



Tag Gate

Equipment required:

6 cones

Aim:

Players to learn ideal body, hand and finger position when tagging

Action:

Two cones are placed roughly 1.5m apart. A defender stands on the outside of each cone leaving the space in the middle. The defending players are not allowed to move off their cone.

One attacker at a time will run through the space in between the cones, and the defenders attempt to tag the attacking player.

Keep track of how many tags each defender gets, as the defender with the highest number of tags is the winner.

Teaching Points:

Keep your eye on the tag. Don't clap or snatch at the tag.

Follow the tag and use your palms as a guide to grab the tag (preferably with two hands).

