

GAMES FOR SKILL DEVELOPMENT

**Running and Relay games from the
Skill Development Workshop -
2023**



RABBITS AND ROOSTERS

Equipment:

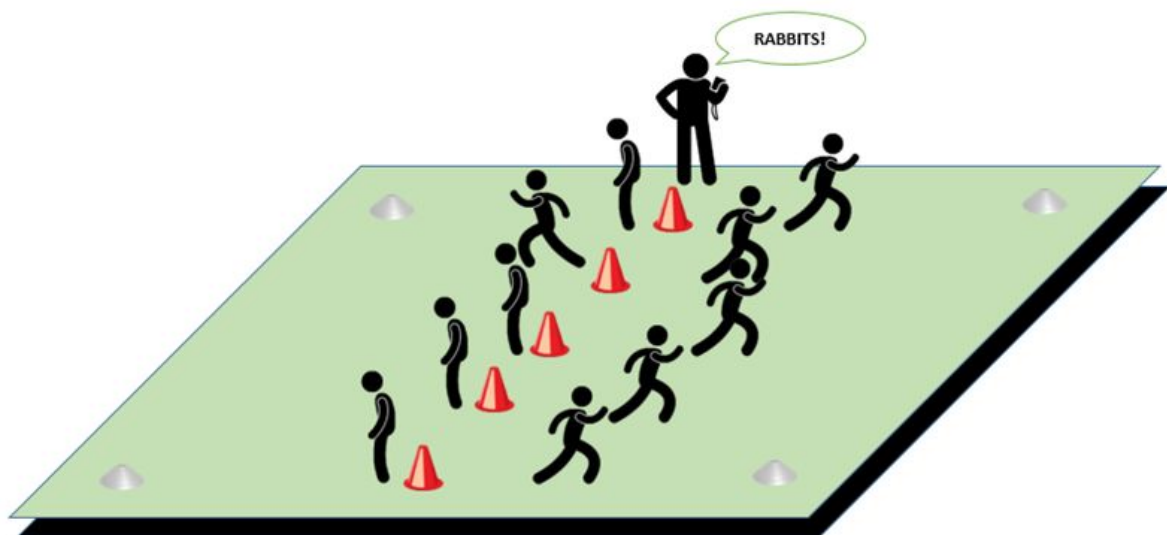
- Ground Markers

How to Play:

Athletes line up beside their partner in two opposing teams. One team is named the “Rabbits”, the other is named the “Roosters”.

The coach will stand at the head of the lines and call “On Your Marks...Set...”and then either “Rabbits” or “Roosters”. The team whose name has been called must run to a designated line and the partner on the opposing team must try to beat them to that line.

Various starting positions such as sitting and lying in a prone position may be used in order to introduce more of an emphasis on agility. The ground markers can be set at any distance, whether the training session is aimed at sprints or distance.



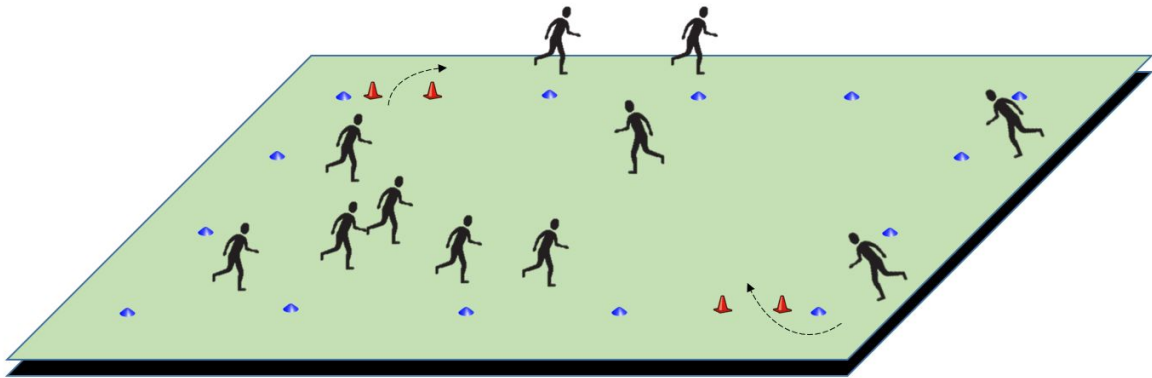
OUT THE GATE

Equipment:

- Ground Markers

How to Play:

Create a large square playing area with ground markers. Form two "gates", marked on opposite corners of the playing area. Choose one or more taggers. Players scatter inside the playing area. If a player is tagged by a tagger, they must run out the closest "gate" and re-enter the game by running back in the gate on the opposite corner of the playing area. Play game for designated time.



