



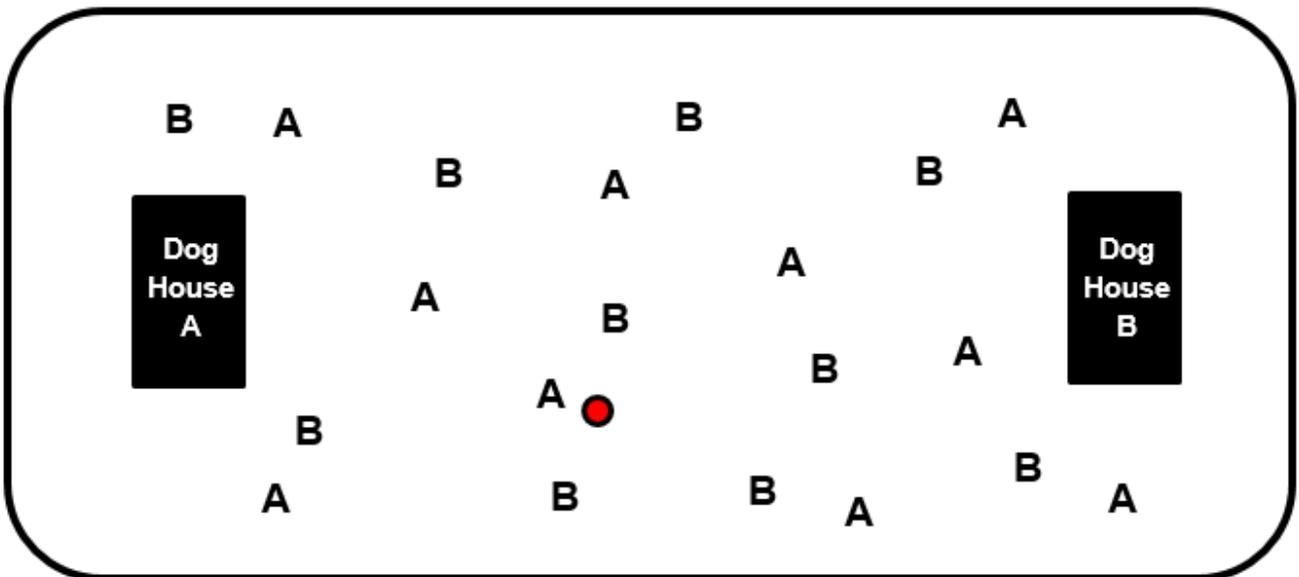
## **APPENDIX G:**

# **DRILLS AND SKILLS 12 YEARS AND UNDER**

## APPENDIX G: DRILLS AND SKILLS – 12 YEARS AND UNDER

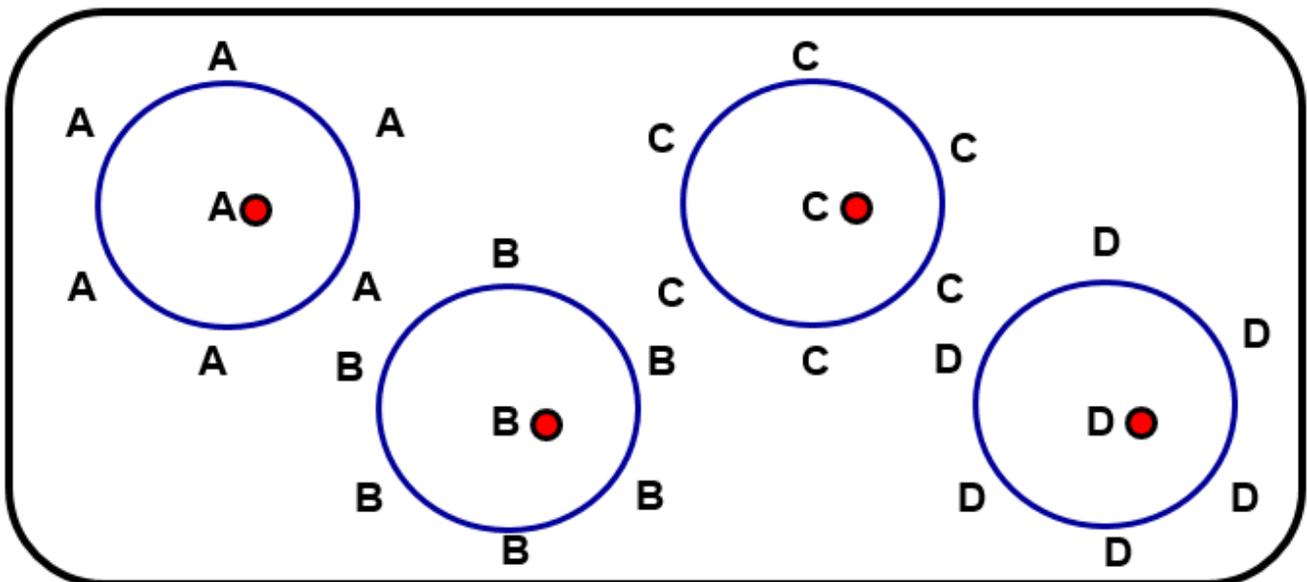
### Drill Name: DOG HOUSE

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Passing and Catching   |
| Equipment         | One Ball, One Stick per Player, Two Gym Mats   |
| Time              | 10 Minutes   |
| Number of People  | 10+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into two groups, putting one player per group in the “House”.</li> <li>• Objective is to pass the ball to your own player (The Dog) in the “House”.</li> <li>• Dogs may not leave the Dog House.</li> <li>• Score 1 point for each completed pass to the Dog.</li> <li>• Coach starts play by tossing the ball into the field of play.</li> <li>• After a point is scored, the ball is returned to the coach.</li> <li>• Change the “Dogs” after a set period of time or number of catches.</li> </ul> <p style="text-align: center;"><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>• No contact.</li> <li>• No running with the ball.</li> <li>• No interference with players attempting to pass.</li> <li>• All athletes are at least 2m away from each other.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Add more balls into the game.</li> <li>• All players are stationary.</li> <li>• Allow players to intercept passes.</li> </ul>   |



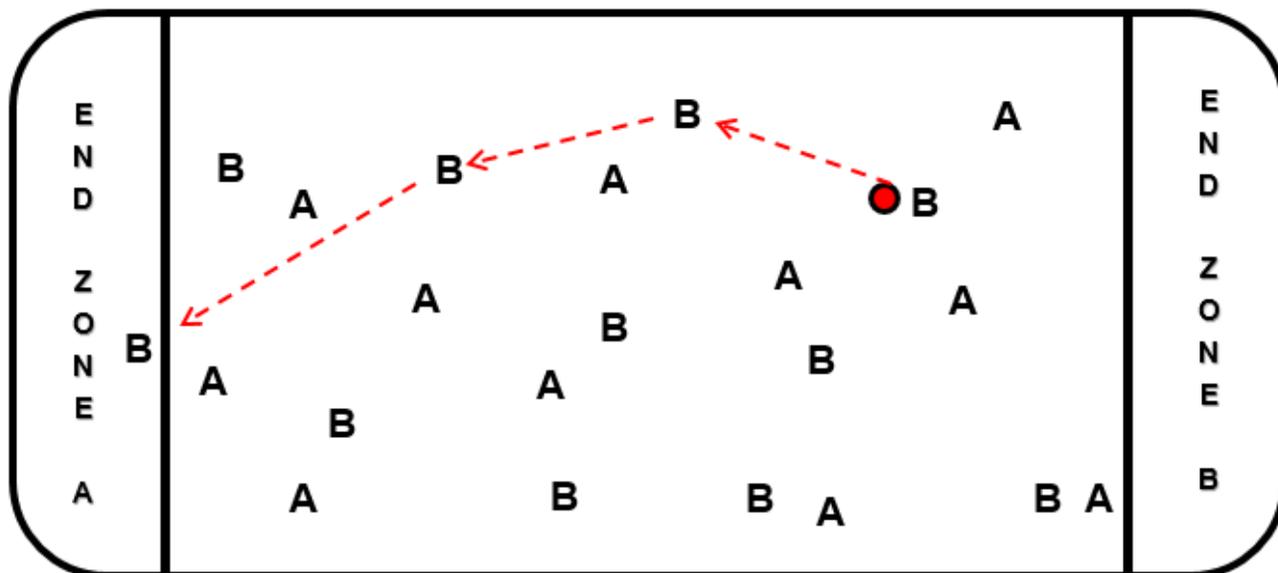
## Drill Name: AROUND THE CLOCK

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Passing and Catching   |
| Equipment         | One Ball per Group, One Stick per Player   |
| Time              | 10 Minutes   |
| Number of People  | 10+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into four groups.</li> <li>• Objective is to pass the ball between the players.</li> <li>• Each group forms a large circle with one player in the centre.</li> <li>• On the whistle, the player in the centre passes the ball to, and receives it back from each player in turn around the circle.</li> <li>• On completion of the “clock” the group sits down.</li> <li>• First group finished gets one point.</li> <li>• Change the centre player and repeat.</li> <li>• The game ends when each player has had a turn in the centre.</li> <li>• Most points wins.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Ball must be handled with sticks only at all times.</li> <li>• No extra penalty for passes missed.</li> <li>• All athletes are at least 2m away from each other.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• With increasing skill, require the group to pass the ball around the clock two or three times to complete .</li> <li>• Reverse direction on each “clock”.</li> </ul>  |



