

## The Blob



## Implications for the Game

### Technical

- None, use as a warm up activity

### Physical

- Running
- Changing direction

### Tactical

- Decision making

### Social/Psychological

- Group success, giving players a sense of belonging

## Activity Organization:

This is a variation of an age old tag game.

Players are randomly spaced on a half field, or an area of 30 x 40 yards.

The player that is 'it', runs and tries to tag the other players. As a player is tagged, they join hands and begin to form 'the blob'. Joined players try to tag others.

When the blob reaches six players, it can break up and mutate into 2 blobs of 3. Continue until all players are caught.

## Related Activities

- Tail Tag
- Gladiator Ball
- Ball in the Air (Scatter)