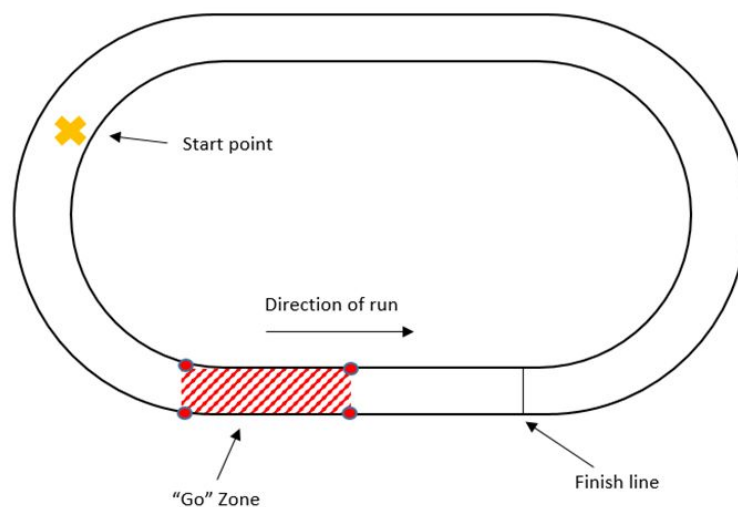
SECRET SPRINTER

Equipment:

- Ground Markers

How to Play:

Set up a “Go Zone on the track. This can be any distance long, minimum of 20m. Establish a start point, again this can be any distance from finish line depending on what type of run you are wanting. Have group choose at random an item (paddle pop stick or piece of paper) from a hat. Have one item per runner. Only one item will have an “S” on it. This “S” means the person who chooses it becomes the secret sprinter. They must keep this a secret otherwise it doesn’t work. Alternatively, have the athletes all close their eyes (make them cover with hands if you can) and randomly select one by a small, discrete tap on a shoulder. The group all move to the start point and begin running as a group. Essentially as fast as your slowest runner. They must stay as a group until they enter the “Go” Zone. Once in the “Go” Zone the secret sprinter then chooses when they surge for the finish line. As soon as the secret sprinter makes a break for the finish line, the rest try to chase and pass to get to the finish line first.



RUNNING OVER OBSTACLES

Equipment:

- Ground markers (collapsible)
- Witches hats
- Mini hurdles

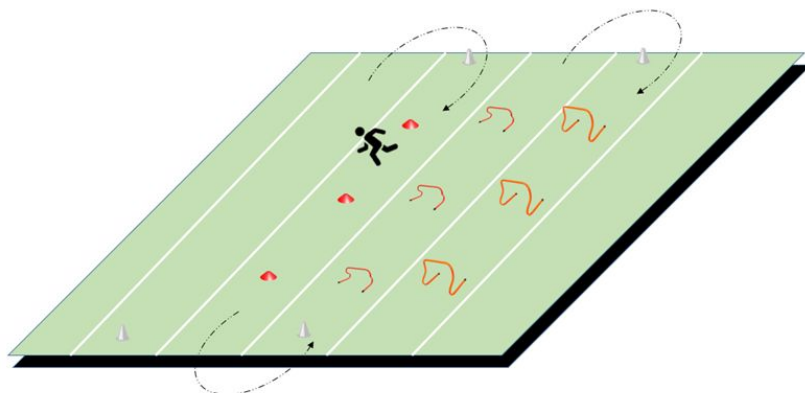
How to Play:

Using four lanes, evenly space out the obstacles over a distance of 25m (approx.). The diagram shows three, however you could use two or four obstacles. It will depend on the amount of equipment you have access to. It doesn't matter what the obstacles are, so long as they are safe and they increase in height each lane. You could use skipping ropes, hurdle tops, micro hurdles (15cm high) for example, so long as they are safe.

To begin, run down lane 1, turn into lane two and return (over obstacles), then turn down lane three (over larger obstacles) and return back up lane 4 (over ever bigger obstacles). Start off the first repetition jogging and then each subsequent repetition increase speed.

You can have multiple athletes running at the same time, so long as there is 1-2 obstacles distance between them. If you have large groups, then have two lanes of everything.

Note: each repetition (up and back, up and back) equates to 100m.