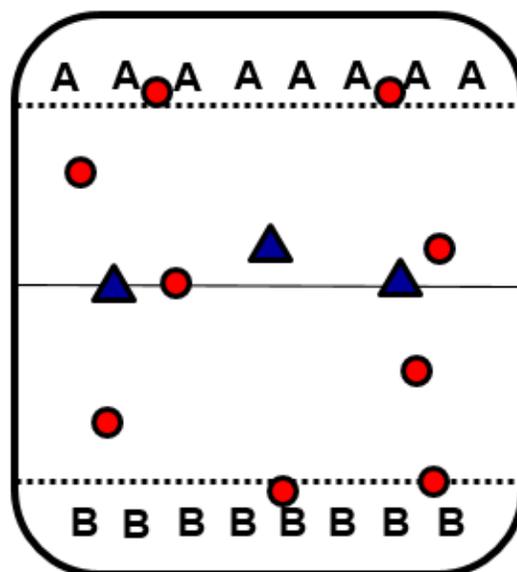
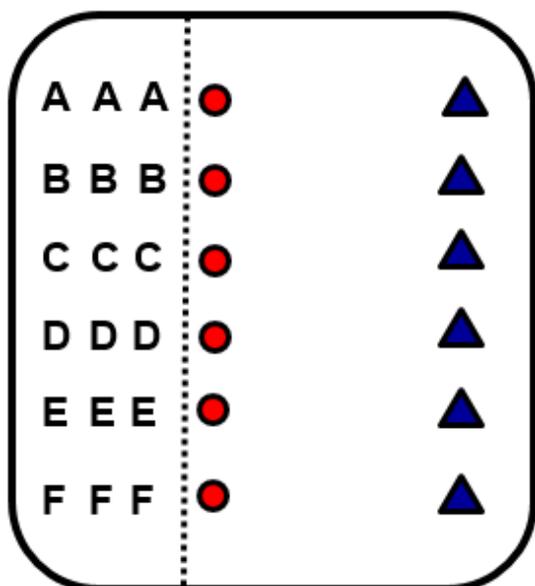
## Drill Name: TOUCHDOWN

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Passing and Catching   |
| Equipment         | One Ball, One Stick per Player   |
| Time              | 15 Minutes   |
| Number of People  | 10+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into two groups and set goal lines.</li> <li>• Objective is to complete a pass across the goal line for a touchdown.</li> <li>• Players may not run with the ball.</li> <li>• To begin play, the coach throws the ball into the centre of the play area.</li> <li>• First player to cover a loose ball gains possession.</li> <li>• After a touchdown, group scored upon gets possession at their own goal line.</li> <li>• A ball trapped in opponent's end zone must be passed outside the end zone.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• No contact with either stick or body.</li> <li>• No interference with players attempting a pass.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Add more balls into the game.</li> </ul>  |



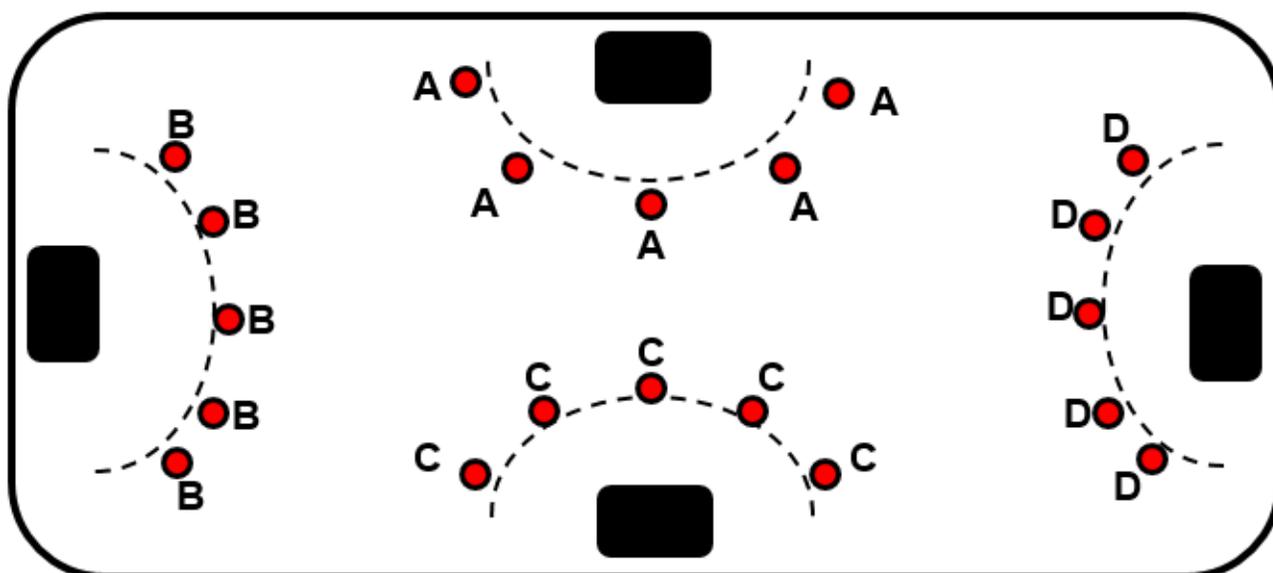
## Drill Name: TARGET BALL

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Passing and Shooting   |
| Equipment         | Balls, One Stick per Player, Target Ball, Pylon or something to act as a base for the target ball  |
| Time              | 15 Minutes   |
| Number of People  | 10+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into four groups.</li> <li>• Line up participants one behind the other, and place a target in front of each line.</li> <li>• Group players take turns shooting at the target and get a point for each hit or race the other groups to be the first to knock the target ball off its pedestal.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Retrieving balls should be done carefully. You may use one ball per line and have the shooter retrieve the ball for the next in line or use one ball be player and have each retrieve their own ball.</li> <li>• Where the game is played to hit the target, stress the need to be accurate and not forceful in the shot.</li> <li>• All athletes are at least 2m away from each other.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• For a larger game, place two groups on opposite sides of one, two or three targets. Missed shots would serve as retrieved balls for the opposite side. Attempt to have the target ball roll onto the other group's side of centre.</li> </ul>   |



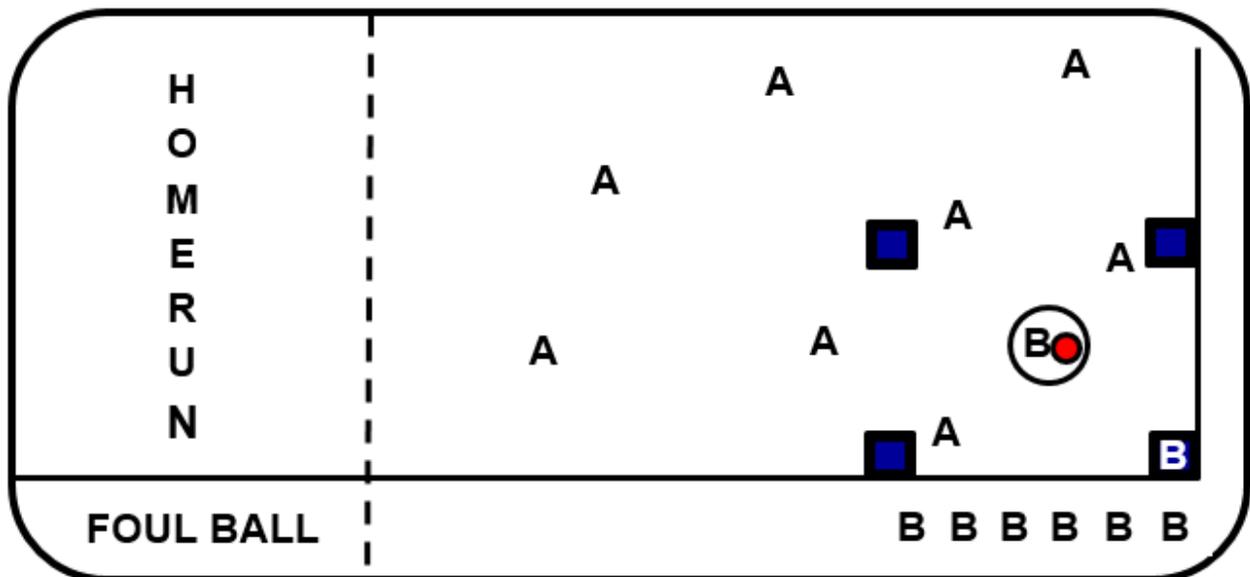
## Drill Name: FIRING SQUAD

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Shooting   |
| Equipment         | One Ball per Player, One Stick per Player, Goals (lacrosse or hockey goals), Obstacles to put in the goal (chairs)   |
| Time              | 15 Minutes   |
| Number of People  | 10+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into four groups. You'll need as many balls as participants.</li> <li>• Line up groups a designated distance from a goal of their own, each person with a ball.</li> <li>• Line the participants up so that they will all be able to shoot at once.</li> <li>• On the signal "FIRE" all participants shoot at the goal. Scoring shots count toward group score.</li> <li>• Groups then retrieve the balls quickly and set up, reporting the number of goals scored and awaiting the signal to "FIRE".</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Accuracy can be highlighted by using targets or hitting the post/crossbar.</li> </ul>   |



