



# Curriculum Sports Programme

Spatial Awareness - Warm Ups

# Spatial Awareness - Warm Up (Bubble) #1



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



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## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Participants are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players.

## Rules

Players will move around inside the area trying to find personal space (an area in which no one else is present).

Players should protect the imaginary bubble that surrounds and protects them. If other players get to close the bubble may burst. Players should therefore move around the area with their head up and eye forward and change direction to find the best possible space at all times.

## Development

The activity can be progressed by limiting the space to make it more difficult for players to protect their bubble. Cones or poles can also be added to create more obstacles in the playing area which the players must avoid to prevent their bubble from bursting. Once all players have achieved a degree of success they can be given a ball to dribble through the area whilst maintaining space between the other players.

## Coaching Points

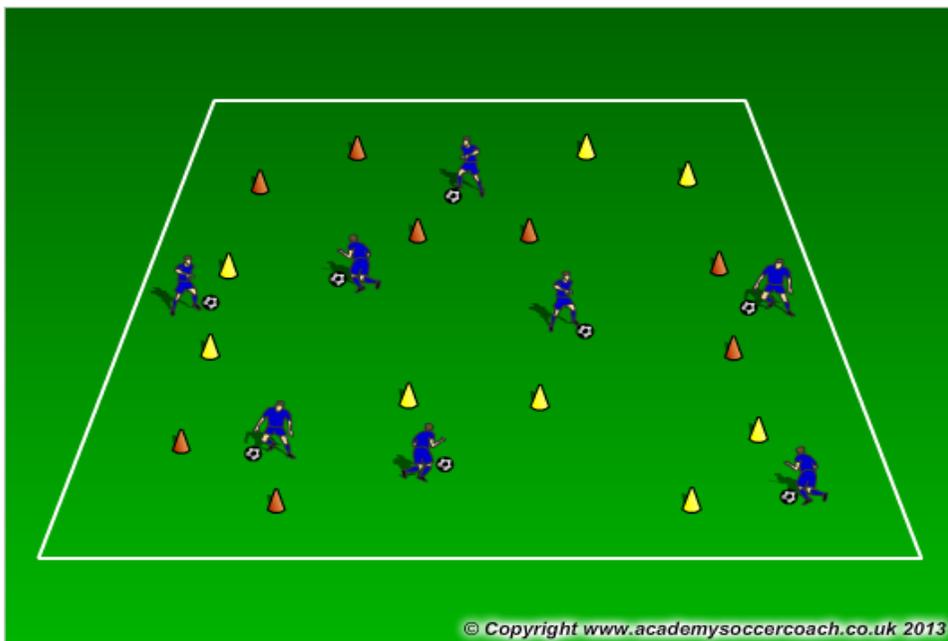
Encourage all players to move around the area with their head up and their eyes forward. Also encourage the players to move their head to see what is around them and therefore look for the best possible space. Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (Colours) #2



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

The participants should spread out within the playing area and in a space so to keep a safe distance from other participants. Coloured cones or coloured gates will be laid out inside the area.

## Rules

The participants are instructed to move through the area travelling from cone to cone. The rule is that they must always be at a cone on their own. The activity can be progressed so that participants have to move to cones in a colour sequence.

## Development

The activity can be progressed by increasing the number of colours and therefore the sequence or by splitting the participants into groups of a specific colour and instructing them to only visit their corresponding colour cones. The practice can be further progressed by adding a ball and encouraging players to dribble through the area.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (Car Horn) #3



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players.

## Rules

Players will move around inside the area trying to find personal space (an area in which no one else is present).

Players pretend they are driving cars and use a cone as their steering wheel. If other drivers get too close the players will make the sound of a horn. If the coach does not hear the sound of the horn then all players must be driving well. Players should therefore move around the area with their head up and eye forward and change direction to find the best possible space at all times.

## Development

The game can be progressed by limiting the space to make it more difficult for players to avoid other cars. Cones or poles can also be added to create more obstacles in the playing area which the players must avoid. Players can also be encouraged to increase their speed of movement to test their ability to find space and avoid coming into contact with other drivers. Once all players have achieved a degree of success they can be given a ball to dribble through the area whilst maintaining space between the other players.

