

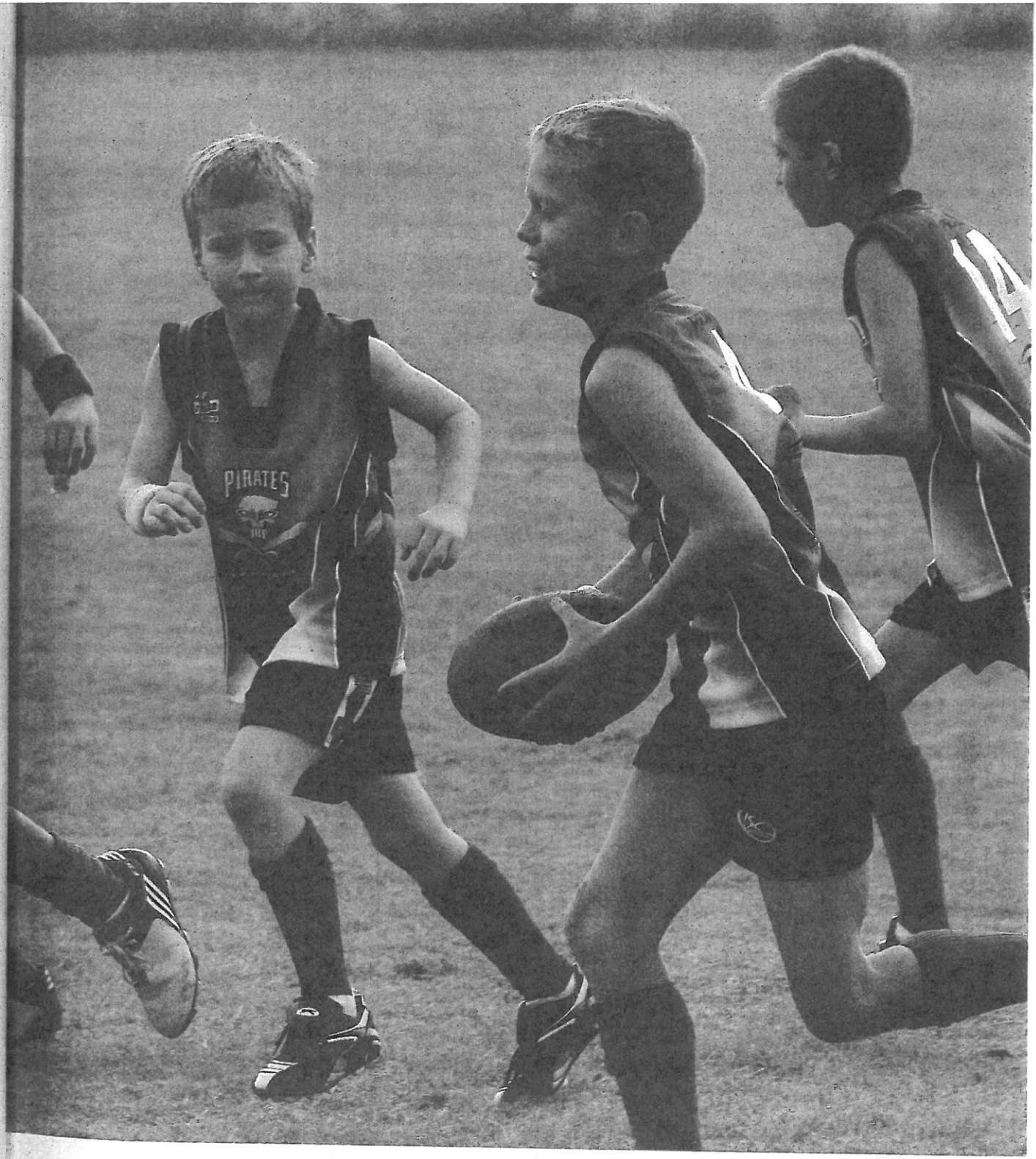
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MINOR GAMES

Underlying Stage
Under 10
(Year Levels Prep - 2)
Aged 5 - 7 years

DOG AND BONE**Learning Intention** **Physical Skills:** Dodging, agility and speed.**Physical Fitness:** Agility, reflexes and speed.**Knowledge/Understanding:** Rules, tactics and decision making.**Social:** Interaction, being a team member and competition.**When to Use**

Minor game used as a whole group or rotational activity.

Game

- 2 teams of 10 line-up directly opposite each other on either side of a rectangular area (15 x 20m).
- Coach calls out a number and those 2 players come out to the centre and try and pick up a football placed in the middle.
- The aim is to try and pick the ball up and return to their side without being tagged.
- If the player gets back over the line without being tagged, it is worth 1 point for their team. If the player gets tagged with the football before crossing, then that team will gain 1 point. The winner is the team that has the most points.

