

2017 SPORTSDIRECT.COM FAI Summer Soccer Schools



Wet Weather Activity Pack

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Getting Started

Quieting down the group

- 1. Be <u>Calm</u> and don't yell. Ask for peace and quiet in a calm, cool, and collected voice. When you're calm, the players are sure to follow the example that you're setting and will be calm and quiet. If there's a quiet mood in the classroom, the players will be quiet.
- 2. **Put your hand up.** In most clubs, when a coach raises their hand, it's a signal for players to quiet down. If this alone doesn't work, you might want to add an incentive.
- 3. **Make it a game.** Especially with younger groups, if you play "The Quiet Game" with them, they will quiet down quickly. Give them a few seconds to finish up their conversations, make lots of noise etc., and then start playing "The Quiet Game". The players will be quiet for as long as possible. Two coaches will be needed during this, one to play the game and "catch" the noisemakers, the second to decide how to divide the groups.
- 4. **Praise Behaviour.** Praising well behaved players will increase this behaviour. Spread the praising around the groups and players. This will lead to friends competing to be the quietest to earn the praise and leads to a quieter room. Phrases such as "Wow! You guys are behaving great!" work well.

O = Older Child's Game

Y = Younger Child's Game

S = Short Game

L = Long Game

Calendar

All games are described in full later in pack with page numbers beside.

Sample calendar of games – can be chopped and changed depending on how long indoor activities are needed for.

Monday

Time	Activity - Hall	Activity – No Hall
10.30 – 11.00	Word Bingo p33	Toilet Paper Game p31
11.00 – 12.00	Toilet Paper Game p31	Chuck-A-Name Game p28
12.00 – 13.00	Under/Over Relay p19	Mr. and Mrs. Right p30
14.00 – 15.00	Quiz	Camping p31
15.00 – 15.30	Snatch the Bacon p18	Countdown p32

Tuesday

Time	Activity - Hall	Activity – No Hall
10.30 – 11.00	Charades (L) p27	Corners p34
11.00 – 12.00	Countdown p32	Quiz
12.00 – 13.00	Keep it Together Relay p19	Word Bingo p33
14.00 – 15.00	Criss Cross p23	Birthday Dinner p32
15.00 – 15.30	Coaches' vs. Kids (S) p24	Sausage p32

Wednesday

Time	Activity - Hall	Activity – No Hall
10.30 – 11.00	Crab Football (S) p25	Follow the Leader p34
11.00 – 12.00	Indoor Scavenger Hunt p25	Grandmother's Attic p31
12.00 – 13.00	Donkey p25	Funny Face p27
14.00 – 15.00	Ludo (L) p33	Charades (L) p27
15.00 – 15.30	Star Game p16	Talent Show p28

Thursday

Time	Activity - Hall	Activity – No Hall
10.30 – 11.00	Circle Relay p20	Chuck-A-Name Game p28
11.00 – 12.00	Countdown p32	Camping p31
12.00 – 13.00	Quiz	Ludo (L) p33
14.00 – 15.00	Charades (L) p27	Word Bingo p33
15.00 – 15.30	Knots Relay p20	Sausage p32

Friday

Time	Activity - Hall	Activity – No Hall
10.30 – 11.00	Duck, Duck, Goose p13	Woosh p29
11.00 – 12.00	Killer Wink p11	Charades p27
12.00 – 13.00	Crab Shuttle Relay p21	Countdown p32
14.00 – 15.00	Ship, Shore, Deck p12	Quiz
15.00 – 15.30	Robbie Brady says p10	Birthday Dinner p32

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S = Short Game L = Long Game

Hall Games

Y/L Name Game S Fruit Salad S/Y Robbie Brady Says Fast-paced Robbie Brady Says S/Y Catch the Dragon's Tail L Killer Wink Υ o Rhythm Game Υ o Bean Game Υ o Ship, Shore, Deck L Hospital Tag Farmyard Howl Υ o Duck, Duck Goose Υ Hot Potato Υ Musical Statues Υ o Groups

People to People Twister

Name Game

Equipment: Ball

- Participants stand in a circle
- One person starts with the ball
- Before he/she throws the ball to another person they must say "my name is..."
- Then that person throws the ball to the next player and they do the same thing and so on until everyone in the group gets a chance to introduce themselves.
- After this the player with the ball now must name the player to whom he/she is throwing the ball. This continues until everyone in the group knows each others name.

Fruit Salad

- Everyone sits on seats in a circle, except for one person in the middle.
- Everyone gets a fruit name e.g. bananas, oranges etc do about 4 or 5 different fruits. The person in the middle calls a fruit and everyone with that fruit has to swap seats while the person in the middle is also trying to sit down. If Fruit Salad is called everyone has to move.
- Variation- call different things relating to the people in the group e.g. has socks on, brushed their teeth today, has an "A" in their name, ate an orange at lunch etc

Robbie Brady Says (Simon Says Rules)

- The leader chooses one person in the group to be the leader
- All participants face the leader in a line behind the start line
- The leader calls out an action to the group that they must do e.g. "Robbie Brady says take five steps forward"
- If the leader says "touch your nose" and one of the group does then they must go back to the start because Robbie Brady didn't say
- Continue until one person reaches "Robbie Brady". They then become the new leader
- For every correct move each person moves one step closer to the leader

Fast-paced Robbie Brady Says:

- Robbie Brady Says sway your arms from side to side (feet apart slightly, lean over with arms hanging and sway)
- 2. Robbie Brady Says hop up and down on one foot
- 3. Robbie Brady Says hop up and down on the other foot!
- 4. Robbie Brady Says act like you just scored a goal in the World Cup
- 5. Robbie Brady Says act like you just saved a penalty in the Champions League Final

Catch the Dragon's Tail

Object of the game: The first person in the line tries to catch the last person in line.

- All the players line up and put their hands on the waist of the person in front of them.
- The last person in line tucks one end of the scarf in his back pocket, belt, or waistband.
- The first person in lines tries to grab the scarf.
- When the "head" gets the "tail", he dons the scarf and becomes the new tail.
- The person second in line becomes the head.
 Variation: Form two or more teams, each being a "dragon" trying to catch the others tail.

