

22-25 MARCH 2021

# SPRING FINALS ACTIVITY PACK



PART OF THE  
**SCHOOL  
GAMES**



## SHOOTING AND PASSING

### ACTIVITY ONE: TEAM

#### PLAYERS

Groups of 4

#### EQUIPMENT

6 cones, 1 ball per group

#### FIRST TEAM TO SCORE 10 GOALS WINS

1. Set up a square with two cones in the middle as a goal.
2. Split into 2 teams (2v2).
3. Try to keep possession of the ball and score by passing through the goal to your teammate.
4. If a goal is scored or the ball goes out of the square, the opposition gets the ball.

#### GOT WHAT IT TAKES?

Try making your goal or marked area smaller to challenge yourself.

## PASSING

### ACTIVITY TWO: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

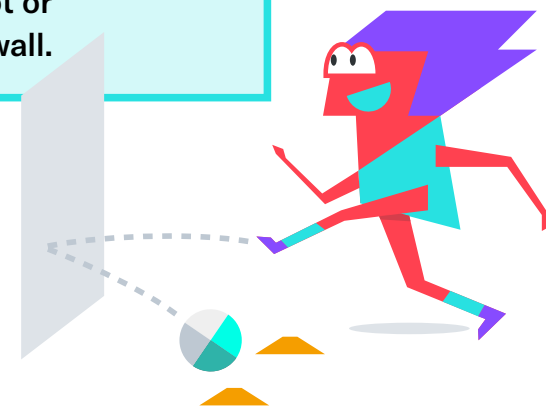
1 wall, 2 cones,  
1 ball per player

#### 60 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Set up 2 cones, 2 metres apart and 2 metres from a wall.
2. Standing in between your cones, pass the ball off the wall and back between the cones.

#### GOT WHAT IT TAKES?

Try using your weaker foot or moving further from the wall.



## ACCURACY

### ACTIVITY THREE: TEAM

#### PLAYERS

Groups of 4+

#### EQUIPMENT

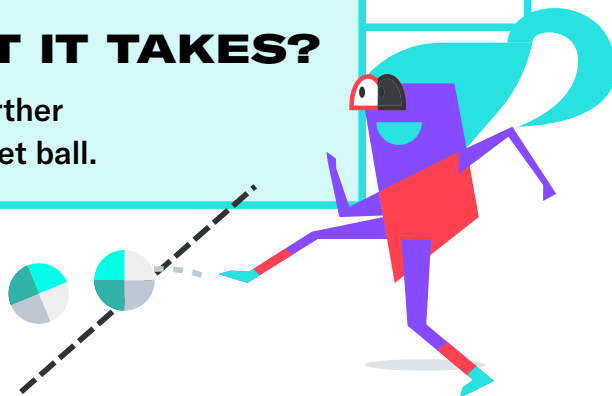
4 cones, 3 balls per group

#### FIRST TEAM TO 10 POINTS WINS

1. Use cones to mark out a square area, then split into two teams on opposite sides of the area.
2. Place a ball in the middle of the two lines, and give each team a ball.
3. The aim of the game is to knock the target ball over the opposing teams line by kicking your ball into it.

#### GOT WHAT IT TAKES?

Move your lines further away from the target ball.



## DRIBBLING

### ACTIVITY FOUR: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

4 cones,  
1 ball per player

#### 60 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Place 2 markers, 2 metres apart and another 2 markers 5 metres away to create a channel to dribble through.
2. Dribble the ball through the channel from one set of cones to the other.

#### GOT WHAT IT TAKES?

Try using a combination of both feet when dribbling and change the type of turn at each end.



## PASSING

### ACTIVITY ONE: TEAM

#### PLAYERS

Groups of 4+

#### EQUIPMENT

4 cones, 1 rugby ball per group

**60 SECONDS, REPEAT A FULL SEQUENCE AS MANY TIMES AS YOU CAN**

1. Set up a square with an equal number of players in each corner.
2. Pass the ball clockwise around the square.
3. The passer follows the ball to join the next group.

#### GOT WHAT IT TAKES?

Try adding a second ball.



## CATCHING

### ACTIVITY TWO: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

1 rugby ball per player

**45 SECONDS, REPEAT AS MANY TIMES AS YOU CAN**

1. Throw the ball straight up in the air, above your head.
2. Catch the ball at chest height.
3. Quickly squat low, to ground the ball and score a try.

#### GOT WHAT IT TAKES?

Try throwing the ball higher.



## AGILITY AND FOOTWORK

### ACTIVITY THREE: TEAM

#### PLAYERS

Groups of 4+

#### EQUIPMENT

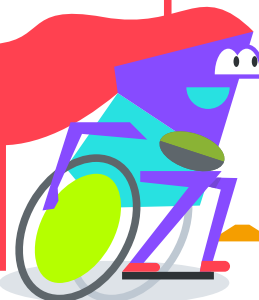
10 cones,  
1 rugby ball per group

#### A RELAY RACE, WHICH TEAM WILL CROSS THE FINISH LINE FIRST?

1. Each team sets up 5 cones in a line, 1 metre apart from each other.
2. Pairs of players line up in front of their team's set of cones.
3. The player at the front of the line runs in and out of the cones and back again.
4. They then give the ball to the waiting player who repeats.

#### GOT WHAT IT TAKES?

Players can start in different positions e.g. facing away from the cones.



## BALL CONTROL

### ACTIVITY FOUR: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

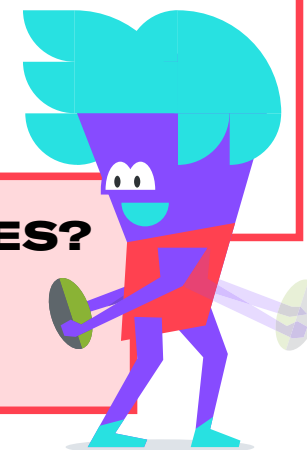
1 rugby ball per player

#### 60 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Start with the ball in both hands stretched out in front of your body.
2. Pass the ball around your waist and back to your front.

#### GOT WHAT IT TAKES?

Try changing the direction half way through.



## SHOOTING

### ACTIVITY ONE: TEAM

#### PLAYERS

1+

#### EQUIPMENT

2 cones, 5 markers per group.  
1 ball, 1 hockey stick per player.

#### COUNT HOW MANY POINTS YOU GET WHEN SHOOTING FROM 5 DIFFERENT POSITIONS

1. Set up a goal with the 2 cones with 5 markers spaced out around it in a semi-circle.
2. Take it in turns to shoot into the goal from each marker.
3. Count your score out of 5.

#### GOT WHAT IT TAKES?

Place targets in the goal to aim for when shooting.



## DRIBBLING

### ACTIVITY TWO: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

3 cones, 1 ball, 1 hockey stick per player

#### 30 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Place 3 cones in the shape of a 'V'.
2. Drag the ball to each corner and back again counting how many 'V drags' you can do.

#### GOT WHAT IT TAKES?

Try increasing the speed you drag the ball.



## BALL CONTROL

### ACTIVITY THREE: TEAM

#### PLAYERS

Groups of 4+

#### EQUIPMENT

Cones to mark an area, 1 ball, 1 hockey stick per player

#### WHICH PLAYER IS THE LAST ONE STANDING?

1. Create a circle with markers with all players inside it.
2. Protect your ball whilst trying to knock other players' balls out of the circle.
3. If your ball goes out of the circle you are eliminated.

#### GOT WHAT IT TAKES?

Add a defender whose sole purpose is to tackle players to eliminate them.



## STICK WORK

### ACTIVITY FOUR: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

2 cones, an object to lift a ball over, 1 ball, 1 hockey stick per player

#### 60 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Create an object for players to lift the ball over, for example a stick on two cones.
2. Try and scoop/lift the ball over the object as many times as you can.

#### GOT WHAT IT TAKES?

Try adding another set of cones and moving around a circuit.



## AGILITY AND DEFENDING

### ACTIVITY ONE: TEAM

#### PLAYERS

Groups of 3

#### EQUIPMENT

4 cones to mark out a box, 1 ball per group

#### HOW LONG DOES IT TAKE TO COMPLETE 5 PASSES?

1. Set up a 3m x 3m box with 1 attacker and 1 defender in it.
2. A second attacker is positioned outside the box and trying to get free to receive a pass.
3. The defender tries to intercept the ball before it reaches the players outside the box.

#### GOT WHAT IT TAKES?

Add another defender into the drill.



## BALL CONTROL

### ACTIVITY TWO: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

1 ball per player

#### 30 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Keep one arm out straight.
2. Use your other arm to pass the ball over your outstretched arm and catch it.

#### GOT WHAT IT TAKES?

Try completing the challenge without looking at the ball.





## SHOOTING

### ACTIVITY THREE: TEAM

#### PLAYERS

Groups of 8+  
2 equal teams

#### EQUIPMENT

1 netball hoop (or something you can use as a goal), 1 ball per group

#### HOW LONG DOES IT TAKE YOUR TEAM TO SCORE 10 GOALS?

1. Split into 2 equal teams and line up diagonally from the goal.
2. Pass the ball from the end of the line to the player at the front who must attempt a shot.
3. Once they have taken a shot, that player runs to the end of the line with the ball.
4. Everyone shuffles down and repeats the sequence.

#### GOT WHAT IT TAKES?

Move your team further away from the hoop.

## FOOTWORK

### ACTIVITY FOUR: INDIVIDUAL

#### PLAYERS

1

#### EQUIPMENT

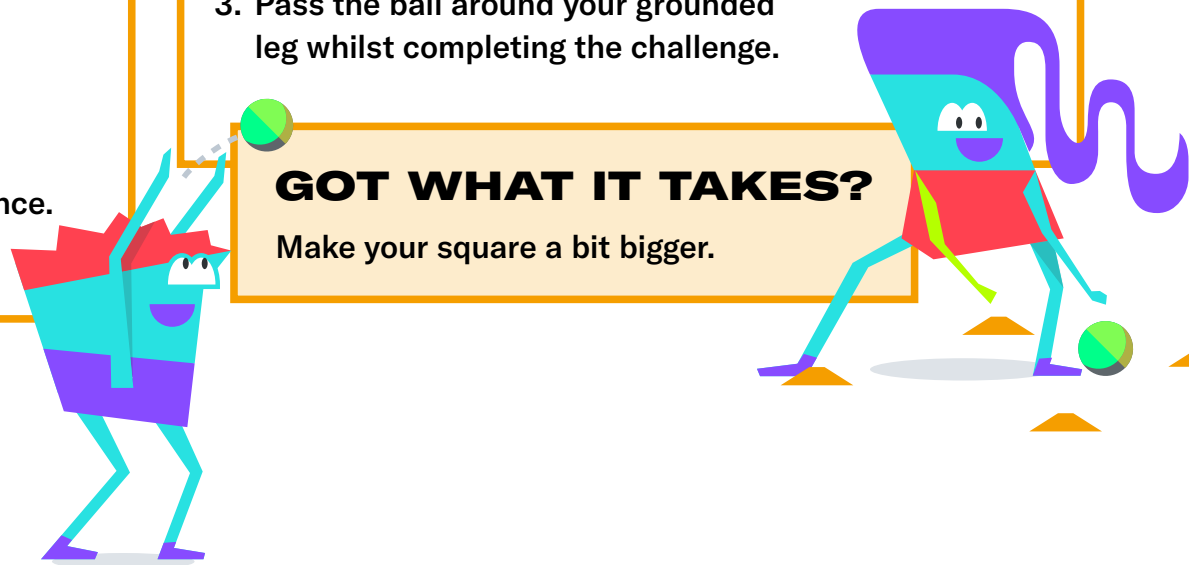
4 cones, 1 ball per player

#### 30 SECONDS, REPEAT AS MANY TIMES AS YOU CAN

1. Layout 4 markers to make a square.
2. Keep one foot in the square and aim for each marker with your other foot.
3. Pass the ball around your grounded leg whilst completing the challenge.

#### GOT WHAT IT TAKES?

Make your square a bit bigger.



## BONUS ACTIVITY



# WORD SEARCH

How many of these sports can you find?

**BOCCIA**      **GYMNASTICS**  
**RUGBY**      **ATHLETICS**  
**NETBALL**      **DANCE**  
**FOOTBALL**      **BADMINTON**  
**HOCKEY**      **TENNIS**  
**CRICKET**  
**NEW AGE KURLING**

These are just some of the 30 different sports that you can compete in at the London Youth Games.

What's your favourite sport?

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|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | T | I | S | U | J | R | S | N | T | H | T | W | V | W |
| G | N | I | L | R | U | K | C | V | C | O | F | A | B | O |
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| I | B | I | N | I | T | N | A | K | D | A | N | C | E | D |
| C | P | J | E | F | N | P | H | P | I | A | N | S | K | Q |
| C | Y | I | W | Y | E | T | B | V | S | H | L | P | O | W |
| O | Q | W | B | G | S | F | O | T | E | O | Q | C | E | O |
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| R | U | G | B | Y | R | C | D | R | A | P | R | V | M | Y |
| H | U | B | W | O | S | F | O | O | T | B | A | L | L | U |



## BONUS ACTIVITY

# DESIGN YOUR KIT

Design a sports kit for you  
and your team to wear while  
competing at London Youth Games.

**CAN YOU INCLUDE  
THE LONDON YOUTH  
GAMES LOGO?**

**WHAT ABOUT  
THE NAME OF  
YOUR BOROUGH?**



Your name

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All of our Spring Finals Activities can be adapted to make them inclusive for all young people by changing the Space, Task, Equipment and People (STEP). If you want extra support on how to adapt the resources within this pack, please contact [info@londonyouthgames.org](mailto:info@londonyouthgames.org)

Download the [entry spreadsheet](#) and submit it via [this form](#) to let us know how many students have taken part in our Spring Finals Activities. You will need to confirm your students' participation in the activities by 5pm on Thursday 25th March. We will be announcing the winning school with the most participants in London on Friday 26th March. Good Luck!

