

# Runs Warm Up



## Fear of Failure

**TIMING:** 25 mins  
**WHAT:** Movement Activity  
**WHEN:** Warm Up, Main Activity  
**WHO:** Group, Individual

**SET-UP AND GEAR**

- This works well on a basketball court, but any open space will do.
- Cones or markers
- Some kind of small collectable objects e.g. beanbags, balls, bibs or cones
- These objects should be set up in four different spots on the midway, halfway, far midway and end of the court/pitch.

**ACTIVITY SUMMARY**

This warm-up activity has the best of both worlds, teaching an important lesson about how 'failure' or 'setbacks' are necessary on the pathway to success, plus it's a dynamic fun activity to get your players warmed up.

**INTENDED OUTCOMES**

- Players explore their idea of success and what that might look like.
- Players get comfortable with the idea that progress is never linear.

## Extension Activity

2 mins      Divide the group into teams of 4. If there is an uneven number, ask for a volunteer who is happy to go twice.

4 mins      Introduce the activity, explaining how success is never straightforward, and to make progress you might have to take one step back to take two steps forward. To achieve 'success' in this activity, you must have all the beanbags etc. collected and back at the start line. To do this, the players must complete shuttle runs up and down the pitch/court. During the runs it might seem like no progress is being made as you go up and down. If the players imagine that each beanbag is a 'setback' or 'learning opportunity', it's easier to see the continuous progress.

15 mins      Shuttle Runs (with beanbags)

- Line up all teams on the start line.
- Instruct each player in turn to sprint to the midway line, grab a bean bag, and sprint back to the start line.
- Then sprint to the halfway line, grab a bean bag and sprint back to the start line.
- Sprint to the far midway line, grab a bean bag and sprint back.
- Finally, sprint to the far line, grab a bean bag and sprint back.
- When they get back, they tag their teammate's hand, so they can start their shuttle run.

## Extension Activity (CONTD.)

5 mins

Once all the players have completed the shuttle-run warm-up, it is a perfect time to talk through the infographic and how to reframe 'setbacks' as learning opportunities and an important part of their journey.

## Tips & Tricks

- This activity could be a useful tool to help players reset (at the next training session) if they are disappointed after losing a match.
- This activity could be adapted so rather than running, players could dribble/solo/skip/run backwards etc.
- Additionally, this activity can be adapted to be an individual activity - where everyone is doing the shuttle runs at the same time (you just need enough beanbags/objects).

## PILLAR INSIGHTS

The coach can use the 'What Success Looks Like' infographic below to start a discussion about how to deal with setbacks and reframe them as learning opportunities.



### PSYCHOLOGICAL

Experiencing 'failures' or 'setbacks' early builds resilience in young players. It teaches them how to handle setbacks and disappointments, which are crucial skills both in sport and in life.



### SOCIAL

Setbacks can be used as motivation for players to keep training and trying their best. It can fuel a player's determination to overcome challenges and achieve their goals.

## What success looks like