Killer Wink

- Players stand in a circle with their eyes closed.
- The leader/coach walks around outside of the circle and tips the "killer" on the shoulder
- Players then open their eyes and walk around the room
- The first of the murderers select a "victim" and winks at him/her
- 2 or 3 steps later the "victim" falls down and dies
- This murderer continues until someone identifies him/her
- If you identify the wrong killer you must die too

Rhythm Game

- One person is nominated to lead the group
- He/she calls out and performs various rhythmic actions e.g. clapping hands, stamping feet etc.
- The entire group are behind him/her in a line and they must do exactly what the leader is saying and doing whether it is shouting or jumping

Bean Game

- The leader asks the participants to walk around the room with their hands by their sides
- All participants are called "beans"
- The leader calls out a certain action of a bean and the participants must do as he/she says
- An example of this would be "broad bean" and all participants must extend their arms and act as a broad bean. Other examples include jumping bean, happy bean, string bean etc.

Ship, Shore, Deck

- Leader marks out each of the zones Ship, Shore, Deck
- Players line up at one zone eg. Shore
- The leader calls one of the zones and the players must run to the zone that was called

Hospital Tag

- The leader chooses one player to be "on"
- The player selected must chase the other players and try and tag them
- When he/she tags somebody they have to stand with their legs apart
- To be released another player must accompany them to a designated area (hospital) and then you are free to rejoin the game.
- You cannot be tagged when rescuing somebody!

Farmyard Howl

- The leader whispers the name of different animals to different players in the group, e.g. cow, dog, sheep, cat, chicken, goat etc.
- The players then scatter themselves around the room and shut their eyes
- The object of the game is to find all the members of your specific animal group and to link arms with them
- The only method of communication is your animal sound i.e. "moo" "baa" "woof" etc

Duck, Duck, Goose

- Kids sit down in a circle facing each other.
- One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are a "duck" or a "goose".
- Once someone is the "goose" they get up and try to chase "it" around the circle.
- The goal is to tap "it" before they are able sit down in the "goose's" spot. If the goose is not able to do this, they become "it" for the next round and play continues.
- If they do tap the "it" person, the person tagged has to sit in the center of the circle. Then the goose becomes "it" for the next round. The person in the middle can't leave until another person is tagged and they are replaced.
- Variation substitute words from the theme for "duck" and "goose." (like "Pika, Pika, CHU" or "Scooby Scooby Scooby DOOO")

Hot Potato

- Gather players in a circle, standing or sitting cross-legged. Players need be ready for a quick toss, so it helps to be prepared.
- Hand someone the potato, encouraging him or her to pretend that it is HOT and to catch and throw it as quickly as they can.
- Call, Go!. Game players begin to toss the potato around the circle, to the player next to them.
- Call stop At this point, whichever player is holding the potato is "out."
- Continue starting and stopping until all but two are "out." Last player to NOT be holding the potato when you shout stop wins
- You can use virtually any item for the "potato" for this old favorite.

Musical Statues

- Begin by playing music, everyone moves and dances until the music stops then they must "freeze" in whatever position they happen to be in.
- If they are seen moving after the music stops they are out
- Variation Appoint somebody as "it". They must try to make others laugh when the music has stopped. If a person laughs, they are out

Groups

- Have everyone stand at least five feet apart, so that when you spread out your arms, you're not touching anyone else's arms.
- The leader then shouts out: "Group of [some number]"
- Everyone then has to huddle together in a group huddle of that many people.
- There should usually be people left over because there aren't enough people to form a full clump.
- If you can't form a clump, then you're out! The game ends with a clump of two, and those two win

People to People Twister

- Pair up in groups of two and stand back to back.
- The leader will say different combinations that the group has to try to get to
 while staying back to back (right hand to right hand, left foot to right foot, head
 to head, right hand to left leg, etc...). The pairs must maintain all called
 combination until they switch partner.
- Once the leader says People to People they will then go switch partners.
- If you have an odd number of participants, the odd person is the leader. Once pairs switch, the odd person out is the new leader.

O = Older Child's Game

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L = Long Game

Team Hall Games

Star GameO

o Rescue O

Capture the FlagO

o Bucket Ball

Snatch the BaconO/L

O Relay Races pg. 20 - 22

Cats and Mice

Criss CrossY

Wiggle WormY

Poison BallY

o Group Knot

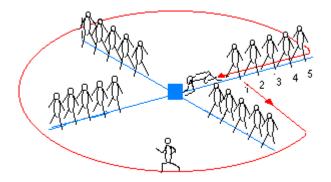
DonkeyY

o Coaches vs Kids Challenges O

Indoor Scavenger Hunt

Crab FootballO/L

Star Game



Equipment: Any small unbreakable object e.g. cone/ball

- Divide into any number of equal teams (4 are shown here) with each team standing in line legs apart facing the middle where the object is placed.
- Number each member of the team from the middle outwards so that all the 1's are nearest the centre.
- When a persons' number is called out they have to leave their position, run around the outside of the star to the back of their team where then have to tunnel/craw through their team members legs to reach the ball/object first.

Rescue

Stopwatch will be needed.

"The point of this game is to rescue the whole team before the time runs out!"

- Split the group up into two teams and have one person from each team stand at the other end of the room.
- At "GO!" the person at the other end runs down to get the first person in line and runs back.
- When they get to the other side of the room the person who was just "rescued" runs back to get the next person, and when he/she gets back the person that they rescued goes to get another person.
- This continues until all the players are rescued.
- Variation: Instead of having one person running to get another person, you could have everybody who had already been rescued running with them to get the next player.

Capture the Flag

- Divide into two teams and mark the middle of the playing area using a rope or chalk to mark the boundary between the two teams areas.
- Each team then hides a flag or handkerchief or bib in their half of the playing area.
- The object is for each team to find/get the other teams flag without getting caught.
- A player can be caught when they are in the opposing teams area and are tagged by a member of that team.
- If a player is caught they are sent to a jail on the opposing teams side and are out of the game, unless they are released by a team member who has not been caught.
- The team that finds the other teams' flag first wins.
- If playing in a large hall or gym, have a circle with few cones at the back of each team's territory in which to put to the flag.

