

Minor Games

1. 1, 2, 3 Chasey. (10 minutes)

Work in groups of 3, number each player in a group either 1, 2 or 3. Limit playing area to one third. Coach calls out a number, and that player must chase their other two group members and tag them as many times as possible within 30 seconds. The coach then calls out another number, and then that player is the tagger. The winners are the players that make the most tags in the 30 seconds.

Focus: *Keep head and eyes up so you have vision of all players in the third, not just your own group. Make all movements quick. Players are only tagging their own group, but are running amongst all other players.*

2. You Are The Ball. (10 minutes)

Split into equal teams. One team wears bibs. Each team starts in a goal third. Coach chooses one player from a team to be 'the ball'. That player runs towards the other end of the court, trying to dodge the other team. The other team tries to tag them. If the 'ball' does get tagged, the person that does the tagging becomes the new 'ball', and they try to run towards their goal line. This continues, with balls going back and forth between teams until a 'ball' crosses the goal line.

Focus: *Look for the space. React quickly if you make a tag - you have to change direction very quickly. Look to the open side of the court for breaks - avoid the sidelines.*

3. Netball Tag. (10 minutes)

Split into equal teams. One team wears bibs. Work in one third of court. Use small ball for interest. Team passes ball between one another using netball rules, and tries to tag an opposition player with the ball. If tagged, the player is eliminated. If their team wins the ball back (through intercept or error by team), then all players rejoin game.

Focus: *Keep eyes up in the confined space. Need to pass quickly and work together to achieve the task.*

4. Captain Ball. (5 minutes)

Focus: *Concentrate on excellent shoulder passes - zingers.*

5. Hook Arm Chasey. (5 minutes)

Start in pairs with elbows hooked. Play in one third. One pair is in and they don't hook arms. One is chaser, one is runner. Chaser tries to tag runner. At any time the runner can hook onto the end of another stationary pair. The person on other end then becomes the new runner.

Focus: *Change direction quickly to evade chaser and stationary pairs.*

6. Corner Spry v Laps. (10 minutes)

Two equal teams. One team batting, the other fielding. Batting team starts in a corner of one third. Fielding team spreads out throughout that third. First batter up throws the ball into the third, then runs up and back between cones spread 5m apart. Each 5m run equals one point. Meanwhile, the closest fielder fields the ball and all other teammates form a semi circle around them. They then complete corner spry passing up and back around the semi circle and yell out 'stop' once completed. The batter counts the number of runs they scored and the next batter comes up to the plate. Swap over at end of innings.

Focus: Concentrate on fast, agile sprints when batting. When fielding, stay on the balls of your feet ready to react to where ball is thrown. Concentrate on accurate passing when doing the corner spry.

7. Golden Child. (10 minutes)

Two equal teams. One team running, the other shooting. The shooting team lines up behind a dot in front of the goal post. The running team lines up at a back corner of the goal third. On 'start', the first runner begins running around the outside of the goal third. They keep going until they reach the start again, and the next person then runs. In the meantime, the shooting team shoots for goal. If they get it, they call out 'STOP', and the person running must stop where they are. The next runner then immediately starts. The last person in the running team is called the 'golden child'. When they run around the third, they can unfreeze anyone from their team who had to stop. If the shooting team gets a goal when the golden child is running, then the team is out and everyone swaps over.

Focus: Shooters should take their time when shooting - accuracy is important. Runners should run as fast as they can. If shooters are too good, move them out to shot from further.

8. End to End (10 minutes)

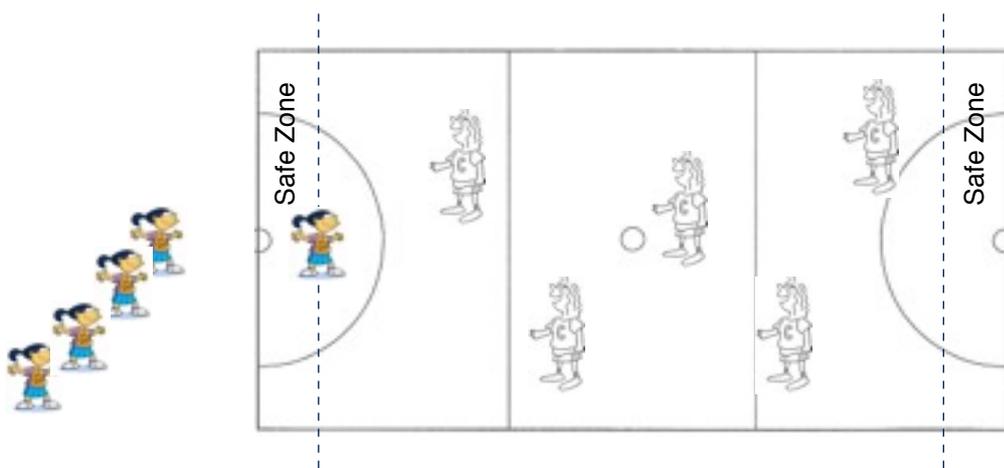
Two teams pair off and spread the length of the court. On "GO" teams pass from one end to the other and try to score a goal before the other team. They only get one shot before rotating positions. Shuffle down one spot. Shooter runs with the ball to the other end to start routine off again. Continue until a team scores three goals.

