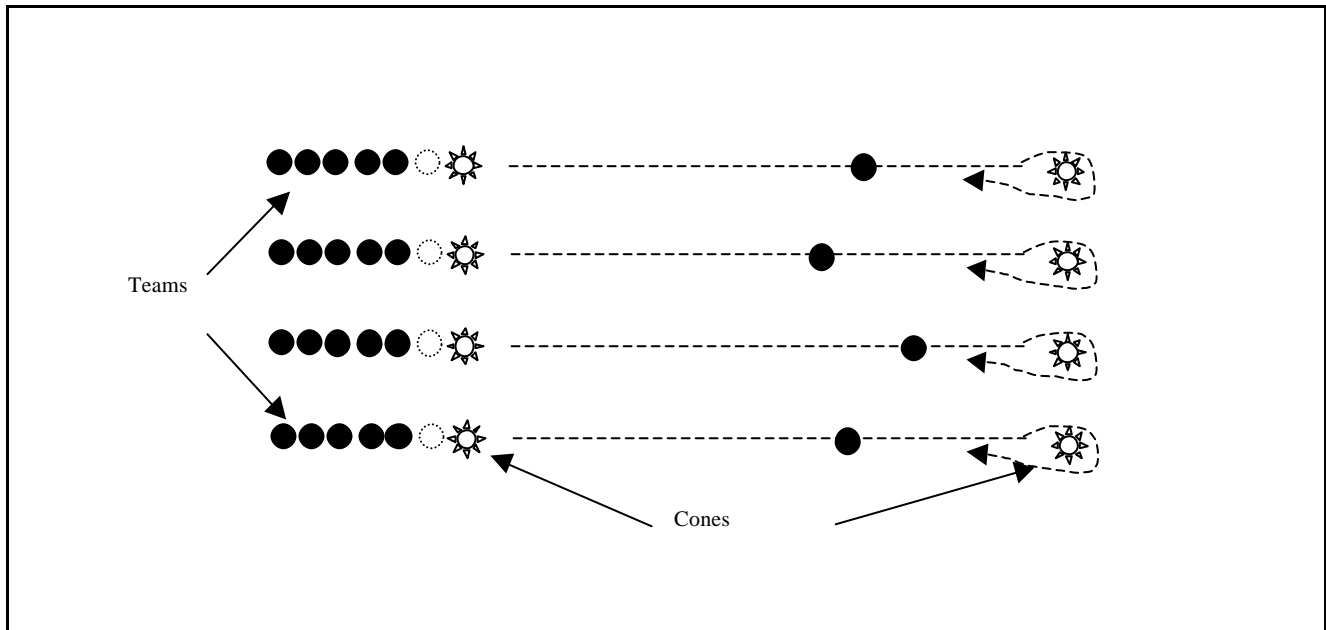


Drill Name		Tag Race						
Objectives		The main objective of this drill is practice the placing of a tag onto the tag belt in a fun situation.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
2 per team	Channel	3 x 10	0	5	5			



Description

1. This is a relay race, the winning team being the first to have every player complete the course.
2. The “baton” in this case is the tag.
3. The first player in the team starts with the tag attached to their tag-belt.
4. On the coach’s signal, the race begins. The first player in each team must run to the far cone (must go around it) and then back to their team.
5. The next player in the team rips the tag from the first player’s belt (the first player cannot assist). The next player must then attach the tag to their own belt – they cannot start to run until the tag is attached. This player completes the circuit and runs back to the next player in the line.
6. Each player in the team must complete the course – the team that completes the course the quickest wins the race.
7. Players who have completed the course can sit on the floor or stand with hands on their head to show that they have had their turn. If odd numbers, first player goes twice.

Progression

1. Get players to shout “tag” when they rip the tag free.
2. Split teams in half - 3 at each end.
3. Can be combined with other relay games – e.g. Pick-Up-Try Relay.

Set-Up

1. Mark out a start and end cone for each team.
2. Position teams at one end.
3. First player wears the tag on the tag belt – any side will do – no other tags required.

Key Factors

1. Grab tag with open hand.
2. Quick placing of tag on belt.
3. Shout “tag” when tag removed

