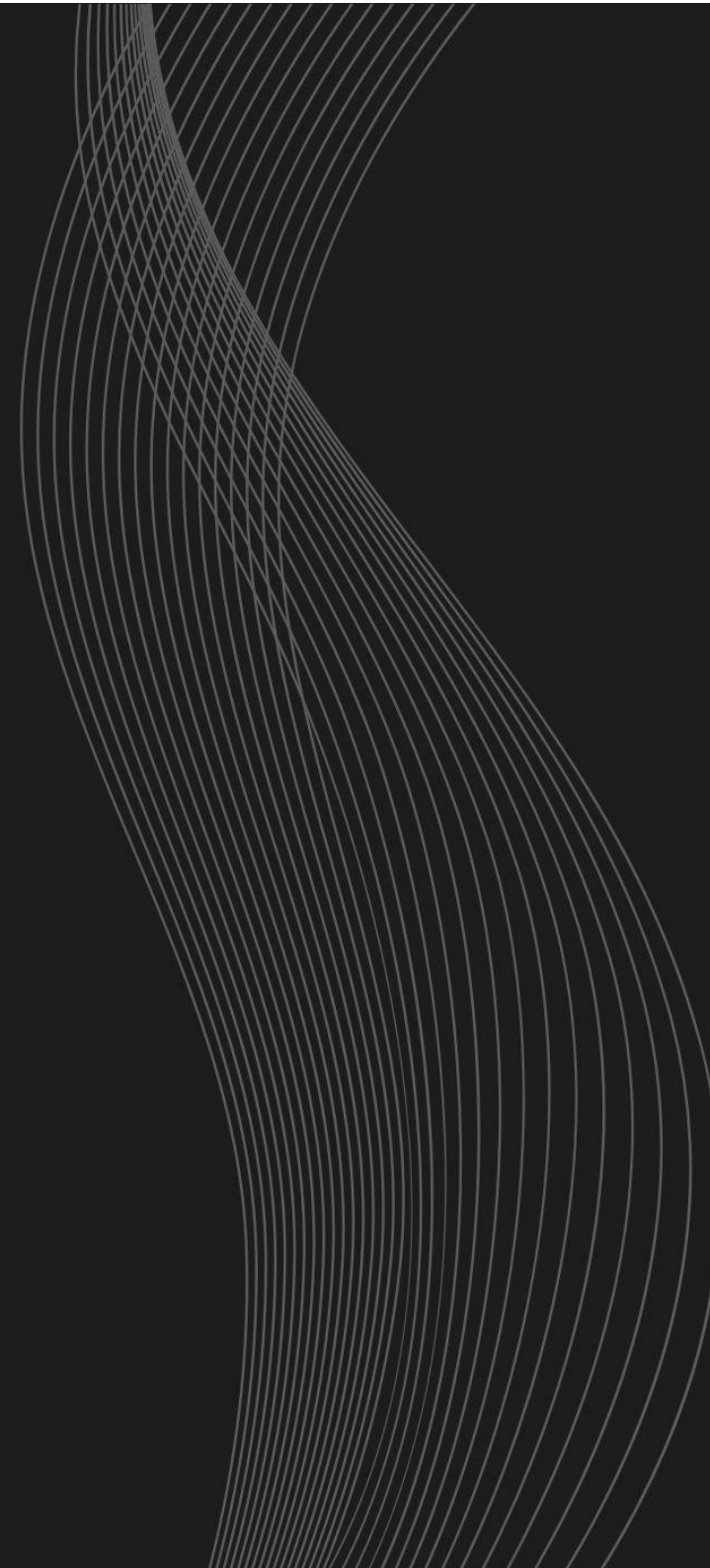
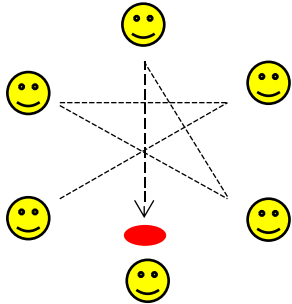
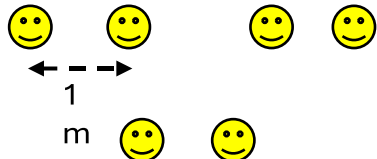


