

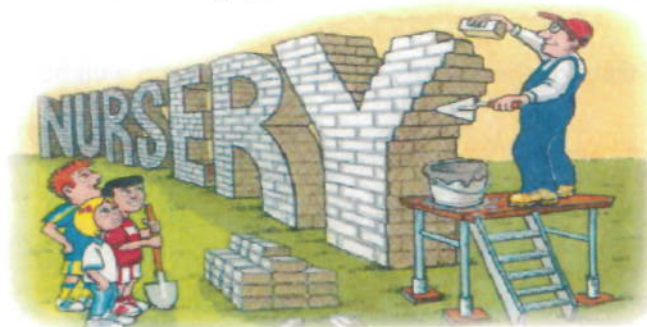
Wexford Camogie



FUNDamental

Movement Workshop

Bank of Activities & Games



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Fun Games & Activities

Fun Games:

Why use fun games when coaching our young players?

1. To development our players **FUNDamentals**.

Fun – vital

DA and the MA – Chief educators

Mental – Attitude/enthusiasm

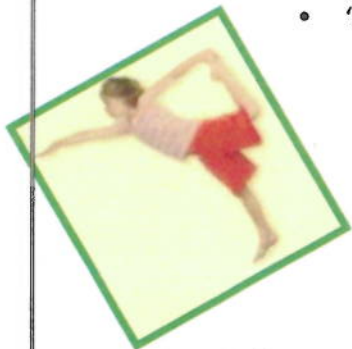


The fundamentals are also known as the basic motor skills or ABCS of movement.

FUNDamental movement skills provide the building blocks to develop more specific sports skills.

1. ABCS

- 'A' - **Agility** the ability to change direction. e.g. Bulldog
- 'B' - **Balance** the ability to keep stable e.g. single leg bulldog
- 'C' - **Coordination** the ability to move different parts of the body.
- 'S' – **Strength** the ability to support your own weight



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2. RJT

- 'R' – Running
- 'J' – Jumping
- 'T' – Throwing



Running, jumping and throwing are the link between the ABCs and the skills of catching, kicking and striking.

3. CKS

- Catching
- Kicking
- Striking




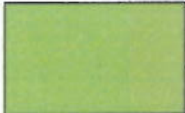


These are the
skills of our game



These skills can be broken down when working on the basic movement skills of ABCs

Most of the fun games focus on both movement and the basic skills of the game.

Ledger – For Diagrams

	Cones/Markers
	Playing Area or zones
	Large or small Ball, Bean Bags
	Players/ Children

Fun Games/Activities

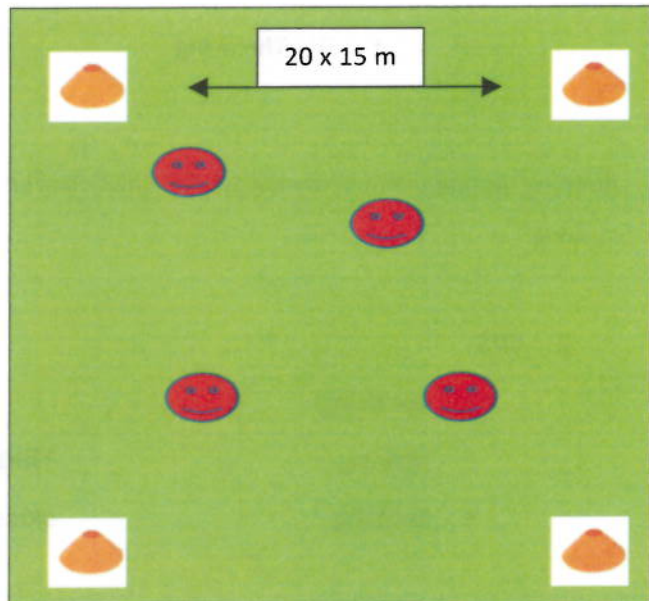
Game 1: Stuck in the mud

Notes:

10 kids while 3 are 'ON'
 Players move around the area
 When player gets caught, they
 Stand and wait to be free.

