

iSprint Speed and Agility GAMES

1. Beat the Coaches Challenge

Equipment Needed: Pull Up Bar, Frisbee, Balls, Cones, etc.

Set Up: Cones to mark distances

How to Play:

1. Tell the class they get to challenge the coaches today.
2. As a group, they must pick 2-3 events to “challenge the coaches”
3. Tell them they can pick from: shot put, discus, sprinting, long jump, pull ups, curl ups, or a shuttle run.
4. The kids will go first, and keep track of their score.
5. The coaches will go second (place a handicap on yourself; example: if they pick curl ups, the kids get 1 minute and you only get 30 seconds to do as many as you can.

2. Indian Run

Equipment Needed: None

Set Up: No set up needed.

How to Play:

1. Get in a line (order doesn't matter).
2. If it is a large class, split the group up so there are 8-10 kids in each line.
3. When you say “go” the line will start to run around the track (or field).
4. The last person (the caboose) in line will sprint up to the front of the line to lead.
5. The leader is the person that sets the pace for the rest of the group.
6. As soon as the caboose gets to the front, they will yell “GO”
7. This signals the new caboose to sprint to the front.
8. The line continues like this for a couple of laps.
9. It is important for the line to stay together.

3. Follow the Leader

Equipment Needed: Cones

Set Up: Set Up Obstacles (like cones to run through or balls to jump over)

How to Play:

1. This a follow the leader run.
2. The coach starts out as the leader; the class is in a straight line behind the coach.
3. Start running a light jog.
4. Tell the kids they must do whatever the leader does.
5. Incorporate different motions, like running backwards, crabwalk, lunges, running up stairs.
6. Call out the different motions as you do them.
7. After a few minutes, let a kid be the leader.
8. Switch out leaders frequently.

4. Sharks and Minnows

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. All players line up on one end of the court/field.
2. Either the Instructor or one player will be the "Shark," who is it.
3. The "Shark" will start in the middle of the court/field.
4. When the "Shark" yells "GO" the players will try to get to the other side of the boundary without getting tagged.
5. Players will stop at the other end of the boundary.
6. If a player gets tagged, they join the "Shark" in the middle and are now a "Shark" as well.

Tips:

- Incorporate different motions for getting to the other side; i.e. - skipping, hopping, etc.
- This can be played with different sports; i.e. - soccer, basketball, etc.
- Larger groups should be given criteria before they are allowed to run across; i.e. - everyone with a red shirt, everyone with long sleeves.
- Octopus Tag- In this version of the game, the player who gets tagged in the field does not become a "Shark." Instead they become an "Octopus" and are frozen but may move their arms to tag others that run by.

5. Cool Corner

Equipment Needed: Cones

Set Up: Create numbered corners by putting that number of cones in different corners. Corner #1 will have 1 cone, Corner #2 will have 2 cones, Corner #3 will have 3 cones, and Corner #4 will have 4 cones.

How to Play:

1. Instruct players to pick a corner and go to it.
2. Designate a COOL KID to be in the middle.
3. Cover the COOL KID's eyes and instruct the rest of the players to pick a corner, giving them only a certain amount of time to get there.
4. COOL KID must keep their eyes closed until after they call the number.
5. COOL KID picks a corner.
6. Whatever corner COOL KID picks, any players in that corner are out.

Tips:

- Be sure to rotate a COOL KID.
- Remind players that if the COOL KID can't hear where they are going, it will be harder for the COOL KID to know what corner has players in it.

6. Tag Tournament

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. This is a game of old fashioned tag.
2. Select a player to be "it".
3. Instructor will give the "it" 10 slow seconds to tag as many players as he/she can.
4. If players get tagged they are out of the tournament.
5. If the "it" doesn't tag anyone, they are out of the tournament.
6. After the 10 second rounds, Instructor will select a new "it".

7. Steal the Bacon

Equipment Needed: An object (something to be used as “bacon”)

Set Up: Place the bacon in between the 2 lines.