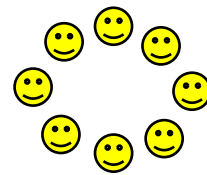


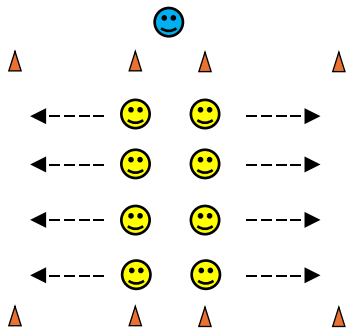
Warm Up Games and Get to Know You Activities

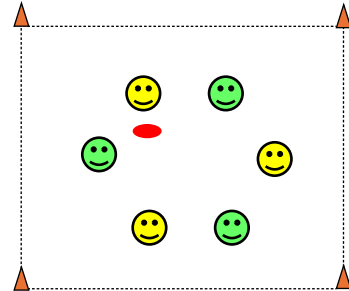
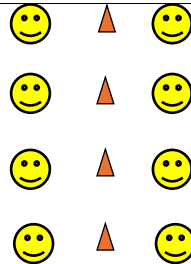


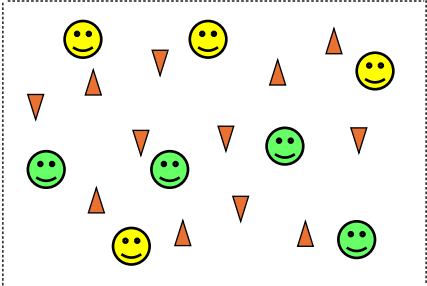
Wk	Activity	Instructions	Diagram/Duration/Equipment
1	Name Juggle (Getting to know everyone's names)	<ul style="list-style-type: none"> Participants to stand in a circle (max 8-10, may need to create multiple groups) Ask the Participants to think of their own name and something that describes them starting with the same letter, e.g. Strong Sam. Using one football or tennis ball, the participants should take turns handpassing or throwing the ball to a random person in the group and say that person's name, e.g. Strong Sam (they need to ask them if they don't know the name). Once they have had the ball, they must sit or kneel. Go around the circle until everyone has had a turn. Start again, use the same order but this time they will compete against the other groups to see who can pass the ball around the quickest. They must still say the name of the person they are passing the ball to. Next, ask the participants to change the order and see which group is the quickest. Use these "fun" names throughout training to help learn the names of your umpires and for them to learn each other's. 	 <ul style="list-style-type: none"> 5-8 minutes 1 football or tennis ball per group
2	Calf Tag	<p>In pairs, participants find their own space and face each other (approx. 1m apart)</p> <ul style="list-style-type: none"> Each participant aims to tap their opponent's calf with two fingers to score a point Participants must defend their own calf by maneuvering their body but cannot use their hands to defend and must stay within 2m of their opponent After 1 minute, change partners After 1 minute, make a group of 3 <p><i>Discussion – What did you do in this game to help you be successful? o</i> Anticipation, reading the play, keeping your distance – all of these things are also</p>	 <ul style="list-style-type: none"> 2-3 minutes No equipment

