

Tag-Team Menu



Sleep & Performance

TIMING: 15-20 mins
WHAT: Movement Activity
WHEN: Warm Up Activity
WHO: Group

ACTIVITY SUMMARY

This simple and fun activity can be used as a tool to teach players about the importance of sleep, turning it from a concept to something tangible. The important thing is to have enough time for the discussions at the start and end of the activity.

SET-UP AND GEAR

- Open space
- 4 cones

INTENDED OUTCOMES

- Players have fun and become aware of the importance of sleep and how it can impact how they feel, how they move and how they turn up on a daily basis.

Activity Outline

5 mins

Sleep Discussion

Depending on your numbers you can break players into groups to discuss their sleep habits. The following statements can be used to prompt conversation:

- Are you a night owl or a morning person and how does it affect your daily routine?
 - How many hours of sleep do you usually get and do you feel it's enough?
 - Do you think sleep impacts your productivity and mood?
 - Do you nap? What's your ideal nap length?
 - How do you chill out at the end of the day?
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Activity Outline (CONTD.)

5 mins

Sleep Activity

The coach sets up the cones with a start cone and end cone for each team. The coach then explains the activity and divides players into two teams, organising players into two lines starting at the start cone. Every player will do two turns in the relay.

First Run = Good Night's Sleep

On each player's first run, they run straight to the cone and back as fast as possible, tagging their teammate when they return to the start cone. The player that has been tagged can then start their run - this represents a full night's sleep.

Second Run = Bad Night's Sleep

However, on their second run, they have to run backwards to the cone and back - this represents a poor night's sleep.

On your whistle, the first player from each team runs to the cone and back; each player has a turn, tagging their teammate when they return to the start cone. The second time a player runs, they must run backwards. This game can be replayed as many times as you like, using as many variations as you like.

5 mins

Once all players have completed the relay, gather the group in a huddle. Ask them how they found the game - how did they find running backwards and what challenges did it pose? Link these challenges back to representing sleep, and how it can impact performance in the same way.

Tips & Tricks

- You can add as many different elements to the relay race as you like, depending on time and equipment. Instead of running backwards, you could tell players to run with a beanbag balanced on their heads or without using their arms, etc. Find as many fun and silly ways to slow them down on their second run.

PILLAR INSIGHTS

Whether the players are running forwards or running backwards, they will still be able to get to the cone and back. However, when the players are running backwards, they will not be able to perform as well as if they were running forwards. It helps players conceptualise the importance of sleep and have some fun too.



BIOLOGICAL

It can be difficult for young players to get enough sleep every night. Understanding the importance of sleep and how it can affect how they feel on a daily basis, along with their sport performance, is a good place to start. It might sound simple, but opening up the conversation around sleep can be a game-changer in terms of their willingness to get to bed early.