

## I. ICE BREAKERS (Examples)

SR NO.	Name of the Game	Objectives	Instructions
01	Crab & Ball game	Energy – Warm up	There will be 2 crabs 4 balls throwers who act as barriers to the runners. While going from one end to another end the barriers throw balls and touch them. The person surviving till the end wins
02	Pair tag	Energy – Warm up	The whole class is divided in pairs. Each pair has a tag on one side. Together they have to remove the other tags. Normally is played with mixed pairs.
03	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.
04	Dog & Bone	Energy – Increase team spirit	The class is divided in two teams. Each member of each team gets a number. When conductor calls one number the people who owns that number have to go to the middle and try to get the ball.

## II. DRILLS (Examples)

SR NO.	Name of the Game	Objectives	Instructions
01	Attack & defence	Aiming and pressure	There are two groups: attackers and defenders. The attackers will be in pairs against one defender who will put pressure. The attackers win if they score otherwise the defender will win.

02	3 chasers	Passing	Three chasers take on a keeper trying to protect their three loops. The chasers get 30 seconds to get their ball in a loop.
03	Gauntlet	Dribbling and defending	Three squares made by cones. Inside each square there's a defender. The attacker has to overpass all the squares to win.
04	Tag Kabbadi + Ball	Alert and speed	Both teams have tags and the defenders will have the ball. The raiders don't have tags (2 people at a time). The raiders either has to pull the tag or get the ball to keep playing.