9. Progressive Keepings Off. (10 minutes)

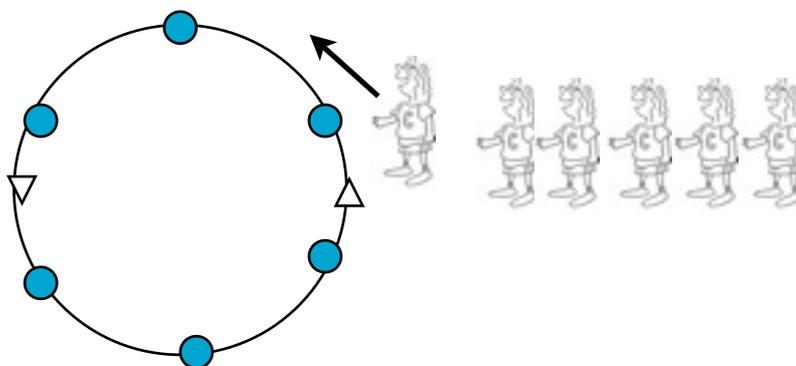
Two teams of 3 players in one third. One team attackers, the other defenders. The attackers start in the third with 3 v 1. They must make 10 consecutive passes without any errors whilst using a variety of movements in the third. If they succeed, they repeat again but have 3 v 2. If they succeed then, they have 3 v 3. If they drop the ball or step, or if the defenders intercept the ball, then teams swap over and start again from 3 v 1. The winning team is the first one to make 10 consecutive passes when 3 v 3.

10. Long Ball Netball Tag. (10 minutes)

Use a nerf ball for this game. Two teams - one batting, one fielding. Fielding team spreads out over entire court area. Safe zone is marked out at either end of court. Batter steps up to goal circle and throws ball into court. If it is caught on the full by the fielding team they are out. If not, they run to the other end's safe area trying not to be tagged by the ball. The fielding team must field the ball, pass to each other without stepping until they can try and hit the runner. If the player stops in a safe zone, then the new batter must step up. Batting team scores a run if they make it up and back without being hit by the ball. Every batter gets to throw the ball in once. If a batter makes it up and back safely, they can continue to make more runs each time the new batter throws the ball in. Continue until all batters have been hit by the ball or all batters have had a turn throwing the ball in. Batters cannot run until someone from their team has thrown the ball in.

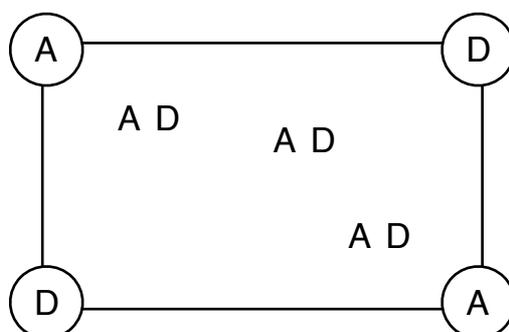
**11. Tadpole.** (5 minutes)

Two even teams of 5 or 6 players. One team forms a circle standing on dots as markers. They must pass the ball around the circle counting how many passes they do. At the same time, the other team runs around the circle, one by one. When the first player returns to the start they tag the next runner in line. When all runners have run the full circle they yell out 'STOP'. The passing team then announces how many passes they did in that time. Teams swap over roles.



12. Corner Ball. (10 minutes)

Two teams of 5 players works best. One attacking team, one defending team in one third of court. Attacking team has two players on diagonally opposite corners, defending team the same. The rest of the players are paired off attack-defence in the third. The Attacking team tries to pass the ball from one corner player to the other, making sure every attack player touches the ball on its way across. If the defending team intercepts the ball, they roll the ball back to their nearest corner player and then they become the new attacking team. Swap players around.

**13. Numbers Netball.** (10 minutes)

Use a half court. Two teams numbered off spread down sideline from middle to goal line. Coach calls out 2 numbers, eg 1 and 5. These players run out to middle of court. The first number called contests for the ball. The team that gets the ball first becomes the attacking team. If they make 5 passes without being intercepted they get 1 point; if they get the ball into the goal circle they get 2 points; if they score a goal they get 1 point. They can pass to their sideline players as well.

