

Tiger Tails

Objective –

GameFocus onTransition/ResetProgression

Lots of coaching points in this fun game – awareness, reactions, change of direction, explosive speed, twisting, turning and screening.

THE RULES

Each tiger has a tail tucked into the back of their shorts.

The tail must be visible so that other tigers can steal it.

The tigers run around inside the area and try to steal each other's tails by pulling the tail out of another tiger's shorts.

When a tiger steals a tail they add it to their own. Other tigers can now steal however many tails they have.

If a tail drops on the floor any tiger can steal it. However, first to touch the tail gets it to avoid a tug-of-war. Tigers cannot grip their tail to stop it being stolen.

They need to protect their tail by sprinting away, turning and screening.

The game can be played to a time limit (2 minutes, say) and see which tiger has the most tails at the end.

MAIN OBJECTIVES

Awareness, reactions, change of direction, explosive speed, twisting, turning, screening.

SET UP

Area: 45×30 yards

Players: 12

Equipment: 12 tails (old bibs or strips of material)

WHAT TO CALL OUT

“Turn”

“Sprint”

“Look out”

PROGRESSION

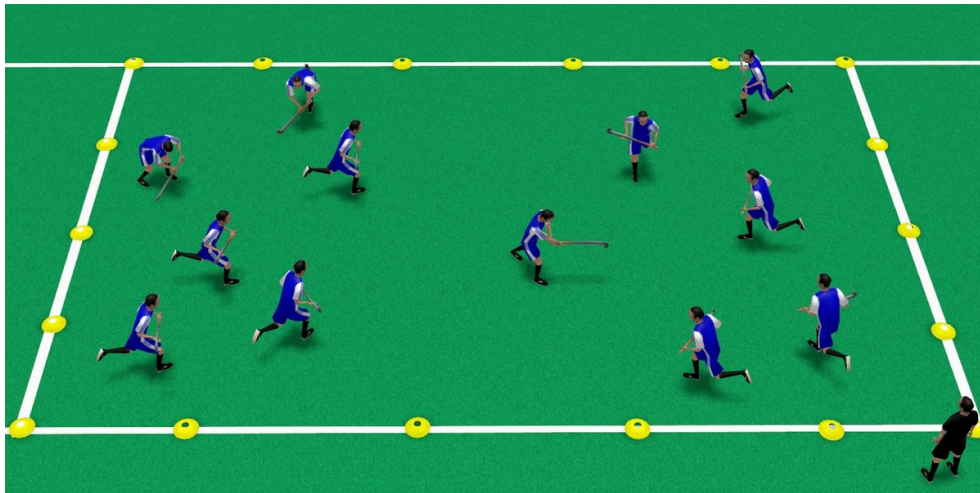
Give each player a ball which they must keep under close control whilst trying to steal tails.

When a tiger has their tail stolen they must now dribble around the outside of the area and the game is played until there is a winning tiger with all of the tails.

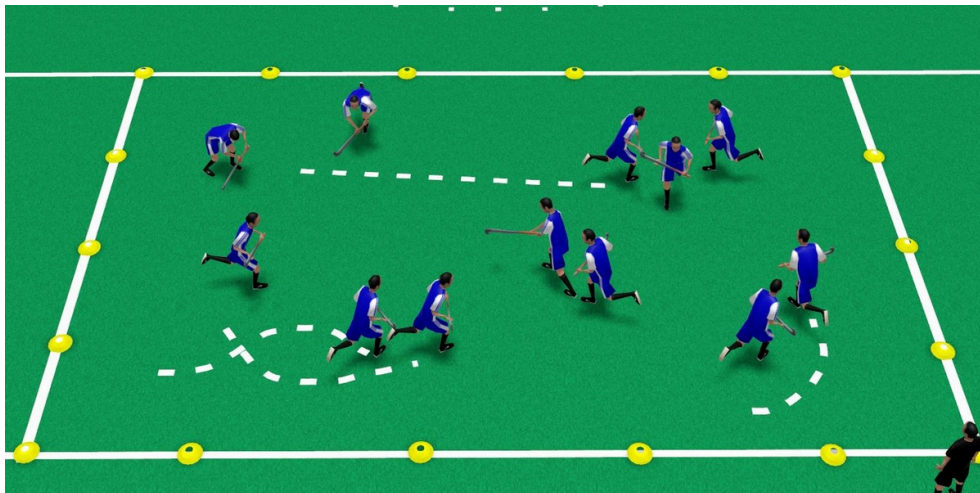
It might be more realistic to play to the last two as the 1v1 at the end could last a long time.

HINT

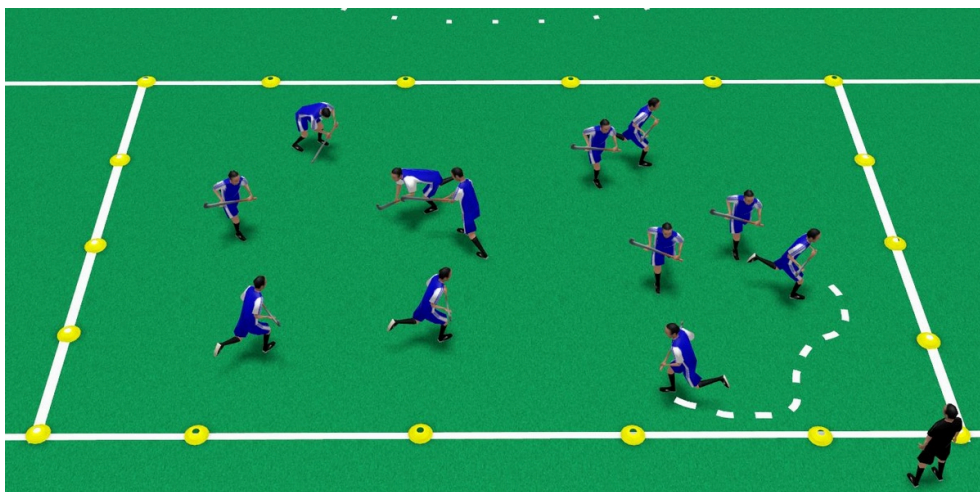
You can make your own tails from material or use old bibs. Avoid using new bibs as they might get ripped.



Each tiger has a tail tucked into their shorts.



Steal a tail by grabbing it.



The tiger with the most tails wins.