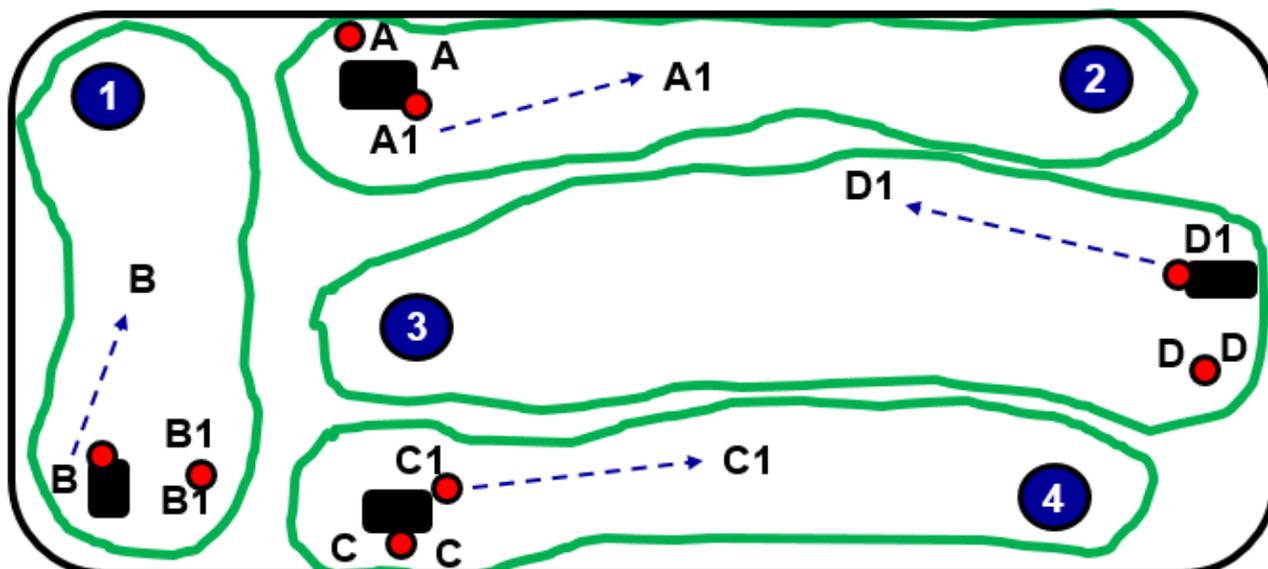
## Drill Name: LACROSSE SOFTBALL

|                   |   |
|-------------------|---|
| Stage of Activity | FUNdamentals  |
| Skills            | Passing, Catching and Cradling  |
| Equipment         | One Ball, One Stick per Player, Bases   |
| Time              | 15 Minutes  |
| Number of People  | 10+   |
| How It Works      | <p>Follow Softball rules with the following exceptions:</p> <ul style="list-style-type: none"> <li>• Each group provides own pitcher, three pitches maximum per “batter”.</li> <li>• Batter must catch ball to put it in play. Three misses is a strikeout</li> <li>• Batter “hits” ball by throwing it into the field of play.</li> <li>• An OUT may be made by catching a pop fly.</li> <li>• Baserunners must continue to the next base allowing for forced outs.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Coach is pitcher, lobs ball by hand.</li> <li>• Throw back to the pitcher – baserunners not on a base are out</li> </ul>   |



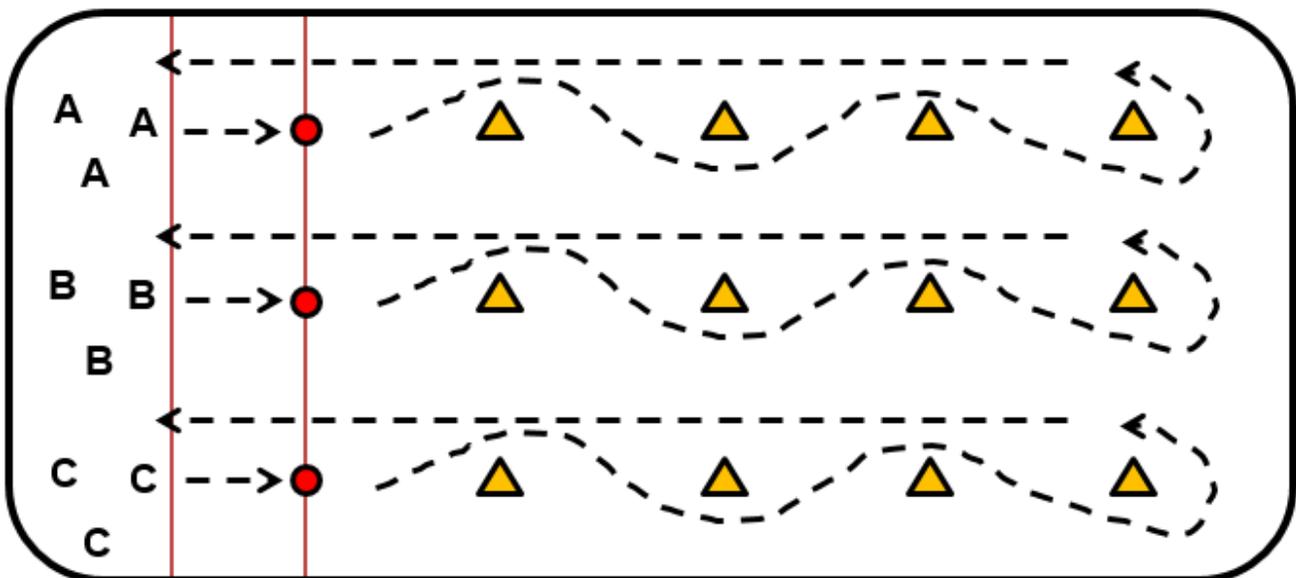
## Drill Name: LACROSSE GOLF

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Catching and Shooting  |
| Equipment         | One Ball per Group, One Stick per Player, Targets for "HOLES" (Chairs, Hoops)  |
| Time              | 15 Minutes   |
| Number of People  | 8+   |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into groups of two and form foursomes for play.</li> <li>• Objective is to hit target to complete hole in as few strokes as possible.</li> <li>• Player A1 "Tees Off" by passing to other A1 who is in position towards the target.</li> <li>• If pass is completed then A1 (who just passed) moves closer to the hole, with A1 (how just caught the ball) passes to A1 who just moved.</li> <li>• On any incomplete pass, the ball is returned to the passer for another attempt.</li> <li>• Players "leap frog" until one player shoots at the target, then alternating until successful in hitting the target.</li> <li>• Each pass (shot) counts as one stroke. As if golf, groups score EAGLES, BIRDIES, PARS AND BOGEYS.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Have foursomes start course at each "tee".</li> <li>• Vary lengths of holes, number of holes, size of targets.</li> <li>• A PAR 3 course works well for ease of scoring.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Players switch hands on certain holes.</li> </ul>   |



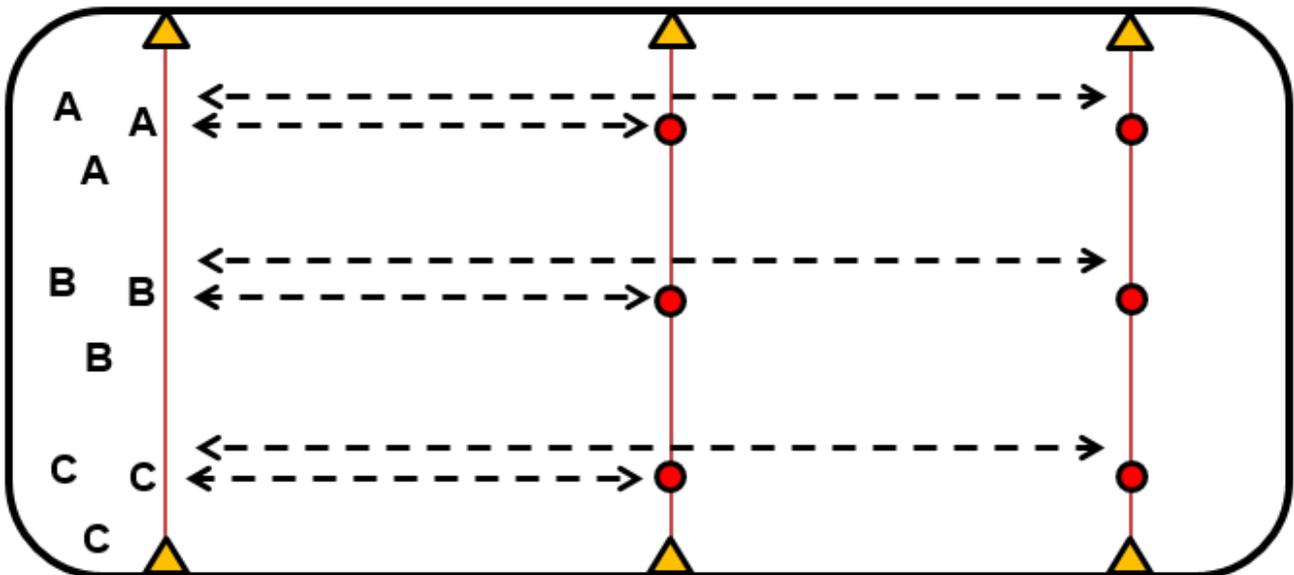
## Drill Name: SCOOP, CRADLE AND SPRINT

|                   |   |
|-------------------|---|
| Stage of Activity | FUNDamentals  |
| Skills            | Scooping and Cradling   |
| Equipment         | One Ball per Group, One Stick per Player, Cones   |
| Time              | 15 Minutes  |
| Number of People  | 8+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into groups of three or four on the baseline/goal line</li> <li>• In front of each group, a ball is placed on the ground about 4 meters up the floor.</li> <li>• 4-6 cones spread up the floor about 2 metres apart.</li> <li>• Players scoop the ball and weave, while cradling the ball, through the cones to the end.</li> <li>• Once reaching the end, then players then sprint back placing the ball on the floor at the four metre line.</li> <li>• When the player passes the start line, the next player can go.</li> </ul> |