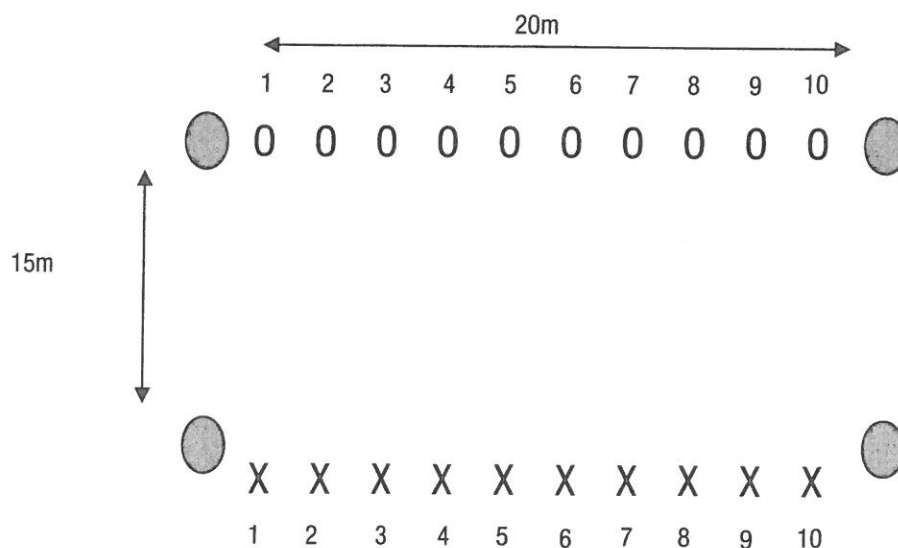
Variation

- Roll the football into the middle.
- Call more than 2 numbers to contest.
- Use more footballs or other types of balls in the middle.

Coaching Points

- Encourage players to tuck the football under their arm when they gather it, and accelerate quickly off the mark.

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GRAB THE BALL

Learning Intention **Physical Skills:** General body management.

Physical Fitness: Reaction, agility and speed.

Knowledge/Understanding: Rules, tactics and decision making.

Social: Interaction, being a team member, competition, enjoyment and participation.

When to Use

Minor game used as a whole group or rotational activity.

Game

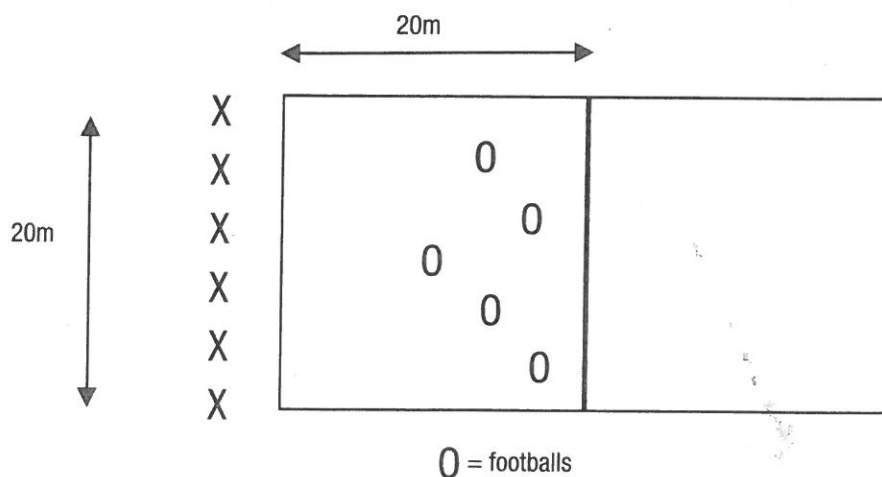
- 10+ players/playing area is at least half the size of a basketball court/the number of balls will depend on group numbers.
- Players lie on their stomachs facing away from the footballs. The coach calls out 'go' and the players have to jump to their feet and race to grab a football.
- As there are always less footballs than players, some players miss out. These players gain a point and continue in the game.
- The winners are those players that have the least amount of points scored. Any disputes over who grabbed the football first are decided by a throw-up.

Variation

- Players who miss out on a football are eliminated. The winner is the last player left. Remember to always have 1 less football to the total number of players still left in the game.

