

Catch Me If You Can

How the activity works:

Two teams line up across the halfway line of the playing area and attempt to run back to their team end line when their team's name is called before the other team tags them.

Purpose:

Fun tag game that activates players' heart rates and muscles temperatures. Players train their first few steps when running and their top speed. Light dynamic stretching should be completed before this activity to make sure the players are stretched and already a little warm.

Setup:

- Set up three parallel cone lines with 15 yards of space between each line.
- Divide the players into two evenly numbered teams and assign a jersey color to each team.
- Have the two teams line up along the middle cone line with their backs facing one another. One team should be on each side of the cone line with one yard of space between them.
- Decide on the number of rounds the players will complete. 8-12 rounds is plenty.

Instructions:



Created using SoccerTutor.com Tactics Manager

1. The coach starts the round by calling out one of the two team colors.
2. The team called immediately runs towards the cone line they are facing while the other team quickly turns and attempts to tag the other team before they reach the cone line.
3. If a player gets tagged before crossing their end line, they must immediately freeze and raise their hand. The coach counts the number of players with their hands up and rewards the other team with one point for each player tagged.
4. The teams walk back to their starting position to repeat the process. The coach keeps score of the total points for each team. Team colors can be called at random as long as they both have had equal attempts to tag the other team by the end of the game.
5. The team with the most points at the end of the game wins.



Variations:

Soccer Balls – Incorporate a soccer ball. Have each player complete the activity by dribbling at high speeds and attempting to catch their opponents.

Vary the distance – Set the distance players must run to their end line depending on the players' age and physical levels.

Coaching Points:

- Players must have completed an aerobic exercise and dynamic stretch before continuing into this activity. This will ensure players reduce the risk to pull any muscles while performing this activity.
- Challenge the players to react as quickly as possible to the color called. Players should stay light on their feet and quickly explode upon the command.
- Test the players' reactions by calling the wrong colors to throw them off. Make it fun!