



Individual Defense: Shield Tag

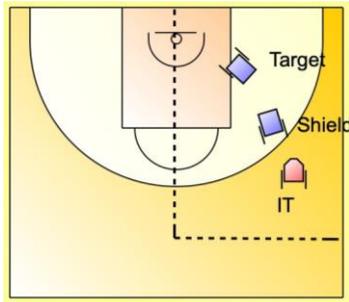


FIGURE 1

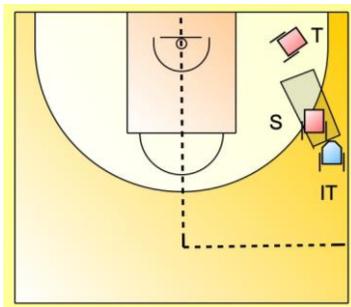


FIGURE 2

OBJECTIVE: Cover the path of the tagger (IT).

Setup: Select a rectangular area approximately 6m x 9m to play in.

Instructions:

1. One player is the tagger (IT), one player is the shield, and one is the target. (Figure 1)
2. The person IT tries to get past the shield to tag the target. (Figure 2)
3. The shield covers the path between the tagger and the target.
4. When time expires or the target is tagged, rotate positions.
5. After a full rotation switch the order or switch on a timed interval.

Activity Rules / Games Approach:

- Point earned for a tag.
- Can add points for the IT if the shield does not cover the path and hooks them.

Coaches Key Points:

- Players should cover the path between IT and the target.
- Players should use quarter turns.
- Shield should ensure their axle is in front of IT's footplates.
- Target needs to use the shield's shadow.
- IT needs to use width and depth, and the entire space to create attack angles.

Variations/Loading:

- Add a ball to one, two or all players.
- Add an additional shield.
- Increase or decrease area.
- Give target a task to touch all 4 corners of the space.

Mental:

- Players should communicate to target every 3 seconds.
- Between rounds players should take one deep breath to refocus or focus cue word.