



Easy, Fun, Warm up games

Category: Warm-ups

Difficulty: Beginner

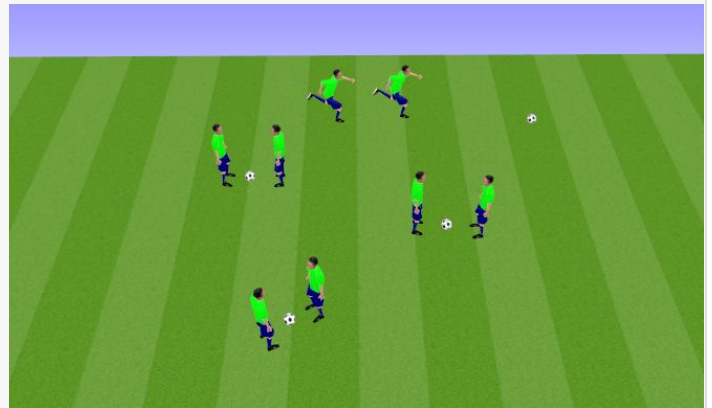
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Individual-Adult Member

Rock-Paper-Scissors (10 mins)

Set up - Players are in partners with one ball between them; they play Rock-Paper-Scissors and the player who wins the round tries to kick the ball to hit the other player below the knees before the losing player can jump (feet higher than ball) and land twice. If the losing player is hit, the winning player gets a point. Where ever the ball goes, both players follow and play again.

Objective - be the first to score 3 points.

*After someone wins, find a new partner

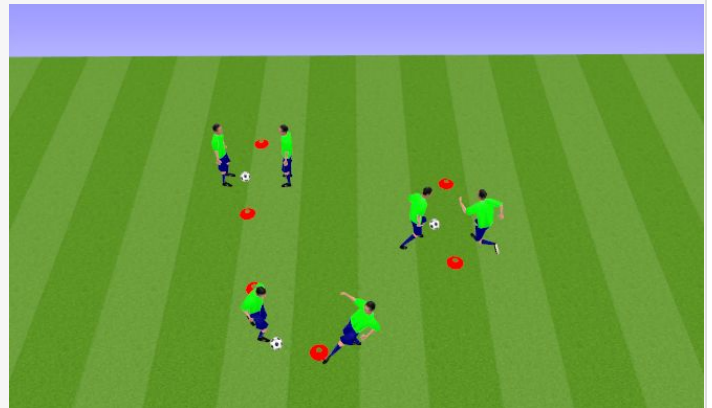


Mirrors (10 mins)

Set up - Players are in partners with one ball between them and two cones about 3 steps apart; Coach will keep time for 1 min rounds
Objective - score the most points by dribbling and stopping the ball outside the cone before the defender can put his/her foot outside the cone.

Rules - Defender cannot "break the mirror" by going between the cones to touch the ball; When a point is scored, the players reset to the middle; After 1 min change roles

>Progression - attacking player can get 2 points by breaking the mirror with ball putting it through the defender's legs and getting it again



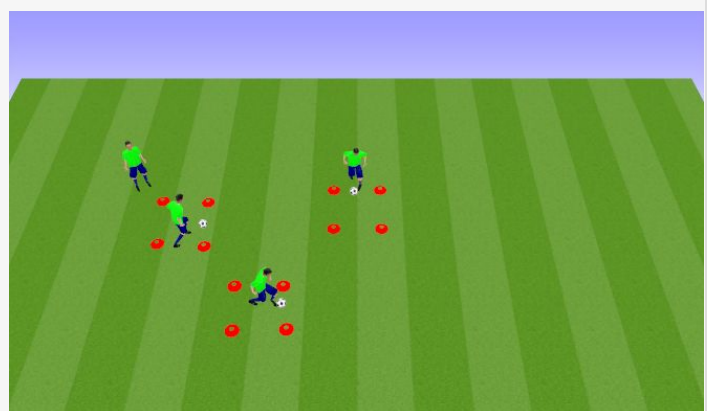
Unboxing

Players each have a small box of cones and soccer ball. Starting inside the box, count how many times they can get out of the box in 30 seconds. Have them try to beat their score.

*Can have a partner count and rotate to rest for 30s and work for 30s.

>Cannot break out of the same side twice in a row

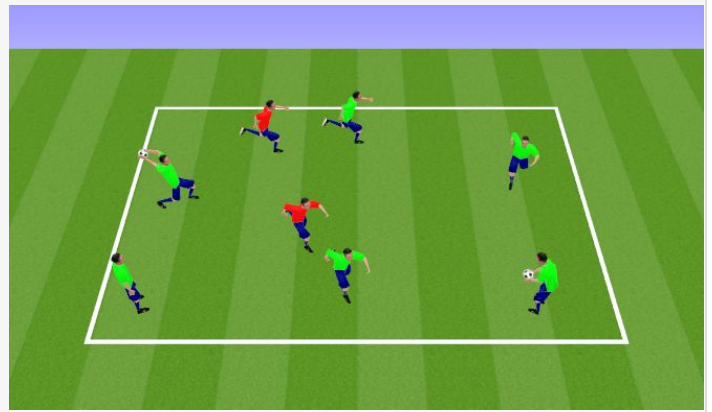
>Must break out of each side before repeating



Safety Tag

Start with 2 players holding vests and 2 players holding balls. Players holding balls cannot be tagged.

>Players cannot use their hands, ball must be passed around



Dribbling Rondo

Players are spread around a space with a defender in the middle. The defender has a ball and must dribble to try to tag the player who has the ball. If the player with the ball is tagged, s/he is the new player in the middle. If the ball is passed out of the square, the player who is at fault is in the middle.

>too difficult? make space bigger

>too easy to pass? add another defender

>still too easy to pass? defender no longer has a ball and is just trying to win the ball