Variations:

1. Player moves under legs to free player
2. Frog stuck in the mud – jumping
3. Throw/catch bean bag to get free



Game 2: Bulldog/Pass the shark

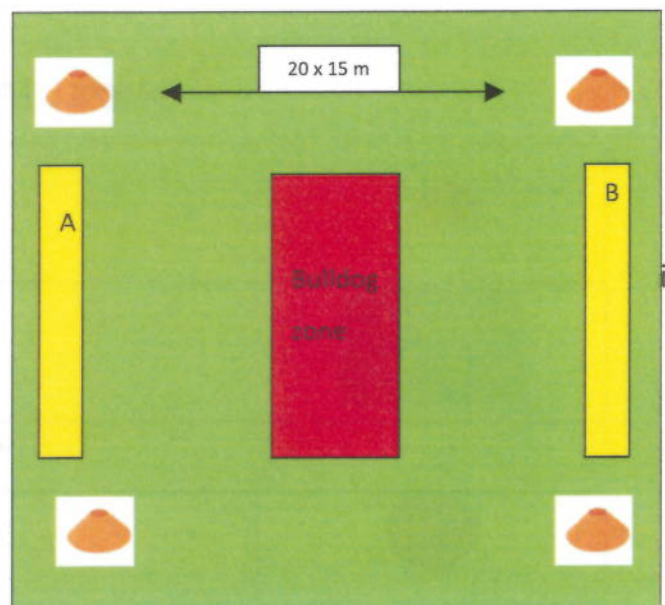
Notes:

10/12 children –

3 players ON in bulldog zone
 Start in zone A get to zone B
 Without being caught

Variations:

1. Players on one leg – Balance
2. Players on hands & knees
3. Carry/dribble ball



Game 3: Dead Ant

Notes:

8 players – the ants

2 players – the catchers

How to Play:

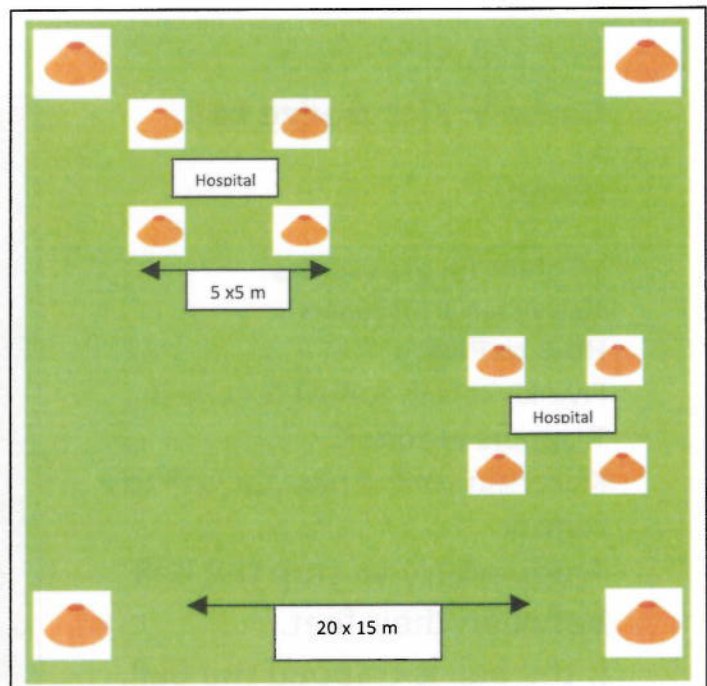
Ants try to avoid being caught by the chasers.

When ants are tagged they lie on floor with arms and legs in air.

Ants are saved when other ants

Grab a limb each and bring them to hospital.

Chasers win when all ants are caught.