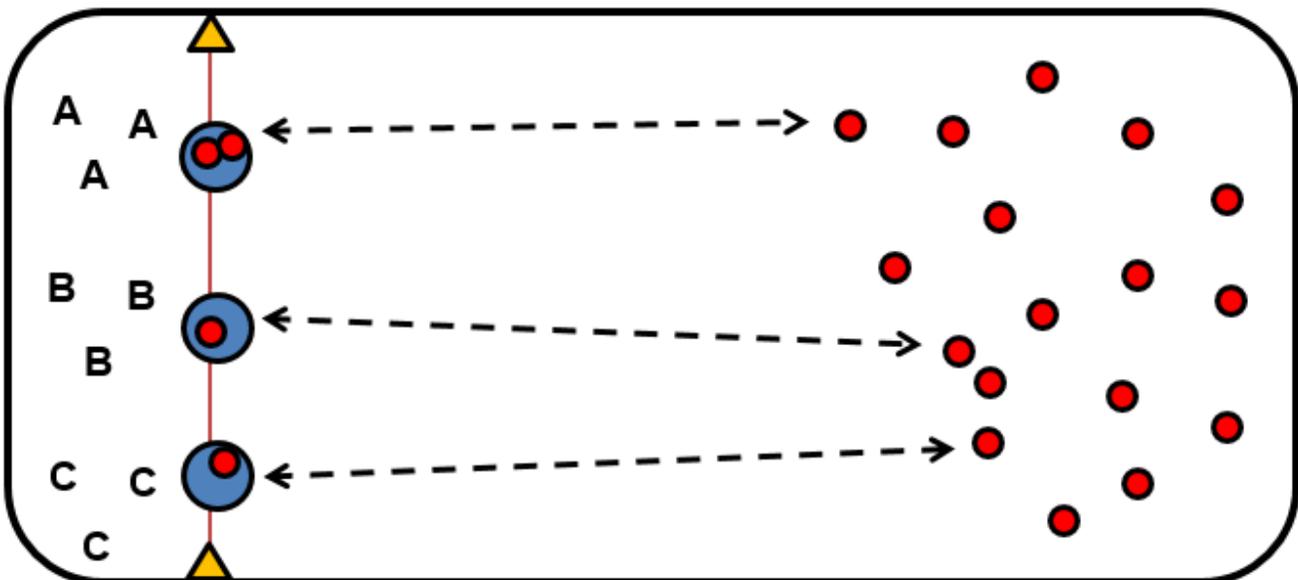
## Drill Name: SCOOP SHUTTLE TAKE AND REPLACE

|                   |   |
|-------------------|---|
| Stage of Activity | FUNDamentals  |
| Skills            | Scooping and Cradling   |
| Equipment         | Two Balls per Group, One Stick per Player, Cones  |
| Time              | 15 Minutes  |
| Number of People  | 8+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into groups of four.</li> <li>• Two balls (for each group) are spread out down the floor/field at the centreline and far side of the playing area.</li> <li>• The first player runs out, scoops up the first ball and returns it to the starting line, placing it down by trapping it.</li> <li>• The player continues to the far ball, scooping it up and cradling it back to the starting line.</li> <li>• Ball is place down on the starting line by trapping it.</li> <li>• Second player in the lineup picks up a ball and carries it to the far side of the playing surface and placing it down by trapping it.</li> <li>• Second player runs back to the starting line and picks up the second ball.</li> <li>• This ball is brought back to the centreline and put down by trapping it.</li> <li>• First and Third players take balls away from the lines and the Second and Fourth players put the balls back on the lines.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Dropped balls must be trapped and scooped.</li> <li>• Players stay 2m away from each other.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Complete the cycle 1, 2 or 3 times.</li> </ul>   |



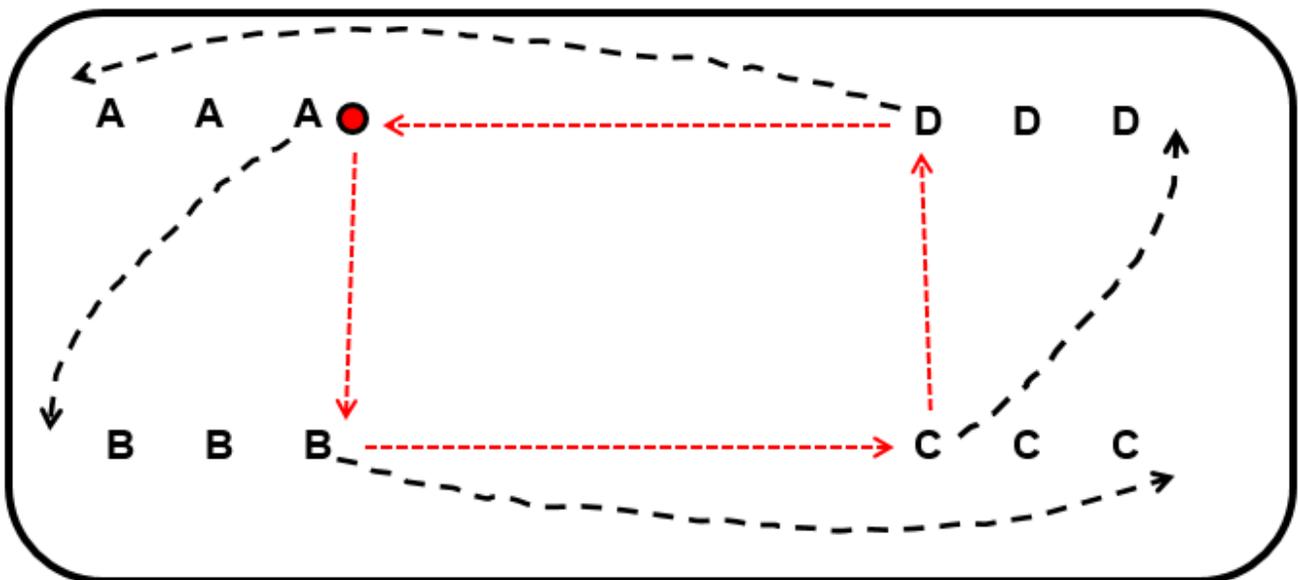
## Drill Name: HUSTLE

|                   |   |
|-------------------|---|
| Stage of Activity | FUNDamentals  |
| Skills            | Scooping and Cradling   |
| Equipment         | Balls, One Stick per Player, Garbage Cans/Buckets   |
| Time              | 15 Minutes  |
| Number of People  | 8+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into groups of three to four.</li> <li>• First, the coach spreads all balls into the playing area.</li> <li>• First player on each group races out and scoops up a loose ball. This player then runs back and drops the ball into the garbage can/bucket.</li> <li>• The next player then goes to retrieve a ball.</li> <li>• Game continues until all the balls are picked up. The group with the most balls in the bucket wins.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• No hands allowed.</li> <li>• No stick checking.</li> <li>• Players stay 2m away from each other.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Stick Checking allowed.</li> <li>• Use cards and when each ball is dropped into the bucket the player gets to pick a card. After everything is done, the group with the best poker hand wins</li> </ul>  |