Bucket Ball

Equipment: Cones to mark out scoring area

- The group is divided into two teams
- One player on each team stands inside a small circle of cones which is the designated scoring area at the back of the hall
- Each team tries to get the ball into the hands of the player in the area by passing it to one another until a player is in a good position to execute the final scoring pass
- If a catch is made then the team scores a point
- If the attempt is fumbled or the player in the area steps outside the cones in order to keep possession then no score is awarded
- After each score or attempt at a score is made then the opponents recommence play from behind the end line
- Each player is only allowed two steps with the ball
- Change the person in the scoring area every 3 or 5 attempts

Snatch the Bacon

Equipment: Ball

- The groups are split into two evenly sized teams whereby each team takes up a position at opposite baselines
- Each player on team A and team B is given a number by the leader so that both teams have the same numbers in their group
- The leader places a ball in the centre of the two baselines
- The leader then calls a number e.g.1
- The players from each team both run/walk to the centre and try to snatch the ball and return it to their baseline – without being tagged by their opposite number
- If a player succeeds in snatching the bacon getting back behind the baseline without being tagged his/her team are awarded a point

Relay Races

Under/Over Relay

Equipment: Ball

- The leader divides the group up into two or more teams and are asked to line up behind each other with their legs apart
- On the start signal the player at the end of the line passes the ball through the legs of the group and runs to the front of the line.
- When the ball arrives through the tunnel passes the ball over his/her head to the next person and so on until it reaches the person at the end of the line.
- He/she then runs to the front and this time passes the ball through his/her legs to the back of the line
- This continues where the ball is passes alternatively through the legs and over the head until the team manages to get the whole team over the finish line

Keep it Together Relay

Equipment: Ball, Cones to mark turning point

- The leader divides the group into teams. The teams are then asked to divide up into pairs and line up behind each other
- On the start signal, the first pair of the teams run to the turning point trying to hold the ball between their heads
- If they drop the ball then they have to go back and start again
- After successfully returning, the ball is passed to the next pair and so on until all the pairs in the team complete the course
- To vary the races change the location of the ball Between the backs, the hips, the shoulders, using only one finger each etc.

Knots Relay

Equipment: Cones to mark turning point

- The leader divides the group up into teams. The teams sub divide into pairs
- Both players turn back to back and interlock arms.
- On the start signal the pair go up to the turning point and back to tag the next pair to go
- The link must not be broken, if so, then they have to go back to the beginning and start again
- To vary both players could stand facing each other. Both players lift their left leg and grasp the leg of their partner. The other hand should be placed on the partners shoulder. The pair travel sideways to the turning point

Crab Shuttle Relay

Equipment: Cones to mark turning point

- Divide group in two and all members line up behind one another
- On the start signal the first player runs to the cone and back
- He/she then bends over and with the left hand through the legs, grabs the right hand of the next player in the line
- They shuttle the course without letting go and when they return the second player catches the third player in the same way
- In the end the whole team has to complete the course together

Circle Relay

- All participants stand in a circle a distance of 1 metre apart
- The leader issues each player with a number between 1-3 (This can vary depending on group size)
- The game begins by the leader calling a number out loud i.e. 1, 2 or 3
- On this command all players with that number must run around the outside of the circle and return to their starting position
- Each player will find him/herself hotly pursued by another player
- The aim of the game is for each player to attempt to tag the player in front without being tagged from the player behind

Corner Relay

Equipment: Cones to mark out course

- Both teams line up behind one another at two diagonal corners of the course
- When the leader shouts "go" the first member of each team has to run around the four cones
- When he/she arrives back at base he/she tags the next person to go

Boat Race

Equipment: Cones to mark turning/end point

- The players of three or more teams start one behind the otherbehind the start line
- Each player sits and grabs the legs of the player behind them and grabs the players ankles firmly
- On the start signal, each player uses his legs to pull his body along.
 The action looks like rowing
- To vary teams can be divided into pairs and the first pair goes to the cone and back and tags the second pair and so on
- The first person goes to the cone and back and collects the second person and they go to the cone and back and so on

Other relay races include egg and spoon race and 3 leg races

Cats and Mice

- The group is divided into two
- One group is called "cats" and the other called "mice"
- Both groups line up shoulder to shoulder (two arms length apart) in the centre of the floor
- When the leader calls "cats" then the cats chase the mice to the other end of the floor
- If a mouse is caught by a cat before they reach the safety zone then they join the cats
- After this both groups rejoin the centre of the floor for the next call from the leader.
- When the leader calls "mice" then the mice chase the cats to the other end of the floor
- If a mouse catches a cat before he/she reaches the safety zone then they join the other mice for the next game.
- The game continues like this until one group has little or no members in the group left

Criss Cross

- Divide into 4 teams.
- Send each team into a corner.
- The object of the game is to see which team can get to the opposite (diagonal) corner the fastest using the designated method that the leader calls out (eg. if the leader calls out "hopping," the teams must hop to the opposite corner).
- This will create quite a "bottleneck" or "traffic jam" in the middle each time.
- Keep score of which team wins each crossing. First team to 5 wins.
 Good Crossing Methods:

Hopping

Wheel barrel (one person holding a partner's legs while they walk on hands)

Crab Walk

Sprint

Backwards Walk

Wiggle Worm

- This goofy race requires kids to work together (and stick together) as a team.
- Divide the group into two equal teams.
- Teams must line up and form a "worm."
- The person at the front of the line reaches his left hand between his legs; the player behind him grabs it with her right hand; and so on all the way to the end of the line. When you say "Go", each team must run to a goal line and back.
- Whichever team gets back first is the winner—but only if their worm is still intact!

Poison Ball

Equipment: cones to mark a circular boundary and a ball

- Split the group into two even teams.
- One team starts off in the middle while the other team starts off around the outside of the boundary.
- The ball has to hit the kids in the circle below the knees, once hit with the ball they are out.
- This is a timed race to see which team lasts the longest.

