



Corridor Tag

Equipment required:

5 cones and tags

Aim:

Players to improve their tagging skills where greater movement is required.

Action:

A defender is positioned in the middle of a 10m x 10m grid. The coach stands behind the defender facing the attacking players. The coach indicates through a non-verbal gesturing which side the attacking player is to run. The defender moves in the direction of the attacking player and attempts to make a tag on that player before returning to the marker in the middle of the grid. This is repeated until all attacking players have had a run.

Progression:

Attacking Players can use their evasive skills such as hip swivel, spin and swerve while staying within the designated corridor.