Game 4: Fish and Net

Notes:

2 pairs of players – the nets

How to Play:

Each pair links up to form a net

Each net must try and catch the fish

Once there are four forming a net

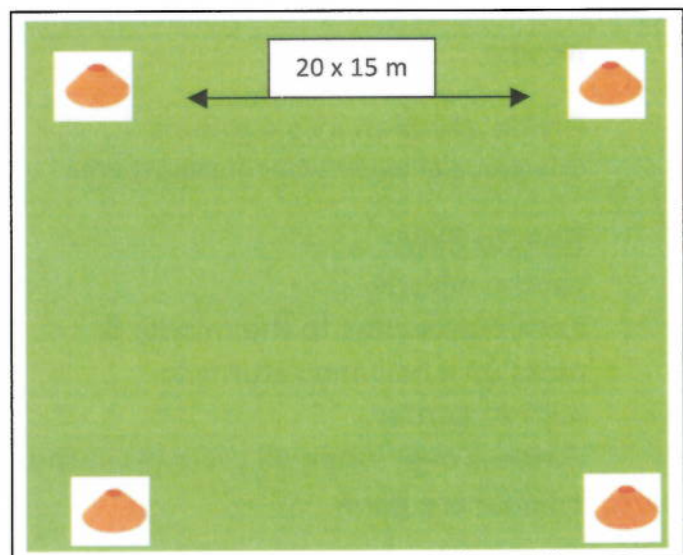
The net splits up to form two separate nets.

Game stop when all fishes are caught

Variations:

1. Introduce bean bag, ball

2. Get players to bounce on one leg



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Game 5: Kick Dodge ball

Notes:

10 children are kickers

10 children are trappers

How to Play:

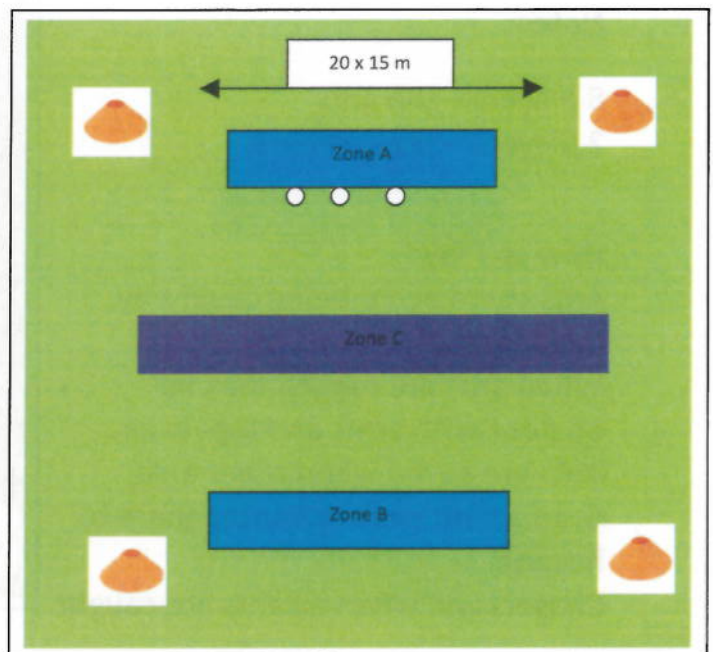
Five kickers in zone A & zone B

Trappers in zone C

Kickers in zone A pass the ball to zone B

Trappers try to stop the ball between their feet.

If the ball is trapped the ball, ball is out of play



Game 6: Rob the Nest

Notes:

Divide children into 4 groups

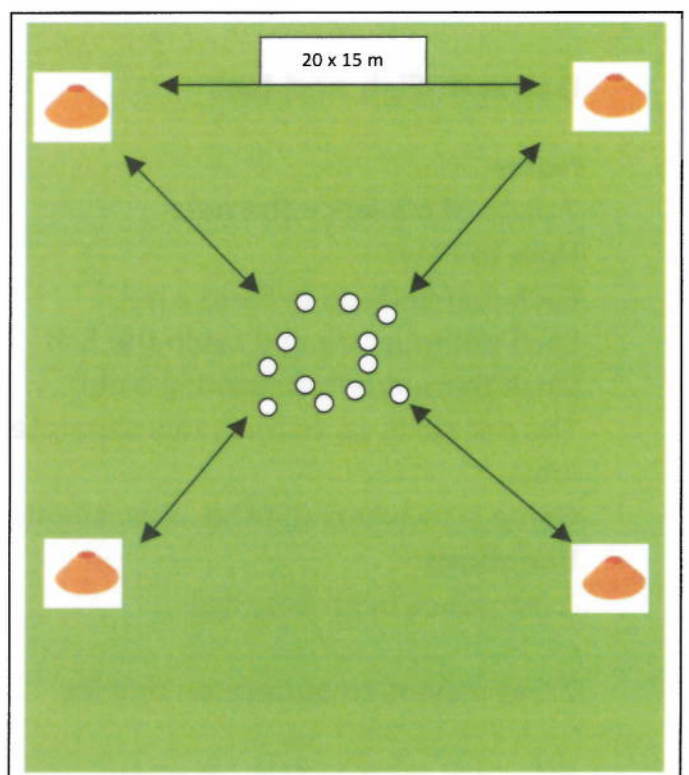
One group at each corner of playing area

How to Play:

On the whistle

Each player runs to the middle & picks up a ball and returns to his/her corner.

Game is over when all the balls in the middle are gone



Variations:

1. Ask players to throw the ball back to their corner or hop on one leg
2. Use different type ball

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Game 7: Sprint Dodge Ball

Notes:

10 children line up in zone A
4 children stand at side of zone

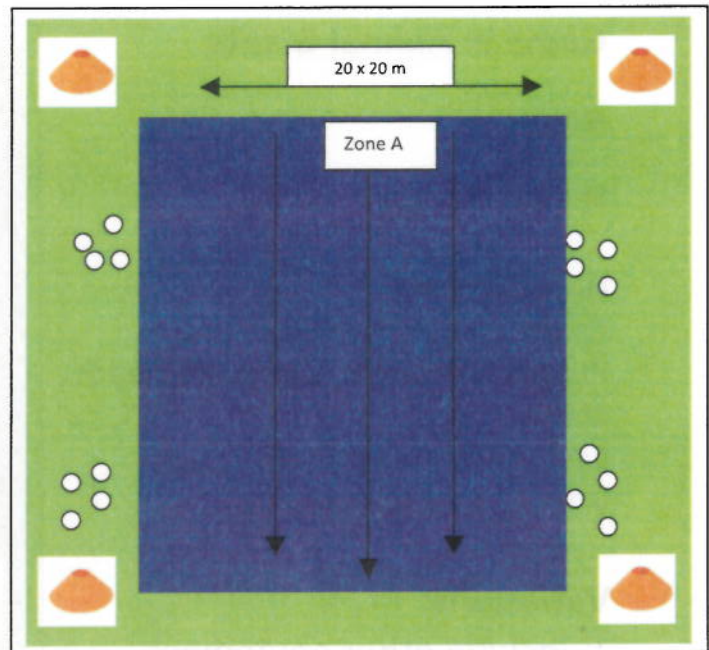
How to Play:

On the whistle, players in zone A
Sprint.

4 players try to hit the sprinters

Below the waist line

The last player standing is the
winner.