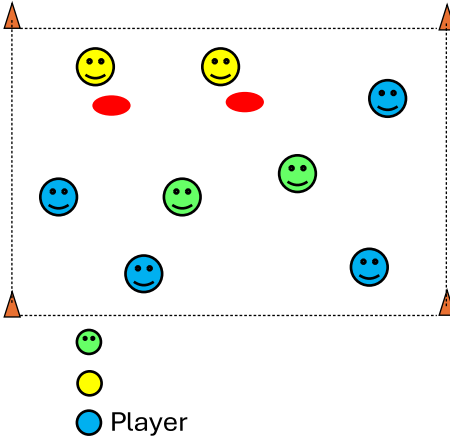
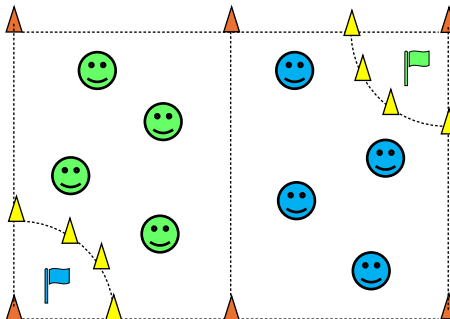
		<p>valuable when you're umpiring to help get you into the correct position to see a free kick.</p> <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=uZLti5P_l8g</p>	
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Wk	Activity	Instructions	Diagram/Duration/Equipment
3	Human Knot	<ul style="list-style-type: none"> Participants to stand in a circle (max 8-10, may need to create multiple groups) Ask participants to stand close together and form a knot by holding someone else's left hand with their left hand and their right hand with someone else's right hand. (The person cannot be standing next to them and they can't hold both hands of the same person) They may not let go of each other's hand until they finish the activity Participants need to work together to undo the knot without letting go of each other's hands by moving in and out of each other. Be careful when holding each other's hands and manoeuvring. The team who unravels their knot first wins. Repeat with the same group. Progression: You might start with smaller groups (5-6) and then join groups together to increase the challenge <p><i>Discussion – What did your group do to successfully unravel the knot? What worked well or didn't work well?</i></p> <ul style="list-style-type: none"> Communication – one person speaking at a time, not everyone speaking Teamwork - Having someone lead and others listen and follow Trying different strategies Being encouraging and positive, rather than negative This activity leads into the theme for training being “Communication” <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=MVAAoRqXHZo </p>	 <ul style="list-style-type: none"> 4-8 minutes No equipment

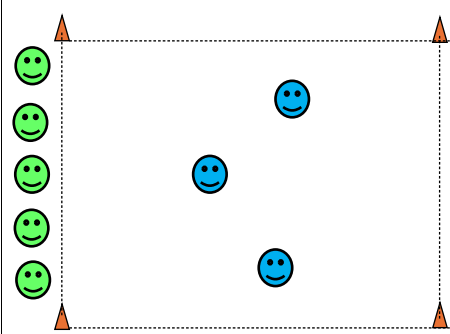
4	Crumbs and Crusts	<ul style="list-style-type: none"> • Players pair off and stand side by side in lines. One line is called “Crumbs”, the other “Crusts”. A line is marked 10-20 metres parallel to both groups. • The coach stands at the front and calls out one of the lines names - on the call “Crumbs”, the Crumbs sprint out towards their line. • At the same time the Crusts chase the Crumbs & try to tag them before they reach their line • If they tag their opponent before the line, the players switch lines before the next round and score a point • When “Crusts” is called the reverse happens i.e. the Crumbs give chase. • Progression: change line names to “Rats” and “Rabbits” or “Crocs” and “Kangas” <p><i>Discussion - What did you have to do well in order to catch your opponent?</i></p> <ul style="list-style-type: none"> ○ Listen ○ Understand the rules ○ React quickly <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=7i_muD3lOL0</p>	 <ul style="list-style-type: none"> • 4-6 minutes • 8 cones or use line markings
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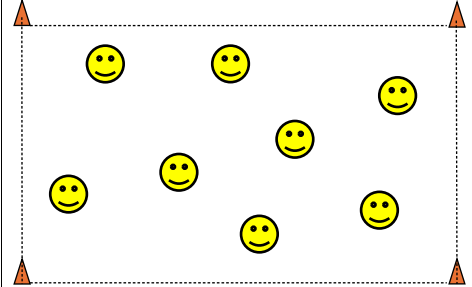
Wk	Activity	Instructions	Diagram/Duration/Equipment
5	Keeping Off Game	<p>Split participants into groups of 4-6. Umpires play 2 v 2 or 3 v 3.</p> <ul style="list-style-type: none"> Aim of the game is to successfully pass the tennis ball 10 consecutive times in your team of 2 or 3, without the ball being intercepted by the defenders or hitting the ground. Players must stay inside the boundaries (marked with cones). No contact. When the ball is intercepted, hits the ground or 10 consecutive passes is achieved, the defending team become the attackers Aim to see which team can achieve 10 consecutive throws most. Progression: More attackers than defenders, Use a football and play by handballing, Can only hold the ball for 3 seconds <p><i>Discussion - Practice communicating with teammates, watch the ball and move accordingly</i></p>	 <ul style="list-style-type: none"> 4-8 minutes 1 tennis ball/football and 4 cones per group
6	Heads, Shoulders, Knees and Cone	<ul style="list-style-type: none"> Have participants stand across from a partner with a cone directly in between them Coach calls out “Head”, “Shoulders” or “Knees” and Participants put their hands on the area that is called out. If they hear “Cone”, they need to be the first one to grab the cone. Repeat for a few rounds before switching partners. Progression: Use multiple different coloured cones and call out the colour instead 	 <ul style="list-style-type: none"> 3-5 minutes 1 cone per group