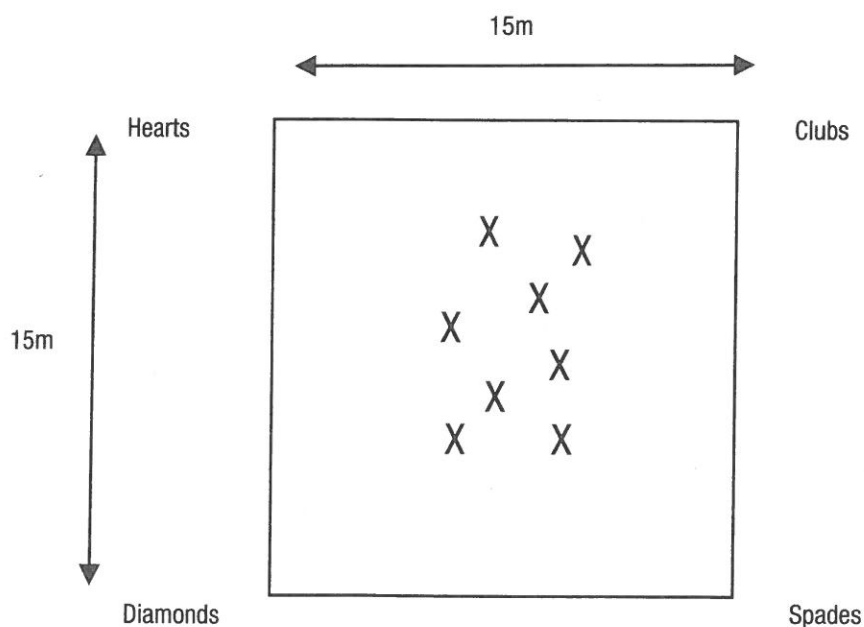
Coaching Points

- Encourage players to jump to their feet quickly, just like in a game.
- Also encourage players to protect their space by adopting correct body positioning.



CARD SUITS**Learning Intention** **Physical Skills:** Turning and reaction.**Knowledge/Understanding:** Directions, vocabulary and decision making.**Social:** Interaction, being a team member, competition, enjoyment, participation and awareness of group responses.**When to Use** Minor game used as a whole group or rotational activity.

- Game**
- Unlimited numbers/the number of footballs will depend on group numbers (try and have at least 1 football between 2/playing area is a 15x 15m grid/packet of cards).
 - Game starts with players lined-up in the middle of the grid with footballs on the ground beside them.
 - Each corner of the grid is given a card suit. Prior to the coach's call, each player must gather a football and bounce the ball, until they reach a corner that they believe will not be called out by the coach.
 - The coach turns a card over and whatever suit appears, all those players that are positioned in the corner of that suit are eliminated.
 - The last player that is left is declared the winner.
- Variation**
- Players who are eliminated can handball to a partner, waiting for a new game to commence. This prevents players just standing around doing nothing.
- Note**
- Players have 5 seconds to make it to the corner of their choice.



BALL TAG

Learning Intention **Physical Skills:** Marking, handballing and ground balls.

Physical Fitness: Speed, endurance and agility.

Knowledge/Understanding: Rules, tactics and decision making.

Social: Co-operation, interaction, being a team member, competition, enjoyment and participation.

When to Use

Minor game used as a whole group or rotational activity.

Game

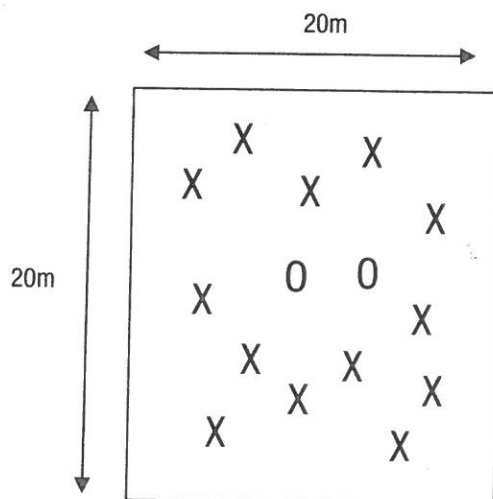
- 10+ players/playing area is at least half the size of a basketball court/2-4 footballs.
- 2 players are selected to become the taggers, while the remainder of the group are avoiding being tagged.
- The aim is for the taggers to tag the others.
- Restrictions on the taggers are that they are not allowed to run with the ball, nor are they allowed to brand the free players.
- If tagged, they become a tagger. The winner is the last player to be tagged.

Variation

- The taggers can throw or kick the ball (depending on the group's capabilities).
- Reduce or expand the playing area, where the coach sees fit.

Coaching Points

- Encourage players to have lateral awareness as to who is around them.



HOLD IT RELAY

Learning Intention **Physical Skills:** Ball familiarisation, running, exchange, starting/stopping and general body movement.

Physical Fitness: Strength, speed, agility and cardio-vascular work.

Knowledge/Understanding: Rules, tactics, decision making and instructions.

Social: Co-operation, sharing, competition and team spirit involvement in group work.

When to Use

Minor game used as a whole group or rotational activity.