Group Knot

- The leader starts the game by inviting all the participants to move from a large circle into a tight group
- Each player closes their eyes and reaches forward with their hands and grab any two hands from the large choice available to him/her
- Hands held and very much intertwined the group must now try to untangle the knot without any participant releasing their grip into a circle
- Vary by splitting the group in two and having a race to see who can untangle their group first

Donkey

- Participants stand in a circle
- One person starts with the ball. They pass the ball to somebody in the group
- If the person receiving the ball drops the ball they get the letter "D"
- If they drop the ball a second time they get the letters "D,& O"
- The game continues until somebody is knocked out by dropping the ball 7 times i.e. "D, O, N, K, E, Y"
- If the person passing the ball throws the ball unfairly giving the receiver no chance to catch the ball then the passer gets a letter instead of the receiver

Coaches' vs. Kids Challenge

- Each coach picks a camper of the day who must do as many "keepie uppies" as they can in 30secs each. The entire kids total is added together and then one coach is nominated to beat the total of the campers without dropping the ball.
- Match Using pop-up goals coaches choose one camper each. The kids form a team to play against the coaches – however, coaches have to move like crabs around the pitch.
- Shooting 1v1 with a coach standing in the goal for the kids shot.
- Passing Cones are laid in a triangle. Each coach chooses one camper
 of the day who must pass the bass through the cones aiming for the
 cone at the top which has a ball on top. 10 points if goes through first
 set of cones, 20 second set 50 3rd set and 100 if they knock the ball
 off the cone Coaches then have the opportunity to beat the score of
 the kids however in order to score they must hit the cone with the
 ball on top!
- Penalty shoot out Kids shoot from closer to the goal

Indoor Scavenger hunt

- Divide the group into teams.
- Prepare a list of objects that people will have on them e.g. handkerchief, coins, a shoe, a sock, tee-shirt, watch, ring, book, two shoe laces tied together etc.
- Place each team around the room and place a circle of cones in the middle of the room.
- Each team needs one runner who is the only person who is able to go to the cones in the middle.
- As soon as the object is called it is a race to get the object to the cones.
- Keep a point's record for each team.

Crab Football

- It has the same rules as regular football but with a twist. Each player must prop themselves up by their hands as well as their feet, in the manner of a crab.
- This is also an easy game to referee because the ball moves around quite slowly.

O = Older Child's Game

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Dressing Room Games

Corners

Charades 0 o Funny Face Υ Talent Show o Chuck-A-Name Game Υ o Woosh Υ o Mr. and Mrs. Right Υ The Toilet Paper Game o Camping Υ o In my Grandmother's Attic Υ 0 Sausage o Birthday Dinner Countdown 0 Y/L o Ludo Word Bingo 0 o Follow the Leader 0

L

Charades

- The players divide into two teams. Team A and team B
- One person from team A is given a secret phrase by the leader to act to his own team who must guess what the person is acting out
- The actor then has a limited period of time in which to convey the secret phrase to the guessers
- The actor may not make any sounds or lip movements
- The actor is allowed to make any gestures other than blatantly spelling out the word
- The guessers attempt to guess the word or phrase based on the actor's performance. They can ask questions, to which the actor may give non-verbal responses, such as nodding in affirmation. If any of the guessers says the correct word or phrase within the time limit in the literal form as written on the slip, their team wins that round
- The teams alternate until each team member has had an opportunity to be the actor
- Examples: Batman, Spiderman, Jaws, Harry Potter, Superman, cat, dog, bird, elephant, snake etc.

Funny Face

- Children sit in a circle with a solemn expression.
- One child is "it" and suddenly bursts out laughing.
- He stops, wipes the smile off his face and tosses it to another, calling that person by name, who in turn bursts out laughing.
- Any player who laughs when he/she is not "it" drops out of the game.
- The play continues until only one person is left; he/she is the winner!

Talent Show

 Encourage children to show off their talents. Acting, singing, mime etc.

Chuck-A-Name Game

- Arrange the group in a circle.
- One person starts off by saying the name of someone else in the circle, and tossing the ball to them.
- That person then in turn says the name of a different person, and tosses the ball to someone else who has not yet received the ball.
- That continues until everyone in the circle has received the ball once.
- Generally, the objective is to pass the ball around the circle without dropping it. If the ball is dropped, the group restarts until completed without dropping.

Variation...

- 1) Once the group has accomplished the task as described above, add a second item (ball, rubber chicken, etc.) and instruct the group that it, too, must travel in the same pattern. Add more props as you see fit. You can slowly take props out after a few minutes and end on one last round of the name toss.
- 2) Instead of tossing a ball, participants cross the circle, exchange high fives and take each other's spots in the circle. This is a great way to avoid catching/throwing anxiety, or way to play if you don't have an object to toss.

Woosh

- Have everyone in your group make a circle. The leader pulls an invisible 'woosh' ball from their pocket.
- They explain that the woosh ball is very light and it just sort of floats there in their hand. When passing the woosh ball it actually makes the noise "woosh." So when passing, either to the right or left, it makes the "woosh" sound.
- The person receiving the woosh ball has many options. They can receive the woosh and pass it along. They can say "Wao" and put their hands up to refuse the woosh, in which case the person trying to pass the woosh ball must turn to their other side to pass it.
- Sometimes when a person gets the woosh ball they get so excited and the energy of the woosh ball takes over their soul and they go "freakalistic," which in turn makes the entire group go "freakalistic." Everyone must dance around in the circle and find a new place to stand.
- The object of the "freakalistic" is to get as silly as possible. If someone in the circle falters when they get passed the woosh, or messes up the flow, they must "boing."
- A "boing" is a physical admission that they messed up the flow of the woosh.
- They put their hands together above their head and bend at the knees and say, "boing."

Mr. and Mrs. Right

Description

Have everyone stand. Read the story. When you say "right" everyone takes a step to the right. When you say "left" everyone takes a step to the left.

This is a story about Mr. and Mrs. WRIGHT. One evening they were baking cookies. Mrs. WRIGHT called from the kitchen, "Oh, no, there is no flour LEFT! You will need to go RIGHT out to the store."

"I can't believe you forgot to check the pantry," grumbled MR. WRIGHT. "You never get anything RIGHT!"

"Don't be difficult, dear," replied Mrs. WRIGHT. "It will only take twenty minutes if you come RIGHT back. Go to Fifty-first and Peoria, and turn LEFT at the stop sign. Then go to Sixty-first Street and turn RIGHT, and there it will be on your LEFT," declared Mrs. WRIGHT as her husband LEFT the house.

Mr. WRIGHT found the store and asked the clerk where he could find the flour. The clerk pointed and said, "Go to Aisle four and turn LEFT. The flour and sugar will be on your LEFT."

Mr. WRIGHT made his purchase and walked RIGHT out the door. He turned LEFT, but he couldn't remember where he had LEFT his car. Suddenly he remembered that he had driven Mrs. WRIGHT'S car and that his car was in the driveway at home RIGHT where he had LEFT it. He finally found the RIGHT car and put his purchase RIGHT inside.

