



Jail Tag

Equipment required:

12 cones and 6 -10 footballs

Aim:

Improve communication, teamwork, evasion and tagging skills in a fun and competitive environment

Action:

Divide players into 2 teams. The field is roughly 30m x 15m but can be customized depending on how many players there are. A small box roughly 7m x 7m is made in each corner diagonally opposite each other

Players cannot be tagged in their own half but can be tagged once in their opposition's half. If a player is tagged, they must go into "Jail" (in the 7m x 7m box in their opposition's half)

Any player in "jail" can only be freed if a player from his or her team gives them a "hi five" without being tagged. If this task is successfully done, the player freed gets a free walk back to their own half.

Objective of the game is to steal as many balls as possible from the other team's half. Once a player has crossed the try line and stole a ball they cannot be tagged, and they get a free walk back to their end with the ball. The team that finishes the game with the most balls wins.

Progression: Game is timed therefore time can be extended or reduced at coach's discretion.

