



LTA YOUTH MATCHPLAY

**ORGANISER
WARM UP CARDS**

FOLLOW THE LEADER

Develop: Agility, Balance, Teamwork

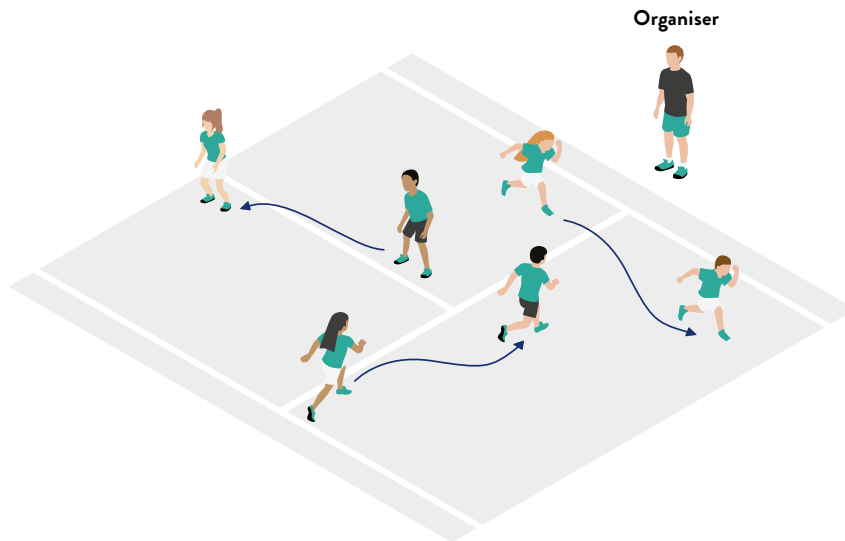
Youth Compete Matchplay / Warm up Activities

Organisation:

Split the group into pairs, one leader, and one follower. The leader must move around the space choosing different movements and the follower must copy. Leaders should be encouraged to change direction and try jogging, sidesteps, skipping, hops etc. When the Organiser shouts 'change' the leader becomes the follower.

Progressions - try groups of 3 or 4

- the leader can do balances as well as movements
- make the space bigger/smaller



PARTNER CHALLENGE

Develop: Fitness, Teamwork

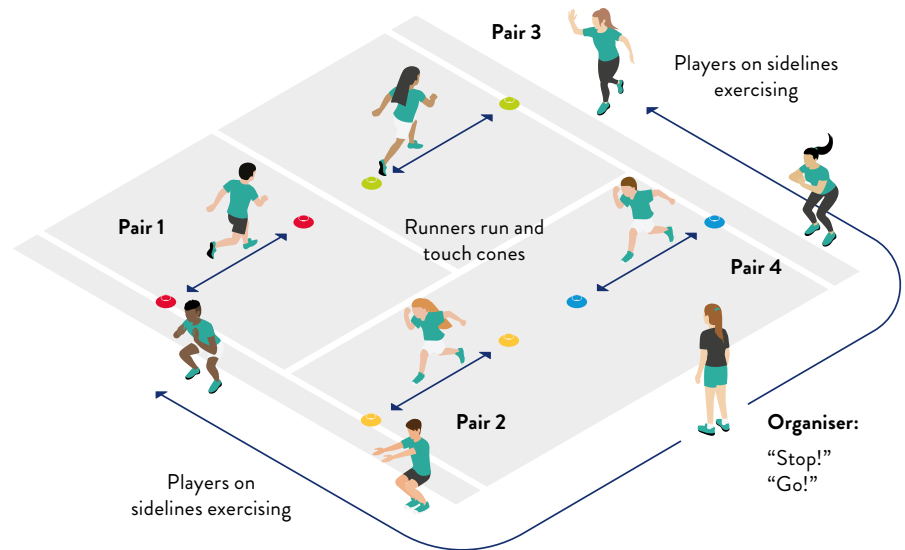
Youth Compete Matchplay / Warm up Activities

Organisation:

Split the group into pairs, one runner, and one exerciser. The group works for one minute whilst the runner sees how many times they can run to a cone and back whilst the exerciser does as many of a chosen exercise (star jumps, tuck jumps etc) as they can. They then switch over and count up their score.

Progressions - try groups of 3 or 4

- try different length runs and different exercises
- can work in groups of 4 with 2 counters to develop maths skills
- introduce skipping ropes/balls for throwing and catching rather than an exercise



BEAT THE BALL

Develop: Speed, Coordination

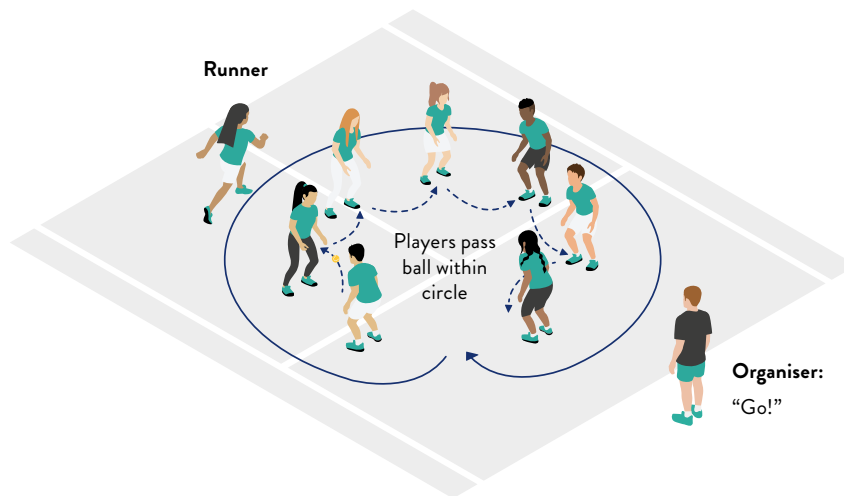
Youth Compete Matchplay / Warm up Activities

Organisation:

Organise the group into 1 or more circles depending on number (roughly 8-10 per circle). One person is designated the runner who tries to run around the circle back to their place as quickly as possible. The other children in the circle have to pass the ball around the circle back to the start as quickly as possible. Who can make it back to the start first, the runner or the team passing the ball?