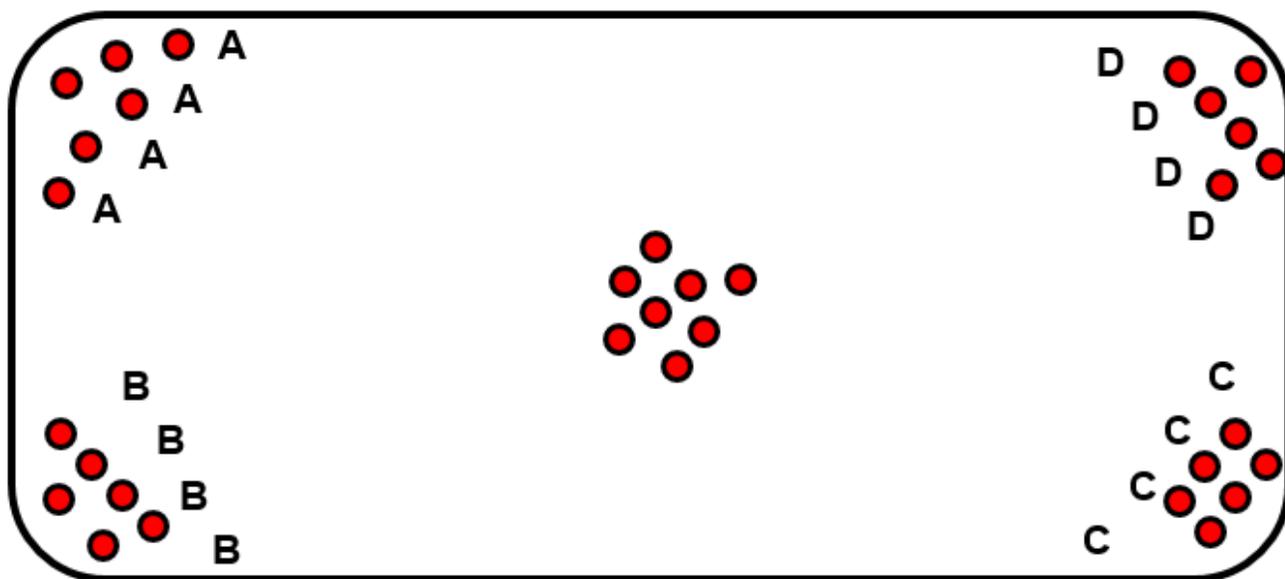
## Drill Name: FOUR CORNERS

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Passing and Catching   |
| Equipment         | Ball, One Stick per Player   |
| Time              | 15 Minutes   |
| Number of People  | 8+   |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into four.</li> <li>• Each group becomes a corner of a square.</li> <li>• First player passes to the next corner and then runs to that corner and lines up behind a last player.</li> <li>• Players are passing around the square and changing corners after each pass.</li> </ul> <p style="text-align: center;"><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>• No hands allowed.</li> <li>• Players lineup 2m away from each other.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Add an extra ball or two.</li> </ul>  |



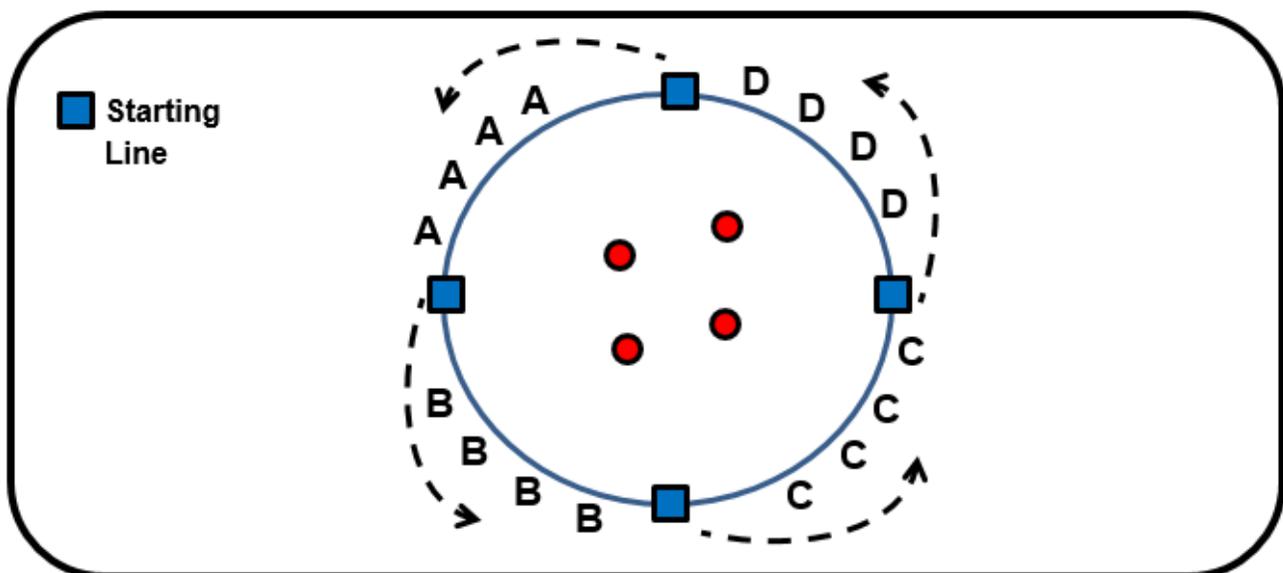
## Drill Name: HIDEAWAY

|                   |  |
|-------------------|--|
| Stage of Activity | FUNDamentals   |
| Skills            | Scooping and Cradling  |
| Equipment         | Balls, One Stick per Player  |
| Time              | 10 Minutes   |
| Number of People  | 10+  |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into four and assign a corner of the floor/field for each group as their hideaway.</li> <li>• Divide balls equally to each group and have them place the balls in the hideaway. Any extra balls can be left in the middle or neutral area.</li> <li>• On the whistle, <u>ALL</u> players rush out to capture balls from other hideaways.</li> <li>• Captured balls are brought back and dropped into the players own hideaway.</li> <li>• The players then venture out to capture more balls.</li> <li>• Play is timed and at the end, whichever group has the most balls in their hideaway wins.</li> </ul> <p style="text-align: center;"><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>• No hands allowed.</li> <li>• Only 1 ball may be picked up at a time.</li> <li>• Passing is not allowed.</li> <li>• Hideaways MAY NOT be guarded.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Special balls may be marked with tape for extra points.</li> </ul>  |



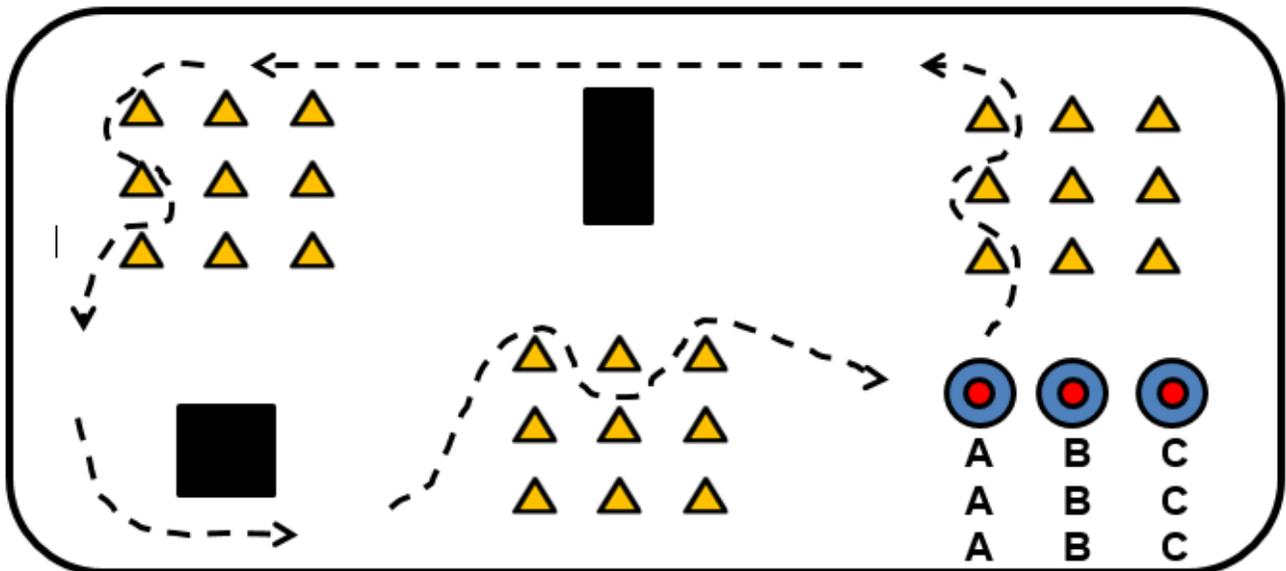
## Drill Name: GRAND PRIX

|                   |   |
|-------------------|---|
| Stage of Activity | FUNDamentals  |
| Skills            | Scooping and Cradling   |
| Equipment         | Balls, One Stick per Player   |
| Time              | 10 Minutes  |
| Number of People  | 10+   |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into 4-6 groups.</li> <li>• Assign car names to players so that each group has one of each model (i.e. Porsche, BMW, Lotus, Jaguar, etc.).</li> <li>• On the floor/field players form a large circle (allowing room for a “track” outside the circle). Once around the circle is a lap.</li> <li>• The Coach calls the number of laps and then the model of car.</li> <li>• Players with that name scoop a ball from the centre of the circle, and run the number of laps called.</li> <li>• The ball is then returned to the centre of the circle.</li> <li>• First one finished receives one point for their group.</li> <li>• Repeat with a new car name.</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>• Players must enter and exit circle at their starting position.</li> <li>• Two hands on the stick at all times.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Change rotation direction</li> </ul>   |



