

U14 Activity Card



Tag games

Equipment

Markers or cones.
Pool noodles.
Bands or bibs to show tagger.

Matrix link



2. Run

Diagram



Instructions

Traditional tag.

- Tag games are a great way to warmup without it feeling like a warmup and allows participants to interact with each other developing communication, group, team, and leadership skills.
- The basic concept of tag is that a person(s) is 'it' and they try to tag those who aren't 'it'.

Stuck in the mud.

- In this variation one a person is tagged they stand with legs apart in a star shape and to be released another person crawls through their legs.

Chain tag.

- In this variation as each person is tagged, they join onto the chain on either end. Only the ends of the chain can tag others. Your choice if you let the free people go under the arms of the chain.

Amoeba tag.

- Like chain tag in that people who get tagged join onto the chain, but in this version when the chain reaches a specified size (example four people) it splits in half and there are now two sets of taggers.

Noodle tag.

- In this version of tag, the tagger uses a noodle to tag other people on their body, this changes the reach and using the noodle mimics a reach rescue technique.

Top tips

Avoiding people getting 'out' and standing watching is advised.