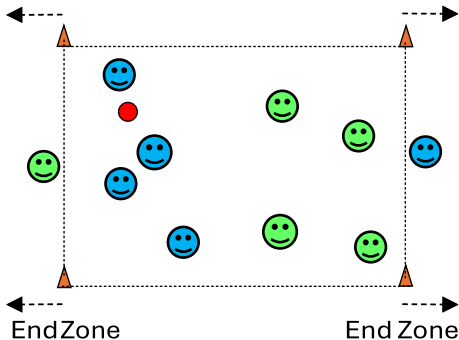
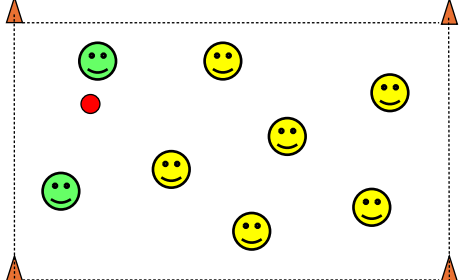
		<p>YouTube Video for demonstration: https://www.matildas.com.au/video/heads-shoulders-knees-andcones-a-unique-way-warm</p>	
7	Mountains and Valleys	<p>Set up one or two areas (if you have more than 14 participants, set up two games)</p> <ul style="list-style-type: none"> • Distribute cones around the set space, some flipped over • Designate half the participants as Mountains and half as Valleys. • Mountains want the cones to be standing upright; Valleys want the cones flipped over. • On 'go' all the participants run around flipping the cones or standing them up • Emphasise the cones cannot be picked up and moved. • After 1-2 minutes, count how many mountains there are, and how many valleys there are. Repeat. <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=HFw0NnRhtow</p>	 <p>Lots of cones • 4-8 minutes</p>

Wk	Activity	Instructions	Diagram/Duration/Equipment
8	Scarecrow Tag/Tiggy	<p>Set up one or two areas using cones (if you have more than 14 participants, set up two games)</p> <ul style="list-style-type: none"> Select 1-3 'taggers' and 2-6 'release' players (wearing bibs to indicate) The taggers move around the area trying to tag the players, if tagged the players should stand like a scarecrow (stand like a star with legs apart) Release players attempt to handball the ball between the legs of the 'scarecrows' to get them back into the game Keep changing taggers and releasers Progression: change the size of the area or the number of taggers/releasers <p><i>Discussion - Practise changing pace and moving based on observation. -Effective communication with teammates.</i></p>	 <ul style="list-style-type: none"> - Tagger = Releaser • 4-8 minutes • 4 cones, 2 footballs, 3-6 bibs/sashes per group
9	Capture the Flag	<ul style="list-style-type: none"> Divide group into two teams, each uses one half of the playing space as "homebase" Create a semi-circle of cones 3m diameter inside each end of the playing space & place the 1-3 flags (flag, cone, ball, bean bag, any piece of equipment) in it The aim of the game is to get through the other team's half and capture the flag When you are in the other team's half you can be tagged by defenders which means you are "frozen" and must kneel on the ground. You can only be freed by a high-5 from one of your "free" teammates. If you are in the flag circle you are safe from taggers 	 <ul style="list-style-type: none"> • 5-8 minutes

