

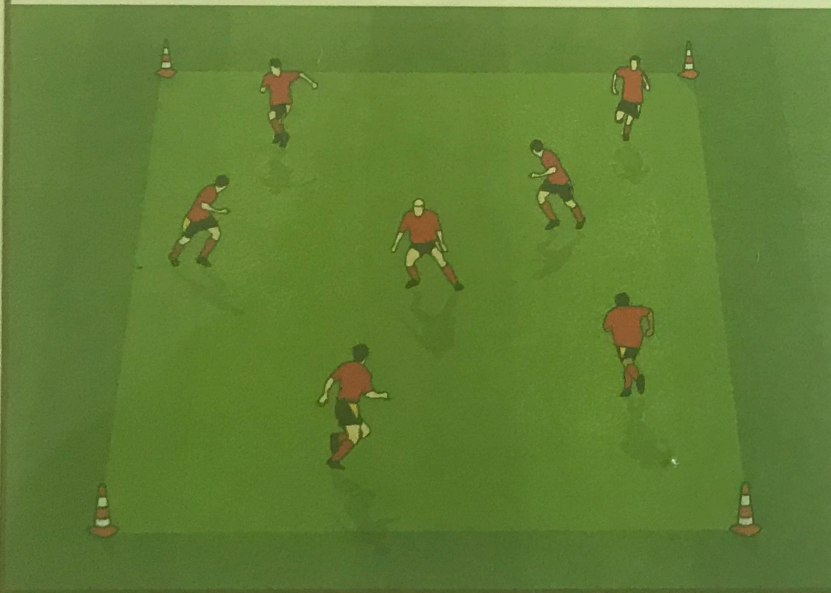
ASB Junior Framework

GAMES & ACTIVITIES

FLAG TAG (GENERAL MOVEMENT)

SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



HOW TO PLAY

1. Players chase each other around the area, attempting to take snatch the flag off other players
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they play on, trying to snatch other flags
4. The game ends when the last player has their own flag snatched
5. The winner is the player who captures the most flags

PROGRESSION

- INTERMEDIATE: Create two teams – the winning team captures all the opposition flags first
- ADVANCED: Give every player a ball to dribble while they play

OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control