Eventually, a weary Mr. WRIGHT found his way home. Mrs. WRIGHT had been waiting impatiently. "I thought you would be RIGHT back," she said. "I LEFT all the cookie ingredients on the kitchen counter, and the cats got into the milk. You'll just have to go RIGHT out again."

Mr. WRIGHT sighed. He had no energy LEFT. "I am going RIGHT to bed," he said. "Anyway, I need to go on a diet, so I might as well start RIGHT now. Isn't that RIGHT, dear?"

The Toilet Paper Game

- 1. Take a roll of toilet paper and ask a person how many squares they want, but don't tell them why. Set a Limit From 5 to 50.
- 2. Count out the squares, Rip after the last square and give all of the squares to the camper.
- 3. Repeat until all the campers have desired amount.
- 4. Then go around and have each person say stuff about themselves for each square until they are finished. The first square has to be their name.

Camping

- Start with everyone sitting down, except for the person speaking.
- The leader announces that the group is going on a camping trip, and each person must bring one item; the item's name must begin with the same letter of the person's name. My name is Tim, and I'm bringing the tent!
- You can also have everyone repeat the people before them. "Selena is bringing the sea salt, Ian is bringing the insect repellant, Hadley is bringing the hacksaw, and I'm Casey, & I'll be bringing the coriander!"

In my Grandmother's Attic

- The first player says, "In my grandmother's attic, I found... and ..." and names something that starts with "A."
- The next player says the same phrase, the object beginning with the "A," and then something that begins with a "B."
- Continue this way, each player reciting the previous items and adding another, all the way through the alphabet, to "Z".

Sausage

- Everyone sits in a circle. The person who is 'it' stands in the center of the circle.
- Each person asks the person who is "it" an appropriate question.
- The only answer to every question can be sausage.
- The first person to make the center person laugh wins a try in the middle.

Eg: What color is your hair? Sausage. What do you brush your teeth with? Sausage.

(Obviously other words can be used for variety)

Birthday Dinner

- Players sit in a circle.
- The first player starts by saying, "At my birthday dinner I like to eat hamburgers".
- The next player must repeat "At my birthday dinner I like to eat hamburger..." and add another dish.
- This continues all the way around the circle with each player reciting the dishes in the exact order they have been given and then adding a new one.
- If a player makes a mistake they slide out of the circle and the game continues.
- The person left who can perfectly recite the birthday dinner menu wins.

Countdown

- Contestants choose 9 letters, a mix of consonants and vowels.
- To choose letters have a coach say them in his head and when a contestant says stop use that letter.
- Group with longest word gets points, others get none. Points given are equal to the number of letters in the winning word.
- If two or more teams win the round each winning team of that round get their points.
- There are 10 rounds, team with most points win.
- Use an anagram if a tie-break is needed.

Ludo

- Involves 4 Groups.
- Dice is needed.
- Use either hangers in a dressing room or individual bags as 'stops', ensure bags are in a circle.
- Put each group in one corner of room with a home stop. They must roll a 6 to begin their journey.
- A 6 only gets one member of the team onto the course
- Teams must decide whether they use a 6 to get someone out of their base or on someone to move 6 spaces, picking a captain at the start to make these decisions may help.
- 2 players cannot be on the space. If this occurs, the player who was originally in the space must go back to their home base and roll a 6 to begin their journey again.
- The goal is to get each member of their group around the course and back to their home without having someone else land on them.

Word Bingo

Create a series of bingo cards, but instead of using the traditional numbers, write brief sentences in each box. For example, "I have a pet cat," "I have a big brother" or "I like green olives". Have each child walk around the room, asking other kids to sign any boxes that are applicable. The first child to have five signed squares in a row wins.

Follow the Leader

One person is sent out of the room and the others select one person to be leader. The leader then starts performing a silly action like wiggling their tongue or scratching their nose of which everyone has to follow suit. At this point the other player is called back to the room. The other players continue the action until the leader switches to something else and then they too must immediately follow suit. The aim of the single player is to catch who is the leader. He only has two guesses.

Corners

- Pick 4 corners
- Each person is allowed to move to any corner they wish.
- Using a pack of cards, Spades = one corner, Clubs another, hearts another etc. shuffle the pack and pick one card. If it is a spade all the spades are out.
- After a card is picked and a section is knocked out everyone left is allowed to pick another corner.
- Set a time for individuals to pick a corner.
- The last individual left is the winner

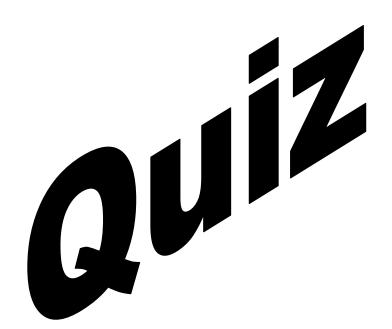


TABLE QUIZ ANSWER SHEET

This is a template ensure enough copies are made

IABI	LE: ROUND:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Sport Related

Football Round 1

- 1. What is the name given to the player who plays in goal?
- 2. If a player comes on during the game he is known as what?
- 3. What is another name for a player who plays in the centre-back position?
- 4. How long is each half of extra-time?
- 5. How many points does a team get if they win a league match?
- 6. What colour cards can the players be shown?
- 7. What is the name of the person in charge of making sure the rules are not broken?
- 8. How many players start for each team?
- 9. All players from Ireland must play in Ireland, True or False?
- 10. Which of these is not a position on a football pitch?
 - Striker
 - Full-back
 - Chaser
 - Midfielder

(Answers on page 70)

Round 2

- 1. What is the name of the small peg the golf ball is rested on at the beginning of a hole?
- 2. What sport, alongside football, is Katie Taylor known for competing in?
- 3. How long is the Dublin City Marathon?
- 4. Which province is Rory McIlroy from?
- 5. In which county would you find Ireland's National Aquatic Centre?
- 6. What type of animal is Rua, the FAI Summer Soccer Schools mascot?
- 7. In which stadium is the Hogan Stand?
- 8. What type of timber is used to make hurleys for hurling and camoige?
- 9. What sport takes place at The Curragh?
- 10. The Irish sport of rounders is similar to which American sport?

