

Tag Ball

Aim/Focus:

- Insures players are properly warmed up

How to Play:

- Mark out a 20m x 20m grid
- Nominate 3 “taggers”, each carries a ball.
- Taggers have 30 seconds to touch as many players as possible with the ball.
- Players who are tagged must jog around the outside of the grid.
- Balls cannot be thrown or kicked
- Rotate the taggers after every 30 second game.

Progression

Equipment

- Cones
- Footballs
- Stopwatch & Whistle