## Drill Name: OBSTACLE COURSE

|                   |   |
|-------------------|---|
| Stage of Activity | FUNdamentals  |
| Skills            | Scooping and Cradling   |
| Equipment         | Balls, Cones, Hula Hoop, One Stick per Player   |
| Time              | 10 Minutes  |
| Number of People  | 10+   |
| How It Works      | <ul style="list-style-type: none"> <li>• Divide group into groups.</li> <li>• Set up one obstacle course, well spaced. Course should come full circle to the starting line.</li> <li>• Balls placed in a hoop to start. On whistle, first player picks up the ball with the stick and runs the obstacle course.</li> <li>• On completion of the course, player places the ball in the group's hoop and the next player goes.</li> <li>• First group finished course wins.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Dropped balls must be picked up with stick only.</li> </ul> |
| Modifications     | <ul style="list-style-type: none"> <li>• Add stations to obstacle course (i.e. throw ball against a wall and catch before proceeding).</li> </ul>   |



## Adapted Ampe

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | None  |
| Time              | 5-10 minutes  |
| Number of People  | 2+  |
| How it Works      | <p>Children form pairs and stand facing each other two meters apart. Players decide who is the “same” winner, and who is the “different” winner.</p> <p>Game begins with players jumping in place 6 times. On the sixth jump, both players randomly stick one foot forward when they land. If the feet match on the same side, the “same” player wins, if the feet are on opposite sides, the “different” payer wins.</p> <p>Game continues with the players jumping 6 times again. Play best 3 out of 5 and then find someone new to challenge.</p> <p>*In another traditional version, the children clap, then jump one time, putting one foot out when they land (as above).</p> |
| Applications      | Strength, endurance, problem solving, opponent-awareness, cooperation, speed of movement, reaction time   |
| Modifications     | <p>Athletes can jump right or left on the sixth jump to train lateral movement and “reading” the intended motion of an opponent. Athletes keep eyes closed during the jumping to increase chance component.</p> <p>Athletes switch roles (i.e. from “same” to “different”)</p>  |

## Airplane

|                   |   |
|-------------------|---|
| Stage of Activity | FUNDamentals, Learn to Train  |
| Equipment         | None  |
| Time              | 5 - 10 minutes  |
| Number of People  | Teams of 5  |
| How it Works      | <p>The formation of the airplane uses all five runners and is similar to the way a coach might want the players to move up and down the floor (field/rink). It can be used to teach team work in picking up loose balls, as a break-out pattern or in getting back to the defensive zone. The formation is a Diamond and One in the middle (Nose, Wing, Tail, Wing, Pilot in the middle). All teammates must be two or more meters apart. The airplane can move in four different directions but must maintain shape. Pilot calls direction, the other players must relay and move accordingly.</p> |
| Applications      | Spatial awareness, teamwork, communication  |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.  |

## Animal Stretching

|                   |   |
|-------------------|---|
| Stage of Activity | Active Start, FUNdamentals  |
| Equipment         | None  |
| Time              | 5-10 min  |
| Number of People  | Unlimited   |
| How it Works      | Players skate (jog) around perimeter and perform stretches led by coach: be a stork (one leg pulled up), be a frog (hopping), be an elephant (arms swinging like a trunk), be a giraffe (stretch up high), be a horse (gallop), be a bird (fly with arms out) |
| Applications      | Warm-up   |
| Modifications     | Can be used in the following environments: field, court, gym, snow, ice.  |

## Around the World

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | Sport specific balls  |
| Time              | 5 - 10 minutes  |
| Number of People  | Unlimited   |
| How it Works      | Have two teams of 3-5 players on opposite sides of the playing surface. First player must throw the lacrosse ball across the centre line into the other teams half of the surface. Once completed, that player must run to the other side of the playing surface. The other team must return the object back. Idea is to keep the object travelling back and forth for as long as possible. Can be used with lacrosse, tennis, badminton, footballs, basketballs, soccer balls, baseballs, rugby balls etc. Players on both sides must maintain a distance of at least two meters from all other players. |
| Applications      | Warm-up, striking, kicking, catching, agility, balance, coordination  |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.  |

## Build the Ladder

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | None   |
| Time              | 5 - 15 minutes   |
| Number of People  | 10+  |
| How it Works      | Participants divide into teams of 5 and each team lines up on a goal line or baseline and must remain two meters apart – identify a number of other lines (approx. 5 meters apart) across the field of play from the goal line (rungs on the ladder). The first player carries the ball to the first line, stops and passes the ball back to one of their team mates on the goal line. The second player carries the ball to the second line, stops, and passes the ball to the player on the first line who passes the ball back to one of their team mates on the goal line and so on. The first team to have a player on each available line and the ball passed back to the goal line, wins. |
| Applications      | Agility, passing, skating/running  |
| Modifications     | Can be played in a variety of environments including on an ice pad using the hockey or ringette lines, on a field using soccer, rugby or football lines, or in a pool by identifying markers on the pool deck.<br>Can keep the ball moving by reversing and “unbuilding” the ladder.<br>Make the ladder larger or smaller to accommodate two equal teams.  |

## Cat ‘n Mouse

|                   |  |
|-------------------|--|
| Stage of Activity | Fundamentals   |
| Equipment         | Cones (optional) to make a start and finish line   |
| Time              | 5 - 10 minutes   |
| Number of People  | 2+   |
| How it Works      | Split the group in half.<br>Line up half the group on the “start” line at least two meters apart. They are the cats.<br>Line the other half 5 to 10 metres in front of them at least two meters apart. They are the mice. Create a finish line 40 to 50 meters in front of the mice.<br>On “GO” everyone sprints across to the finish line.<br>Cats are trying to PASS the mice (not tag them) by the time they reach the finish.<br>Switch roles and repeat several times, varying distances between cats and mice. |
| Applications      | Speed, reaction time   |
| Modifications     | Can be adapted to any type of locomotor activity: swimming, cycling, wheeling, hopping, crawling, sliding, skating, skiing, and so on.   |

## Chuck the Ball

|                   |   |
|-------------------|---|
| Stage of Activity | Learn to Train  |
| Equipment         | 1 ball<br>Cones* (optional – to mark course)<br>*may also use natural boundaries or markers   |
| Time              | 5 - 15 minutes  |
| Number of People  | 3+  |
| How it Works      | Use cones to mark a course 100 metres to 300 metres in length. Athletes jog around the course in a single file line at least two meters apart.<br>The athlete in front starts with the ball.<br>At some point during the lap, they throw the as far away from the group as possible and continue around the course at the same pace.<br>The last person in line sprints to pick up the ball, runs back to the group, then takes over the lead position.<br>Once the new leader takes over, they set the pace and choose when to throw the ball during the next lap.<br>*Note: participants must throw the duck before completing a full lap (measured from where they took over the lead).<br>Continue the pattern until all athletes have had a chance to throw. |
| Applications      | Speed-endurance, throwing, agility, interval training, recovery   |
| Modifications     | Can be adapted for any environment.<br>With older athletes, using a backhand pass or similar will keep the ball in play.  |

## Dicey Challenge

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | Dice  |
| Time              | 10-15 minutes or more   |
| Number of People  | Unlimited   |
| How it Works      | Create 6 exercises that correspond to each number on a die.<br><br>Write exercises on a board or create posters.<br><br>Athletes roll a die and complete the exercises for that number, then roll again and complete the next exercise. The goal is to complete as many dice rolls as possible in a specific time (e.g. 10 minutes). Athletes must maintain a distance of at least two meters from other participants during this exercise. |
| Applications      | Skill development, core activation / strength, fundamental movement skills  |
| Modifications     | Adapt skills to fit the needs of individual sports and environments.  |

## Dodge the Duck

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | None  |
| Time              | 5 - 10 minutes  |
| Number of People  | 1+  |
| How it Works      | <p>This game is excellent for training reaction time to stimulus. Set up a start line and finish line (50-150 metres apart depending on the sport).</p> <p>Place two different coloured rubber ducks (or other colored objects) about two thirds of the way down the track.</p> <p>The coach stands 1-2 metres from the ducks (toward the start line).</p> <p>On “GO” one athlete sprints toward the ducks.</p> <p>Just before the athlete approaches the ducks, the coach calls out one of the colours and the athlete tries to dodge to the side of the designated duck, then continue sprinting to the finish line.</p> <p>Call the colour earlier for novice athletes and later for more advanced athletes. Athletes awaiting their turn to run, must maintain a distance of at least two meters from other participants.</p> |
| Applications      | Speed, agility, reaction time, lateral movement, dodging  |
| Modifications     | <p>Adaptable to many sports, particularly those involving gliding at fast speeds where reacting to external factors is a critical component of performance (e.g. cycling, skating, canoeing, kayaking).</p> <p>Use different animals or coloured “dodging tools” depending on the community.</p>  |

## Down, Down, Down

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | Lacrosse balls  |
| Time              | 10 minutes  |
| Number of People  | 3+  |
| How it Works      | <p>Everyone will get into small groups and start passing the ball back and forth (tossing the ball). If one person drops the ball another person will say “down”. The participants will have to go down on one knee. The players then continue to pass the ball; if the team drops the ball again they will have to go down on 2 knees. Players continue to pass the ball. If a player drops the ball a third time they all have to go down on one elbow. The fourth time a player drops the ball they go down on 2 elbows. This continues until athletes on one team or group are down on their stomach or time is exceeded.</p> |
| Applications      | This develops the participant’s hand-eye coordination, throwing and catching skills.  |
| Modifications     | <p>This activity can be played with various balls depending on the sport. It can also be played on a court, or field using different sport equipment (for example: softball and gloves).</p> <p>The game can also be modified so that only the player responsible for dropping the ball has to drop down to the next level. A player is eliminated once they are on their stomach and the game continues on until only one player is remaining.</p>   |