14. Pepperpot Shooting. (10 minutes)

Two numbered teams line up around the edge of the goal circle. Two balls are left in middle of circle. Coach calls out a number. The corresponding player from each team runs in, gets a ball, pepperpot passes to all their team-mates and then shoots for goal. First team to score the goal gets a point. Continue, with coach calling out new number each time. Can call out 'fruit salad' where you cycle through all players from 1 to 4/5 to see who gets the end goal first. That can be worth more points if you like.

15. Killer. (10 minutes)

Line up in one line behind each other. The two front people have a ball each. At 'GO', the first player shoots for goal. The second player can then shoot too. If the front player scores first, they stay in, give the ball to the next person in line and then go to the end of the line. If the back person gets the goal in before the front person, then the front person is out. The coach will need to commentate as to who is front and back along the way. Winner is last person alive.

16. Ten Goal Shoot Out. (10 minutes)

Two even teams line up behind a dot each, with a ball per team. Each person shoots one attempt, gets the rebound and passes it to the next player in their team. Each team is trying to score 10 goals first. Teams should shout out their progressive score. Can vary the length of the shot required.

17. Netball Softball. (10 minutes)

Two teams, one batting, one fielding. Set up a softball diamond using dots. Pitcher starts with ball and throws to batter. Batter then passes it into the field (court). Softball rules are used to get players out. Ball cannot be rolled. 3 players out means change of innings. You are out if ball caught on full. Can run through first base, but not subsequent bases. If caught, must return to base before ball does.

18. Touch Football. (10 minutes)

Two teams. Start on the transverse line 2/3 from try line. Can pass forwards or backwards and can run with the ball. When tagged, they must put ball down for other player. 3 tags means changeover of possession. Keep running til ball over try line. Defenders must be back 2m from attackers when starting each play.

19. One Two Three Charge. (5 minutes)

Two numbered teams stand at opposite ends of court. One player from each team moves into centre third to be taggers. Coach calls out a number. The corresponding person from each team tries to run and cross ends of court. The middle taggers try to tag their opposition player. If caught, you remain in centre to tag other players.

20. Chicken Catch-A-Tori. (5 minutes)

Limit boundary for activity. One player is in and has the rubber chicken. They must try and tag another player. If they do, they drop the chicken, the new tagger picks it up and game continues.

21. Pac Man. (5 minutes)

Two or more players are in. Players can run along any line on the court, trying not to be tagged by a pac man. If tagged, they sit on line and block passage of others. Pac men can go through though.

22. Chain Tag. (5 minutes)

One player is in. Once they catch another player, they join hands and then try to keep tagging others. Once the group gets to 4 people they split into two groups of taggers. Cannot tag if chain is broken.

23. Rob the Nest. (5 minutes)

Put hoop in centre circle and fill with bean bags or tennis balls. Split group into 4 teams in each corner of centre third. On 'GO', one by one team members run in and take an egg from the nest. When they get back to their corner, the next team can go. Once eggs are all gone from nest, teams can rob from each other. Continue for a set period of time. Team with most eggs at end is winner.

24. Warriors and Dragons. (10 minutes)

One team warriors and one team dragons. Dragons wear bibs. Warriors pass ball round and try to tag dragons with the ball. If tagged, the dragons take their bib off and become a warrior. Continue until all dragons have been caught. Swap over roles.

25. Scissors, paper, Rock. (10 minutes)

Two teams, starting at either corner of goal third. On 'GO', first two people from each line run around the goal third until they meet. When they meet, they do scissors, paper, rock continually until someone wins. Winner keeps running towards opposition end. Loser goes back to their team line and their next team member sprints out to meet the opposition player. Continue until a team gets to the oppositions end.

26. Scissors, paper, Rock in 2 lines. (5 minutes)

Pairs line up in 2 lines, middle of court. They do scissors paper rock. Winner chases loser and tries to tag them before they reach the goal line.

27. You Are The Ball. (10 minutes)

Two teams. Each starts behind a transverse line. Alternate starting teams and announce one player as 'the ball'. The ball runs towards their try line trying not to get tagged by anyone from the other team. If they get tagged, the tagger becomes the new ball. Continue back and forth until someone crosses the try line. Players must change direction quickly every time the ball changes over.

28. Long Rope Skipping. (5 minutes)

Variations include;

- figure 8
- one jump and out
- in, 360° turn, out
- one turn gap
- catch ball in rope
- skip short rope inside long rope

29. Fly. (5 minutes)

Set up sticks (8) equidistant apart. Players step through sticks without touching them. When first player gets to front of line again, they can remove one stick. Each person again tries to go through without touching or making error. Each time first person gets back to front of line, they remove another stick. Continue until there is a winner.

30. Forcings Back. (10 minutes)

Can be played on either court or oval. Two teams. Pass the frisbee or tennis ball from one player to another. If they catch it on the full they store up 3 steps. Must be stationary when catch it. Try to get the frisbee/ tennis ball over their try line.

