

Lead Up Games

“Lead up games can be defined as sports activities that are designed to develop skills of major game.” A lead up game isolates one or more of the skills, rules and /or strategies used to play the actual sports in mimics. Lead up games help to learn these components in a fun way. Lead up games play an important role in preparing people to participate in the actual sports. Playing lead up games is very important and it help to acquire the skill that sports person need for playing major games. Playing lead up games help to improve the physical fitness that is required for playing major games. It also help to improves one’s mental and social fitness.

Features of Lead up games

1. Rules of lead up games are simple.
2. Theses games cab be played with and without the use of equipment.
3. Activities can be designed to suit the availability of space and facilities.
4. They provide enjoyment combined with the experience of competitiveness.
5. Activity can be designed according to preference.

Benefits of Lead Up Games

1. **Physical Fitness development:** It help to build up endurance. Acquires technique of the major game. Built up fitness level of the sports person.
2. **Mental Fitness development:** It help to provides pleasure and enjoyment. Creates an interest towards taking part in the major games. Give encouragement to design sports activities. Builds up confidence for facing competition, Builds up self discipline and ability to accept the victory and defeat.
3. **Social Fitness development:** Develop team spirit and the ability to cooperative. Develop the quality of leadership and follower ship as well as taking responsibility. It help to develop interpersonal relationships.