How to Play:

1. Divide the class into 2 teams.
2. One object is required to be the bacon; a glove is a common choice.
3. The members of each team are numbered. They form two opposing lines and place the bacon in the exact center between them.
4. The Instructor then calls out a number. The players on each side who are assigned to that number are the players for that round. No other team members leave their side of the field.
5. Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her.
6. If a player is able to grab the bacon and carry it back over to his/her side, that team scores a point.
7. If a player is tagged after touching the bacon and before he/she returns to their own side, the team that tagged him/her scores a point.

Tips:

- Note that the sequence of play usually involves 2 kids running out and hovering over the “bacon”, waiting for a slight advantage to grab it and run back before the other player can react.

8. Whistle Stop

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Lines players up across a sideline.
2. When Instructor blows the whistle, players take off running for the other sideline.
3. When Instructor blows whistle again, players must stop immediately.
4. If they don't, the return to the sideline they started at (just like red light, green light).
5. Players that make it to the end of the playing area without getting tricked, win.
6. Players can only start and stop with the sound of the whistle.

9. Soda Fountain

Equipment Needed: Cones

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Designate each side of the boundary a different name of drink.
2. Make sure the players know which side of the boundary is named what.
3. When Instructor yells the name of the drink out all players must go to that side.

Tips

- Drink Names: Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- This game can be played with different sports- soccer balls, basketballs, cradling lacrosse sticks.
- Make the center of the playing area another name of a drink and if using other sports equipment, when you call out the name, players may take one shot and return to the middle.

10. Rounder's Race

Equipment Needed: No equipment needed.

Set Up: Set up playing field with cones

How to Play:

1. Divide the class into 2 teams.
2. Have one team start on home and one team start on 2nd.
3. 1st players from each team should have a ball in their hand.
4. On a signal each team will start running around the bases.
5. After each player runs around the bases, he/she will hand the ball to the next player.
6. 1st team to get all players completely around the bases wins.

11. Race Track

Equipment Needed: Cones

Set Up: Set up playing field with cones

How to Play:

1. One player stands at each base.
2. The rest of the players stand in a line at home plate.
3. First player at home throws to the player at first.
4. Once you have thrown to a base, you replace the player you threw to by running to that base.
5. This continues all the way from first to home.
6. After throwing the ball from third to home, the player that was on third goes to the back of the line at home plate.

12. Exercise Hunt

Equipment Needed Paper outlining the missions

Set Up No set up needed.

How to Play

1. If 2 instructors are present, split the class into 2 teams and they will compete against each other. If there is just 1 instructor, all students must stay together.
2. Instructor will give the class a mission (for example: Do 10 push-ups each).
3. Students will complete the mission, then get the next mission from the instructor.
4. First team finished wins.
5. Or, if on one team, you can give points to the kids for finishing first, good form, good sportsmanship, etc.
6. Have them keep track of their points.
7. Missions can include: 10 sit ups, max set of pull ups, 20 lunges, walk to the office, skip to the gym, etc.
8. Be creative and work in missions that include speed and agility.

13. Obstacle Course

Equipment Needed: Cones, Balls (any kind, be creative), Stopwatch

Set Up: Create an obstacle course using all equipment at your disposal.

How to Play:

1. Line players up behind the start cone.
2. One player goes at a time through the obstacle course, with the coach timing them.
3. When they are finished, tell the player what their time was.
4. Have each person go through, then go again, instructing them to try and beat their time.

Tips:

- Some examples of “obstacles”: cones to run over, sit ups, push-ups, balancing a lax stick on their finger and running, sprinting, running backwards, crab walk, bear crawl.

14. Accuracy Throw

Equipment Needed: Frisbee, Balls, Cones

Set Up: Cones for distances

How to Play:

1. Set up 3-4 circles of cones as the “targets”
2. Line the kids up behind a cone
3. First kid in line with throw the shot put and try to hit a target
4. Go through the entire line.
5. Then, switch to the discus throw.

15. Pull-Up Challenge

Equipment Needed: Pull Up bar

Set Up: No step up needed.

How to Play:

1. Have kids partner up (girls with girls, boys with boys if possible)
2. The pairs will work as a team to try and get as many points as possible.
3. A pull up = 1 point
4. A lap around the track (or field) = 5 point
5. The partners must stick together at all times.
6. Go for 5 minutes and see what team has the most points.

