

Coach Education – Warm Ups and Stretching  
Venue: Scoil Thomais  
Date: 25/10/05  
Attendance: 25

### Warm Ups

#### **Tag Games**

The following Tag Games may be played in a playing grid measuring approx 20m x 35m. The playing grid should be made bigger or smaller depending on the amount of players present. The one grid may be used repeat ably for all Tag Games.

Tag Games will develop the following skills in our players:

Speed, change of direction, side step, swerve, dodging, shadowing etc.

#### **1. Bulldog**

Set out appropriate sized grid (approx 20m x 35m for 15 players). Players start at the line measuring 20m and, on the coaches call, must run to top without being caught. Any one who was caught or who went outside the grid are now “catchers”. Players only attempt to run on the coaches call. The winner is the last player who has not been caught.

Duration: Until all players are caught

#### **2. Dodgeball**

All players remain inside the grid running in any direction they wish. 2/3 players are given a ball and a bib (they are the “catchers”) and must throw the ball at opponents legs in order to gain a point. Players caught are freed by someone crawling through their legs. Of the 2/3 players whoever gained the most amount of points is the winner.

Duration: 50 seconds per game

#### **3. Rob the Tail**

All players get a partner. One of the two is given a bib and must tuck it into his / her waistband. On the coaches call players attempt to rob their partners bib by chasing them inside the grid. If they catch their partners tail they are now the players with the tail and their partner must chase them. Whoever has the tail on the coaches whistle is the winner.

Duration: Approx 40 seconds per game

#### **4. Rob the Tail – Shadowing**

All players get a partner and find a space within the grid. Player A is wearing the tail. Player A is face to face and at arms length away from player B. The only movement permitted Player A is sideways or backwards. B can move forwards and sideways. B must rob the bib from A. When this is achieved he / she wears the bib.

Duration: Approx 30 seconds per game

### 5. Partner Tag

All players get a partner. Player A and Player B. On coaches call player A must chase player B and attempt to catch him / her. When this is achieved player B is “on”. Whoever isn’t “on” when whistle sound is the winner.

Duration: Approx 35 seconds

### 6. Group Tag

All players run about in playing grid. 2/3/4 players are picked out to be the “catchers”. They must count how many players they can tag. If tagged, players *are not out*. They continue to run and avoid being caught again. Of the “catchers”, whoever tagged the most is the winner.

Duration: Approx 30 – 40 seconds.

## Reaction Games

When using Reaction Games it allows our players to develop their reaction skills while also awaiting the coaches command. Our players will now be wanting to obey our instruction and will hopefully train players to listen and obey a coaches command.

### 1. O’Grady Says

Players jog on the outside of the grid and on coaches call they do whatever “O’Grady Says”. Coach will then try to catch players out by issuing command without “O’Grady Says”

Duration: Approx 1½ to 2 minutes

### 2. Whistle Stop Game

Players run/hop/bound/skip/ anywhere inside the playing grid. On coaches whistle players must freeze like statues. Two different coloured teams may be used. Reds vs Blues. Last team to freeze loses. Coach keeps the score.

Duration: 1 minute

### 3. Find a colour

Coach places different coloured cones inside the playing grid. Players run anywhere inside grid and on coaches call players must stand beside whatever colour cone the coach calls.

Duration: 1 minute

## **Team Games**

### **1. Domes and Dishes**

Players are divided into 2 teams. All players are given a cone. Players from team A find a space within the grid and place their cone upside down – they are the dishes. Players from team B place their cone on the ground as normal – they are the domes. On the coaches call players from team B must turn any cone(s) that is not a dome to a dish and vice versa for team A. If there are more dishes on coaches call they are the winners.

Duration: Approx 1 minute

### **2. Groups of 2 / 3 / 4 / 5 etc**

Players run anywhere inside the grid. Coach will call a number and players must get into groups of that number. This is repeated with coach using different numbers each time.

Duration: Approx 1 minute

Team Games will build the team work and spirit within a group of players. With team games it involves all players with every other player and eliminates cliques.

## **The Dynamic Warm Up**

As demonstrated, the Dynamic Warm Up are a series of activities and body movements that will warm up and prepare the necessary muscles that will be used during training or a match.

The following are the different variations that may be used for a Dynamic Warm Up.

- Walk
- Jog
- Knees Up – Pumping knees up in line with hip
- Heel Flicks – Flicking heels back as high as back side
- Side Shuffle
- Lunges – Lunge forward holding one knee slightly off ground
- Sumo Lunge – Legs apart. Left leg forward and on hunkers position
- Skipping – Relaxed skip
- High Skipping – High skip, leaping from ground
- Skip across body - Skipping high moving legs and arms – opposite leg, opposite arm
- Over the Fence – walking forward, lift leg and bend knee, move leg in circular motion from inside to outside
- Bounding – Jogging forward using long strides
- Hopping – Hopping left and right, on their toes
- Swinging Legs – Relax leg and swing as far forward and as far back
- High Kick – Kick leg as high as possible.

All of the above should be completed on left and right side and in reverse where applicable.