



Active Start practice plan – Week 23

Station A

General movement – TAG

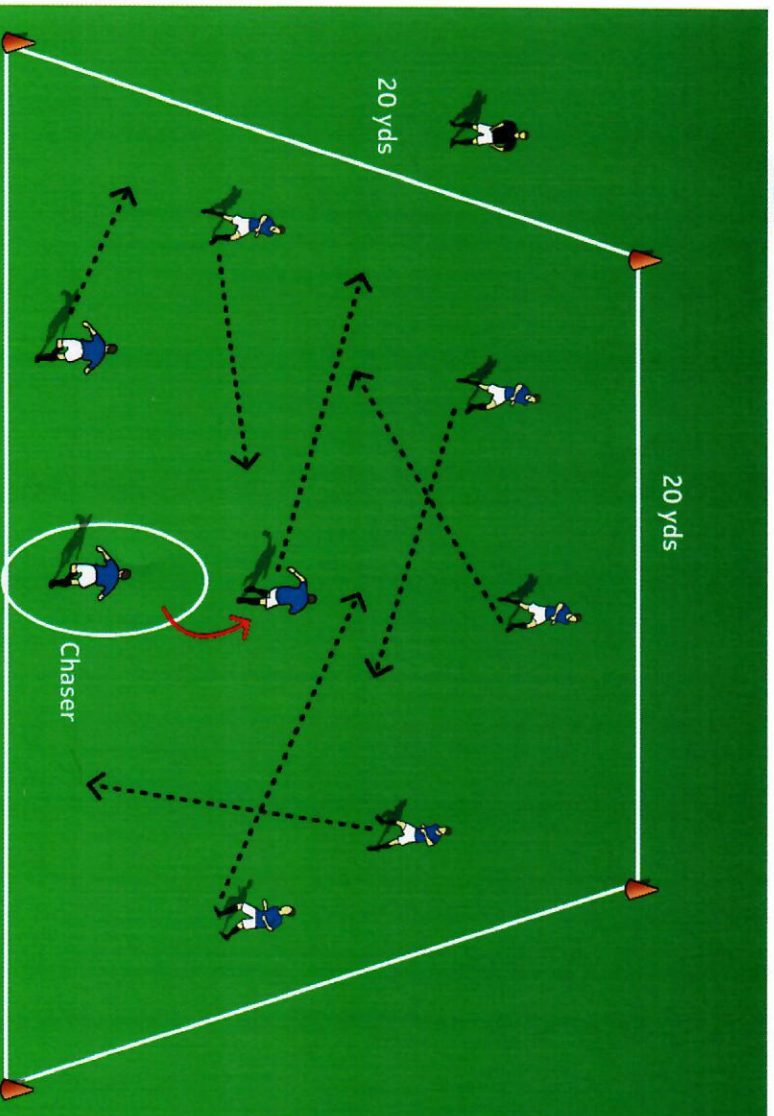


Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination

Awareness



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Organization: Players are placed in a 20x20 yard area. 1 player starts as the chaser

Procedure: Chaser attempts to catch other players by tagging them. If a player is caught they also become a chaser. Last person left wins.

Progressions: Different types of Tag games.

<p>Psychological Confidence Awareness FUN</p>	<p>Technical</p>
<p>Physical A,B,C's Change of Speed</p>	<p>Social Problem Solving Communicating</p>