

Warm-up Games

This table outlines the skills that are practised using the following example warm-up activities and minor games.

| Skills | Games | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-------------|--------------|------------|---------------|-------------------------|--------------|------------|----------|-------------|---------------|-----------------|-------------------|-------------|------------------|----------|---------|-------------|---------------|------------------------|----------------|----------------|----------|----------------|-----------------|---------------|--------------------|--|
| | Court Lines | Random Ropes | Simon Says | Empty the Bag | Here, There, Everywhere | Hungry Birds | Body Wraps | Figure 8 | Bounce Ball | Pass Overhead | Throw and Catch | Follow the Leader | Partner Tag | Partner Tail Tag | Knee Tag | Toe Tap | Hoppo Bumpo | Boundary Pass | Forwards and Backwards | Hear and Catch | Over and Under | Twisting | Turn and Catch | Shrink and Grow | Shuttle Relay | Relays with a Ball | |
| FOOTWORK/MOVEMENT | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| RUNNING/BALANCE | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JUMP, LEAP, SIDE STEP | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ONE FOOT LAND | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TWO FEET LAND | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PIVOT | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BALL HANDLING | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CATCH | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ONE HAND CONTROL | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CHEST PASS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHOULDER PASS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BOUNCE PASS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LOB | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTACKING SKILLS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STRAIGHT LEAD | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DODGE | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CHANGE OF DIRECTION | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LEAD AND DROP | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DEFENSIVE SKILLS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHADOWING | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| RECOVERY TO 0.9M | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HANDS OVER BALL | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| INTERCEPT | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHOOTING SKILLS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Wheel Relay | The Linking Game | Train Tag | Fox and Geese | Ostrich Tag | Spiders and Flies | Scarecrow Tag | Numbers | Cat and Mouse | Golden River | Magic Wand | Rats and Rabbits | Line Tag (Pac Man) | One, Two, Three, Charge | Chain Tag | Tail Tag | Octopus | Jail Tag | Flip It | Odds and Evens | Giant's Treasure | Tunnel Ball | Dodge and Steal | Netball Tag | Rob the Nest | |
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INDIVIDUAL

1. Court Lines

- All players running in centre third
- On command sprint to the line called (transverse line, sideline, goal line, goal circle)
- If change is called, players run to the opposite line from where they were running

2. Random Rope

- Skipping ropes scattered around the court
- Players run to a rope, skip 10 skips, drop the rope and move to another rope
- Change styles of skipping to backwards, double jumps etc.

3. Simon Says

- Coach directs players to perform activities such as jogging, jumping etc.
- Players only perform activity if coach precedes this instruction with 'Simon Says'

4. Empty the Bag

- Coach has collection of balls which are thrown out in all directions
- Players return balls using movement called by coach, e.g. hop back, big steps etc.

5. Here, There, Everywhere

- Coach uses three words that have a special meaning and players run towards that area without contacting each other
- e.g. Here – run towards the coach, There – run where the coach is pointing and Everywhere – run in any direction

6. Hungry Birds

- Players move around outside of centre third - jump over or zigzag around markers
- Netballs are scattered in centre circle area
- On signal players run in, pick up a ball and run to the boundary
- Repeat using different movements

7. Body Wraps

- Wrap the ball around the legs, waist and above the head
- Work for period of time or set number of wraps
- Repeat in the opposite direction

8. Figure 8

- Wrap ball around each leg alternately in a figure 8 pattern
- Work for a period of time or set number of wraps
- The pattern can be repeated alternating a figure 8 pattern around a single leg lift

9. Bounce Ball

- Bounce the ball between the legs from front to back (catch behind)
- Repeat bouncing the ball from back to front

10. Pass Overhead

- Ball is passed from behind the back, over the head and caught in front of the body
- Can be repeated in the reverse direction and caught behind the back

11. Throw and Catch

- Throw ball in air:
- Clap once before catching – extend the number of claps
- Turn around 180 degrees before catching
- Touch the ground and catch

PAIRS WITHOUT A BALL

1. Follow the Leader

- In pairs one player follows their leader around the court using different movement patterns e.g. jump, skip etc.
- Coach to call change after 10-15 seconds and other person becomes the leader

2. Partner Tag

- Players are paired off
- On command, one player uses a variety of attacking moves to try to evade their partner and 'shake the shadow'
- The partner tries to stay within arm's length
- Players change roles and the activity is repeated

3. Partner Tail Tag

- One player has a 'tail' (netball bib or coloured tag) tucked into the back of their clothing (ensuring most of the 'tail' is hanging out the back)
- Stay within the designated area
- Partner aims to chase the player with the tail and tries to take their partner's tail
- Players swap roles
- Variation: both players have a tail and attempt to grab their partner's tail whilst protecting their own tail from being taken

4. Knee Tag

- Players face each other
- On command try to tag partner's knees while avoiding being tagged
- Work for time limit
- Reinforce the safety aspect of players keeping their body upright to avoid collisions

5. Toe Tap

- Players face each other
- On command, try to touch the toes of partner with feet
- Partner tries to avoid having toes stepped on but must remain facing partner
- Work for time limit.