## Coaching Points

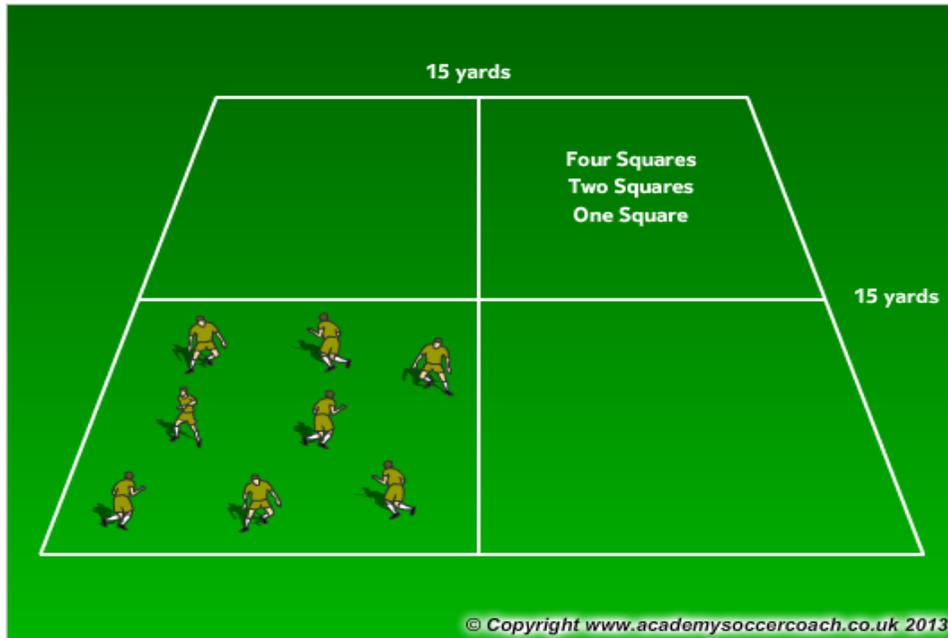
Encourage all players to move around the area with their head up and their eyes forward. Also encourage the players to move their head to see what is around them and therefore look for the best possible space. Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (Shrinking Space) #4



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players.

## Rules

Players will move around inside the area trying to find personal space (an area in which no one else is present).

When the coach believes the players are successfully moving and maintaining space they then can cut the playing area in half (4 squares to 2 squares). If the players can maintain space in this area then the coach can cut the playing area in half again (2 squares to 1 square).

## Development

The game is obviously progressed by limiting the space in which that players can move (4 squares to 1 square). Players can also be encouraged to increase their speed of movement to test their ability to find space and avoid coming into contact with other players. The coach can also introduce different movement techniques to challenge the players. Once all players have achieved a degree of success they can be given a ball to dribble through the area whilst maintaining space between the other players.

## Coaching Points

Encourage all players to move around the area with their head up and their eyes forward. Also encourage the players to move their head to see what is around them and therefore look for the best possible space. Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (Traffic Lights) #5



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players.

## Rules

Players will move around inside the area trying to find personal space (an area in which no one else is present).

When the coach holds up a red cone the players must stop but continue to look for a new space. When the coach holds up a green cone the players will move around the area and look for new spaces. When the coach holds up a yellow cone the players will change direction.

## Development

The game can be progressed by encouraging players to increase their speed of movement to test their ability to find space and avoid coming into contact with other players. The coach can also introduce different movement techniques to challenge the players. Once all players have achieved a degree of success they can be given a ball to dribble through the area whilst maintaining space between the other players.

