

Scrambled Eggs Game



Building Social Confidence

TIMING: 15–20 mins
WHAT: Movement Activity
WHEN: Warm Up/Cool Down Activity
WHO: Group

ACTIVITY SUMMARY

This game supports players to feel comfortable around one another. The coach calls out different types of “eggs” and then the players must complete specific movements.

The idea to pair the activity with a type of egg is a silly way to help the players have fun and relax with their peers.

SET-UP AND GEAR

- Open Space

INTENDED OUTCOMES

- Players feel relaxed in a group setting while trying new movements.
- Players can laugh at themselves and enjoy the novelty of the game - without taking themselves or the task too seriously.

Activity Outline

5 mins
(set-up)

Have players spread out in their own space within the area.

The coach starts the activity by calling out one of the following “egg” commands and players must respond with the appropriate action:

“**Scrambled Eggs**” - players can walk, jog, skip, gallop, etc. while weaving and dodging between each other.

“**Hard Boiled Eggs**” - players curl up into a ball on the ground and are completely silent.

“**Soft Boiled Eggs**” - players lie on their stomachs and slowly move their arms and legs in any direction.

“**Fried Eggs**” - players must do 5 jumping jacks.

5–10 mins

Start with the “Scrambled Eggs” instruction and progress to the other movements once players are ready. To include player voice, the coach can ask players to suggest new “egg” movement patterns together such as: “Free Range Eggs”, “Easter Eggs” or “Mini Eggs”.

Tips & Tricks

- The movements can be adapted for wet ground or outdoor settings, for example, “Hard Boiled Eggs” can mean standing completely still and silent and “Soft Boiled Eggs” can mean crouching on the spot slowly moving their arms in any direction.
- As a coach, you could call “Hard Boiled Eggs” throughout the training session, and players must respond by curling up into a ball on the ground and remaining completely silent. This adds some fun and also brings your players to attention.

PILLAR INSIGHTS

Instead of calling out instructions like ‘do 5 jumping jacks,’ the idea of pairing the movement to a type of egg is designed to be fun and helps young players overcome any hesitation about looking silly in front of their peers.



SOCIAL

A lot of these movements, when done in isolation, might be outside some players’ comfort zones. However, when paired with something novel (such as types of eggs), it can help them have fun and forget about feeling self-conscious. This makes players more confident and comfortable in the group.



BIOLOGICAL

This game isn’t necessarily focused on nutrition, however, as you are talking about eggs, it could be a good opportunity to talk about how eggs are a great source of protein and the importance of fueling themselves with nutritious food when playing sports.