## Fire Feet

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | None   |
| Time              | 5 - 10 minutes   |
| Number of People  | Unlimited  |
| How it Works      | <p>Participants spread out around the playing area, at least two meters away from each other. Make sure each participant can see the coach clearly from where they are standing. The coach has five different instructions they will call out and the players will do the action as fast as possible. Begin by getting the participants to lightly jog on spot. They will call out: up, down, left, right, or fast feet.</p> <p>Instructions:<br/>           Up: jump and reach high with their hands.<br/>           Down: get down and touch the floor.<br/>           Left: pivot or shuffle your body to the left.<br/>           Right: pivot or shuffle your body to the right.<br/>           Fast feet: pedal your feet very quickly while on your toes.</p> |
| Applications      | Warm up, jumping, agility.   |
| Modifications     | Can be used in many environments by updating the agility activities associated with each instruction.  |

## Follow your Leader

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | None  |
| Time              | 5 - 10 minutes  |
| Number of People  | 2+  |
| How it Works      | <p>Athletes make groups of 4 to 5 or complete activity as a full team. Each athlete takes a turn leading a 1 minute adventure through the playing facility.</p> <p>They must use a minimum of 3 different locomotor movements EXCEPT walking or running forward. All team members must copy whatever the leader does. Athletes must remain at least two meters apart throughout this activity.</p> <p>This activity works best when there is access to a playground or outdoor area with variable terrain, but can also be done inside gyms, rinks, or community centres if safety guidelines are followed.</p> |
| Applications      | Multi-movement challenges, team work, warm-up or cool-down  |
| Modifications     | Use chorus as a marker of speed. E.g. move as quickly as possible during chorus then resume regular speed when song continues.  |

## Follow your Pass

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | 1 Ball per group   |
| Time              | 10 - 15 minutes  |
| Number of People  | 5+   |
| How it Works      | Participants are divided into groups of 5 and stand in a zig zag pattern at least 5 meters apart. One participant will start with the ball and pass it to the next person across from them. That participant will then follow their pass and take the place of the person that they passed to. Once they get to the last person in line they will continue the pattern going back the other way. This can be continued until the coach calls the activity to an end. |
| Applications      | This activity develops the participants' hand-eye coordination, passing, awareness and running skills.   |
| Modifications     | The equipment can vary depending on the sport. To make this activity more difficult make the space between the participants larger and then smaller to make it easier. This activity can be placed on a court, ice, field or gym. This activity can be done as a whole group as well.  |

## Friends and Favs

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | None  |
| Time              | 5 - 10 minutes  |
| Number of People  | 2+  |
| How it Works      | <p>Athletes find a group of 2, 3, or 4 people.<br/>           Coach designates a warm-up loop of 100 to 300m.<br/>           Each loop the group must find out a different set of "fav's" from their partners. Athletes must be at least two meters apart as they jog around the loop.</p> <p>EXAMPLES:<br/>           Loop 1: Favourite colour, favourite animal, favourite food<br/>           Loop 2: Favourite vacation spot, favourite books to read, favourite video game<br/>           Loop 3: Favourite sport to play, favourite subject at school, favourite TV show<br/>           Repeat with the same group OR switch partners each loop to encourage team building.</p> |
| Applications      | Warm-up, recovery, cool-down, team building, pacing   |
| Modifications     | To inspire more discussion, ask athletes to solve a riddle or create something as a group while they warm-up / cool down. E.g. invent a new Olympic sport that can be played or participated in by anyone from any country. Can be used in many environments (court, field, ice, pool, etc.).   |

## Give andGo

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | Balls  |
| Time              | 10 - 15 minutes  |
| Number of People  | 1+   |
| How it Works      | The participants will line up evenly at both ends of the playing field .There will be a coach ½ of the way to each end. Participants will then travel with the ball towards the far side. Once the participant nears the coach they will make a quick pass off to the coach and the coach will instantly pass the ball forward back to them. The participant will receive the pass and go in and pass to the next person in line. Once the participant has completed their pass the next person in line can goes in the opposite direction. Participants waiting on the ends must remain at least two meters apart as they await their turn. |
| Applications      | This activity will develop the participants passing, shooting and hand-eye coordination skills.  |
| Modifications     | The equipment will vary depending on the sport. This activity can be played on a court, ice, field and gym.  |

## Keep Up

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | Balloons  |
| Time              | 5 - 10 minutes  |
| Number of People  | Unlimited   |
| How it Works      | Hold your stick in one hand, and use the head of the stick to keep a balloon or lightweight ball in the air. Do this while walking along a line on the floor/field or along a bench. Do it while jumping, hopping, or performing any other locomotor skill. Use both the dominant and the non-dominant hand. Ensure participants can do it on the ground before they progress to a bench. Ensure the bench is secure. |
| Applications      | Coordination, warm-up   |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.  |

## Ladder Races

|                   |  |
|-------------------|--|
| Stage of Activity | Fundamentals, Learn to Train   |
| Equipment         | Ladder or lay sticks on ground to form a ladder  |
| Time              | 5 - 10 minutes   |
| Number of People  | Unlimited  |
| How it Works      | One line behind each ladder, first team that has all participants go through the exercise wins. Example patterns: 1 foot in each (rapid through), 2 feet in each, in-in-out-out, cross over) |
| Applications      | Speed, agility, quickness, focus   |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.   |

## Line Jumping

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | Chalk, tape  |
| Time              | 5 - 10 minutes   |
| Number of People  | Unlimited  |
| How it Works      | Draw two lines on the floor with chalk or tape so that the lines are close together at one end and farther apart at the other. Children do a two-foot take-off jump across the lines, starting at the end where they are closer together, and if they are successful, they move farther along the lines and try again where the lines are farther apart. As a variant, children can estimate the widest point they think they can jump and then try to jump at that point. |
| Applications      | Jumping, agility, balance, coordination  |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.   |

## Hoop and Pole Game

|                   |  |
|-------------------|--|
| Stage of Activity | Learn to Train   |
| Equipment         | Hula Hoops (1 for every 2 athletes)<br>Pool noodles cut in halves (2 per athlete)  |
| Time              | 5 - 15 minutes   |
| Number of People  | 2+   |
| How it Works      | <p><i>NOTE: Traditionally this game was played using poles or lances made of wood, sharpened on one end. Players would try and throw the lances through a hoop approximately 30cm in diameter. This version has been modified.</i></p> <p>Athletes find partners and one hula hoop.<br/>Designate a start line and a direction of travel (e.g. across a field, rink, or gym).<br/>Partners start 2 to 4 metres apart. One partner rolls the hula hoop across the designated playing area, while the other partner follows parallel to it (2 to 4 metres away) and tries to throw their “pool noodle lances” through the hoop.<br/>The team receives 1 point if the pool noodle is thrown through the hoop without knocking the hoop down.<br/>Once the hoop falls, partners run to the opposite side of the playing area and switch roles. Repeat in the opposite direction.<br/>Set a time (e.g. 8 minutes) during which athletes try and collect the maximum number of points as a team.</p> |
| Applications      | Throwing, dynamic target practice, lateral movement, speed   |
| Modifications     | Movement of the thrower could include many movements such as skiing, skating, rolling, wheeling, and spinning.<br>Sport-specific skills can be used in place of throwing.  |

## Multiply Your Power

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | Dice (1-2 per athlete)   |
| Time              | 10 - 20 minutes  |
| Number of People  | 2+   |
| How it Works      | <p>Write out a list of drills, core exercises, or other regular training activities.</p> <p>Athletes pair up and roll two dice.</p> <p>They multiply the numbers rolled and do that many reps of the first exercise.</p> <p>Repeat with the second exercise.</p> <p>E.g. if athletes rolled a 5 and a 3 they would both complete 15 reps each.</p> <p>Goal – try to complete all exercises in a certain amount of time.</p> <p>*If athletes finish early (e.g. if they roll low numbers) then have them choose 3 or 4 of their favourite exercises and repeat the activity until the time is up.</p> |
| Applications      | Personal choice, core stability or sport specific skills; shorter athletic abilities (e.g. speed intervals)  |
| Modifications     | <p>Make groups of 3 and add dice or multiply 3 for higher totals.</p> <p>Record numbers and compare totals. Which teams did more?</p> <p>Which team is likely to improve based on the amount of practice they did on each skill?</p>   |

## Owl Hop

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | None   |
| Time              | 5-10 Minutes   |
| Number of People  | 2+   |
| How it Works      | <p>Everyone spreads out in the playing area, finding their own space at least two meters from other participants.</p> <p>On ‘Ready’, all players stand on one foot, hooking the other foot around their leg that is on the ground.</p> <p>On “GO!” athletes hop as long as possible on the one leg.</p> <p>When they put the other leg down, their time is up.</p> <p>Once everyone has stopped, switch legs and repeat.</p> |
| Applications      | Strength, endurance, power, hopping  |
| Modifications     | <p>Alternatively, when they are done, they can assume a different strength exercise (e.g. plank position) until everyone is finished, in order to maximize “playing” time for all participants.</p> <p>Add music or a drum for players to maintain a jumping rhythm.</p>   |