6. Hoppo Bumpo

- Partners face each other holding their partner's upper arms with a firm grip
- Partners stand either side of a dividing central line
- On "Go", players try to hop their partner over the line

PAIRS WITH A BALL

1. Boundary Pass

- Players run around the outside of the court passing or bouncing the ball to each other
- On whistle change direction

2. Forwards and Backwards

- Stand facing partner at the end of the court
- One runs backwards and the other runs forwards while chest passing
- Aim to maintain the same 2-3 metres distance along the length of the court
- Reverse roles on way back down court

3. Hear and Catch

- Partner stands with back towards the player with the ball
- Player drops the ball when the partner hears the ball bounce they turn and catch it before it bounces a second time

4. Turn and Catch

- One player stands with their back to the person with the ball who stands 2-3 metres away
- Person with the ball calls the player's name as the ball is thrown; they turn and catch the ball
- Ball can be placed high, low and bounced in front

5. Over and Under

- Players stand back to back
- Ball is passed to partner over head, then between legs; therefore ball travels in a circle
- Reverse direction after a period of time or certain number

6. Twisting

- Players stand back to back
- Ball is passed to partner from one side of the body and received from the other side; therefore the ball travels in a circle
- Reverse direction after a period of time or certain number

7. Shrink and Grow

- Begin 3 metres away from partner
- Each pair throws the ball using one of the passing techniques
- First time the ball is dropped both players kneel on one knee
- If ball is dropped again players 'shrink' from one knee to both knees, then to a sitting position and finally a lying position
- After ten successful passes the players begin to 'grow' again
- If the players are still standing they move back a step
- Variation: start in a lying position and when the ball is caught they progressively rise to standing.

RELAYS

1. Shuttle Relay

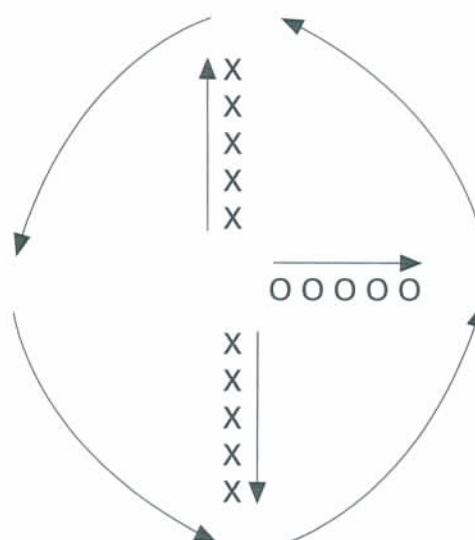
- Players from each team line up on transverse line facing each other across third
- First player runs across third and tags the next player in line; that person then runs across the third
- Continue until each player has had a turn
- Variation: vary type of movement, e.g. skipping, hopping etc.

2. Relays with a Ball

- Players line up behind transverse line, front person with a ball
- First player runs with ball to next transverse line, completes five body wraps and then runs back to line
- Once past centre circle pass ball to next person in line
- Variation: players can perform different tasks at the line e.g. throw ball over head and catch behind their back etc.

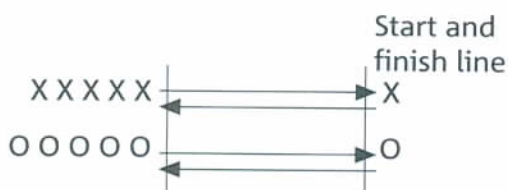
3. Wheel Relay

- Three or more teams line up in single file to face centre, forming 'spokes'
- Leader of each group, player closest to centre of wheel, begins with a ball
- On command each team passes ball via each player to last player in line
- This player becomes the runner and runs with ball in a clockwise direction around circle and back to front of their line (all players must run in same direction to avoid collisions)
- Sequence continues with players shuffling down until each player has been the runner
- Final runner runs to front of line and holds ball in air to signal that they have finished
- Variation: Set up on the edge of a square



4. The Linking Game

- First runner from each team begins at transverse line with remaining players waiting in a single file behind the next transverse line (10 metres away)
- On command first runner from each team runs from transverse line to their team
- Once they cross line they join hands with next player waiting in line
- Holding hands, both players return to start position
- First runner is 'dropped off' at this point while other player returns back to remaining players to collect next runner
- Both players again hold hands and sequence of 'dropping off' and 'picking up' players continues until last player sprints over finish line.
- Variation: Distance apart