Game

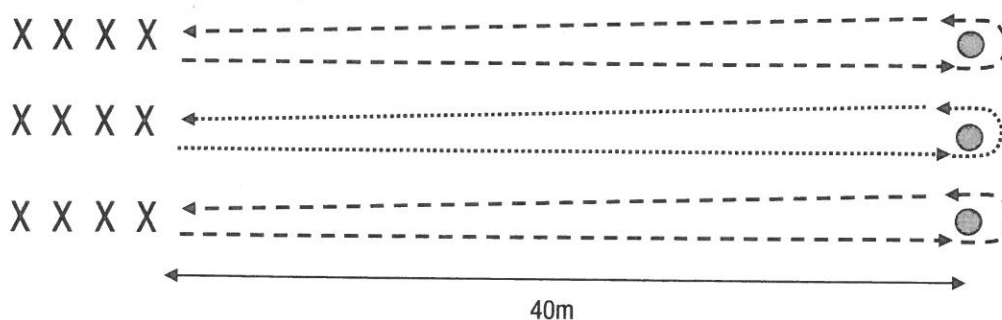
- 10+ players/relay area has a distance of approximately 40m/the number of footballs will depend on group numbers.
- Divide the group into equal teams. Have all members positioned behind the starting line in Indian file.
- The first member of the team holds a football. On the coach's signal, the player runs to the distance line positioned about 40m away, holding the football behind their back.
- When they reach the distance line, they place the football between their knees and return to the next player waiting in line.
- The first team to have all their members complete the relay and to be all sitting down, win.

Variation

- Change the instruction, explaining how they are to carry the ball e.g. pass through their legs as they walk, roll it out in front of them as a ground ball, bounce the ball etc.
- Players must kick the ball to the player waiting in line, which they must mark on their chest/out in front etc.

Coaching Points

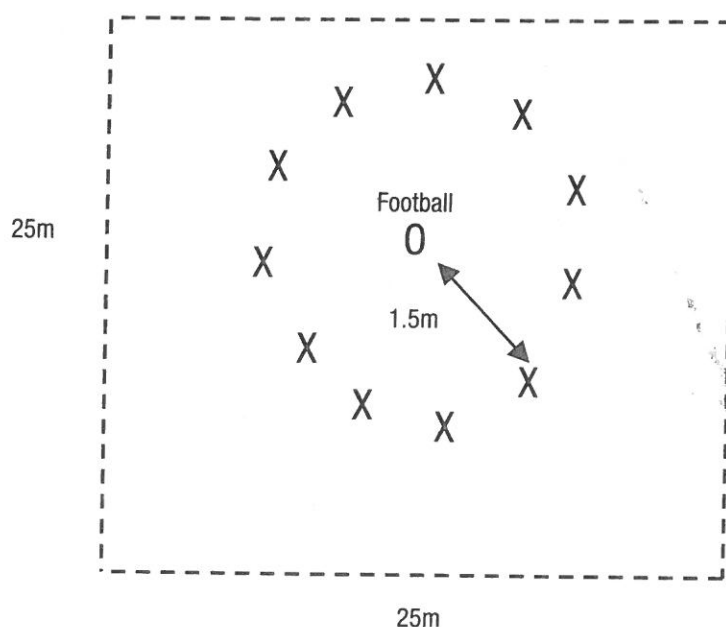
- Players to accelerate quickly off the mark.
- When running and carrying the football, make sure it is tucked closely into their arm, so that it does not escape.



NUMBERED BRANDY

Learning Intention	<p>Physical Skills: Speed, accuracy in handballing and agility.</p> <p>Physical Fitness: Reaction.</p> <p>Knowledge/Understanding: Rules and tactics.</p> <p>Social: Interaction, being a team member, competition, enjoyment and participation.</p>
When to Use	Minor game used as a whole group or rotational activity.

Game	<ul style="list-style-type: none"> 10+ players/playing area is within a 25 x 25m grid/1 football. The players are spread out in a circle, facing inwards to a football placed in the middle about 1-1.5m from the players. Each player is numbered off. When the coach calls out a number, they rush in to pick up the football. As this happens, everyone else scatters to avoid getting hit. If they get hit by the ball, they are out and the game returns to the start, waiting for a new number to be called out.
Variation	<ul style="list-style-type: none"> Have more players called out and introduce more footballs. Extend or reduce the playing area. Start the game in the circle facing outwards.
Coaching Points	<ul style="list-style-type: none"> The ball must not hit a person any higher than the shoulder. If it hits higher, the handballer is out, not the player who has been hit. The ball must be handballed within 5 seconds, otherwise they are out.



CHEST BALL

Learning Intention **Physical Skills:** General body management.

Physical Fitness: Endurance, agility and speed.

Knowledge/Understanding: Tactics and decision making.

Social: Co-operation, teamwork, competition, enjoyment and participation.