## Relay Races

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | None   |
| Time              | 5 - 10 minutes   |
| Number of People  | Unlimited  |
| How it Works      | Relay Races: Races in which players have to stop and start rapidly and change direction. Have a small number of people on each team, with team members changing so that everyone has a chance to be on a winning team. Avoid relays where children run to a wall, touch it, and run back — there's too much danger of running into the wall with an arm out in front and injuring the arm or wrist. Relays in which players pick up a lacrosse ball and put it down in a small receptacle is excellent, as they force players to stop completely and very rapidly. |
| Applications      | Agility, keeping athlete's head and eyes up, decision-making.  |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.   |

## Spider Ball

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | One ball per pair   |
| Time              | 5 - 10 minutes  |
| Number of People  | 6+  |
| How it Works      | Have participants divide into pairs, assign each pair a number and give each pair a ball. Have the group stand in a circle where everyone is directly across from their partner and at least two meters from anyone adjacent. Identify the action that you'd like each pair to complete (throw the ball to your partner, roll the ball to your partner). The coach calls out a variety of numbers (the more numbers you call the harder the activity will be) and has the players move the ball to their partners as described. For example of you call 2 & 4 then pair 2 and pair 4 throws the ball to their partner at the same time. |
| Applications      | Throwing, rolling, spatial awareness  |
| Modifications     | To make the activity harder have each player have a ball – when their number is called, they need to exchange balls as described. This game can be played in a variety of environments with a variety of sport-specific equipment and skills.   |

## Spot Ball

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | Balls, Spots on field of play  |
| Time              | 10 - 15 minutes  |
| Number of People  | 8+   |
| How it Works      | Split the participants into 2 teams and place them two meters apart in a straight line on opposite ends of a playing surface. Designate a marked “spot” at opposite sides of the playing field. One player from each team goes to the opposite side and stands on the “spot”. A center line is established in the middle of the playing field. All players have a ball in their stick Each player, in turn and from both sides, approaches the center line and throws the ball to their team mate on the “spot”. This player cannot move off the spot to catch the ball. If the player on the spot catches the ball, the player who threw the ball then goes and sits on the ground in line with their team mates. If the player on the spot misses the ball, the thrower must retrieve the ball and go back to their position in line to await another throwing opportunity. The first team to have all their players seated wins. The “spot” must be at least two meters from all other players. |
| Applications      | Works on hand-eye coordination, balance, throwing, catching and awareness.   |
| Modifications     | This game can be played on a court, field, and gym.  |

## Throwing and Catching – ULTIMATE

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | Sport-specific balls  |
| Time              | 5 - 10 minutes  |
| Number of People  | Unlimited - two teams   |
| How it Works      | ULTIMATE: Use a sport specific ball. Two teams of 3 players each, with a small end zone at each end of a marked out play area. End zone should be at least 2 meters x two meters. One team has the ball. The player with the ball is not allowed to run, walk, or move with the ball, but must throw it to a teammate. Team members pass the ball to one another, and the other team tries to intercept the passes. The aim is to catch the ball inside the other team’s end zone to score. If a team misses the target or is intercepted, the other team gets the ball and play continues. |
| Applications      | Teaches FUNdamentals of throwing and catching, keeping athlete’s head and eyes up, decision-making.   |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.<br>Play with one extra player on one team.   |

## Tic-Tac-Toes Relay

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | 10 balls of different colors (2 colors)  |
| Time              | 5 - 10 minutes   |
| Number of People  | 3 per team x2 = 6 per game (up to 5 per team for a total of 10)<br>Based on number of participants.  |
| How it Works      | Set up a tic tac toe grid using the hula hoops or the cones. Each team starts the same distance away from the grid. One player from each team runs to the grid and places a colored ball into a square. They return and tag the next person with their stick, to take the second ball of the same color and place it in the grid. This process repeats until one team gets 3 squares in a row. Once all nine squares are filled (and neither team has 3 in a row), the team with 5 colored balls wins the round. |
| Applications      | Great for warm-up, keeping athlete's head and eyes up, agility, quickness, decision-making.  |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.   |

## Wepi Sakan

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | Socks with intercrosse ball tied inside at the toe   |
| Time              | 5 – 10 minutes   |
| Number of People  | 2+   |
| How it Works      | Traditionally, this activity was played with rawhide, swung overhead and the thrown as far as possible. This version is modified. Athletes complete activity in pairs and all participants must remain at least 2 meters apart. Designate a starting line. One athlete lines up, swings sock overhead and then throws it as far as possible. Both athletes run to the sock, and the second athlete throws from the landing position. The goal is to complete a designated distance (e.g. length of a field) in the least number of throws. Once athletes reach the end of the goal line, they run back and repeat the activity, trying to reduce the number of throws. |
| Applications      | Throwing, spinning, running, teamwork  |
| Modifications     | Line up players along the edge of the field and all throw at one time, trying to get their sock the furthest.<br><a href="https://www.sfu.ca/lovemotherearth/08classroom/papers/aboriginal_sports.pdf">https://www.sfu.ca/lovemotherearth/08classroom/papers/aboriginal_sports.pdf</a>   |

## Weaving

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | None  |
| Time              | 5 - 10 minutes  |
| Number of People  | 3+  |
| How it Works      | <p>All athletes line up single-file, with at least 3 meters between them.</p> <p>On “GO” the team starts moving jogging very slowly, maintaining the distance between each person. The last person moves faster, weaving in and out of the players ahead until they reach the front of the line.</p> <p>Once the back person is at the front, they slow the group down, decide on the direction, and resume the lead while the “new back person” weaves through the team.</p> |
| Applications      | Teamwork, aerobic endurance, agility, body and space awareness, pacing  |
| Modifications     | <p>The back “weavers” start sooner, for example after the person has dodged through two or three people. This reduces time between each athlete’s turn to weave, therefore allowing for more repetitions per player.</p> <p>Pass an implement when weaving.</p>   |

## Win the Prime

|                   |  |
|-------------------|--|
| Stage of Activity | All  |
| Equipment         | None (unless sport specific equipment is required)   |
| Time              | 5 - 10 minutes   |
| Number of People  | 3+   |
| How it Works      | <p>Athletes start in a line along a field at least two meters apart. They close their eyes, as the coach walks behind the line and secretly taps one person on the shoulder. When ready, the coach will say begin.</p> <p>Athletes are instructed to stay together as a group during the interval until the person who was tapped decides to “kick” for the finish.</p> <p>When the athlete kicks, then everyone races them to the finish. The first one to the line gets a point.</p> <p>The person who was tapped must decide whether to sprint immediately or wait until closer to the finish, depending on their speed and the speed of others in the group. For endurance events, this activity can be done on a track or longer course (1 to 3 minutes long). For speed-based events, the distance can be very short (e.g. 10 to 30 seconds long).</p> |
| Applications      | Speed, reaction time, decision making, energy conservation, strategy   |
| Modifications     | <p>Athletes can move in a pace line for sports that require drafting.</p> <p>Athletes can also be stagger started, to spread out the field.</p>  |

## World Cup

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | Variable (ball, net)  |
| Time              | 5 - 25 minutes  |
| Number of People  | 6+  |
| How it Works      | <p>Participants pair up and select a country for their team name (ie. Canada, Portugal, Germany).</p> <p>Identify a playing area in close vicinity of the net about the size of the attack zone. The coach throws balls into the identified playing area – a smaller number of balls than teams. Each pair works together to put the ball in the net. Every country is against every country. When someone shoots at the post, they must yell their country’s name for their shot to count. When a team hits the post or crossbar, they go off to the sideline as they have made it into the next round. The round is over when there is only one pair left and they are eliminated. To ensure that everyone continues to play, you can play the game where there is no elimination and you keep score instead.</p> |
| Applications      | Passing, shooting, communication, spatial sense   |
| Modifications     | <p>If there is no keeper, you can play “post” where hitting a post or cross bar is considered a goal.</p> <p>The game can also be played where no one is eliminated for a set period of time, and team’s keep score of how many goals they score.</p> <p>By modifying the playing surface (larger) you can make the game easier, or smaller to make the game harder. You can also make the game harder by putting less balls into the field of play for the team’s to try and score with.</p> <p>This game can be modified to play in many different environments using different sport-specific skills and playing surfaces.</p>   |

## Zim Zam Zoom

|                   |   |
|-------------------|---|
| Stage of Activity | All   |
| Equipment         | None  |
| Time              | 5 minutes   |
| Number of People  | Unlimited   |
| How it Works      | <p>Have athletes stand in a semi-circle around you (the coach) about 2 meters apart.</p> <p>Name game; throw a ball to someone in the group and say “zim”, “zam” or “zoom”. If you say “zim” they have to say the name of the person on their left, “zam” they have to tell their own name, “zoom” they have to say the name of the person on their right. Switch positions after a short time.</p> |
| Applications      | Ice breaker, focus  |
| Modifications     | Can be used in all environments: field, court, pool, snow, ice, gym.  |