

Water Sponge Relay



Hydration

TIMING:	15-20 mins
WHAT:	Movement Activity
WHEN:	Training Activity
WHO:	Team

ACTIVITY SUMMARY

This water sponge relay is a fun, light-hearted activity that demonstrates the importance of staying hydrated. Best done on a relatively warm day!

SET-UP AND GEAR

- 4 buckets
- 2 large sponges
- Tape or a marker pen

INTENDED OUTCOMES

Players have fun and bond with their teammates while learning about the importance of hydration.

Activity Outline

5 mins (set-up) The coach explains the activity and divides players into two teams, organising them into two lines, with each player standing approximately one metre (one big step) apart. Both teams should face in the same direction. Place an empty bucket at the back of the line and a bucket filled with water at the front.

5-10 mins Players must fill the empty bucket with the water from the full bucket by passing the full sponge to one another under their legs. The first team to fill the empty bucket with water (up to a pre-arranged line) wins!

5 mins Once players have finished this activity, start a discussion with your players about the importance of hydration.

Tips & Tricks

If the weather is warm and sunny, and players have a change of clothes, you could ask them to pass it over their heads as well as under their legs.

PILLAR INSIGHTS

This is a fun game to get players thinking about the importance of hydration.



BIOLOGICAL

Being properly hydrated increases energy, improves movement, and can boost performance! While drinking water is such a simple action, it has a huge impact on players. It's important to remind players to drink lots of water and to stay away from too many sugary drinks