When to Use

Minor game used as a whole group or rotational activity.

Game

- Teams should consist of a minimum number of 4, with an unlimited maximum.
- Teams set up in a relay fashion with pairs at each end.
- A football is placed between the 2 players of the same team at chest height.
- Both players' hands are positioned behind their back once the football is in place.
- The objective is for the pair to move sideways down the field, without letting the football drop to the ground or by touching the ball with their hands.
- If an infringement occurs, the pair must return to the start and commence all over again.
- After running the length of the course, the 2 players remove the football and hand it to the 2 players waiting. They repeat the process.
- The winners will be the first team to finish, without violating the rules.

Variation

- Use different size balls e.g. tennis balls, volleyballs, soccer balls etc.
- Vary the method of movement e.g. hop, forwards, backwards etc.
- The arms may be placed on their partner's shoulders, once the ball is placed in position.

Coaching Points

- Players need to weigh-up which method is most effective (Slow and steady or more high risk).

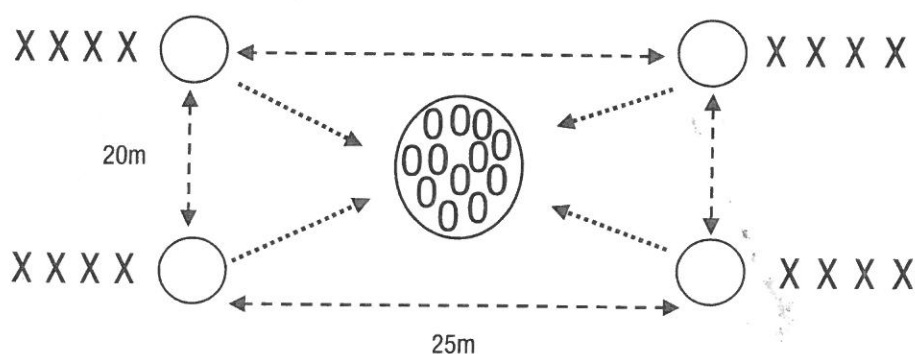
FOOTBALL SCRAMBLE

Learning Intention	Physical Skills: General body management.
	Physical Fitness: Agility and speed.
	Knowledge/Understanding: Rules, tactics and decision making.
	Social: Interaction, being a team member, competition, enjoyment and participation.
When to Use	Minor game used as a warm-up activity.

Game	<ul style="list-style-type: none"> Unlimited numbers/the number of footballs will depend on total group numbers/4 hoops or alternative resources to mark out a designated area. The aim is to be the first team to place 4 footballs into their own designated area. The game starts with the teams lined up behind their own hoop. On the command 'Scramble,' the first team member runs to the centre hoop and takes one football and returns it back to their team's designated area. The second team member may then leave and take a football from either the centre or another team. The process repeats. The winning team is the one with 4 footballs inside their designated area.
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Variation	<ul style="list-style-type: none"> Reduce or expand the playing area. Players have to run all around the other teams, completing one full lap before the next team member can go.
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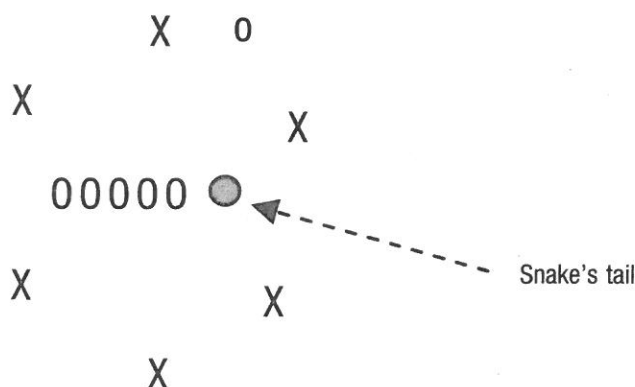
Coaching Points	<ul style="list-style-type: none"> Players need to watch the other teams, so that they can steal from the winning team. Once a player has run, they must join on to the end of the line. Instructive voice is essential, not just barracking.
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SNAKE DODGE

Learning Intention	Physical Skills: General body management, passing and changing direction. Physical Fitness: Quick reflexes, agility and speed. Knowledge/Understanding: Accurate passing and decision-making. Social: Interaction, being a team member, competition, enjoyment and participation.
When to Use	Minor game used as a whole group or rotational activity.

