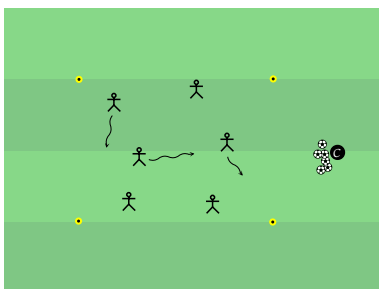


## Warm Up

Duration: 0 Min

## Tail Tag (Warm up/Arrival/Ace)



Coaching Points

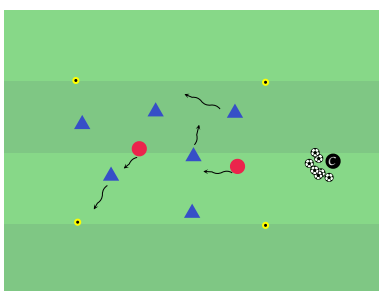
## Objectives

Use these fun tag based games for warm ups, arrival activates or as an 'Ace' up your sleeve when players need a fun game.

## Warm Up

Duration: 0 Min

## Freeze Tag (Warm up/Arrival/Ace)

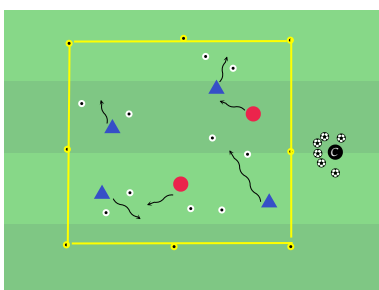


Coaching Points

## Warm Up

Duration: 0 Min

## Thief tag (Warm Up/Arrival/Ace)

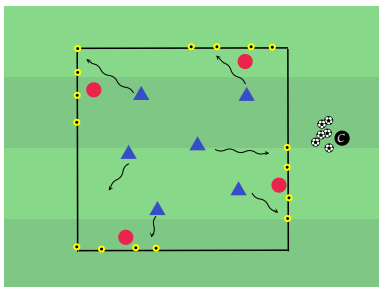


Coaching Points

Warm Up

Duration: 0 Min

### 1 vs 1 tag (Warm up/Arrival/Ace)

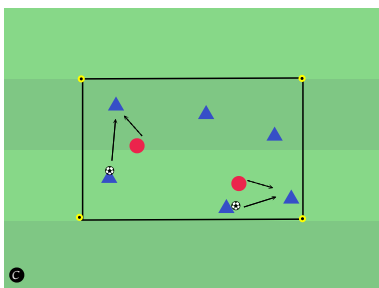


Coaching Points

Warm Up

Duration: 0 Min

### Keep away tag (Warm up/Arrival/Ace)



Coaching Points

# Tail Tag (Warm up/Arrival/Ace)



## PLAYERS

1 players

## INSTRUCTIONS

### Set Up

- Area size appropriate for group of players
- Each player has a bib that they tuck into their shorts
- Players must protect their own bib (cannot hold it) while trying to steal other players bibs.
- If a players loses a bib they sill continue to play and try and take other players bibs (hold in hand).
- The game continues until just one player still has their bib still tucked in - They earn a bonus point.
- Players earn 1 point for each bib they stole.

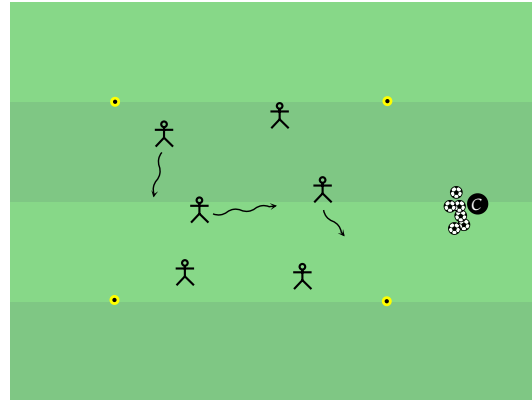
### Focus

- Use of feints/dukes to get away from defender.
- Lots of changes of direction.
- Accelerate into space.

### Possible Progressions/Regressions

- Once bib is stolen player is out until their is one player left standing.
- Split into teams.
- Each player has two bibs.
- Add a ball to any variation for players to dribble.

