



U7 - U9 SAQ Practices: Tag Games

Category: Physical: Agility
Difficulty: Advanced

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Individual-Adult Member

Description

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Tag Games

Counting Clock Tag

Organisation:

One player is nominated as "Tagger"

Rest of the team try to stay away from the Tagger. If caught they must count to 5 loudly and resume playing.

After 45 seconds coach changes Tagger.

Coach keeps score. Each tag counts as a point for that Tagger

Coaching Points:

Players must always be moving

Encourage lots of changes in direction

Encourage communication within the team

Encourage head to be up and always looking the shoulder

Coach keeps score and updates team after each round. This will raise intensity through competition

Stuck in the Mud

Organisation:

One player is nominated to be the "Mud Monster"

The other players must try and stay away from the Mud Monster by running around inside the area.

If one player is caught they must; stand still, widen their legs and shout "Help I'm sinking".

A team member must crawl through the legs of those stuck in the mud to free them.

Coach changes a Mud Monster every 45 seconds and keeps score of number of tags.

Coaching Points:

Players must always be moving

Encourage lots of changes in direction

Encourage communication within the team

Encourage head to be up and always looking the shoulder

Communication should be clear and loud. Coach can insist on name calling on top of the shout for help. (Social Dev)

Toilet Tag

Organisation:

One player is nominated to be the "Tagger"

The rest of the team must try stay away from the Tagger by running around inside the grid.

If one player is tagged they must kneel on one leg and one knee with their arm up but bent at the elbow and shout "Help, I need flushed!"

Another team member must come behind the player caught and pull the arm down in a flushing motion.

Coaching Points:

Players must always be moving

Encourage lots of changes in direction

Encourage communication within the team

Encourage head to be up and always looking the shoulder

Communication should be clear and loud. Coach can insist on name calling on top of the shout for help. (Social Dev)