GAMES WITHOUT A BALL

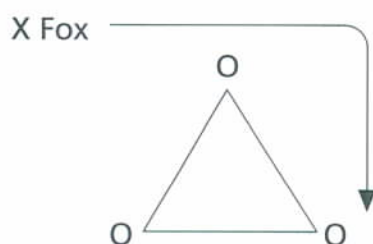
1. Train Tag

- Three players stand in single file, each holding the waist of the person in front
- An extra player, nominated as a tagger, starts facing the line
- The tagger aims to move around the front player to tag the back player
- After a designated time frame (e.g. 30 seconds) or after tagging the back player, the tagger joins the front of the line and the back player becomes the tagger.



2. Fox and Geese

- Three players join hands to form a circle
- An extra player, nominated as a tagger or 'fox', stands outside the circle
- 'Fox' aims to tag the player in the circle designated the 'goose'
- Players keep circle intact and aim to re-position to protect goose from being caught
- Fox makes quick changes of direction to move around circle and try to catch goose
- Fox cannot push through nor go under arms of circle
- After designated time frame (e.g. 30 seconds) or after the goose is tagged, players change roles



3. Ostrich Tag

- One player is chosen as 'it'
- That player chases others around trying to tag as many as possible
- Tagged players help catch remaining players, who may stand in a 'safe' position nominated by coach e.g. stand on one leg with arm under the leg with the other hand holding their nose

4. Spiders and Flies

- Two spiders are chosen, the remaining players are flies
- Spiders sit in middle of court whilst flies move around by hopping or skipping etc.
- Spiders sit quietly and patiently until ready to leap up and chase flies towards edge of court
- Flies caught become spiders in next round.
- Game ends with the last fly as the winner.

5. Scarecrow Tag

- One person is chosen as 'it' and when they catch the others they become 'scarecrows'.
- That player chases others around trying to tag as many as possible; when tagged, players become scarecrows and stand still with feet apart
- Scarecrows are released when another player crawls under the legs of the scarecrow
- Finish when all competitors are scarecrows. Limit space depending on numbers.
- Variation: Leap Frog Tag – Player caught ducks down with head tucked in, a player is released by a child leap frog jumping over them

6. Numbers – way to form groups, finish with number required for next activity

- Players move around in random directions avoiding body contact with other players
- Coach calls a number and players form groups of that size as quickly as possible
- Variation: players must jump (using two foot take-off and land, leap or hop) over lines when they enter a new third or players can use different movement patterns

7. Cat and Mouse

- Players make a circle and join hands
- One player stands inside circle (Mouse) and another stands outside circle (Cat)
- Cat tries to catch the Mouse, as players in the circle raise and lower arms to let the cat and mouse in and out
- Variation: increase difficulty by using two cats chasing the mouse.

8. Golden River

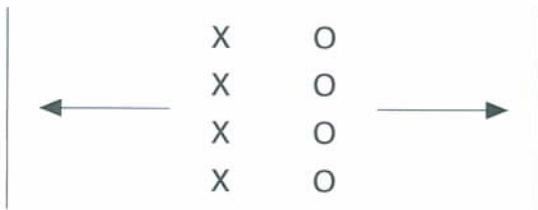
- Mr. Wolf waits in the middle of the River (centre third) while remaining players are along the transverse line (adjust area to suit player numbers)
- Players ask "May we cross your Golden River?" Mr. Wolf responds, "Yes if you are wearing pink". Use various colours.
- Players wearing pink cross safely while others run across to avoid being tagged
- If Mr. Wolf catches a player they must help Mr. Wolf catch other players as they cross the Golden River

9. Magic Wand

- One player holds the 'wand'
- Raise the wand and all players jog around in the centre third. Lower the wand and all players skip around.
- When wand is placed on ground, players run to the goal line before being tagged by the person who held the wand.

10. Rats and Rabbits

- Players set up in two lines, next to a partner who is standing one metre away. Activity can be set up in centre third with players aiming to reach the transverse line before their partner catches them.
- One line of players is designated the 'rats' while the other line is the 'rabbits'
- On the call of 'rats' the 'rats' aim to sprint to the nominated 'safety' line before the 'rabbits' can catch them, and vice versa.
- Variation: add a call of roosters, no team should run, those who move lose a point or join the other team (depending on which variation you are playing).
- Players can keep a tally of scores receiving one point if they catch their partner or one point if they reach the line before they are caught
- Alternatively players caught can join the other line



11. Line Tag (Pac Man)

- Two or more players are 'it', the remainder are scattered on the lines of the court
- Players chosen as 'it' chase and tag as many players as possible but all may only run on the lines of the court
- If the court has many lines players may only move from one line to another at an intersection of the lines
- As players are caught they must put on a bib and become another chaser

12. One, Two, Three, Charge

- Two teams line up on opposite goal lines, each player is numbered, with a corresponding number in the other team
- Two players stand in the middle.
- When a number is called, the corresponding players attempt to change sides.
- If successful, i.e. make it to the opposite goal line, all players change sides.
- Players in middle 'tag' as many opposition players as possible. Those caught remain in centre.