## Coaching Points

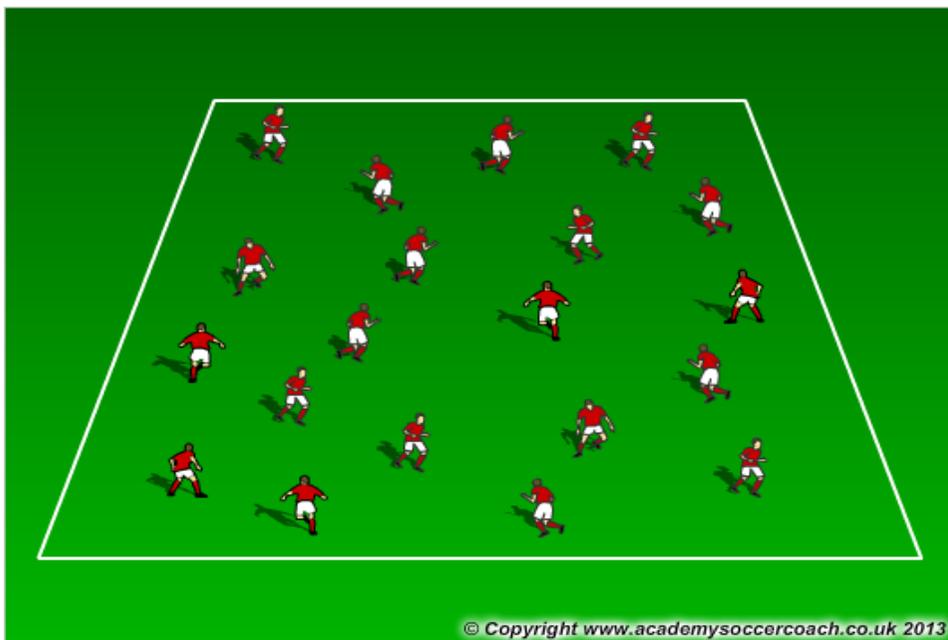
Encourage all players to move around the area with their head up and their eyes forward. Also encourage the players to move their head to see what is around them and therefore look for the best possible space. Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (The Jungle) #6



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players.

## Rules

The participants should move through the area (the jungle) and listen for the coaches instructions. The coach will call out different types of animals that live in the jungle and the participants will perform certain actions as a result.

- Monkey - children move whilst swings their arms above their head
- Elephant - children use one arm as a trunk and one as a tail
- Snakes - children will lie on their stomachs and slither around
- Lions - children will move on the hands and feet
- Hyena - opportunity to laugh as a group

## Development

Additional animals can be added to development certain types of movement.

## Coaching Points

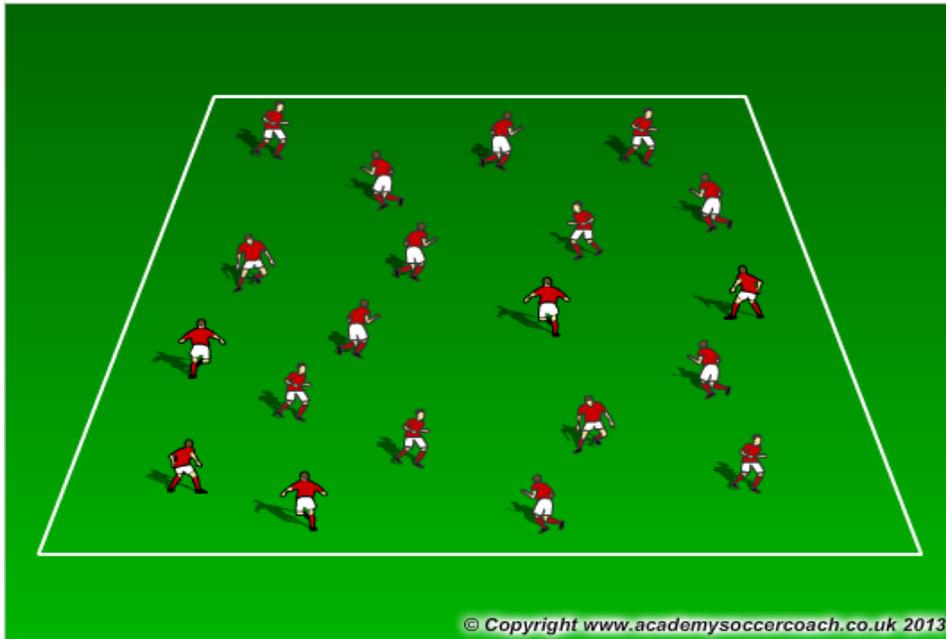
Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (Bean Game) #7



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

The participants should be spread throughout the area.

## Rules

The participants should move through the area and listen for the coaches instructions. The coach will call out different types of beans and the participants will perform certain actions as a result.

- Runner Bean - run through the area
- Jumping Bean - jump on the spot
- Jelly Bean - wriggle like jelly on the spot
- Baked Bean - make your body as small as possible
- Broad Bean - make your body as wide and tall as possible
- String Bean - make a chain with 3/4 other participants
- French Bean - speak in your best French accent

## Development

Participants are encouraged to use their imagination in how to move around the area. The activity can be progressed by requesting participants to movement in different ways e.g. Laterally or backwards.