Variations:

1. Get the throwers to hop on one leg
2. Include a ball for the sprinters

Game8: Cookie chocolate chip Bomb

Notes:

Ask children to stand in the chip zone

How to Play:

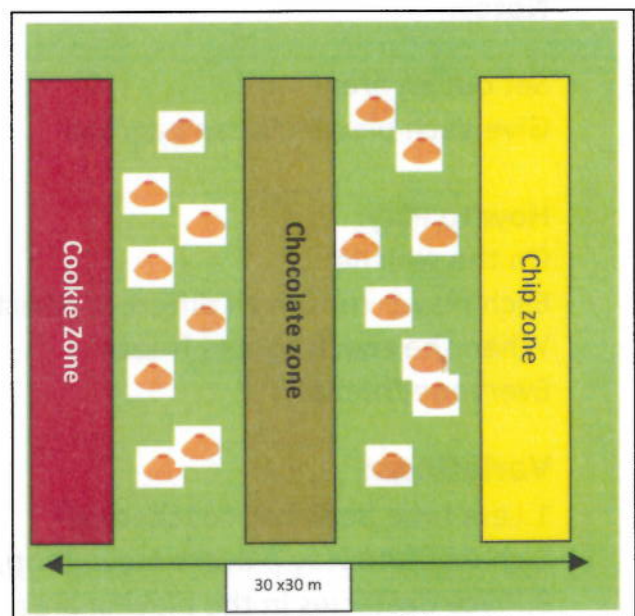
On the coaches call

The group runs to the zone called

Avoiding the bombs between the zones

Variations:

1. Put chasers in the bomb zone to catch players when they run on the call
2. Coach points but call opposite signal



Game 9: Animal Giants

Notes:

Set out an area

How to Play:

Coach calls an animal's name

Players must look & sound like each animal

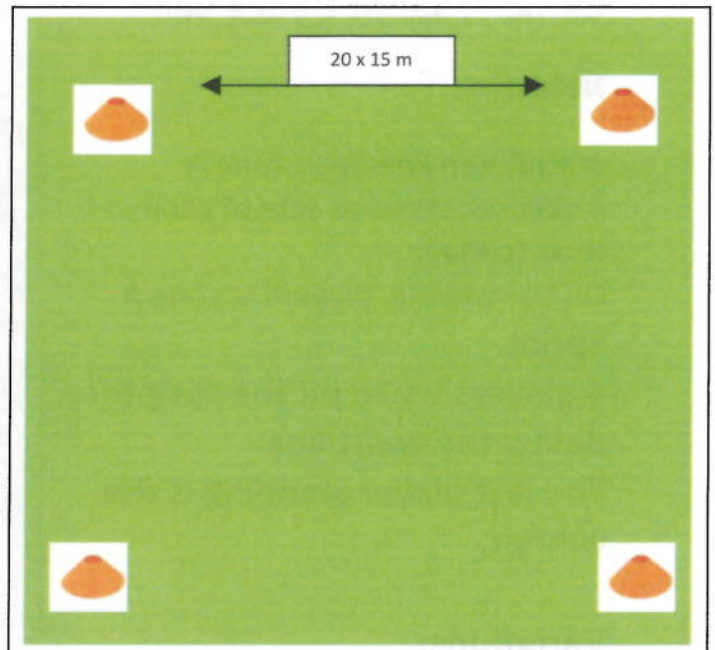
Each child moves around area

While waiting on next call

Variations:

1. Include other equipment

E.g. bean bag balance, ball balance



Game 10: Frozen Bean Bag

Notes:

Set out an area

Give each player a bean bag/ball

How to Play:

On the whistle

Each player runs in all different directions

When the coach shouts freeze

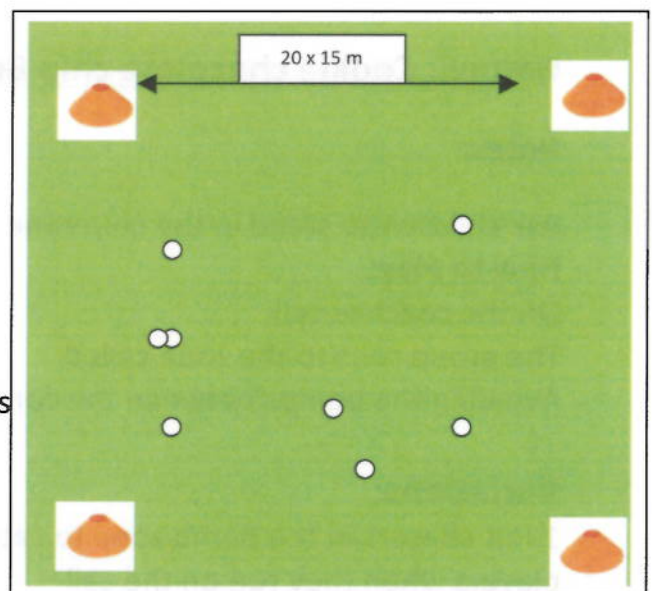
Everyone freezes

Variations:

1. Less time between coaches call

2. change the way players move (hop, jump)

3. Place obstacles in the playing area



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Relay Racing/activities

Relay 1: Crocodile River

Notes:

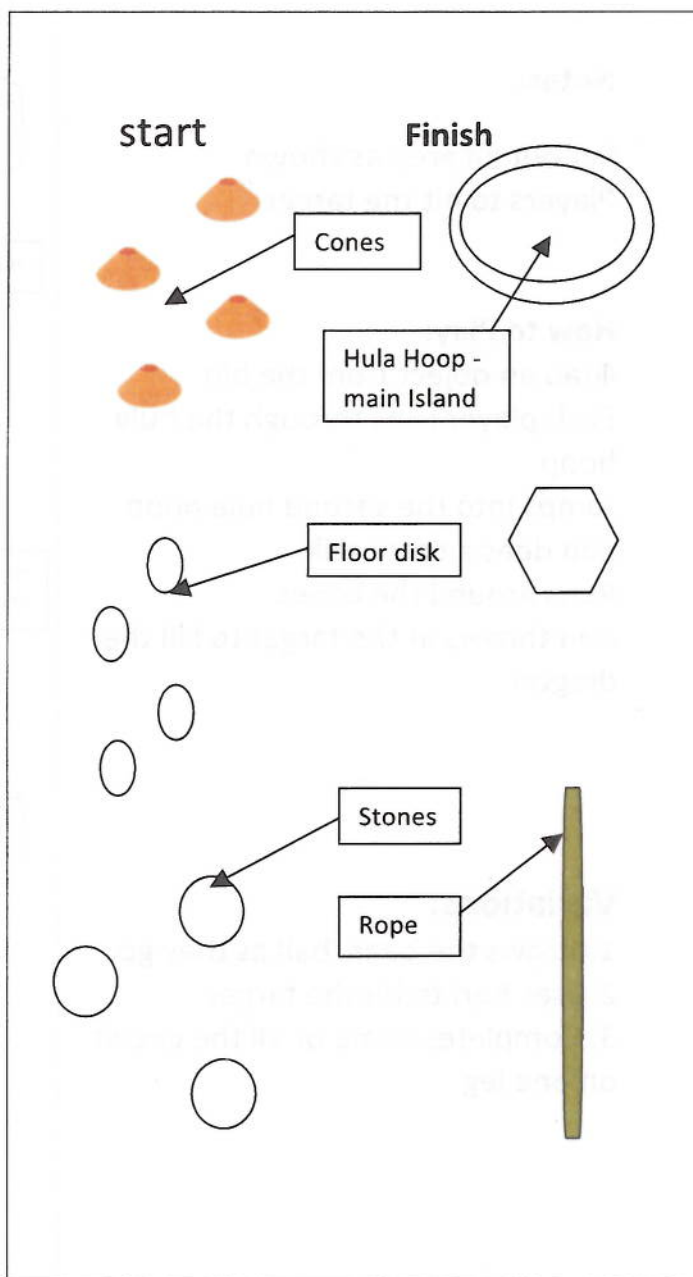
Set out an area as shown
Players need to get across river to the Island

How to Play:

Start at the cones on the bank
Each player hops on each island
Using the don't to get across the water
Walk along the rolling log to the Big rock
Then jump through the hula hoop
To safety

