and throw the ball to them.

Don't worry too much about the ball going out unless it is REALLY far out or if they are going down the hill or towards the road.