(Answers on page 70)

- 1. Who is the top international scorer for Ireland?
- 2. Who holds the most international caps for Ireland?
- 3. Where do Ireland play their home international games?
- 4. Who is the assistant manager of Ireland?
- 5. Who won the Airtricity League last season?
- 6. Who was the only Irish Manager who brought the Ireland team to the World Cup quarter finals?
- 7. Who was top scorer in the Airtricity League last season?
- 8. Where did Ireland play their home matches whilst the Aviva was being developed?
- 9. Who sponsor the Irish football team?
- 10. Which of these teams were in Irelands Euro 2016 group, Sweden or Spain?

Champions League Round 4

- 1. The Champions League final in 2016 was between which two teams?
- 2. The Champions League final was held in which stadium?
- 3. The first goal of the final was scored by whom?
- 4. The second goal of the final was scored by whom?
- 5. Who was the manager of the winning team in the Champions League Final?
- 6. Who did Real Madrid beat in the 2015/2016 Champions League semi-finals?
- 7. Who was the first player to get booked in the final?
- 8. Who was captain of the Champions' League winners?
- 9. Who was Paris ST. Germain manager for 2015/2016?
- 10. Who was the top scorer in the 2015/2016 Champions League?

Euro 2012 Round 5

- 1. Which of the following teams qualified for the 2016 European Championships?
 - a) Malta
 - b) China
 - c) Netherlands
 - d) Iceland
- 2. Who did Ireland beat in a play-off to reach the finals?
- 3. Which of the Euro 2016 finalists scored the most goals in the qualifying phase?
- 4. Where were all of Ireland's group games based, France or Germany?
- 5. Who won the Euros in 2012?
- 6. What country hosted the 2004 European Championship?
- 7. What country does Hugo Lloris play for?
- 8. Who was the Captain of the English Team when they played Iceland?
- 9. How many teams competed in Euro 2016?
- 10. Who makes the official European Championship football?

- Name the former Manchester United player who moved to Real Madrid for £80 million in 2009.
- 2. Name the car company that sponsors Man United.
- 3. Name 2 teams in the Premiership that begin with the letter "A".
- 4. Which Premiership team plays their home games in Goodison Park?
- 5. Who won the Premiership this season?
- 6. What color jerseys does Stoke City wear for home games?
- 7. Name one team who were relegated from the Premiership this season
- 8. Name one team who were promoted to the Premiership this season.
- 9. Name Liverpool's former manager who is now the manager of England.
- 10. Name the English club who had won the most titles before the Premier League started?

- Name the Manchester United player who holds the record for the most appearances at one club.
- 2. What Premiership team is also known as the "Gunners"?
- 3. Who plays at Craven Cottage?
- 4. What Premier League team missed out on qualification for the Champions League by finishing fifth?
- 5. What Airtricity team plays their home games in Dalymount Park?
- 6. Who was the top scorer in the Premiership this season?
- 7. What Premiership team does Joe Hart play with?
- 8. What Premiership team had the most clean sheets this season?
- 9. What team scored the most goals in the Premiership this season?
- 10. Name 2 teams that play in the Airtricity League beginning with the letter "S".

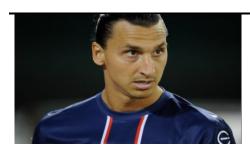
- Former Republic of Ireland player Steve Staunton, was his position in the team in goals or in defence?
- 2. Which well known club did George Best play for?
- 3. What county is Roy Keane from?
- 4. What stadium did the Republic of Ireland play in before they moved to the Aviva Stadium in 1991?
- 5. Which ex-Ireland international is manager at Norwich City?
- 6. Which promoted team do Owen Garvan and Paddy McCarthy play for?
- 7. Which Scottish team's name translates to Ireland from Latin?
- 8. What team in the Premiership does Shane Long play for?
- 9. What team did ex-Ireland players Liam Brady, David O'Leary and Niall Quinn play for?
- 10. What team did John O'Shea move to from Manchester United?

Tie Break Questions

- 1. Who was named Premiership player of the season this year?
- 2. Name the team that finished 17th in the Premier League this year
- 3. How many of Bayern's usual starting XI came through their academy?
- 4. Which Portuguese team was beaten 1-0 by Porto in the 2011 Europa League Final in Dublin?
- 5. Who scored the first goal for Ireland at Croke Park?

















































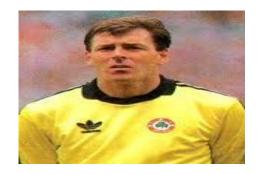
































Non Sport Related Rounds

General Knowledge Round 1

- 1. Which of the seven dwarfs wore glasses?
- 2. Which superhero shares a name with a town in Turkey?
- 3. What did Dorothy have to steal from the wicked witch of the West?
- 4. What is the name of the lion in "The Lion, the Witch and the Wardrobe"?
- 5. What was unusual about the children's nurse in Peter Pan?
- 6. Who painted the Mona Lisa?
- 7. What transport machine has forks, gears and a chain?
- 8. Who is the cartoon and comic strip sailor who loves spinach?
- 9. What is a male elephant called?
- 10. What are a sombrero and deerstalker examples of?

- 1. How many weeks are there in a year?
- 2. Red Sky at night is whose delight?
- 3. Which country do lasagne & spaghetti come from?
- 4. Who is the bear in The Jungle Book?
- 5. How many tens are there in 1000?
- 6. How many lungs does the human body contain?
- 7. How many holes are there in a bowling ball?
- 8. What is the capital of Scotland?
- 9. What fruit grows on a vine?
- 10. Which African country has a similar flag to Ireland, but backwards?

If 24 H in a D equals 24 Hours in a Day

- 1. 52 C in a P.
- 2. An O has 8 T.
- 3. Each person has 5 S.
- 4. 8 L on a S.
- 5. 18 H on a G C.
- 6. 12 M in a Y.
- 7. 1000 Y in a M.
- 8. 29 D in F in a L Y.
- 9. 26 L in the A.
- 10.7 W of the W.

- 1. Which planet in the solar system shares its name with a bar of chocolate?
- 2. Who is Spongebob's best friend?
- 3. What colour do you get if you mix red and yellow?
- 4. On what date each year is Halloween celebrated?
- 5. What is the yellow part of an egg called?
- 6. What is the main ingredient in an omelette?
- 7. What is the name given to a room on a boat or ship?
- 8. What is the black part of the eye called?
- 9. Who had an encounter with the three bears?
- 10. In the legend of the Fianna, what was the Land of Eternal Youth?