Game	<ul style="list-style-type: none"> Any number of teams comprising of 5 to 8 players/1 football. Divide the group into 2 teams. One team joins together by holding the person's waist in front of them, so they form a line (snake). The other team forms a circle around the outside of them (approximately 6m in diameter). The ball is given to the outside circle, whose job it is to try and pass the ball around to their team members, until they have an opportunity to hit the tail of the 'snake' in the middle. The snake in the middle moves around, attempting to protect its tail. When the 'tail' person is hit below the knees, they go to the front of the line and a new tail is formed. If after 15 seconds, the tail is not struck, that person gains a point for their team and the next person takes up the challenge of being the tail. Once everyone has had a go at being the tail, swap roles. The winning team has the most points accumulated (add up the times they hit the tail when passing, to the number of times they have avoided being hit when they were the snake).
Variation	<ul style="list-style-type: none"> Reduce or extend the target area. If you get hit as the tail, leave the snake and join the circle.
Coaching Points	<ul style="list-style-type: none"> Encourage quick hands and clean ball handling.



MEDICAL WARFARE

Learning Intention **Physical Skills:** Throwing and dodging.

Physical Fitness: Agility and speed.

Knowledge/Understanding: Rules and tactics.

Social: Interaction, being a team member, enjoyment, participation and co-operation.

When to Use

Minor game used as a whole group or rotational activity.

Drill

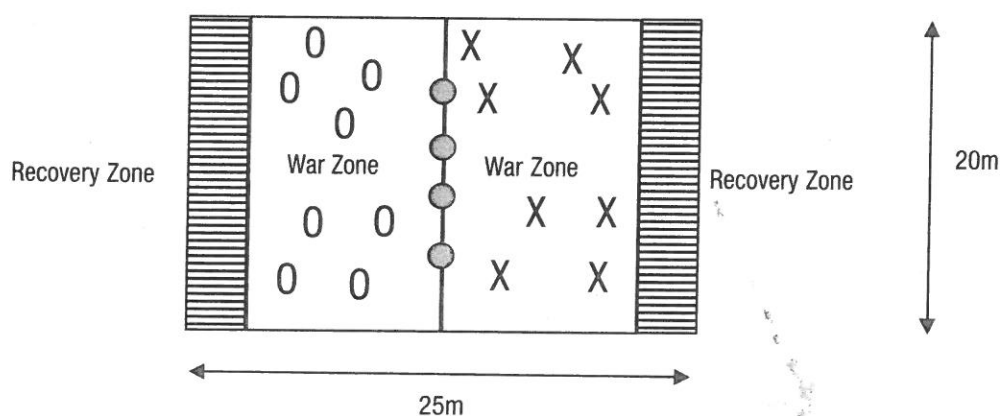
- 12+ players/5-6 footballs.
- Divide the group into 2 equal teams and have them stand in their own 'Recovery Zone.'
- On the command 'Go,' both teams rush in to pick up the footballs from the centre of the playing area.
- The aim is to brand an opposing player on the full, without crossing their war zone.
- Once they have been hit with a ball on the full, that player must stand still with legs astride. Each team has a designated doctor who has to crawl through the hit person's legs and take them by hand back to their recovery zone. They can only re-join the game if a team member marks the football on the full.
- The doctor counts 1 point for every patient they have recovered.
- The team with the least amount of points at the end of a given time, wins.

Variation

- Players must handball instead of throwing.

Coaching Points

- No player is allowed to cross over into the enemy's war zone.
- Encourage players to have lateral vision and awareness as to who's around them.

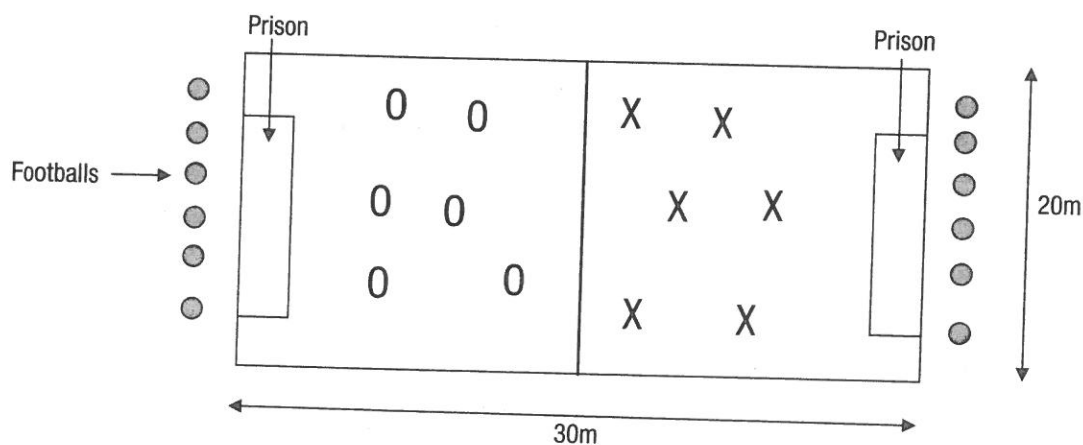


RAIDING

Learning Intention	<p>Physical Skills: Running, dodging, weaving and agility.</p> <p>Physical Fitness: General endurance, speed, agility and reaction.</p> <p>Knowledge/Understanding: Rules, tactics, teamwork and decision making.</p> <p>Social: Interaction, enjoyment, participation, competition and co-operation.</p>
When to Use	<p>Minor game used as a whole group or as both a warm-up or rotational activity.</p>

