



U7 - U9 SAQ Practices: Tag Games

Category: Physical: Agility
Difficulty: Advanced

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Individual-Adult Member

Description

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Shrek Tag

Organisation:

The coach assumes the role of Shrek putting Green Pinnies on him and over his head.

All the team members are "Magical Creatures" and they have taken over his swamp.

The players must try to stay away from Shrek as if they are caught they must return to the side of the swamp (grid)

If the coach is struggling they can call upon "Donkey" (A Player) to help.

Coaching Points:

Players must always be moving

Encourage lots of changes in direction

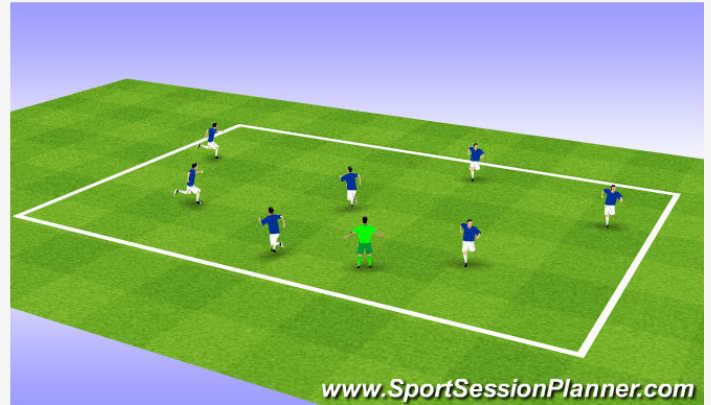
Encourage communication within the team

Encourage head to be up and always looking the shoulder

Quotes to use during delivery:

Shrek: "Get out of my swamp!" & "I'm not supposed to be friendly, I'm an Ogre!"

Donkey: "We can stay up late, exchanging manly stories and in the morning... I'm making waffles!"



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Toy Story Tag

Organisation:

Two players are nominated to be "Buzz Lightyear" They work together holding a pinnie in between themselves.

The other team members are toys from Andy's Toy Box. The players assign themselves a toy.

The two Buzz's must capture the toys by wrapping them up in the middle of them using the pinnie as a rope. Once a toy is caught they must return to the toy box at the side.

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)

Two taggers' must have really good communication to make sure they both go in the right direction fast enough to capture the others.

Quotes to use during delivery:

Buzz: "To infinity and beyond" & "Star commander come in! Star Command, do you read me?"

Woody: "You're my favourite Deputy" & "There's a snake in my boot"