- 1. In which city is the Irish Soap "Fair City" set?
- 2. Which Irish city is also known as "The city of the tribes"?
- 3. In the Irish broadcasting company RTE, what does the R stand for?
- 4. What music competition did the Priests from Father Ted once enter?
- 5. St. Patrick got rid of which animal from Ireland?
- 6. A traditional Irish Stew contains which meat?
- 7. Is a Bodhran a drum or a fiddle?
- 8. What did Lir turn his wife Aoife into after he discovered what she had done to his children?
- 9. How many counties are in Connaught?
- 10. Which American president has ancestors from Moneygall, Co. Offaly?

Geography Round

What is the highest mountain in Ireland? 1. 2. What is the smallest county in Ireland 3. Where is the Burren? 4. Which continent is India part of? 5. Which continent would you go to, to find the Andes? 6. What is the longest river in Ireland? What part of the Earth is closest to the sun? 7. 8. What sea flows between Ireland and Wales? 9. Which country is bigger Scotland or Ireland?

Ireland's Eye is what?

a) A massive emerald

c) The President's home

b) A small Island

d) A large lake

10.

Food Round

- 1. I am a yellow fruit and I can be "split"
- 2. Bugs Bunny is usually seen eating this vegetable
- 3. I am red and heart shaped and can be eaten with cream
- 4. I am red, purple or green and I come in bunches
- 5. This is really a fruit but it's more often considered to be a vegetable. It's red and grows on vines
- 6. This fruit was originally called a wild gooseberry. It is brown and hairy on the outside and green on the inside
- 7. Boil me, mash me, roast me and chop me
- 8. I am great cooked in pies, you can make me into juice and I keep the doctor away
- 9. I have many skins and am guaranteed to make you cry
- 10. I am packed full of Vitamin C, am sweet and juicy and help to fight off colds

Hunger Games Round

- 1. Between what ages must you be in order to enter the reaping?
- 2. Who reads the names at the reaping?
 - Effie Trinket
 - Madge Undersee
 - President Snow
 - Greasy Sae
- 3. What District does Katniss live in?
- 4. What is an Avox?
- 5. What is Katniss's nickname?
- 6. What is Gale Hawthorne's mother's name?
 - Portia
 - Hazelle
 - Delly
 - Cecelia
- 7. Which is the first Hunger Games that Katniss participates in?
 - 74th
 - 100th
 - 101st
 - 76th
- 8. What is Katniss's sister's name?
- 9. How did Katniss first meet Peeta?
- 10. How do Katniss and Peeta both survive the Hunger Games?

Scooby Doo Round

- 1. What is the name of Scooby Doo's best Friend?
- 2. What colour is Velma's Jumper?
- 3. What colour is Shaggy's T-Shirt?
- 4. What is the name of their Van?
- 5. What's the name of Scooby's favourite food?
- 6. What type of animal is Scooby?
- 7. What is Scooby's job?
- 8. How many people are in his gang, including relations?
- 9. Name something he is afraid of?
- 10. What country is he from?

Simpsons Round 1

True or False

- 1. Lisa has a cat called Snowball 1?
- 2. Millhouse is Bart's best friend?
- 3. Nelson is a bully
- 4. Homer is addicted to liver
- 5. Marge has green hair
- 6. The comedy clown is called Krimbo?
- 7. Ned Flanders is Homer's neighbour
- 8. Lisa is exceptionally smart
- 9. The youngest sister in the Simpson household is named Lisa
- 10. Lisa plays the saxophone

Simpsons Round 2

- 1. Homer Simpson works in a?
- 2. Bart always rides a?
- 3. Homer is a patron of what bar?
- 4. Where do the Simpsons live?
- 5. What television clown is Bart's hero?
- 6. What is Homer's favourite food?
- 7. What does Maggie always have in her mouth?
- 8. Who is Homer's boss?
- 9. Who drives the school bus?
- 10. What is the name of Chief Wiggum's son?

Disney Round

- 1. What is the name of Mickey Mouse's girlfriend?
- 2. In "101 Dalmations", what is the name of the puppy that was revived after an apparent death?
- 3. In what country in Europe is there a Disneyland?
- 4. What colour is the genie from Aladdin?
- 5. In which country is "Brave" based in?
- 6. What is the name of the singing crab in the Little Mermaid?
- 7. In which Disney film would you find a Mr. Potato Head?
- 8. Name the sidekick of Timon in the Lion King?
- 9. What type of animal is Dumbo?
- 10. What does Remy the rat dream of becoming in Ratatouille?

Movie Round

- 1. Who won this Best Actor at the Oscars this year?
- 2. Complete the title of the TV Show; Father?
- 3. Which film character has a chocolate factory named after him?
- 4. How many Harry Potter movies are there?
- 5. There is a film about Tom & Jerry, true or false?
- 6. What are the names of the four Turtles?
- 7. What bird appears most often in the film "Happy Feet"?
- 8. Buzz, Rex, Woody and Peep are all characters in which movie trilogy?
- 9. Where does the Wizard of Oz live?
- 10. What type of animal is Nemo in "Finding Nemo"?

Music Round

- 1. Who is nicknamed "The King of Pop"?
- 2. Which musical instrument has four strings and played with a bow?
- 3. Which musical instrument has black and white keys?
- 4. What does "Pop" in pop music stand for?
- 5. What country are the band ABBA from?
- 6. Who recorded the song Pompeii?
- 7. Is Niall Horan in One Direction, True or False?
- 8. Who sings "Get Lucky"?
- 9. Who won this year's Eurovision?
- 10. What does MTV stand for?

