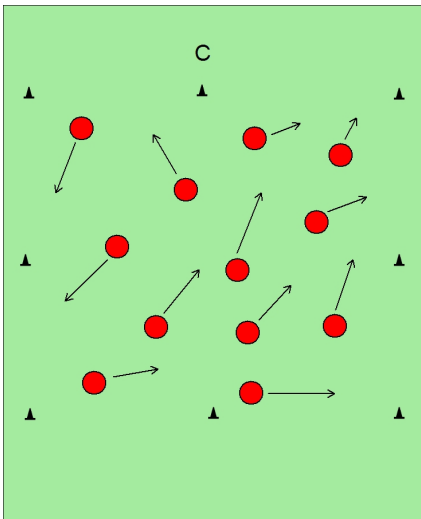




**Grand old duke**



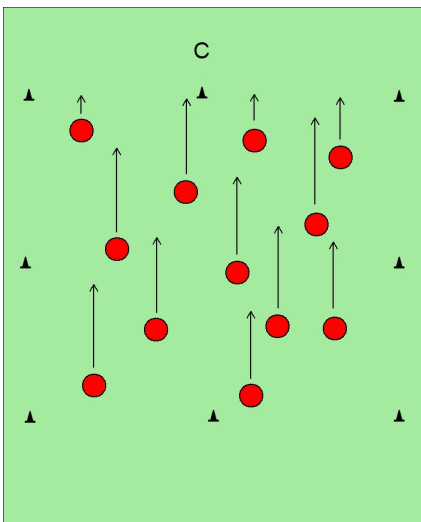
How it works

The coach needs to make the players familiar with the rhyme of the same name.

The coach then needs to say each line of the rhyme and ask the children to have time to do the following actions:

- The Grand Old Duke of York** - players stand still with arms folded;
- He had ten thousand men** - players run around the playing area as shown in the diagram;
- He marched them up to the top of the hill** - players all run to one end of the playing area;
- And he marched them down again** - players all run to the opposite end of the playing area;
- And when they were up they were up** - players stop and stand tall
- And when they were down they were down** - players lie down;

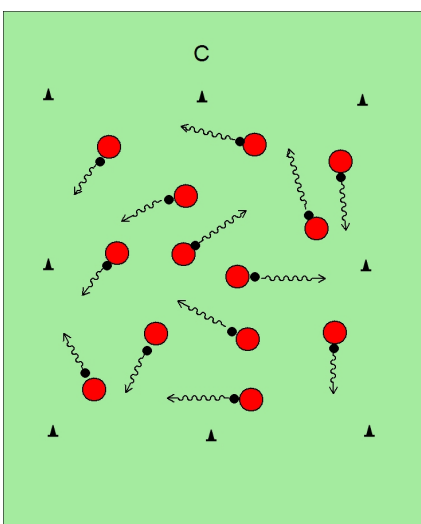
**And when they were only halfway up they were neither up nor down** - players sit or crouch down.



After a few practises of these actions the coach shortens the rhyme to these words/phrases for the players to copy the same actions:

- Duke of York** - players stand still with arms folded;
- Ten thousand men** - players run around the playing area;
- Top of the hill** - players all run to one end of the playing area (as shown in the diagram);
- Bottom of the hill** - players all run to the opposite end of the playing area;
- Up** - players stop and stand tall;
- Down** - players lie down;
- Halfway up** - players sit or crouch down.

The coach can start by calling the instructions in order but then vary the game by calling them in any order and more quickly.



The coach then goes slowly through the rhyme again but this time changes the instructions as the players have a ball.

Players then dribble a ball and copy any of the following actions in any order and however quickly the coach wants to call them:

- Duke of York** - players stand with their foot on the ball and their arms folded;
- Ten thousand men** - players dribble around the playing area (as shown in the diagram);
- Top of the hill** - players all dribble to one end of the playing area;
- Bottom of the hill** - players all dribble to the opposite end of the playing area;
- Up** - players stop, pick up the ball and hold it above their heads;
- Down** - players lie down with their head on the ball;
- Halfway up** - players sit on the ball or crouch down.