

WARRIOR GAMES FOR AT HOME

Game Type	Game	Tasks	Materials
Individual	Jump Reach	Using marks on the wall or door, challenge athletes to jump and tap the wall as high as they can. They get 5 chances and the highest jump height is kept	Leaderboard, pen, tape with measurements on them for the wall
Individual	4 Corner Box	Athlete runs around a square forwards, sideways, backwards and sideways to each corner. Time the athlete and note the time for a leader board.	Pen, timer, leaderboard, Corner markers: Use plush toys, tape, or whatever you have to mark out the box.
Individual	Boulder Jumping	Athletes will challenge themselves to jump up onto an object. Objects will start low and get higher. The athlete can try 3 times to get onto an object before being declared OUT. A fall from the object after landing is at the coaches discretion for a point.	A point is awarded for each object the athlete is able to jump onto.
Individual	Hang Drill	Athlete hangs from a bar and is timed to see how long they can hold themselves on	Points awarded for 20 seconds, 40 seconds, 60 seconds, 80 seconds, 100 seconds, 120 seconds
Individual/Team	Human Shapes	Athletes can work ALONE or work in pairs to create Letter shapes shouted out by the coach. Like chicken in the Hen house- the team that is slowest to make the letter or makes a letter that is not accepted, loses a point.	Score sheet with athlete names to keep track of points, Letter cards, Pen
Individual/Team	All Aboard	Athletes can work ALONE or work in pairs and when the coach shouts All Aboard, the athletes have to fit their group into the space provided. The space gets smaller and smaller as the game progresses.	Score sheet with athlete names to keep track of points and rounds, chalk, fabric or objects for the athletes to stand on. (same objects for 2 teams, different sizes)
Team	Obstacle Tag	Build an obstacle course that the athletes can cross without touching the floor. The person needs to get to the GOAL by crossing and not touching the floor but also not getting tagged by the person who is "it." The person who is "it" can only move around on the floor.	Score sheet with athlete names to keep track of points and rounds, obstacle course, Best of 5 gets a point. Obstacles can be small items or marked out areas to jump over, go around, etc.
Compete 1-1	Sandwich Drill	Build the sandwich in the order the coach calls out- Athlete is on a line with the 3-4 items spread out in front of them on the next line. Can make competitive by having another athlete with identical setup competing for time against them. IDEAS FOR Sandwich parts: Try using your cheer shirt collection WITH AT LEAST 4-5 DIFFERENT COLOURED SHIRTS or books with different coloured bindings like Black/Brown (bread), White (butter or mayo), Green (lettuce), Red (tomato), Blue (whatever is blue in a sandwich :)	Leaderboard, pen, timer
Compete 1-1	Knee Tag	This drill improves sport-specific speed and quickness for competitive athletes. It also helps them learn to read and appropriately respond to their opponents' movements. Four cones or markers are set up in a square, with sides 6 feet (2 m) long. Two athletes stand approximately 3 feet (1 m) apart in the center of the square, face each other, and assume staggered stances. At the whistle, one athlete attempts to touch the opponent's knees (see photo). The opponent should dodge as needed to avoid being touched. The first athlete scores a point each time he tags the opponent's knees. Athletes should perform the game for approximately 15 to 30 seconds and then switch roles. The game can be repeated multiple times. However, athletes should rest for 30 to 60 seconds between bouts. After each athlete has had equal opportunities to score, the one who has earned the most points wins.	Score sheet with athlete names to keep track of points and rounds
Compete 1-1	Push Up Tag	A simple game of tag, but with a twist that builds upper-body strength and core stability. Have two people assume a Push-Up position. The goal is to tap your opponent's hand. If your hand is tapped three times, you lose and have to do 10-15 Push-Ups. Repeat 4-5 times.	Score sheet with athlete names to keep track of points and rounds
Compete 1-1	Boxing Tag	A non-contact version of boxing that improves agility, conditioning and hand-eye coordination. Set up 4 cones or water bottles in a box to form an imaginary boxing ring. Have two people go in the "ring." But rather than throw punches, attempt to tap each other on the shoulders, hips or knees. Keep moving the entire time and don't flail around. Each tag should be precise and calculated. First player to 10 wins.	Score sheet with athlete names to keep track of points and rounds, markers for the "ring"
Compete 1-1	Capture the Flag	Pairs of athletes each have a flag (cloth, sock, tissue) shoved into their shoe. They start in an athletic stance with their hands on the opponents shoulders (like a wrestling stance). At the whistle they have to get the other persons flag. A time limit of 20 seconds can be added - the winner gets a point.	Score sheet with athlete names to keep track of points and rounds

IMPORTANT:

Before playing ANY of these games, always ensure the area used and materials used are **SAFE and all games are properly supervised.**

Remember that earning a point is **NEVER more important**

than the safety of you or your opponent.

A true Warrior plays fair and learns from each activity.



**Now, go burn some GREAT energy and
let's see WHO wins the MOST Warrior Points!**