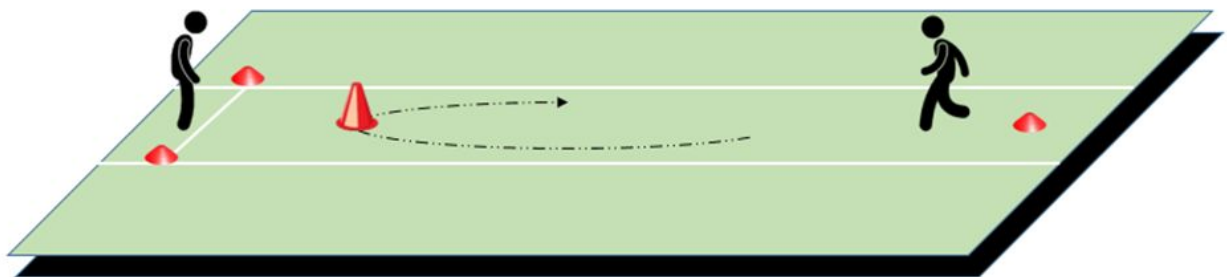
TOUCH AND GO

Equipment:

- 3 markers per pair

How to Play:

Athletes form pairs and face each other 20-30 metres apart. Athlete A jogs towards Athlete B. On reaching a predetermined marker a few metres in front of Athlete B, Athlete A must pivot around the marker and sprint back past where they started. At the same time, Athlete B must chase them and attempt to pass Athlete A before they get back to the starting line. If Athlete B catches Athlete A then they can move the marker further away from Athlete B and try again. If Athlete B didn't catch Athlete A then they move the marker closer to Athlete B and try again.



FAST BATON

Equipment:

- Ground Markers
- One Relay Baton per team

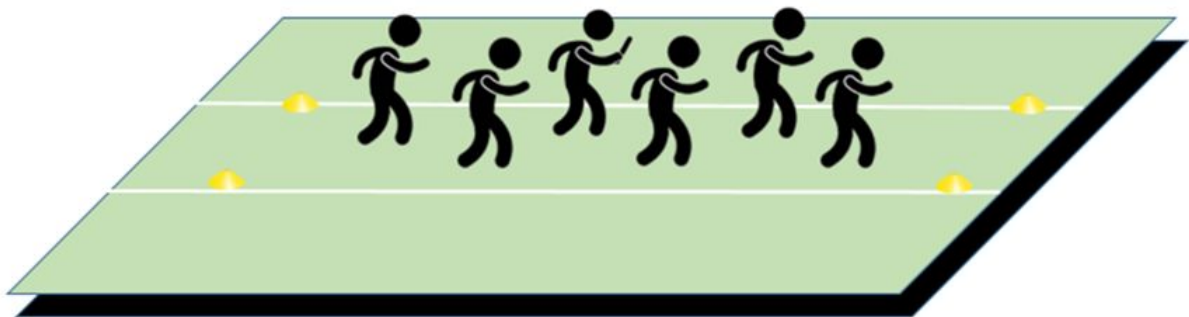
How to Play:

Divided the group into even teams. The athletes line up behind a ground marker in their teams. They stand in single file, arm's length apart. The person at the rear of the line is given a relay baton.

On "Go", the athletes pass the relay baton down the line as quickly as possible, using non-visual exchanges. When the first person receives the baton, they must quickly raise it above their head, signalling that they have finished. The first team to do this the winner.

When the baton reaches the first person and all teams have finished, simply ask the athletes to turn and face the other direction, so that the front person is now at the end of the line with the baton. Repeat the game.

ALTERNATIVE: Athletes attempt this game while running on the spot.



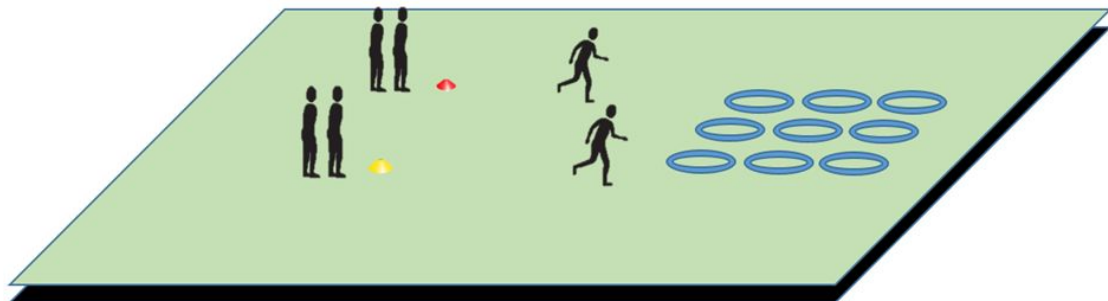
TIC TAC TOE RELAY

Equipment:

- 9 Hula Hoops (tic tac toe board)
- 6 markers (bean bags or scarves)
- 1 cone per team to designate a starting point

How to Play:

The game will be played 3 versus 3. Each person will have 1 placement marker (bean bag or scarf). On go, the first person from each team will run down to the tic tac toe board and place their marker in one of the hula hoops. After they place the marker, they will race back to their line to high five the next person in line. The next person will then place their marker in an open hoop. The goal is to have your team get 3 in a row (horizontally, vertically, or diagonally). If all 3 markers have been played and there is no tic tac toe, the next player in line will run down and move one of their own team markers into an open hula hoop. The next team in line will stand behind the hula hoops and judge the game. After the game is over, the winning team will stay and play again. The judging team will come on to challenge, and the next 3 in line will judge the next game. The game will continue to cycle through. You can have multiple games going at a time!



