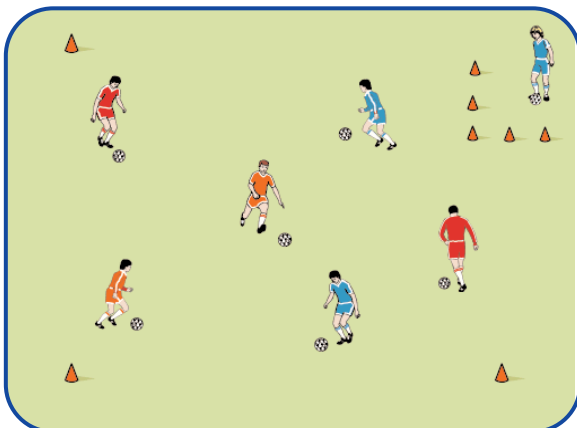


Hospital Tag



Activity Organization:

Within a confined area, players stand in random formation, each with a ball.

Each player dribbles within area attempting to tag anyone while maintaining control of the ball.

Each time a player tags someone, he/she receives a point.

Each time a player is tagged, the spot touched is now injured. The player must hold that spot and continue dribbling. The second time they are touched, they hold that spot, but do not release the first spot. The third time they are touched, the player goes to a designated place (hospital) and now must do some minimum activity to get healed and rejoin the game (e.g. 5-10 alternating ball touches with feet).

Implications for the Game

Technical

- Dribbling
- Changing direction
- Speed

Physical

- Constantly readjusting body's balance around a new centre of gravity
- Agility
- Strength

Tactical

- Expands peripheral vision
- Creates attitude for attacking people with the ball

Social/Psychological

- An equalizing activity
- Problem solving skills
- Positive interaction within the entire group
- Developing an attack and defensive posture

Related Activities

- Everybody's It
- Knockout
- Gladiator Ball