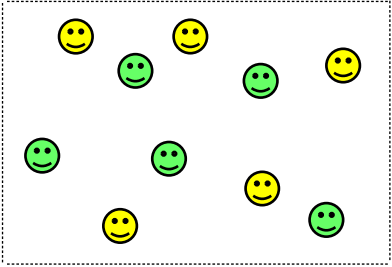
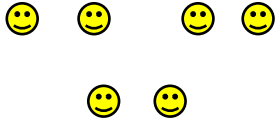
		<ul style="list-style-type: none"> The game ends when one team has captured all their opponents flags and secured them in their own “home base” half. YouTube Video for demonstration: <i>Many variations on YouTube to watch.</i> 	
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Wk	Activity	Instructions	Diagram/Duration/Equipment
10	Octopus	<ul style="list-style-type: none"> Select 2-3 participants to be the octopus and place them in the middle of the playing area. They are allowed to run anywhere to tag the other players (if possible, they should be wearing a bib/sash) Have all other players line up beside one another at one end of the playing area, facing the octopus taggers. The “Octopus” should call out things, like “all those wearing black runners” or “anyone wearing a jumper”, etc. Everyone wearing black runners/a jumper must try to cross the playing area without getting caught by the Octopus. When the “octopus” shouts “Octopus,” all the remaining players try to run from one side of the playing space to the other. If a player is tagged by the octopus, their feet become frozen to the floor and their arms stick straight out: They are seaweed and they cannot move their feet. For the following rounds of play, the game gets harder as the players who have been turned to seaweed reach out and try to tag players who are running by. The last player(s) remaining at the end of the game gets to be the octopus at the beginning of the next game. 	 <ul style="list-style-type: none"> 5-8 minutes 4 cones and 3 bibs/sashes

		<ul style="list-style-type: none"> When calling out, make sure the “octopus” is calling out things that do not single out players. 	
11	Everybody is “It” Tag	<ul style="list-style-type: none"> Set a boundary for this game (everyone must stay inside this boundary). Everyone is for themselves, however, they may form alliances. The objective of the game is to tag others and be the last person standing. If you are tagged, you will sit down, but MAKE sure they know who got them out because if that person gets tagged by someone else, they sit down, and whoever that person tagged earlier are now back in the game again. If two individuals tag each other at the same time, the winner will be determined with a game of ROCK PAPER SCISSOR (Once). Winner plays on, loser sits down. Game terminates once there is ONE clear winner or when time expires (you can set the time). <p>YouTube Video for demonstration: https://www.youtube.com/shorts/fzHh0zJPS7I</p>	 <ul style="list-style-type: none"> 4-6 minutes <p>Cones or line markings for boundary</p>

12	End Zone	<ul style="list-style-type: none"> • Set up a playing area with an endzone at either end. The group is then divided into two teams (teams of 6-8 maximum, if you have more than 16 participants, set up 2 playing spaces) • The goal of the game is to outscore your opponents • The team in possession of the ball is on offence and is attempting to score points by completing a pass to a teammate who is standing inside the endzone that they are attacking. • When in possession of the ball, an offensive player's movement is limited to pivoting. • Defensive players attempt to prevent points and/or regain possession of the ball by blocking or intercepting passes. When playing defence, players must stay 1m away from their opponents (e.g. no contact) • Should the offensive team drop the ball, have a pass blocked, or catch the ball outside the boundaries of the game, possession of the ball is given to their opponents. Play is restarted from where possession was regained. • Should the offensive team score, they give the ball to their opponents. Play is restarted from there. 	 <ul style="list-style-type: none"> • 6-8 minutes • Cones or line markings for boundary • 1 tennis ball or other ball
13	Ball Tag	<ul style="list-style-type: none"> • 2-3 participants are "it". The "it/tagger" must try and tag everyone else with a ball. When you are in possession of the ball, you cannot move; you must pass the ball off to the other taggers before you can move again. Taggers cannot throw the ball to catch anyone, they must "tag" them with the ball. • Everyone else without a ball can move freely around in the designated playing area. • If you get tagged, you become "it" with the others. • Progression: Make the area smaller, increase the number of balls 	 <ul style="list-style-type: none"> • 5-8 minutes • 3-4 Tennis balls or similar object • Cones or line markings for boundary

