
Tag Games

Prey and Predator

Participants- Minimum 2

Equipment- Marker Cones if establishing boundaries

A popular game with many sports coaches, which involves chasing and tagging an opponent.

Partner 1 is the prey, Partner 2 is the predator. Partner 2 (the prey) starts the game by running away from Partner 2 (predator) to avoid being tagged. Once Partner 1 is tagged by Partner 2, Partner one is required to complete one push up. The two partners then swap roles. Boundaries can be established to encourage use of evasion skills or to cater for groups with different speed and/or fitness levels.

Rats and Rabbits

Participants- Minimum 4

Equipment- Marker Cones

Have participants line up in two equal files. The two files should be spaced slightly more than an arms width apart.

One of the lines is known as "Rats" and the other is known as "Rabbits"

Participants are partnered up with the person of the same numerical order in the other file.

The trainer is required to call out Rats or Rabbits. If rats are called the rats have to run to their safety line without getting tagged by their rabbit partner. If rabbits are called the rabbits have to run to their safety line without getting tagged by their rat partner.

Make the game a competitive one by having a competition between partners. For example best of five. After a while partners can be changed by shuffling the lines.

Have fun calling out rats and rabbits i.e. hold on to the Ra sound to confuse and vary the speed of your calls.

	Rats	Rabbits	
Safety For Rats*	*	*	* Safety For Rabbits
	*	*	
	*	*	
	*	*	
	*	*	
*			*

When the rat or rabbit has passed the imaginary line between two cones they are in the safety zone and cannot be tagged by their partner. A point is awarded if they make the safety line or a point is awarded to the chaser if they tag their opponent before they reach the safety line.

Sprint tags

Participants- 2 or more in pairs.

Equipment- marker cones to define safety line.

This tag game also involves a participant sprinting to a safety line without getting tagged by their partner.

Set-up – one partner (partner 1) lays on their stomach facing the safety line (between 10 and 20 metres away from their starting point) a couple of metres ahead partner 2 lies facing partner 1. On the go command partner 2 has to race to the safety line without getting tagged by partner. Swap roles and repeat.

Variations- different start positions, different handicaps, different distances to safety line.

Freeze tag

Participants- split participants in to groups of three to five. If you are training couples join in to make up the numbers!

Equipment- Marker Cones

Set up a boundary square of approximately 10m square. If necessary, change the size of the boundary after taking into consideration the number in the group and the skills of participants.



Web: www.bodymotion.com.au
Email: sales@bodymotion.com.au
Phone: 1300 363 065
Post: PO Box 439 Baulkham Hills
NSW 1755 Australia

Instructions

One person is "it", (the chaser) and their objective is to chase down and tag the other participants to freeze them. When a participant is touched by the chaser they are frozen and cannot move. However frozen individuals can be released by their team mates who are avoiding the chaser. To be released from a frozen state one of their team mates must tag them whilst avoiding capture from the chaser.

Aim

The aim of the game is for the person who is "it" (the chaser) to freeze all the participants.

Variations- Stuck in the mud, depends how friendly your group is! Frozen people in this group are released when a team mate crawls through their legs. A good fun game for larger numbers.

Knee and shoulder tags

Equipment- none

Participants- in pairs or join in as a participating trainer to make the pair.

Instructions

Partners stand face to face. Their aim is to touch the knee or shoulder of their partner, whilst avoiding being tagged. When a partner is tagged they must touch the ground to signify a point being scored. Keep score- i.e. best of 5 or 10.

Variations- knee tag only, team eliminations.

More training ideas and resources available at www.bodymotion.com.au

Visit our online shop at www.bodymotion.com.au/shop for a wide range of fitness products at competitive prices. We stock an extensive range of equipment, including, Exercise Balls, Agility Ladders/ Fastfeet Ladders, Anatomical Charts, Beep Tests, Blood Pressure Monitors, Fat Calipers, Resistance Bands and much more.