

## 16 Players

## Tag Thief

**Objective** – Develop evasive running in a chaotic environment and to develop understanding of basic defensive skills

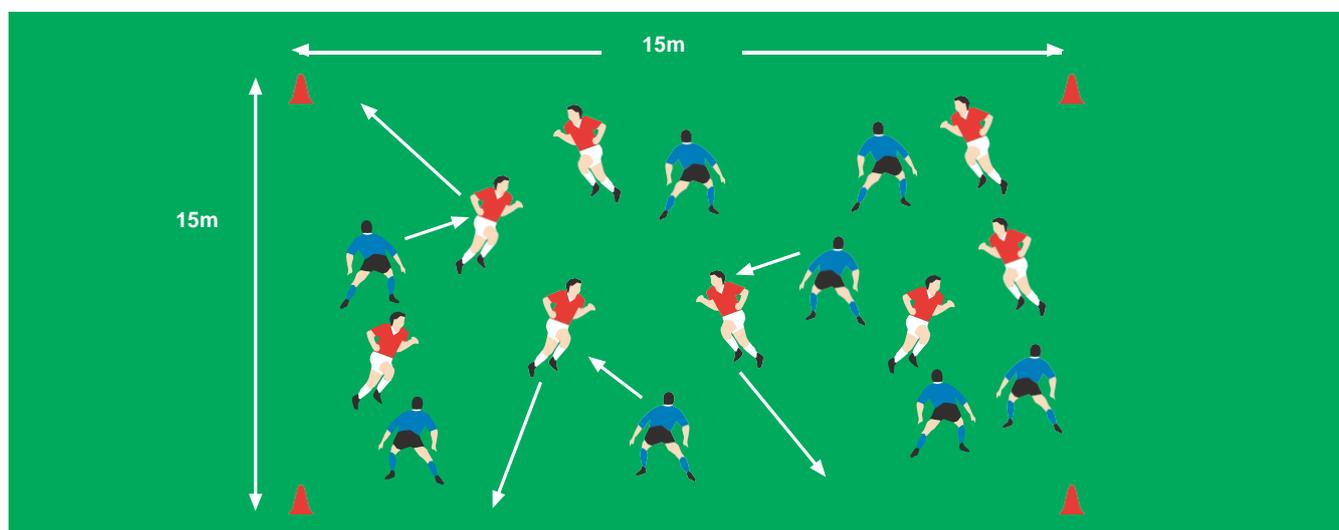
### Equipment needed:

- Cones: 1 stack
- Bibs: 8
- Tags: 16
- Belts: 16

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- All players wear a tag belt with one tag placed on the back of their belt.
- The coach shouts GO!, at which point players move around the grid and attempt to steal the opposition teams' tags.
- If a tag is stolen, it gets put on thief's tag belt.
- Game is played for two minutes, after which the tags are counted up.
- The team with the greatest number of tags is the winner.

### Coaching points/Key factors:

1. Players to evade opponents by using skills such as the side step, spin and swerve.
2. Players to get into low position to make a tag - get foot in close to the player.

### Difficulty:

- Introduce more than one tag per player.
- Split players into more than two teams to increase difficulty.
- Expand or decrease playing grid to manipulate free space.
- Introduce the two handed tag grab to increase difficulty.