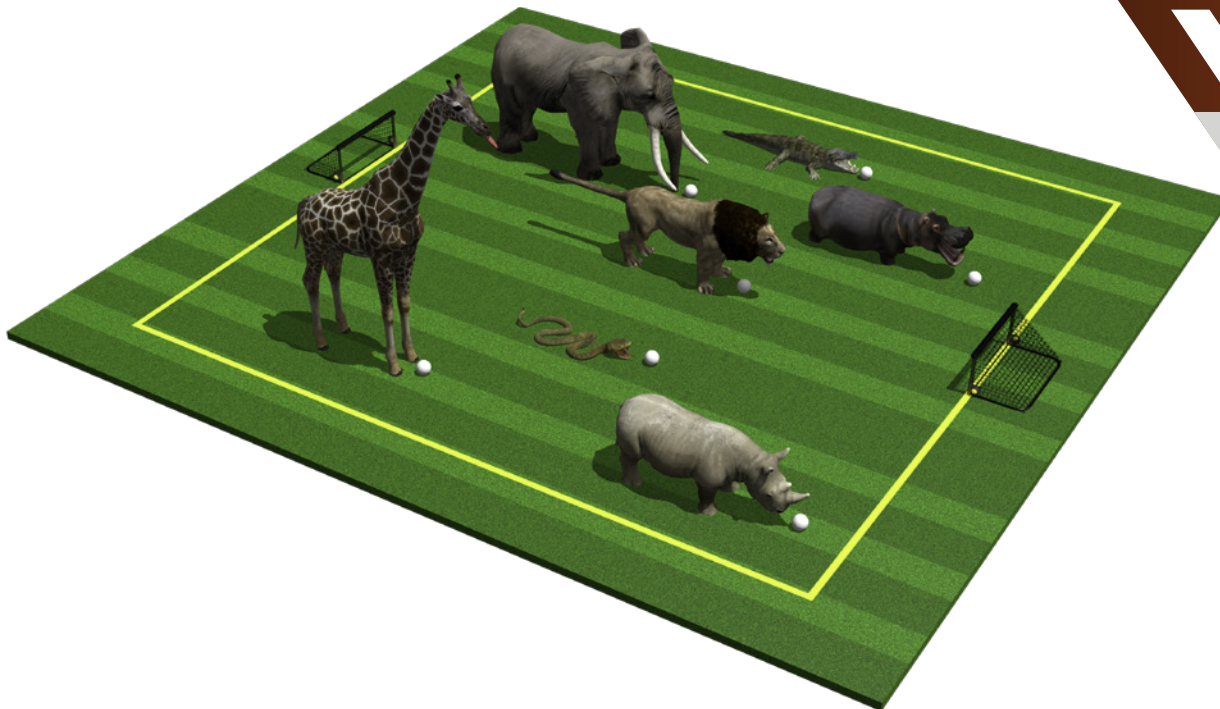


WARM UP GAME 10

JUNGLE BALL



SET UP

- 25x25m main square
- Goals are optional
- x1 ball per person

COACH TIPS

- Encourage the animal movements and if a player is struggling to move in the chosen pattern guide them - some will find it easier than others.
- Ask the children for ways in which each animal can move the ball if they were playing soccer. For example, if a giraffe played soccer the children could 1] walk on their toes, 2] put the ball in their hands and keep their arms stretched above their head. Pass keeping the ball above their head.
- Coach can play 3 min games. [G1] play a match like elephants, [G2] Play a 3min game like giraffes and so on until warm up is finished.

GAME DESCRIPTION

Jungle ball is aimed at developing body movement and ball discovery - Coach calls out an animal of the jungle and asks the players how do they move? Children learn from each other or copy the coach's desired movement pattern for that animal. Repeat for different animals - some examples on the grid - coach can make up new animals to keep interest.

Once the animal movement has been mastered, add in a ball and ask the children to design a way in which an animal can move the ball. Coach to highlight children that demonstrate good ideas. Further progression: can you play a ball game using a desired movement pattern.