



Grip Tag

Skill – Grip, Carry & Evasion

TYPE
Open

AGE
6+

Description

- » All players start in a 10m x 10m grid
- » 2 players start with a football and become taggers, the remaining players are trying to avoid the taggers.
- » When the coach starts the activity, the taggers will run with the ball in 2 hands and attempt to tag one of the other players.
- » Taggers try and make as many tags as they can before the end.
- » If you have a large group of players, make multiple grids to ensure participation.



Progression

- » You can increase or reduce the amount of taggers.
- » You can increase the size of the grid.

Field Size

(10m)



(10m)

Players



x (2) with ball



x (4-6) Without Ball

Equipment



x (4) Markers



Whistle



x (2) Football



x (2) Bibs



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