



HOWZAT!

Games – Warm Ups

Name: Traffic Lights

Aim:

To warm players up physically and mentally.

To select and apply skills and tactics with a range of movement skills incorporating spatial awareness.

To understand fitness and health by becoming aware of the benefits of participating in a warm up game to prepare for physical activity.

Organisation:

Players work in 3 lines, initially jogging on the spot. They then must react to commands as soon as possible.

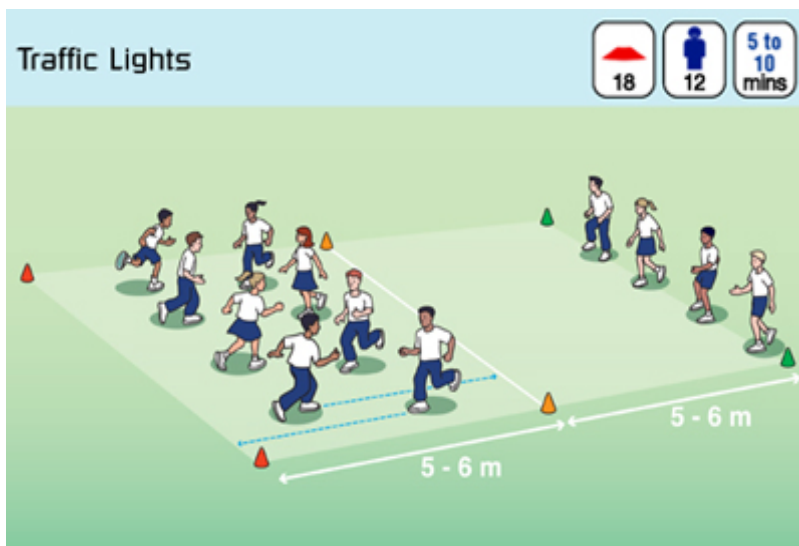
Technique:

Commands include; “Swap” — swap places with a team mate in your line; “Check” — turn 180 degrees; Shout cone colours to swap lines; “Touch the floor” — jump up and clap your hands; “Clap hands” — bend down and touch the floor.

Adaptation/Variation:

Add an additional line; Change cone colour command for team name or number; Players to use side steps, hopping, skipping when swapping lines; Add mobility exercises.

If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.



Equipment:

Players: up to 24;

Cones: 6 cones (2 red, 2 yellow, 2 blue etc);

Time: 5 – 10mins.