## Tail Tag (Warm up/Arrival/Ace)



# Freeze Tag (Warm up/Arrival/Ace)



## PLAYERS

1 players

## INSTRUCTIONS

### Set Up

- Area size appropriate for group of players
- Start with 2-3 taggers who hold a bib
- Taggers must attempt to tag players with the bib (they can also throw it) - If tagged you must freeze in place.
- Frozen players can be saved by a high 5 from a teammate or other variation (crawl through legs, leap frog etc.)
- Play for a set period of time or until all players are frozen.
- Taggers receive a point for each player they froze once the time is up - Attackers receive point if they survived
- New taggers each round

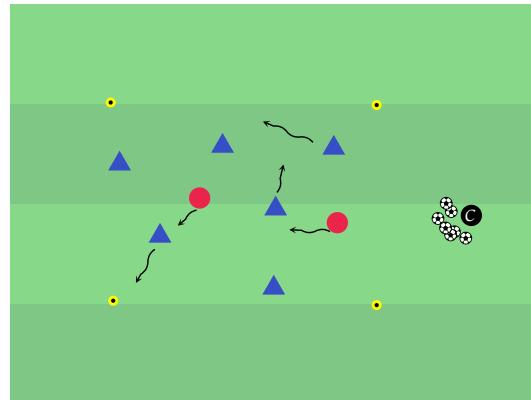
### Focus

- Use of feints/dukes to get away from defender.
- Lots of changes of direction.
- Accelerate into space.
- Head up to help frozen teammates

### Possible Progressions/Regressions

- Add a safe zone for attackers
- Increase or decrease number of taggers
- Alter area size and shape
- Add ball to any variation (If tagged hold ball above head with legs open - teammates pass ball through legs to free you)

## Freeze Tag (Warm up/Arrival/Ace)



# Thief tag (Warm Up/Arrival/Ace)



## PLAYERS

1 players

## INSTRUCTIONS

### Set Up

- Area size appropriate for group of players
- Attackers run through a gate to earn a point
- Start with 2-3 taggers who hold a bib
- Taggers must attempt to tag players with the bib (they can also throw it) to steal their points
- Once tagged they swap roles - Tagger becomes attacker and add to the points they just stole
- Player with the most points each round wins

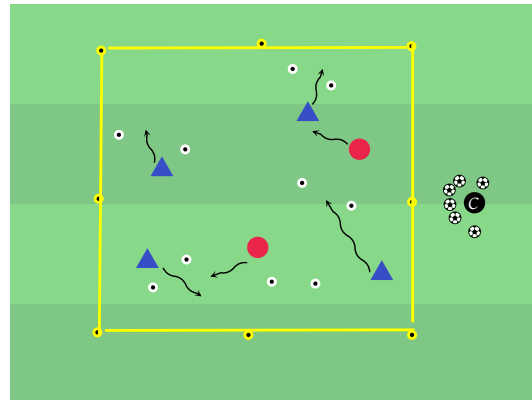
### Focus

- Use of feints/dukes to get away from defender.
- Lots of changes of direction.
- Accelerate into space.
- Head up to find free gate

### Possible Progressions/Regressions

- Increase or decrease number of taggers
- Alter area size and shape
- Add teams that attempt to steal oppositions points
- Add ball to any variation (Taggers attempt to tag the ball, not the player)

## Thief tag (Warm Up/Arrival/Ace)



# 1 vs 1 tag (Warm up/Arrival/Ace)



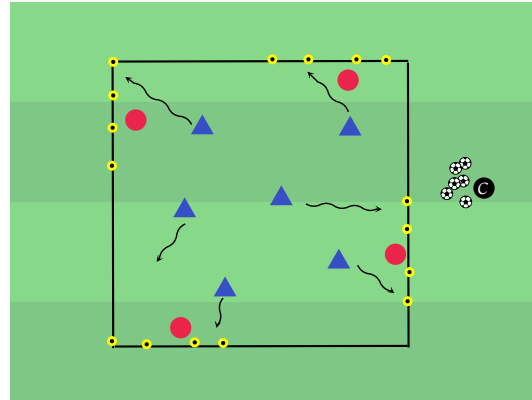
## PLAYERS

1 players

## INSTRUCTIONS

### Set Up

- Area size appropriate for group of players
- Two gates are added to different sides of the area
- A tagger is allocated to each set of gates to guard them
- Taggers can only move side to side
- Players win a point every time they run through a gate - Taggers win a point every time they tag a player



### Focus

- Use of feints/dukes to get the defender off balance
- Lots of changes of direction.
- Accelerate into space.

### Possible Progressions/Regressions

- Change the distance between gates
- Add a free roaming tagger within the area. If tagged you must perform a move (Jumping jack, toe taps etc)
- Add ball to any variation

# Keep away tag (Warm up/Arrival/Ace)



## PLAYERS

1 players

## INSTRUCTIONS

### Set Up

- Area size appropriate for group of players
- Attackers are given balls to hold in their hands (Number of balls must be fewer than number of attackers)
- Taggers can only tag players that are not in possession of a ball
- Attackers must carry ball with their hands and throw ball to teammate
- If tagged, that player becomes frozen until a teammate passes them a ball.
- At the end of the set period, taggers are awarded a point per player that is frozen

### Focus

- Awareness of other players in the area that may need a ball
- Quickly identify which player needs a ball to avoid being tagged
- When to keep the ball and when to pass (Timing)

### Possible Progressions/Regressions

- Use different types and sizes of ball
- If the ball touches the floor, the player that made the pass becomes frozen
- Put ball on the ground and have players dribble and pass with feet

## Keep away tag (Warm up/Arrival/Ace)

