

## **Games for Running Clubs.**

### **Rats and Rabbits**

Everyone pairs up with someone of a similar speed or ability. Each pair stands back to back, a couple of feet apart. One of all the pairs is a rabbit the other is a rat. When the coach calls rats, the rats run as fast as they can to the line or cones, while the rabbits turn around and chase, intending to catch their partner. Good speed session.

### **Partner tag**

Again set up pairs of athletes of similar ability. One starts off as "it", the other runs off. When the first runner catches their partner, number 2 turns around three times where they are standing, then goes in pursuit of their partner.

### **Paarlaufs**

These are continuous relays. Set up several teams with even numbers and split them into two. Half the team stays at one line of the tennis courts and the other half goes to another set line. Using batons the first runner goes to their front runner at the other line, this one then runs back to where the first runner started to hand the baton over to the next runner. This can go on for as long as they can keep going.

### **Fun relays**

Several teams of athletes

Hopscotch

Balls passed through the legs, over head, round body.

Skipping

Slalom

Speed bounces

### **Robbing the Nest**

4 teams and 5 hoops with about 12 tennis balls. One member of each team to collect a ball from the central hoop and take it to their team hoop. Then the next member to collect a ball and bring it back. Once all the balls have disappeared from the central hoop, teams need to steal balls from the other teams. The winners are the team who collects 4 balls in their hoop first.

### **Zone ball**

Two teams with a hoop at each end of the pitch. The idea is for the team to score balls by passing the ball, no moving with the ball, down the pitch to their goalkeeper who is in the hoop. The other team defends and tries to gain control of the ball. After each goal the goalkeeper must change and someone else take their place. If some players seem to hide away and chat rather than joining in, make the rule that no one can score a goal until everyone on the team has touched the ball. This can be complicated further if there are a large number in each team, by adding another ball into play (I found with this difficult to control with the youngsters and two separate games ensued)

### **Cat and Mouse**

Two or three teams line up in separate places around a circuit. On the signal one member of each team runs around the circle and carries the baton to their next team member. This is another continuous relay until one team catches up with the next one. If teams are fairly evenly matched this may take some time.

### **Trains**

Split group into a few teams. Try to match the teams with runners of similar ability. The teams need to set off in a line at a steady pace (difficult to get youngsters to go slowly enough for each other) One the whistle, the runners at the back sprints to the front and becomes the leader of the train. This is a continuous session, though if the youngsters go off too fast they soon become very tired or the slower ones will drop out.

### **Get it first** (great fun, but a little too much standing around for particularly cold weather)

Two teams which are numbered. Number one for team A needs to be standing opposite the last number of team B. In the centre of the pitch is a hoop with a bean bag (which the coach needs to replenish each time one is collected) The coach calls a number and both runners with that number race to the hoop to collect a bean bag. The winner places it in a hoop for their team, then the next number is called. The bean bags can be counted at the end to see which team won.

### **Collect the cones**

Set up several teams, numbers depend on the group size. Put the same number of cones in a hoop as number of runners in each team. The runners take it in turns to collect a cone and bring it back to their starting line. Then each member returns the cone to the hoop until the game is back as it was at the start.

### **Jump the River**

In groups of three A/B/C. A produces a standing long jump. Where A lands B jumps from and C jumps from the landing point of B. The total distance of ABC is the distance scored. This can continue across the court.

### **Cups and domes**

Sets up a court with half the cones pointing upwards like a cup and half the cones pointing downwards like a dome. With two teams, one team must turn the cups over to make them domes and the other team must turn the domes over to make cups.

### **Farmers tag**

Several athletes are the farmers and must tag (gently) the crows. This immobilises the crows and turns them into scarecrows until other crows release them, by going under their arms.

### **Break away fitness**

Students in pairs line up single file across the court. The first pair of partners' jog towards the centre line, face each other and begin the same locomotor movement or pattern down the centre of the court. The entire group follows down the centreline copying the leaders movement. When they reach the endline, partners break away and jog down their own sidelines. Then the next pair take the lead.

### **Pyramid relays**

Two or more teams run relays of varying distances, of say 25m (A), 50m (B) and 75m (C). The first runner runs to A, then back to team, the second runner runs to B and back, the third runner runs to C, then the next runner runs to B, then the last runner runs to A.

### **British Bulldogs**

One or two athletes stand in the middle of the pitch. The other runners try to get past without being tagged. When they are tagged they join the athletes in the middle, until all athletes have been caught.

### **Fox and Hounds**

Set a distance, then send one athlete off and after a few seconds all the other athletes try to catch the runners before they reach the set target. Keep changing the leader.