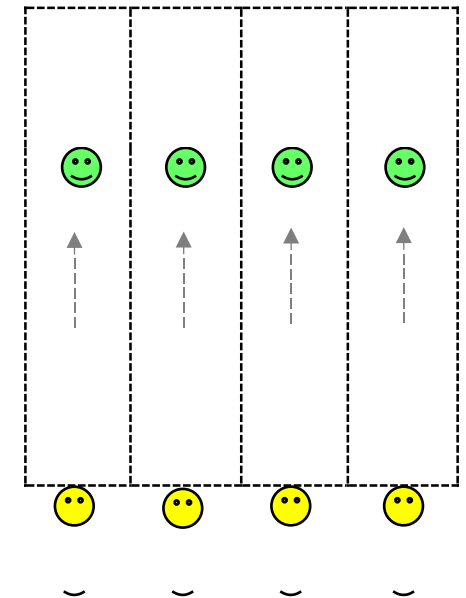
		YouTube Video for demonstration: https://www.youtube.com/watch?v=8fFuHyE2dGM (Basketball variation in video including two teams used)	
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Wk	Activity	Instructions	Diagram/Duration/Equipment
14	Heads and Tails Tag	<ul style="list-style-type: none"> Divide the group into two groups. Instruct one group to put one hand on their heads. This is the “heads” group. Instruct the other group to put one hand on their hips. This is the “tails” group. On your signal the game begins. All of the “heads” try to tag the “tails,” and the “tails” try to tag the “heads.” When a person is tagged, he/she must change to the other team (i.e.: if a “head” tags a “tail,” the “tail” becomes a “head” taking his/her hand from hip and placing it on head). • Play continues until all players are either “heads” or “tails.” 	 <ul style="list-style-type: none"> • 4-6 minutes • No equipment
15	Toe Touch	<ul style="list-style-type: none"> Players form pairs. Each pair will start facing each other with their hands on the other’s shoulders. On “Go” the players try to tap/stand on their opponent’s toes Keep score to see who the winner is after 30 seconds. Change partners and play again. <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=FtD-Q4xFOL4</p>	 <ul style="list-style-type: none"> • 3-4 minutes • No equipment

16


1v1 Tag

- Create a pair. One partner starts out as the tagger while the other partner starts out as the runner.
- Taggers start in the middle and the runners start on one side. Keep in mind when creating the running lanes/playing space, wider lanes give an advantage to the runners while more narrow lanes make the tagger's job easier.
- On the coach's whistle/signal, the runners try to run to the other side without getting tagged. (Each partner group stays in their own lane). If the tagger manages to tag a runner with two hands or the runner goes out of bounds, the tagger earns a point. Swap roles each time, then swap opponents.
- Starting positions can be varied - give the runner some kind of advantage to try to get across quickly. Below are some variations that tend to work well:
 - o Tagger Sitting Down At The Start
 - o Tagger Lying Down At The Start
 - o Tagger Does 2 Push-Ups
 - o Tagger Does 2 Sit-Ups
 - o Tagger Does 2 Lunges
 - o Tagger Does A Burpee
 - o Tagger Does 3 Jumping Jacks
 - o Tagger Does 3 Push-Ups, Runner Does 1
 - o Tagger Does 3 Sit-Ups, Runner Does 1
 - o Tagger Starts 2m Behind The Runner To Chase
 - o Tagger Runs Back To Their Own Side Before Turning Around To Tag





- 4-6 minutes
- Cones or line markings to set out areas

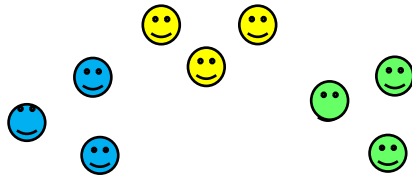
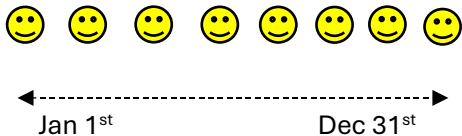
Other Name Games:

