

# TAGS AND TAILS

LEVEL

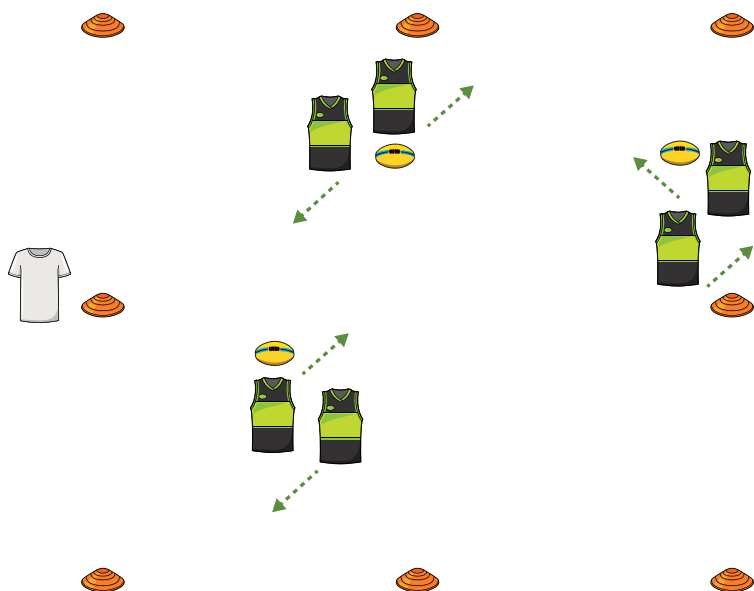
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## ENERGISER ACTIVITY

## WEEK 5 & 10

## EQUIPMENT



\*Image is the Supercharged version.

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



## HOW TO PLAY

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

### SUPERCHARGE THE ACTIVITY

1. Players are to handball back and forth with their partners whilst they try to take other players tails (bibs) and avoiding having their own taken.

## SET UP

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

### SUPERCHARGE

- Players now start in pairs, with one football between two.

## TEACHING POINTS

**Handballing:** Ensure body is facing the target, aim towards target, swing and strike the end of the football, catch your fist as you follow through.

### Evasion:

- Change speed & direction – Slow down, fake one way, then burst the other.
- Use space – Run into open grass, avoid traffic.
- Protect the ball – Carry on the outside arm, eyes up.

## CHANGE IT UP

- Introduce taggers with no tails or footballs. When they steal a bib, they must place it out of the area of play. Their aim is to collect as many bibs as possible.
- All players to carry a football as they run.