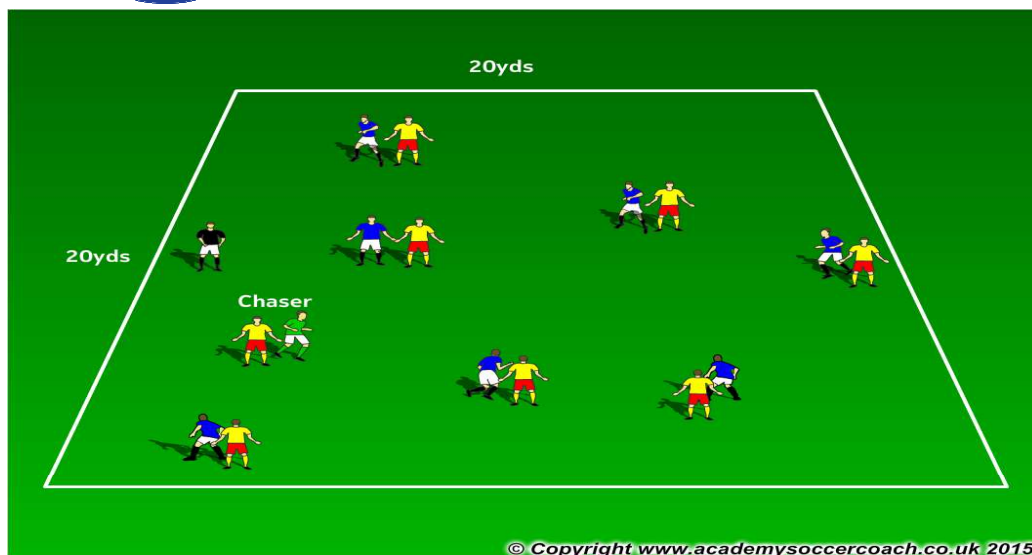




Active Start “Tunnel Tag”



Organization: Players are placed inside a 20x20 yard area. 1 player is selected as the “Chaser”. Parents (yellow) should accompany the players if necessary.

Procedure: On the signal, the “Chaser” will attempt to tag the other players. When a player gets tagged, he/she must use their body to form a tunnel. Some examples might be: standing with feet spread, hands and feet touching with body arched crab walk, one hand and one foot on the ground. Anyway, encourage the players to be creative. The Coach could have some students demonstrate tunnels before the game started. Once tagged, the player must freeze in the form of a tunnel. To become unfrozen, another player must go through their tunnel. Once a player goes through the tunnel, the frozen player is now free to rejoin the game. The game ends when all the players are frozen or a given period of time ends the game. If you want to have winners, there are a few options: 1. Last 1 or 2 players to be frozen are the winners. 2. All players that are not caught at the end of the game are the winners. 3. At the end of time, if there are still players unfrozen, the players win.

Time frame. 8 minutes

Emphasis:

- Create a safe environment
- Positive reinforcement
- Posing questions to players
- Demonstration of activity

<p><u>Psychological</u> Decision making Success FUN</p>	<p><u>Technical</u> Dribbling Passing</p>
<p><u>Physical</u> Balance Running Crawling Agility/flexibility Jumping</p>	<p><u>Social</u> Team work Understanding</p>