Wk	Activity	Instructions	Diagram/Duration/Equipment
	Three is a charm	<ul style="list-style-type: none"> • Create a pair or group of 3. • Count upwards but replace every third number with your partner's name, e.g. 1, 2, Sam, 4, 5, Morgan, etc. • While doing so, hold a squat position and complete a squat when you say your partner's name. • When you make an error, start again from zero. Which group can count to the highest without making a mistake? • See video demonstration below: <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=TYklZtQCERs</p>	 <ul style="list-style-type: none"> • 3-4 minutes • No equipment

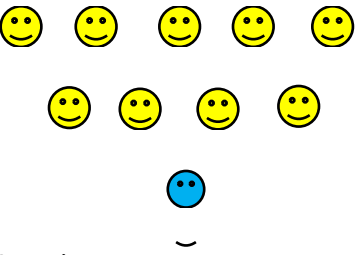
Wet Weather Games:

Wk	Activity	Instructions	Diagram/Duration/Equipment
	Rock, Paper, Scissors, Split	<ul style="list-style-type: none"> Start by pairing up with a challenger. Facing each other, stand toe to toe. Play 1 round of Rock, Paper, Scissors. The winner places their front foot directly behind their back foot. The loser slides their front foot forward until touching their challengers' toes. Never move your back foot (watch video for demo). Continue playing until one player loses balance or splits out. Switch challengers or play "best out of three" <p>YouTube Video for demonstration: https://www.youtube.com/watch?v=WS93bH7IZPE</p>	 <ul style="list-style-type: none"> 3-4 minutes No equipment
	Back-to-Back Stand	<ul style="list-style-type: none"> Players in pairs scattered around the playing area. Pairs sit on the ground, back to back, with arms linked On the signal from the leader, each pair attempts to stand up without using their hands, and keeping their arms linked. 	 <ul style="list-style-type: none"> 3-4 minutes No equipment

Games that create groups:

Wk	Activity	Instructions	Diagram/Duration/Equipment
	Body Parts	<ul style="list-style-type: none"> Have the group walking (or running if a warm-up) around the space and then call out a number and body part, for example 5 elbows. So people get into groups of 5 and touch elbows. Repeat with different numbers and body parts. Also change the movement pattern – hopping, jumping, skipping, etc. Whatever number you want in each group call out that number for the final clump. 	 <ul style="list-style-type: none"> 2-3 minutes No equipment
	Silent Line Up	<ul style="list-style-type: none"> Players are given an instruction to line up in a certain order but must remain silent the whole time. They can communicate through hand gestures and body language, but no talking or noises. Some examples of line up options: <ul style="list-style-type: none"> Day and Month of birthday – e.g. Jan 1st – Dec 31st Alphabetical order (first name or surname) Height Hair length Number of cousins Number of years or matches umpired School attended (by alphabetical order) Groups can then be created, e.g. all those born from January to March, etc. If you have over 20 participants, split the group into two 	 <ul style="list-style-type: none"> 4-5 minutes No equipment

Other Umpiring Games:

	<p>“Umpire Says”</p>	<ul style="list-style-type: none"> • Coach leads first round: When Coach says, “Umpire Pays – holding the ball”, participants must whistle and signal and communicate holding the ball correctly • If participant signals incorrectly, they have to kneel on their knees for the next signal • If Coach does not say “Umpire says”, e.g. says “holding the ball” and participants perform signal, they must then kneel too • On the second and subsequent rounds, if participants signals incorrectly, they must sit on the ground on their bottom • Participants continue to play when kneeling or seated but will give Coach an indication of who knows and can recall the signals correctly. This way the “winner” (last student standing) will call out the instructions for the next round Play 2-3 rounds. • 	 <ul style="list-style-type: none"> • 4-5 minutes • Whistle per participant
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