DECORATE A TREE

Equipment:

- a variety of equipment— just whatever you want to use; scarves, hats, tinsel, streamers, cones, balls, water bottles, jump ropes etc to use as the tree ornaments

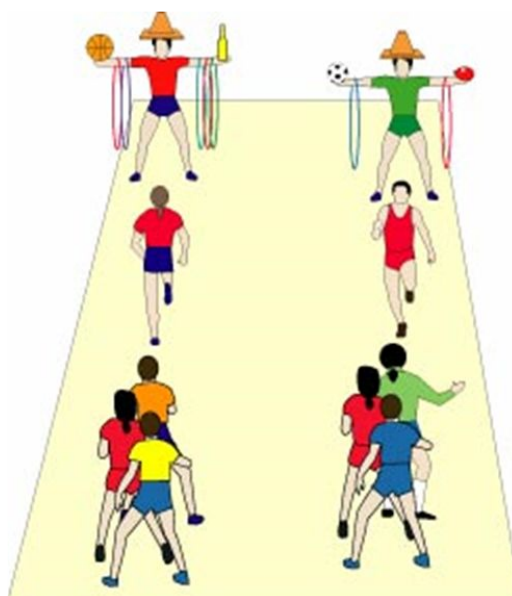
How to Play:

Create even teams and have them line up behind one another. One member per team is the tree and stands at the opposite end of the lane, about 15-20m away from their team. All the equipment will be in a hoop halfway between the team and “tree”.

On your signal, the first person will run to the pile of equipment and take one piece of equipment (ornament) and run to their tree and decorate the tree. Trees must hold their arms out horizontally. If an ornaments falls off, the tree cannot put it back on.

When all the ornaments are on their tree, the game is over. Then we see how many ornaments were able to stay on the tree and (if you want) declare that team the winner. Then change who is the tree for the next round(s).

Variations (instead of running): walk, skip, hop, jump, gallop, side stride



HJ TIME TRIAL

Equipment:

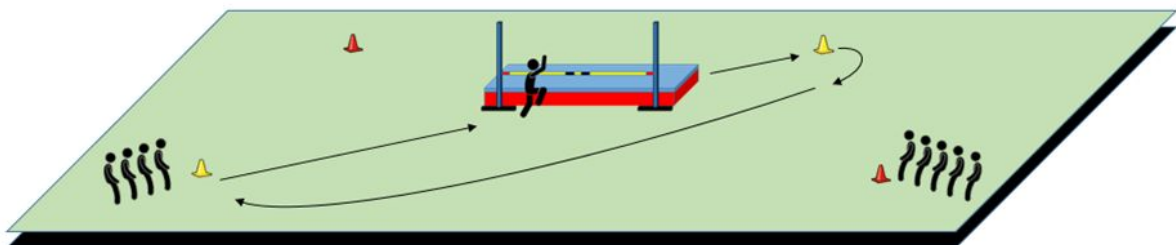
- High jump mats
- Uprights
- Flexi bar
- Markers

How to Play:

Set up high jump mats and uprights on a flat ground with no rocks, clumps of grass or holes. The bar is set at a height everyone can clear with a degree of effort above the minimum. A starting point is set out approximately 10m (at an angle of about 20 to 30 degrees) away from the side of each upright. Split the group into two even groups. Each team lines up behind their scratch lines. On the command "GO" a stopwatch is started and the first player runs in to clear the bar.

The second player moves when the first jumper has stepped clear of the mats. This continues until every player has completed a jump. When the full team has returned to the original starting place and is standing up in order, the stopwatch is stopped. This is the time recorded for the team. The next team lines up and repeats the performance and the times are compared to find the winning team.

After both teams have been through once, swap positions so that the players then run in from the other side.



ROB THE NEST

Equipment:

- Ground Markers (different colours)
- Items as “eggs” - e.g. tennis balls

How to Play:

Rules:

Create 4 even (ish) teams, each team has a hoola hoop (nest). A central hoop (nest) is filled with the “eggs”.

Players attempt to grab an item from the central nest and drop it in their own. When there are no items left in the central nest, players then attempt to steal from another teams nest .

A Player is only allowed to take one ball at a time, and they must run back to their own nest and place it in nicely (i.e. not thrown).

Players cannot guard or defend your own nest.

The team with the most balls in their nest at the end of the time will be victorious.