Game	<ul style="list-style-type: none"> • 16+ players/number of footballs will depend on the total number of the group. • Playing area is divided into 2 equal halves with a prison area (5 x 2m) set up at each end. • Footballs (treasure) are divided equally between the 2 teams and are placed behind their owner's base line. • To start, players stand in their own half. When the game begins, they must attempt to cross over into their opponent's half and raid their treasure (footballs). • Once they have crossed behind the baseline, the raiders are safe and can return to their baseline with 1 football only. They must practise bouncing it and they cannot be tagged. • If tagged inside their opponent's half, they are taken prisoner and placed inside their prison. Prisoners stay there until one of their own team crosses the baseline, releasing them. Both players can then return to their own territory.
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Coaching Points	<ul style="list-style-type: none"> • No prisoner can return with a football or releaser. • The winning team is the team in possession of the most footballs at the end of the designated time.
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ROUND 'N' ROUND

Learning Intention Enforce the importance of adhering to instructions.
Physical Skills: Passing, marking and running.
Physical Fitness: Speed, agility and reaction.
Knowledge/Understanding: Rules, tactics, teamwork and decision making.
Social: Group competition, co-operation, peer interaction, teamwork and sportsmanship.

When to Use Minor game used as a whole group or as both a warm-up or rotational activity.

Game

- Unlimited numbers. It is important that 3 equal teams form a circle.
- Each group is given a football and attempts to handpass the football around their circle twice, before the whistle is blown.
- Each group responds to the number of times the whistle is blown.

Rules

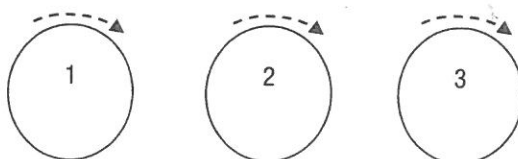
- 1 whistle signals that the football must be passed in the opposite direction.
- 2 whistles signals that the person holding the football must run around their circle, back to their original place.
- 3 whistles signals that the player holding the football runs around the circle nearest to them, as well as their own.
- 4 whistles signals that the player must run around all 3 circles before returning back to their original place.

Variation

- Vary the skill when the coach blows the whistle to signal it e.g. bounce, roll etc.
- Vary the ball that each group uses.

Coaching Points

- When running, players must run in a clockwise direction to prevent collisions.
- Encourage players to tuck the ball tightly into their body, to prevent it from dropping out.



SKITTLE BALL

Learning Intention **Physical Skills:** Passing, marking and making position.

Physical Fitness: Endurance, agility and speed.

Knowledge/Understanding: Rules and tactics.

Social: Interaction, being a team member, competition, enjoyment and participation.

When to Use

Minor game used as a whole group or rotational activity.

Game

- 10+ players/playing area is the size of a basketball court/1 football.
- Divide the group into 2 teams. Each team has a skittle or object standing in its own circle, that is attacked by the opposing team.
- The game starts with a ball-up between 2 opposing players in the centre. The team that wins possession must pass the ball down towards the opposition's circle.
- The aim is to knockdown the skittle and score 1 point for their team.
- A defender is allowed inside their circle to protect. If they knock it down, they score 1 point for the opposition.
- Must have a shot outside the circle.

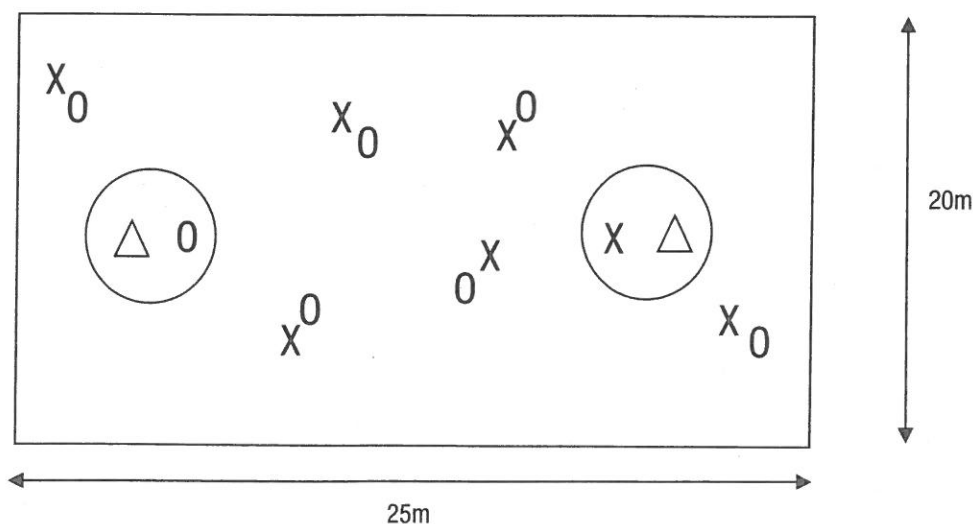
Variation

- Add a time limit for passing. Players cannot run with the ball.

