

SPORTS PROGRAM: ICE - BREAKER DRILLS

PLAYING TO "EXPRESS" RATHER THAN TO "IMPRESS"

ICE-BREAKER DRILLS

SR. NO	NAME OF THE GAME	OUTCOMES / FALL-OUT / OBJECTIVE	INSTRUCTIONS
1	Crab Game	Energy – Warm Up	5 to 7 players chosen to be crabs, must sit down as a crab in the middle of the field. The other players have to run from one end of the field to the other within 12 – 15 seconds without being touched by the crabs in the middle. Their aim is to catch the runners while crab walking. If touched by the crab, the runner also turns into a crab. The runners must continue running from one end to another until only one runner is left.
2	Pair Tag	Energy – Warm Up	Players are divided into pairs. Each player puts on a tag. As a pair, players must try to tag the other players. Normally is played with mixed pairs.
3	Tag German Drill	Energy – Warm Up	The group is divided into pairs and the activity will be conducted in two groups. The pair has to complete the German drill and run in alternate chances. The pair who completes the drill first wins.
4	Chain Tag		Divide the players into groups of 3 or 4. All players must put on one tag at the back. Players in a group must form a chain, standing one behind the other with hands on the shoulder of the person in front. The first player of each chain must try to tag the last player of other chains. If a player is tagged, they must join their chain in the front and try to tag other chains while saving the tags of their chain. Last chain with any tags remaining wins.
5	Tug of War		Take a rope and tie a cloth to its center. Divide the players into two groups and get both teams to hold either side of the rope with the teams facing each other. Define two points equidistant from the center of the rope (e.g. 3 feet either side from the center). The team that's able to pull the midpoint of the rope over the defined point will win the game.

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6	King with Crabs	Aiming, Alert & Speed	Players are scattered around the field. A volleyball is randomly thrown into play. The player who catches the ball is allowed to move two steps before they throw the ball at another player. If the ball hits another player without bouncing, that player is out and must become a crab. If when the ball is thrown at a player, that player catches the ball, the player who has thrown the ball is out and becomes a crab. As the game goes on, more people get out and turn into crabs. The crabs must try to touch other players who are not out. If a player is touched by a crab, that player becomes the crab and the crab can get back up and join back in the game.
7	Reflexes in Pairs	Alert & Speed	The group is divided into pairs. Players in each pair must stand facing each other with a distance of 5 steps between them. A ball is placed in between every pair. The players follow the instructions of the coach such as jump three times, five butt kicks etc. 'Grab the ball' is one of the instructions that the coach can give. The player to grab the ball first gets one point. Repeat this a few times and the players must keep score in pairs.
8	Gather the Cones	Defending	Scatter cones / markers all around the field. Divide players into four teams. Each team is sent to one corner of the field. When the activity starts, three players from each team grab one cone each and bring it back to their corner. Once the first three get back, the next three run out to grab three other cones. Once all the cones in the middle are over, the players can steal cones from the corners of other teams. The team with most cones will win after the end of 5 minutes.