

# Chain Tag

Category: Warm Up

Length: 00:10 Rec. Players: 12

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## Practice Theme/Topic

### General Notes

An easy to organise Arrival Activity

### Aims & Objectives

One or two pairs of players link arms to create a chain and try to chase down & tag the remaining players.

Once tagged, players must join the chain. As the chain grows it can split up to make another pair/smaller chain

### Organisation & Setup

Quickly mark out an area in which to play & organise the players as shown in the diagram

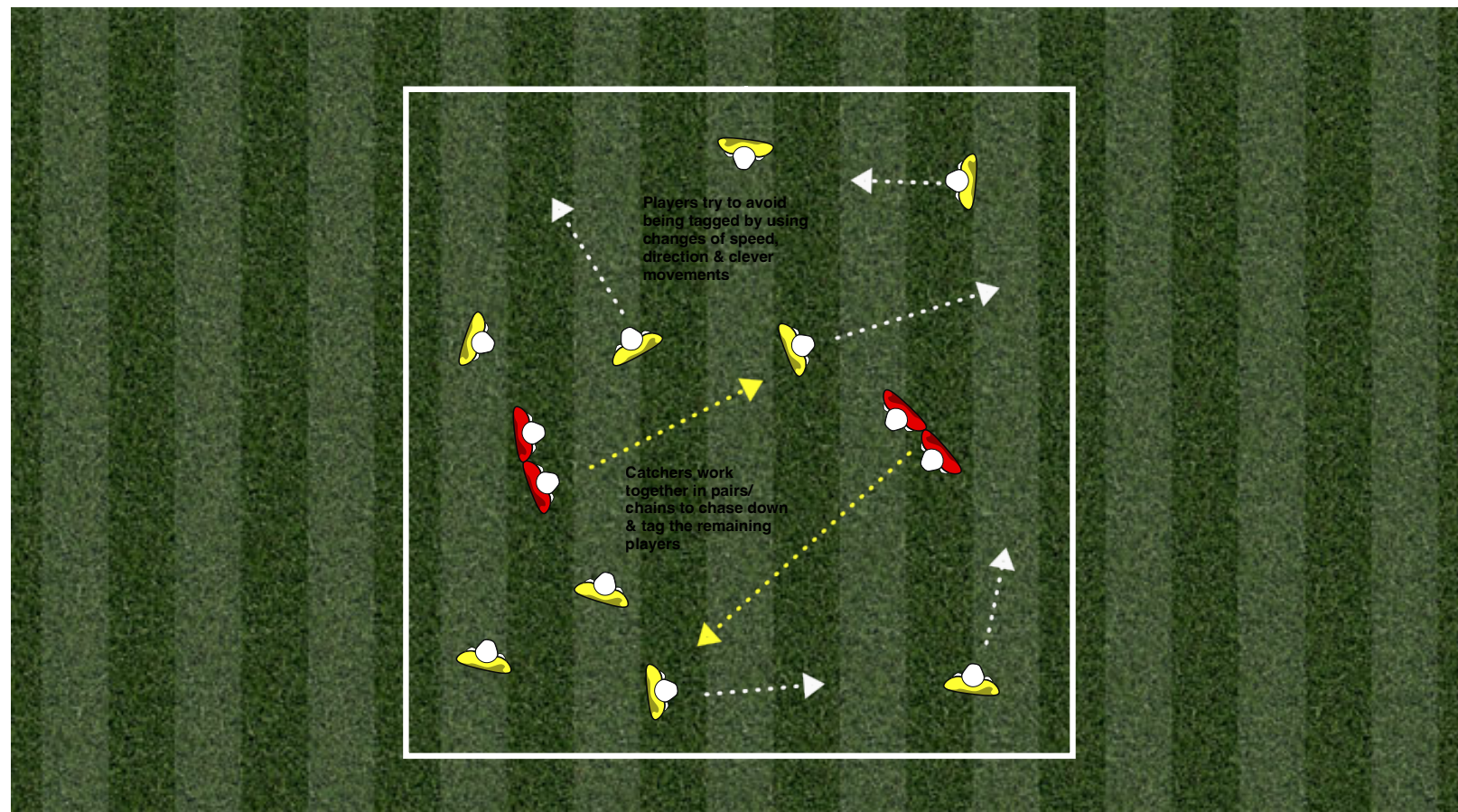
### Coaching Factors & Outcomes

Encourage all players to use changes of speed and direction to help them avoid being tagged by the 'Catchers'

### Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Vary size & shape of the playing area
- Introduce footballs for all players to use
- Use time limit for the Catchers



### Technical

N/A

### Physical

N/A

### Psychological

N/A

### Social

N/A

Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:10

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Slide: 01/01