

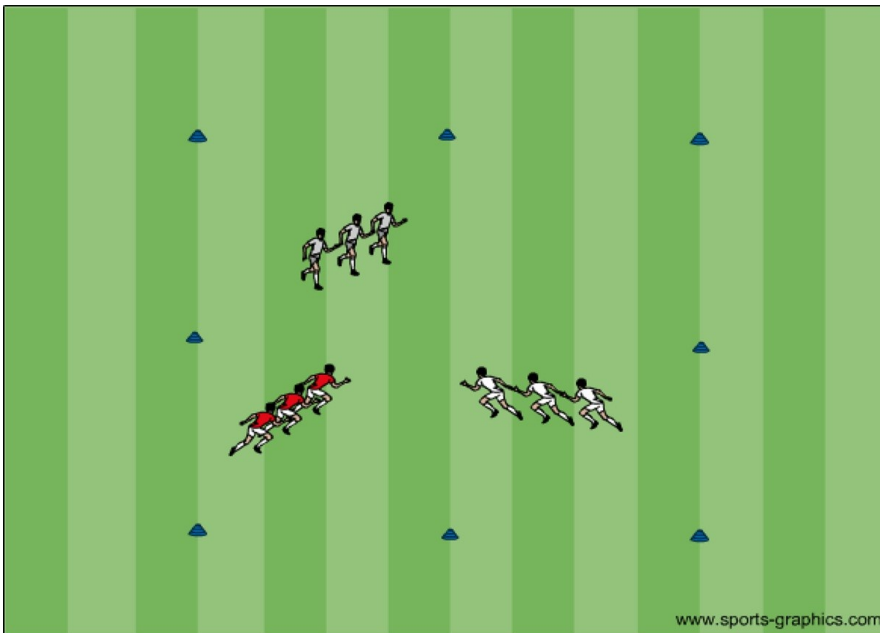
CHAIN TAG

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Dynamic Movement



Set up a 20x20 playing area. Create two pairs by asking the players to self nominate to join a partner. (Make only one pair for smaller groups). All the other players are free to move around inside the area. While keeping their hands joined, the pairs try to tag the free players with their free hands. Everyone runs within the area while the taggers chase the free players. When a free player is tagged they join the pair to become a chain of three. The three continue to chase and when a fourth person is tagged, they break into two chains of two and both chains continue to chase and tag. The game is completed when everyone is in a chain.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Can be done with or without the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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