

Tail Tag



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 in 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.

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

Related Activities

- Ball in the Air (Scatter)
- The Blob
- Find the Coach