

ENERGISER ACTIVITY



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Evasion focus

TAGS AND TAILS

ADDITIONAL ACTIVITY

Equipment

- 1 football per Superkicker
- 1 bib per Superkicker
- Stack of cones
- 1 helper per group



How to play

1. On "Go!", players run around the square evading each other.
2. Players attempt to take other players tails (bibs) whilst protecting their own.
3. Players may not hold onto their own tail, rather use evasive running to protect their bib.
4. If a player takes a bib, they place it in their shorts as another tail.
5. If a player collects a third bib, they must pass to someone else.

Set up

- Set up a square playing area.
- Superkickers to spread out inside of the square, with a bib tucked into the back of their shorts as a tail.

Change it up

- Introduce taggers without bibs.
- Start with no footballs, then run and evade with a football in hands.