16. Guess Your Time

Equipment Needed: Cones

Set Up: Use cones to mark distance (or lines on field, track)

How to Play:

1. The object of this game is to guess the amount of time it will take you to run a certain distance.
2. Instructor will tell kids the distance they will run (1 lap, 2 laps, 40 yards, etc.).
3. Each kid guesses what their time will be and the coach writes it down on a piece of paper
4. One person at a time runs the distance, with the coach timing them.
5. The coach will write down the actual time next to the estimated time.
6. You can play this game several times with different distances, or have the kids do the same distance again and see if they can guess their time closer on the second run.

17. Penny Chase

Equipment Needed: Pennies (40-50 if possible), Cones

Set Up: Spread pennies all over the gym floor or designated area, create a “team bucket” or coned area for each team

How to Play:

1. Split class into 2 teams.
2. Each team starts at a designated line.
3. When the instructor blows their whistle, every person goes on a penny chase.
4. You can only pick up 1 penny at a time, and then drop it in your team bucket.
5. Keep going until all pennies have been picked up, or until the instructor calls time.
6. The team with the most pennies in the bucket wins.

18. Tag Ball

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with the cones.
Give half of the players balls.

How to Play:

1. Designate a player who is “it”.
2. Half of the players have balls and the other players do not.
3. Players may only be tagged if they do not have a ball in their hands.
4. Players who have a ball should work together to pass the ball to those players that do not have a ball when they are in danger of being tagged.

Tips:

- This game should be played with older groups.
- Increase the numbers of players who are it, once they get the hang of the game.
- Create a time limit for how long a player can hold onto the ball.
- Any type of ball can be used in this game

19. True/False Tag

Equipment Needed: Cones

Set Up: Make a “home base” for each team, about 25 yards apart

How to Play:

1. Select 1 player to be the caller. Divide the rest of the class into 2 teams.
2. One team is the Truth Troop, the other team is the Fib Finders
3. Have the team’s line up in between their bases, facing each other in a line.
4. The caller makes a proclamation that’s either clearly true (Coach Catie is wearing an orange shirt), or clearly false (the letter N comes after the letter A)
5. If the statement is true, the Truth Troop chases the fib finders to their base, trying to tag them.
6. If the statement is false, the Fib Finders chase the truth troop to their base, trying to tag them.
7. If anyone is tagged, they join the opposing team.
8. The game continues until all of the players belong to one team.

20. Alphabet Runs

Equipment Needed: Alphabet Cards, Cones

Set Up: Place a cone for each team on one side of the field.
Create Cards with letters on them to be on the opposite side of the field.

How to Play:

1. Split the class into 2 teams.
2. Each team lines up behind their cone on the designated side of the field.
3. The alphabet cards are on the other side of the field.
4. When the coach blows their whistle, the first person in line runs to the other end, grabs 1 card and runs back.
5. Then the next person goes and grabs 1 card and comes back.
6. This continues until the coach blows their whistle again (about 3 minutes).
7. Then, each team must work to spell the longest word possible with the letters they collected. The team with the longest word wins.

21. Tracktinoary

Equipment Needed: Paper, Pens, Clipboards, Words, Cones

Set Up: 3 cones at one end of the track, paper and pen on a clipboard for each team

How to Play:

1. Divide the class into 2 or 3 teams
2. Each team will line up behind a cone.
3. The coach will be at the other end of the field with the clue words.
4. The first person from each team will run to the coach and get a paper/clipboard and pen.
5. The coach will show them the clue word.
6. They will run back to their team and draw the clue word (No talking! Rules are just like Pictionary). First team to guess it gets a point for their team.
7. Make sure every person gets a chance to draw.

Tips

- Sample clue words: discuss, yard, long jump, track, javelin, coach, overtime athletics, stretching

22. Butterfly Run

Equipment Needed: Cones

Set Up: Set up cones in the shape of a butterfly (wings with a “sprinting lane in between”)

How to Play:

1. The kids start at the wings and go either way.
2. If they go to the right, they jog.
3. If they choose the left, they walk.
4. When they come to the Butterfly Sprinting Lane, they do just that - run FAST and then they choose: right - jog or left - walk.