Progressions - try groups of 3 or 4

- the children must throw the ball between the group
- make the circle bigger
- make the runner go round twice
- change the object being thrown/passed



VIDEO GAME

Develop: Speed, Balance, Creativity

Youth Compete Matchplay / Warm up Activities

Organisation:

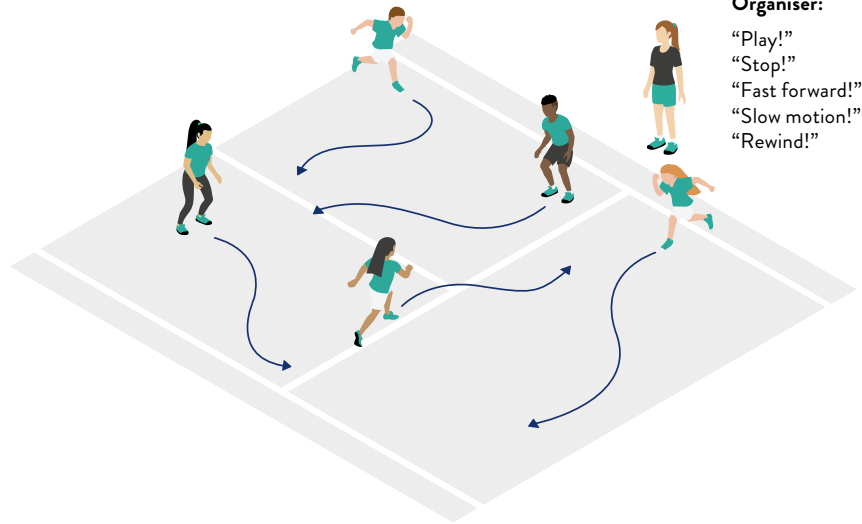
Tell the group to imagine they are all on the TV and that you have got the remote control.

When you press: play=move around, stop=freeze, fast forward=move quickly, slow motion=move slowly and rewind=move backwards.

Give the group a chance to try this. Then stop the group and tell them you are going to put some videos on. Ask the group to pick some of their favourite films/ TV programmes and when you call them out they must pretend to be in that show/film.

Progressions - try groups of 3 or 4

- change the size of the playing area
- ask one of the children to take the remote control



Organiser:

“Play!”
“Stop!”
“Fast forward!”
“Slow motion!”
“Rewind!”

FACE TO FACE

Develop: Speed, Fitness, Reactions, Coordination

Youth Compete Matchplay / Warm up Activities

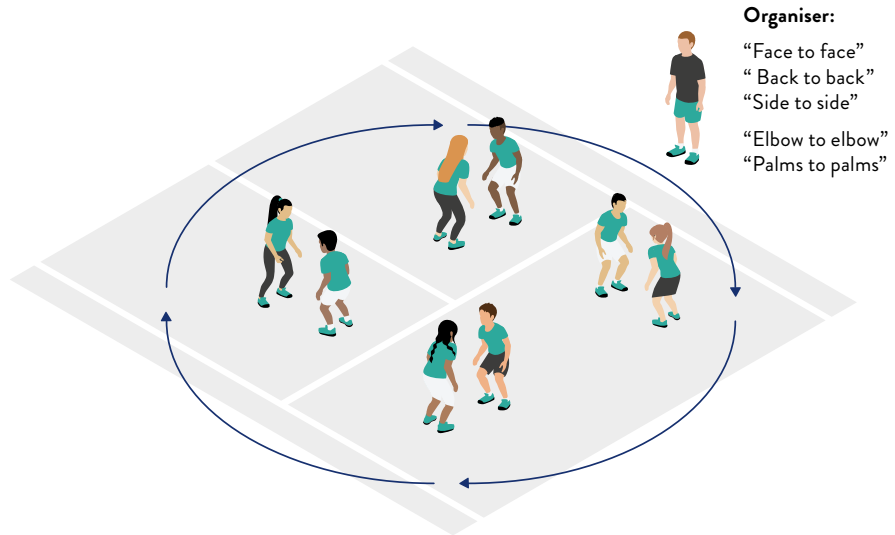
Organisation:

Set out a space for the group to play in and ask everyone to find a partner and stand facing them in a space. If the Organiser says: Face to Face=stand facing each other, Back to Back=stand facing away from each other or Side to Side=stand by each other's side.

Once the group is familiar with this you can introduce more commands like Elbow to Elbow or Palms to Palms etc. If the group have a good understanding of this introduce some movement. Partners should move around the court trying to avoid their partner until the Organiser shouts a command when they should run to find their partner as quickly as possible. The Organiser can also add in a 'Change' rule where everyone finds a new partner.

Progressions - try groups of 3 or 4

- call out commands faster and vary more commands
- introduce a competition i.e. last pair to find each other or complete command are out and should be judges



Organiser:

- “Face to face”
- “Back to back”
- “Side to side”
- “Elbow to elbow”
- “Palms to palms”



Matchplay