31. Fruit Salad. (5 minutes)

As normal game, but add cone to sprint to before coming back to team.

32. King Ball. (10 minutes)

Two teams each in a goal third at opposite ends of court. Must pass netball or catchtail ball across the centre third using a shoulder pass. Must be above knee height and land in the third. If ball is dropped, closest player is out and must move into centre third. If a player in the centre third catches it, then they go back in and whoever threw the pass is out. Continue until a whole team is eliminated.

33. 5 Point Player. (5 minutes)

Two teams. One person from each team is nominated the 5 point player. The attacking team must try to pass the ball from the 2nd transverse down and across the goal line, counting their score as they go. For each successful pass they score 1 point. If the 5 point player catches it, they score 5 points. They get 10 points fro crossing their goal line. If they drop the ball or it is intercepted, then the other team becomes the attacking team.

34. Relays. (5 minutes)

Split into teams of about 4. Players run across third and back, using different movements or tasks;

- skipping
- jogging backward
- hopping
- 5 x body wraps
- 4 x figure 8s
- catch behind back
- catch from back to front
- 360° spin before catch

35. Dirty Dungeons. (5 minutes)

Two teams. Each shoots from a dot. If a player misses a shot, they step out of court into the dungeon. A player can be released from the dungeon if someone from their team scores a goal. Play continues until an entire team is sentenced to the dungeon.

36. Netball Rugby. (10 minutes)

Two teams. Use a light ball for this game. Teams must pass amongst their players to cross the try line. All netball rules apply.

37. Netball Soccer. (10 minutes)

Two teams. Set up as netball game but no specific positions. If ball is off ground then netball. If ball is dropped changes to soccer. If ball goes out it is started with a netball throw in. Goals can be scored by either shooting a netball goal or kicking a soccer goal. Only 2 players from each team are allowed in goal circle at any time.

38. Dynamic Stretching. (5 minutes)

- Jog across and back.
- side step
- grapevine
- high knees
- butt kicks
- step hops
- sumo squats - sideways
- 1, 2, 3 jump
- Walking lunges
- leg swings
- arm circles
- 2 feet jump, 2 feet land with rotation. 2 full cycles in each direction.
- Walk steps, 2 foot jump to 1 foot land.

Focus: Concentrate on safe landing techniques.

39. Zip Ball. (10 minutes)

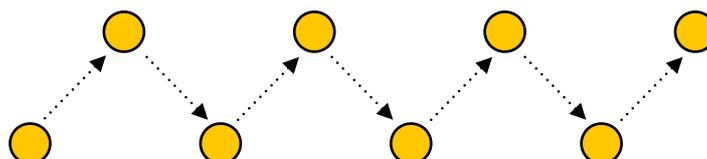
Two teams. One wearing bibs. Work across any area, the larger the better. Mark out a goal area using dots, that is about 3m x 3m. One person only is allowed in the goal area. Play begins in centre of field with a jump ball. It is non contact. Players move the ball amongst their players scoring 1 point for a pass, 2 points for a hand ball and 3 points for a kick. Once their tally reaches 10, they are able to score a goal in their goal area. If the ball is dropped the other team gets the ball and starts from there. If it is contested and dropped, the attacking team keeps the ball but their tally goes back to zero. Teams try to score the most points. Start at jump ball again after goal is scored.

40. Dodge Tag. (5 minutes)

Use a reduced playing field (usually one third will do). Two taggers are in. Players try to avoid being tagged by dodging away. If tagged, they must stand still with arms crossed over chest to make another obstacle that has to be dodged around.

41. Zig Zag Challenge. (5 minutes)

Cross Ball passing in zig zag. Add challenge by doing continuously, moving to end of line when passed off. Move all the way up the court and back again. Add a time challenge.

**42. Toss and Pass Challenge.** (5 minutes)

Stand in a straight line. First person has one ball, coach has another. 1st person tosses ball straight into air, takes pass from coach, passes that ball to 2nd person in line then catches the original ball they tossed up into the air. 2nd person then tosses their ball into air, takes pass from 1st person, passes that ball to 3rd person, then catches the original ball they tossed in the air. Continue all the way down the line.

43. Clap and Catch. (5 minutes)

Stand in circle. One ball. Players pass across circle to other players. Before you catch the ball, you must clap first. If you don't clap, or if you clap and the ball isn't thrown to you, then you are out. You cannot throw ball directly next to you until there are only 4 players left in the circle.

44. Passing Routine. (5 minutes)

Stand in circle. One ball. Players pass in a set routine. Everyone must touch the ball once and you cannot throw to a person beside you. Once the routine is established, players continue passing to each other. When they have a good rhythm going, add another ball, then another ball, then another ball etc. See how many balls they can successfully have going at once.