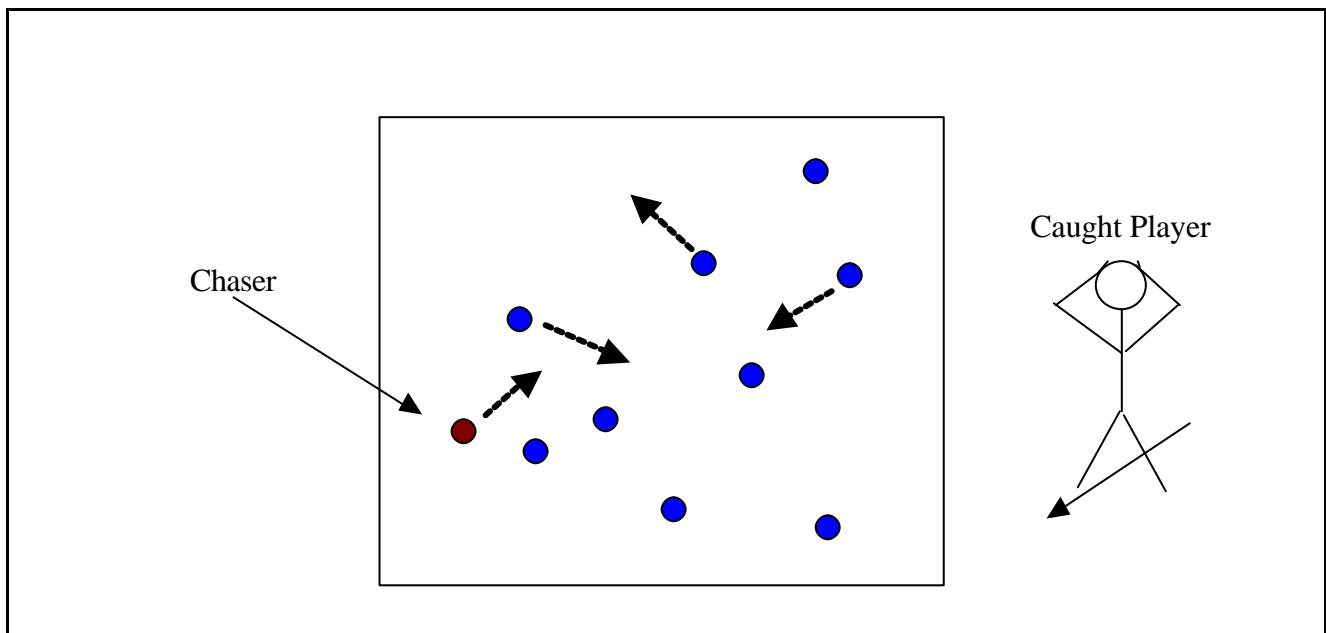


Drill Name		Tunnel Tag						
Objectives		The aim is to practice evasion and tagging in a fun situation. This is also a good warm-up activity.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Grid	10 x 10	None	10	10			



Description

1. One player is the “defender” and must try and tag all the other players.
2. The other players must avoid being tagged.
3. If the defender takes a players tag, they must shout tag and hand the tag back. The tagged player reattaches the tag and then stand with their legs astride and their hands on their head (stuck in the mud!).
4. The tagger continues to chase other players.
5. Tagged players can only be free again when another player crawls through their legs.
6. The defender wins if all the other players have been frozen.
7. If players go outside area, the coach call tag and they have to freeze as if they were tagged.

Progression

1. Increase number of defenders.
2. Chased players have a ball each – no defending tags. Caught players stand with ball on head and are freed by another player rolling ball between legs – good idea for coach to call “Tag Pass”.

Set-Up

1. Select one (or two) players as the defenders.
2. All players wearing tag belts and tags.
3. Chasers can wear bibs to make it clear who is who..

Key Factors

1. Grab tag with open hand.
2. Quick replacing of tag on belt.
3. Shout “tag” when tag removed.
4. No defending tags.
5. Stay in area.