

Coach

Session date

Team/Age Group

Theme

Time available



NOTES

Jockey's up. (Challenger Trainers will run this warm-up game with all teams)

- All players and parents should form a circle at the space beyond the scrimmage field set-up.
- Players should stand behind parents and on the trainers command of 'Jockeys up' players should jump on their 'horses' (parents) back.
- When the trainer calls 'And we're off!' the player should get down, go through the 'traps' (crawl through their parents legs) then proceed to run around the outside of the circle.
- Players jump back on their horses on 'Jockeys up', they should keep running the same way around the circle even if they have just passed their horse!
- A few rounds will be played and the parents who came last in each game will do a forfeit.



Cops & Robbers

- All players have a soccer ball/ 'loot' which the parents/ 'cops' are trying to get back.
- If parents get a soccer ball they send the player to 'jail', where they must jump up and down and then spin around 5 times before being able to come back into the game.
- They should be allowed to retrieve their ball and play again.
- On the coaches command the roles will reverse and the parents are the 'robbers' and the players try capture their 'loot' and send them to 'jail', where they should also jump and spin 5 times!



Crabs & Surfers

- All parents are crabs - on their hands and feet with their backs facing the ground - and attempt to stop the surfers crossing the ocean.
- The players/ 'surfers' shout "Surfs up dudes!" and act like they are on a surf board before they set off.
- They aim to keep control of their soccer balls to get around the crabs and through the ocean.
- On the coaches command the roles will reverse and the parents are surfers and the players are the crabs!



Parent Robot

- All players have a soccer ball and try to destroy all the robots pretending to be their parents!
- Parents should move around like a robot trying to avoid soccer balls.
- To destroy the robots the players must hit them 3 times with their soccer balls; 1st hit= robot must hop on one leg. 2nd hit= Robot must move around on knees. 3rd hit= Robot goes down!