

# Duck Duck Goose



## Teamwork and Communication

**TIMING:** 12 mins  
**WHAT:** Movement Activity  
**WHEN:** Warm Up Activity  
**WHO:** Group

play the game, they will naturally be feeling confident and ready to play it, so it can be a great warm-up ahead of a skills based session.

### SET-UP AND GEAR

- Open Space
- Dry Ground

### ACTIVITY SUMMARY

This game will be familiar to most young players, however, it requires constant focus and a readiness to run at any stage. As most players will already know how to

### INTENDED OUTCOMES

- Players develop their ability to watch each other and anticipate each other's movements. An excellent activity to help them focus before a training session.

## Activity Outline

2 mins  
(set-up)      The coach instructs all players to sit in a circle and asks for a volunteer to go first.

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10 mins      The player that is "it" walks around the outside of the circle, lightly tapping everyone on the head and saying "Duck, Duck, Duck" etc. When the player on the outside says "Duck," the player sitting must stay seated, however, when they say "Goose," they must jump up and try to catch the player that is "it" as they run around the circle!

If the player that is "it" makes it around the circle and takes the Goose's spot, the goose is now "it" and repeats the game, walking around lightly tapping everyone on the head and saying "Duck, Duck, Duck." Repeat.

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## Tips & Tricks

- You can change up the game, rather than saying “Duck, Duck, Duck”, you can instruct players to use the names of their teammates, so “Amy, Sean, Mark” etc. The Goose will remain the Goose.
- Make the circle smaller or wider if you want players to have more or less of a distance to run.
- Have more than one player as “it” to speed up the game!

### PILLAR INSIGHTS

If you are working with a new group, or have new members in your group, it’s a great way to kick off a training session and help the new players settle into the team.



#### SOCIAL

Starting off a training session with an easy and well-known game can be a real-lifesaver if you need a good warm-up activity. It’s also a good way to help young players feel relaxed as most of them will have played the game before. It’s a fun warm-up that helps players drop into the training session.