

## Tail Tag



## Implications for the Game

### Technical

- None, most useful for warm up activity

### Physical

- Changing direction
- Balance
- Quickness

### Tactical

- Some deception, players scheme together

### Social/Psychological

- Good for small group interaction

## Activity Organization:

This activity is a take-off from flag football and is appropriate for all ages.

All players tuck a t-shirt or scrimmage vest into their shorts. On the signal, the players see how many tails they can gather. If you lose your tail, you continue to play.

Play for 30-60 seconds. The player with the most tails wins the round.

### VARIATION: (for 9-12 year olds)

Groups of three form a train, placing their hands on the player in the front. You have an engine, passenger car and a caboose. The caboose places the tail in their shorts. Trains try to avoid each other and the engines try to grab the tails from the other cabooses.

## Related Activities

- Everybody's It
- Ball in the Air (Scatter)
- Gladiator Ball