Coaching Points

- Encourage players to move around and make position. No tackling.

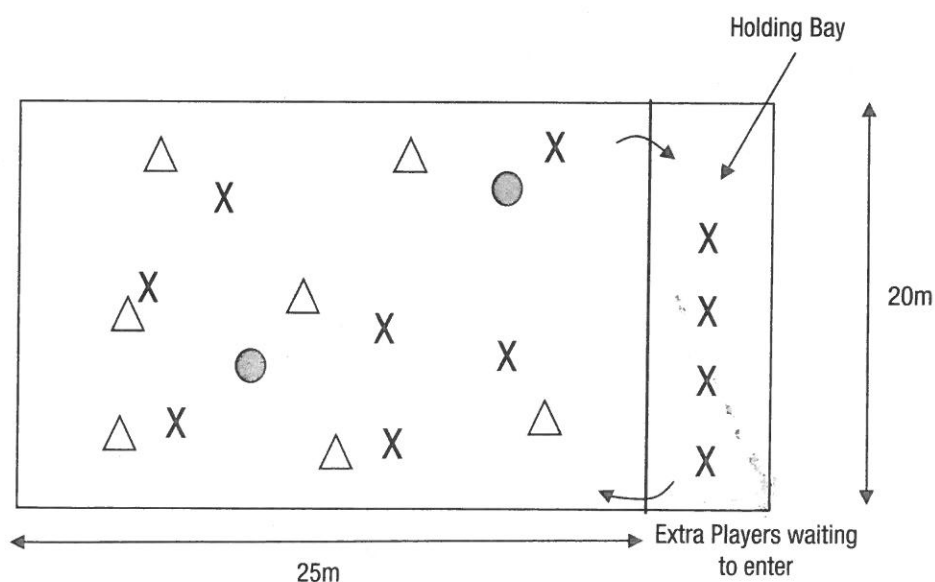
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SKITTLE SOCCER

Learning Intention	<p>Physical Skills: Ball familiarisation, kicking and shooting.</p> <p>Physical Fitness: Agility and speed.</p> <p>Knowledge/Understanding: Rules and tactics.</p> <p>Social: Interaction, being a team member, competition, enjoyment and participation.</p>
When to Use	Most suitable as a rotational or warm up activity.

Game	<ul style="list-style-type: none"> • 10+ players/2-3 footballs/played in a 20 x 20m grid. • 5-6 players stand in an open playing field in front of a skittle or object, while the extra players wait in the holding bay. • The aim of the game is for players to try and kick down the other skittles with the football along the ground, while at the same time, trying to protect their own skittle. They are not allowed to use their hands. • When a skittle has been knocked down by the ball or a player who is protecting it, this player moves to the holding bay, where the first player in the line enters the game and takes the place of the player who is out. • If the ball is kicked above waist height or has been touched by the hand, that player is out.
Coaching Points	<ul style="list-style-type: none"> • Encourage players to explore the shape of the ball by experimenting with different types of kicks e.g. kick with inside/outside of foot etc.



VARIATION KICKBALL

Learning Intention **Physical Skills:** Physical Skills: Kicking and running.

Physical Fitness: Agility, speed and endurance.

Knowledge/Understanding: Rules, tactics and decision making.

Social: Interaction, being a team member, competition, enjoyment and participation.

When to Use

Minor game used as a whole group or rotational activity.

Game

- 12+ players/1 football/playing area is about half the size of a basketball court.
- Divide the group into 2 teams of equal numbers; one is the kicking team and the other is the fielding team.
- One person in the fielding team becomes the pitcher, who stands about 2m out from the kicking point.
- The pitcher under-arms the football above waist height at the kicker. They mark it and off 1-2 steps, kick the ball into the playing area.
- The kicker runs to the end of the playing area which is marked 'safe area.' To score a run, the kicker must return to the kicking line.
- They may wait at the 'safe' area until the next kicker has their turn. There may not be more than 3 runners in the 'safe' area at any given time.
- A person is out if the football is marked on the full, one bounce/one hand if it hits the ground or if the runners are tagged below the shoulders, while making their way back to the kicking line.

Coaching Points

- Encourage players to explore the shape of the football by experimenting with different types of kicks