13. Chain Tag

- One player is chosen as 'it'
- Once another player is caught, they must join hands and continue to chase remaining players, only players on the outside of the chain are able to tag
- If the chain breaks then they are not able to tag players until they reform
- Variation: chains form until groups of four and then break into two groups of two

14. Tail Tag

- All players have a 'tail' – a coloured band or bib, tucked into back of their shorts/skirt
- Grab as many tails as possible whilst protecting own tail
- If player's tail is stolen and they have one in their hand they must place one into their shorts/skirt
- Winner is one with the most tails after a time frame (e.g. 30 seconds)
- Variation: divide group into two even teams. Give half the group one colour as a tail, and the other half a different colour. Players attempt to grab tails, but only from those who have the same coloured tails as themselves.

15. Octopus

- Players line up along transverse line
- One player is in the middle, the octopus; this player calls 'octopus' and the rest of the group must run to the other side of the third without being tagged
- Tagged players sit down where they are tagged, keeping feet tucked in; these players help tag runners but cannot move from their spot
- Last player left untagged is the winner

16. Jail Tag

- Players spread out in goal third. Goal circle is the jail.
- One player is 'it' and tags the other players who go to jail once tagged
- Two guards protect the jail and attempt to tag any players who come near the jail; guards are not permitted to leave the jail
- Free players may release prisoners by tagging them.

17. Flip It

- Split the group into two teams
- Each player has a marker, one team places them correctly on the ground and the other team places them on the ground upside down
- On command players run around to try and turn the other team's markers over to match their own
- After a set period of time, team with the most markers wins
- Variation: size of the area or must run to a corner after each flip

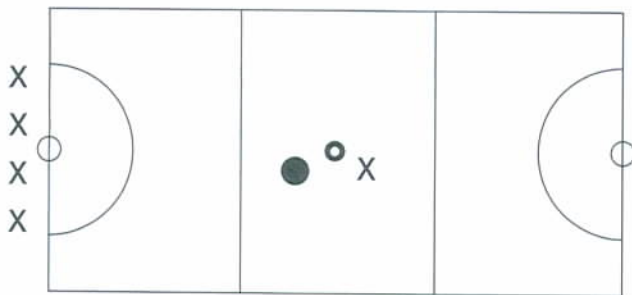
GAMES WITH A BALL

1. Odds and Evens

- Form a circle with players alternately numbered 1 or 2 (players could wear a bib to distinguish each team)
- All players numbered '1' throw the ball in sequence around the circle
- Players numbered '2' also pass their ball in sequence around the circle
- When the ball returns to the starting player they call out 'odds' or 'evens' and all players on that team sit down
- Variation: start balls on opposite sides of circle; try to overtake other team's ball

2. Giant's Treasure

- Players stand on goal line with one player standing at centre circle (giant)
- The netball is placed on ground two metres behind the giant
- Players move forward and attempt to reach the ball, pick it up and run back to their goal line without being tagged
- Players can only move when the giant has their back to them; when they turn all players freeze and any player caught moving returns to the goal line and starts again
- Vary the players' movements, e.g. skipping, hopping etc.



3. Tunnel Ball

- Players line up in two teams
- On command the ball is passed to end of line between legs of all team members
- Last person then runs to front of line and starts passing the ball again
- Winning group is first back to its original position
- Variations: pass the ball above heads of players; pass ball in an over and under pattern, or a left, right passing pattern

4. Dodge and Steal

- Place a number of netballs behind each goal line
- Players are in two teams, one in each half of the court
- They try to steal an opponent's ball and return to their own half without being tagged

5. Netball Tag

- Divide players into two teams, limit area to suit group size, e.g. goal circle
- Chasing team has a netball that they must pass between them in an attempt to tag the opposition team with the ball
- Players must use netball footwork rule in order to tag opposition with the ball
- 30 seconds each – the team with most tags is the winner (no one sits out)
- Variation: start with two to three taggers who attempt to tag all players. If caught a player becomes a tagger (increasing number of taggers and difficulty of game)

6. Rob the Nest

- Place netballs/beanbags in middle of the centre third
- Four teams line up at corners of centre third
- Each team sends a runner to rob an egg (netball) from a nest; they return egg to their nest, next person in line then goes to rob an egg
- Players collect eggs from the middle or from other nests; teams cannot stop others stealing their eggs
- Set time limit for each game