Superhero Round

1.	Which superhero also goes by the name Bruce Wayne?	
2.	What does Superman/Clark Kent work as?	
3.	What colour is Iron Man?	
4.	Which superhero must stop Dr.Octopus?	
5.	What colour does the Hulk go when angry?	
6.	Which super villain is always smiling?	
7.	Which X-man has metal claws?	
8.	Who is Batman's side-kick?	
9.	What is Captain America's main weapon?	
10. Which member of the Avengers is a crown prince?		
	(Answers on page 79)	

Answers

Quiz Answers

Round 1

1. Goalkeeper	6. Yellow & Red
2. Substitute	7. Referee
3. Cente-Half	8. 11
4. 15 minutes	9. False
5. 3 points	10. Chaser
	Round 2
1. Tee	6. Fox
2. Boxing	7. Croke Park
3. 26 miles or 26.4miles	8. Ash
4. Ulster	9. Horse Racing
5. Dublin	10. Baseball
	Round 3
1. Robbie Keane	6. Jack Charlton
2. Robbie Keane	7. Richie Towell
3. AVIVA Stadium	8. Croke Park
4. Roy Keane	9. 3
5. Sligo Rovers	10. Sweden

Champions League Round 4

6. Man City

1. Athletico & Real Madrid

2. San Siro, Milan		7. Pepe		
3. Sergio Ramos		8. Sergio Ramos		
4. Carasco		9. Laurant Blanc		
5. Zinedine Zidane 10		. Cristiano Ronaldo		
Euro 2016 Round 5				
1. Netherlands		6. Portugal		
2. Bosnia		7. France		
3. Iceland4. France		8. Wayne Rooney 9. 24		
5. Spain		10. Adidas		
Round 6				
1.	Cristiano Ronaldo	6. Red & White		
2.	Chevrolet	7. Newcastle, Norwich or Villa		
3. Arsenal & AFC Bournemouth		8.Hull, Burnley or Boro		
4.	Everton	9. Roy Hodgson		
5.	Leicester	10. Liverpool		

- Ryan Giggs
 Arsenal
 Fulham
 Man United
 Vardy
 Man City
 Cech
 Tottenham
- 5. **Bohemian FC 10. Shamrock Rovers, Sligo Rovers,**

Round 8

St. Patricks Athletic, Shelbourne

Defence
 Manchester United
 Hibernian
 Cork
 West Brom
 Dalymount Park
 Chris Hughton
 Sunderland

Tie Break Questions

- 1. Gareth Bale
- 2. Sunderland
- 3. 6
- 4. F.C Braga
- 5. Stephen Ireland

Picture Round Answers

Round 1

Christian Eriksen
 Zlatan Ibrahimovic
 Bastian Schweinsteiger
 Gianluigi Buffon
 Neymar
 Lionel Messi
 Winston Reid
 Radamal Falcao
 Landon Donovan
 Shiniji Kagawa

Round 2

Joe Hart
 Paul Scholes
 Jack Wilshere
 Maraune Fellaini
 Bryan Ruiz
 Steven Gerrard
 Ramires
 Michu
 Tim Krul
 Romelu Lukaku

Round 3

Robbie Keane
 Yvonne Tracy
 Niall Quinn
 Wes Hoolahan
 Sophie Perry
 David Forde
 Damien Duff
 Niall Quinn
 Paul McGrath
 Liam Brady
 Packie Bonner

Round 4

Rua
 Bart Simpson
 Colin Farrell
 The Edge
 Mickey Mouse
 Michael D. Higgins
 Dustin the Turkey
 Colin Farrell
 Scooby Doo
 Daft Punk
 Spongebob Squarepants

Non Sport Related Rounds Round 1 - Answers

1. Doc 6. Leonardo da Vinci

Batman
 A Broomstick
 Popeye

4. **Aslan** 9. **Bull**

5. She was a dog 10. Hats

Round 2

1. 522. Shepherd's or Sailor's7. Three

2. Shepherd's or Sailor's3. Italy5. Edinburgh

4. Baloo 9. Grapes or Tomatoes

5. **100** 10. Ivory Coast

If 24 H in a D equals 24 Hours in a Day

- 52 C in a P.
 52 Cards in a Pack
- 2. An O has 8 T. An Octopus has 8 Tentacles
- 3. Each person has 5 S. Each person has 5 Senses
- 4. 8 L on a S.8 Legs on a Spider
- 5. 18 H on a GC.

 18 Holes on a Golf Course
- 12 M in a Y.
 12 Months in a Year
- 7. 1000 Y in a M. **1000 Years in a Millennium**
- 29 D in F in a L Y.
 29 Days in February in a Leap Year
- 9. 26 L in the A.26 Letters in the Alphabet
- 10.7 W of the W
 7 Wonders of the World

Mars
 Patrick
 Green
 Eggs
 Cabin
 Pupil

4. 31st October
5. Yolk
9. Goldilocks
10. Tir na nOg

General Knowledge Round 5

Dublin City
 Galway City
 Raidio
 A Vulture

4. Eurovision 9. 5

5. Snakes 10. Barack Obama

Geography Round

Carrauntoohill
 Louth
 Co. Clare
 Asia
 River Shannon
 The Equator
 Irish Sea
 Ireland

5. South America 10. A Small Island

Food Round

1 Banana6. Kiwi2.Carrot7. Potato3. Strawberry8. Apple4. Grape9. Onion5. Tomato10. Orange

Hunger Games Round

- 1. 12 18
- 2. Effie Trinket
- 3. District 12
- 4. Someone who had their tongue cut off
- 5. Catsnip
- 6. Hazelle
- 7. 74th
- 8. Primrose
- 9. Katniss was looking for food and Peeta gave her bread
- 10. They threaten to both take the poison and leave no winner

Scooby Doo Round

1.	Shaggy	6.	Dog
2.	Orange	7.	Mystery Detective
3.	Green	8.	6
4.	The Mystery Machine	9.	Ghosts
5.	Scooby Snacks	10.	USA

Simpsons Round 1

True or False

1. False	6. False
2. True	7. True
3. True	8. True
4. False	9. False
5. False	10. True

Simpsons Round 2

1. Nuclear power plant 6. Doughnuts 2. Skateboard 7. A dodie 3.Moe's 8. Mr. Burns 4. Springfield 9. **Otto** 5. Krusty 10. Ralph

Disney Round

1. Minnie 6. Sebastian 2. Lucky 7. Toy Story 3. France 8. Pumbaa 4. Blue 9. Elephant 5. Scotland **10.** A Chef

Movie Round

Daniel Day-Lewis 6. Leonardo, Donatello, Raphael, 1. Michalangelo 2. Ted 7. Penguin

Willy Wonka 8. Toy Story 3. 9. Emerald City 4. 5.

False 10. Fish

Music Round

Michael Jackson 1. 6. Bastille 2. Violin 7. True **Piano** 8. Daft Punk ft Pharrel & Nile Rodgers 3. 9. Denmark 4. **Popular** Sweden 10. Music Television 5.

Superhero Round

Batman
 Journalist
 Wolverine

3. Red and Yellow 8. Robin

4. Spiderman 9. His Shield

5. Green 10. Thor