Variations:

1. Extend distance of disks
2. Two ropes – one foot on each
3. Carry bean/ball along the route



Relay 2: Dragon's Cave

Notes:

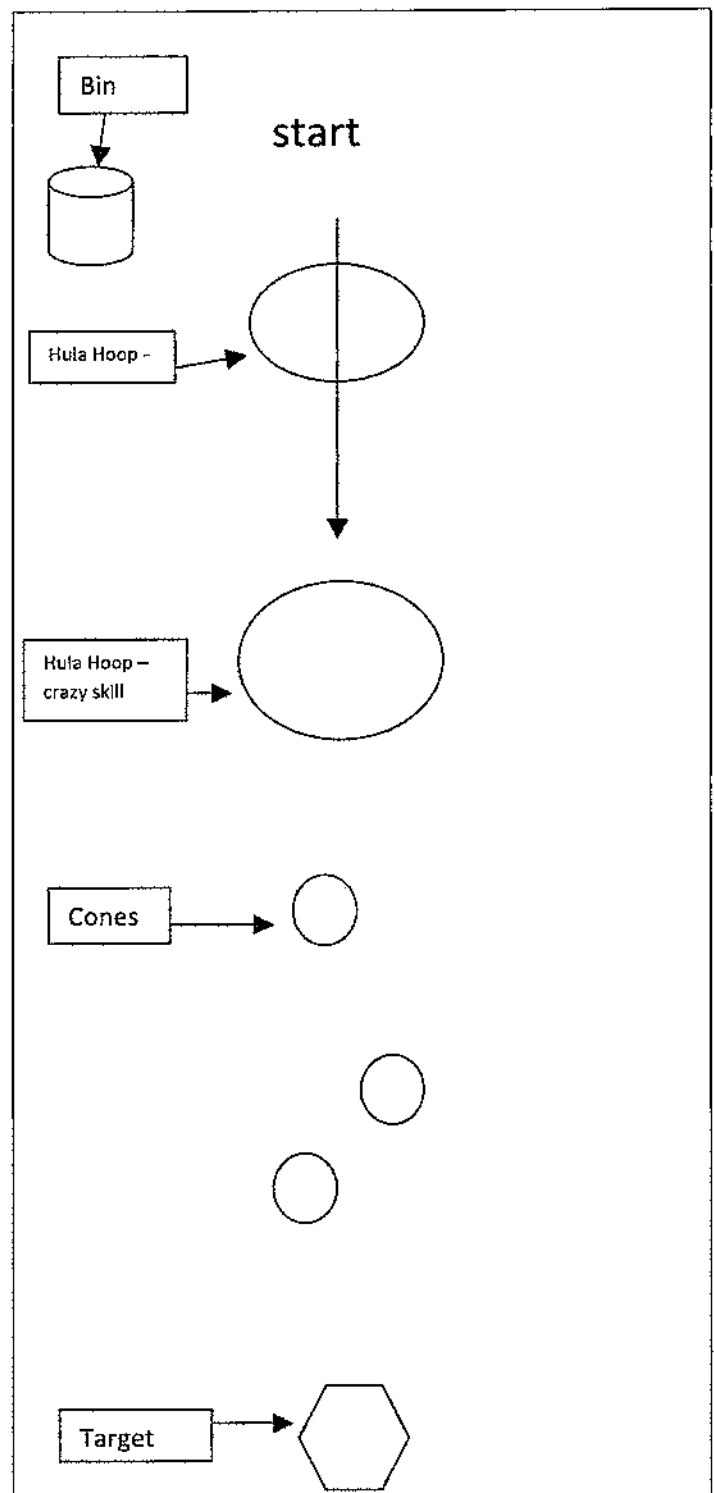
Set out an area as shown
Players to hit the target

How to Play:

Grab an object from the bin
Each player runs through the hula hoop
Jumps into the second hula hoop and does a crazy skill
Runs around the cones
And throws at the target to kill the dragon

