



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

Squashed Tomatoes

Organisation:

One player is nominated as the "Farmer"

Rest of the team try to stay away from the Farmer.

If caught, players must remain still and squat with their back straight. To be freed they must shout for help from a team mate.

The team mate must push down on the shoulders making a squelching noise.

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

Cups & Saucers

Organisation:

One player is nominated to be the Queen/King of England

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

If one player is caught they must; stand still and make the shape of a tea pot. (1 arm on hip with the other bent as a spout) the must bend to the left and right until a team member frees them by linking arms and turning them around on the "saucer"

Coach changes the King or Queen 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 op of the shout for help. (Social Dev)

Bugs Bunny and Porky Pig

Organisation:

One player is nominated to be the Porky Pig

The rest of the team must try stay away from Porky Pig by hopping around inside the grid.

If one player is tagged they must kneel on both knees and shout "Help! What's up Doc?"

Another team member must come behind the player, place two hands on their shoulders and bunny hop over the player.

Coaching Points:

Players must always be moving

Encourage hopping on both feet.

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 op of the shout for help. (Social Dev)

Banana Tag

Organisation:

One member of the team is nominated to be the "Monkey"

The other team members must try to stay away from the Monkey.

If a player is caught they are turned into a Banana. They must remain still with arms raised straight above their head and shout "Help! peel me!"

Another team member must then come behind the caught player and peel their arms back to their side.

Coaching Points:

Players must always be moving

Encourage hopping on both feet.

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 op of the shout for help. (Social Dev)