## Coaching Points

Encourage all players to move around the area with their head up and their eyes forward. Also encourage the players to move their head to see what is around them and therefore look for the best possible space. Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Warm Up (The Tourist) #8



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players. The corners of the area will be marked out and given the names of cities or countries (can be colour coded). The central area will be marked out as water.

## Rules

Players will be instructed to visit all four cities/countries but have to avoid the water and other tourists. The coach can set a limit on how many tourists can visit a city/country at any one time.

## Development

The activity can be progressed by allowing participants to cross the water but with the condition that they move differently depending on whether they travel by boat or plane. The coach can also request participants to move in different ways e.g. Laterally or backwards. The practice can be further progressed by adding a ball and encouraging players to dribble through the area.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.



# Curriculum Sports Programme

Spatial Awareness - Game Practice

# Spatial Awareness - Game Practice (Cups & Saucers) #1



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Participants are split into two teams. One team will be cups and one will be saucers. The difference is highlighted in the diagram as a colour but in the game the cup will be a cone will be placed up side down and the saucer will be the opposite. The cones are spread around the area as shown.

## Rules

The participants will have 30/60 seconds to turn the cones into either cups or saucers depending on their team. The activity can be played a number of times and the coach can keep score.

## Development

The activity can be progressed by requesting participants to movement in different ways e.g. laterally or backwards between lifting the cones.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Play attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Game Practice (Flush the Toilet) #2



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players. Two to four players are nominated to be catchers.

## Rules

The catchers must tag as many of the other players as possible. If a player is tagged they must stand still with their arm out. If players run outside the grid they should stand still with their arm out inside the grid.

The other players can free them by pushing down on their arm to 'flush the toilet'. The catching players should be changed every few minutes.

## Development

The grid can be split to create two halves with a number of catchers in each half.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Play attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Game Practice (Foxes & Rabbits) #3



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

The group are split into two equal teams. One team will be the foxes and the other the rabbits. The rabbits will tuck a bib into their pocket or the top of their shorts/trousers to act as a tail.

## Rules

The catchers (foxes) must attempt to take the tail from the rabbits. If the rabbit loses their tail then they wait outside the playing area until the game has finished. The game will stop when all the tails have been taken by the foxes and then the roles are reversed.

## Development

A time limit can be placed on the foxes to see how many tails they can catch within the time. The grid can also be split to create two halves with a number of catchers in each half.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Game Practice (Crabs & Scorpions) #4



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players. Two to four players are nominated to be catchers.

## Rules

The catchers (scorpions) must attempt to tag other participants as they move through the area. If a participant is touched then they become crabs and must balance in a crab position. Crabs can be freed by other participants if they crawl under the crab.

## Development

The grid can be split to create two halves with a number of catchers in each half.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Game Practice (Chain Tig) #5



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Players are spread even around the inside of the area and are encouraged to stand at least arms reach away from the other players. One or two players are selected as catchers.

## Rules

Players will move around inside the area trying to avoid the catchers. If caught the player will join the chain. The chain must work together to catch all the players in the playing area. If a number of catchers are selected they can play in opposition to see how many players they can catch.

## Development

The coach can set the condition that the chain must split when it becomes bigger than four players. The coach can also introduce different movement techniques to challenge the players.

## Coaching Points

This is a great fun warm up which encourages the evading players to move in different ways (backwards, side to side etc) and vary their speed to ensure they are not caught by the chain. Encourage all players to move around the area with their head up and their eyes forward. Also encourage the players to move their head to see what is around them and therefore look for the best possible space. Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.

# Spatial Awareness - Game Practice (Pair Chase) #6



To develop head up, eyes forward and look for space

To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed



## Area

School hall or outside space.

## Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

## Layout

Participants will be organised into pairs and will link arms. The pairs will be spread through the area as shown. One pair will be separated (one becoming the catcher and the other being chased)

## Rules

The chased player can join another pair by linking arms at either side. The player on the opposite side now becomes the chased player. If the catcher catches the chased player the roles are then reversed.

## Development

The activity can be progressed by requesting participants to movement in different ways e.g. laterally or backwards. The grid can be split to create two halves with a number of catchers in each half.

## Coaching Points

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.