Variations:

- 1.throws the bean/ball as they go
- 2.Uses hurl to hit the target
3. Completes some or all the circuit on one leg



Relay 3: The Olympics

Notes:

Set out an area as shown

How to Play:

Each player runs & jumps over hurdle

Steps through ladders

Jump over each hurdle around the cone

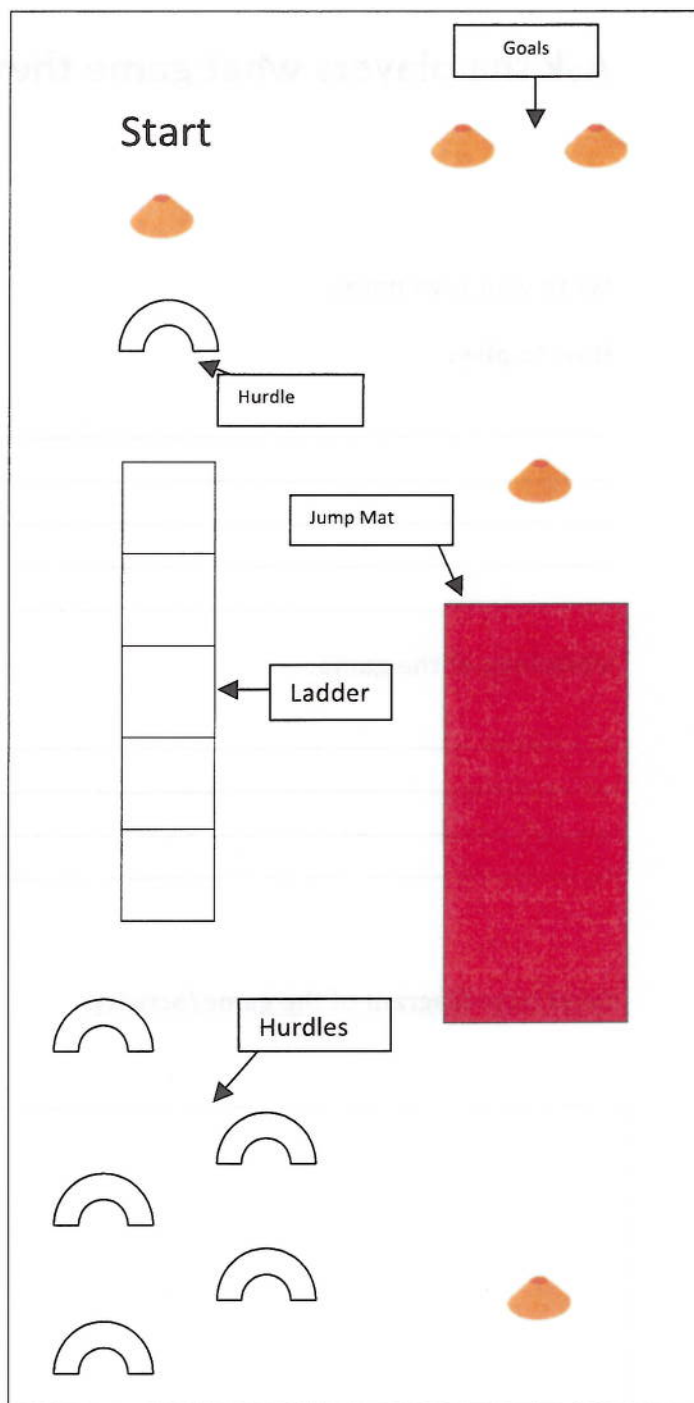
Head over heels or jump the mat

Runs on to the cone &

And throws at the target to score

Variations:

- 1.throws the bean/ball as they go
- 2.Uses hurl to hit the target
3. Completes some or all the circuit on one leg



Game 6: _____

Ask the players what game they would like to play?

Write your own notes:

How to play:

Variations of the game:

Draw your diagram of the game/activity:

