

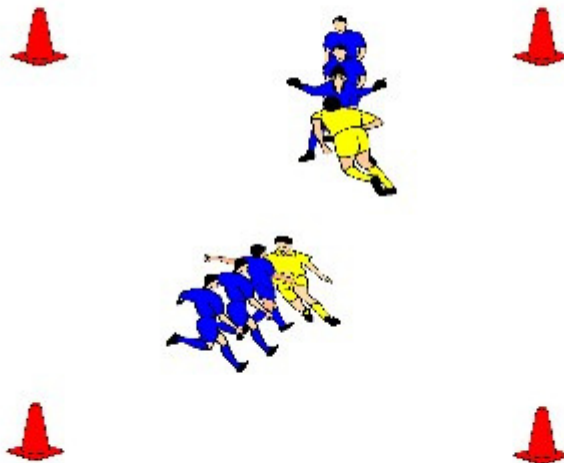
**Topic:** Warm Up/Fun Game  
**Drill Name:** Mother Goose

**Age Group:** U/7 to U/9

**Objectives:**

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

**Diagram:**



**Description:** Split players into groups of four. One player is fox (yellow), one player is the mother goose (front of blue line) and the remaining players are the babies (remaining blue player). The babies hold onto the shirt of the player in front while the mother goose holds her wings up to protect her babies from the fox. The fox aims to get around the mother goose and tag the baby at the back of the line.

**Progressions:** More/Less players in the blue line. Encourage players to be comfortable being in close areas.

**Coaching Points:** Mother goose to use their arm (wings) to protect her babies. Fox to change direction and speed in order to get around the mother goose.