

S4S 01 Tag Games



MIN. NUMBER OF PLAYERS:

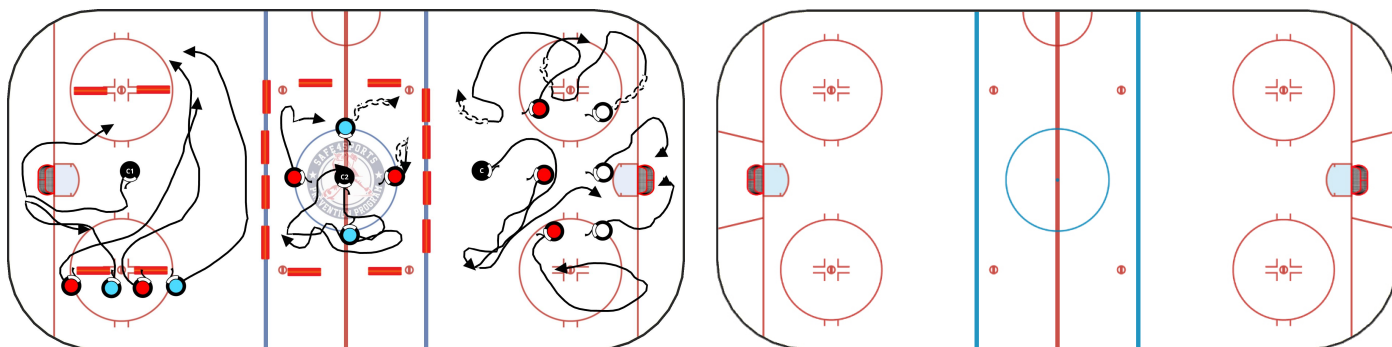
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LEVELS:

08-10, UNDER 7

TAGS:

skating, tactics



DESCRIPTION:

Tag and pursuit games are a great fit for hockey. Various tag games such as freeze tag are effective to teach invasion and evasion tactics as well as rehearsal of technical skills in real situations. Many variations of tag games exist. Shrink and enlarge playing areas to alter difficulty and create teachable moments.

C1 British Bulldog: Players are safe while behind r touching the divider. Tagged players become bulldogs.

C2 Freeze Tag Small Space: Coach or designated player are chasers. Tagged players must freeze in position until another player skates a circle around them.

C3 Freeze Tag End Zone: Players must stay in constant motion always keeping their eyes on the chaser. Always pivot facing the chaser. Can use two chasers.

KEYPOINTS:

Head up, seeing pressure and finding space should be repeatedly cued. Challenge players to change speed, change pace, and change direction. Teaching individual tactics such as deked and feints. Use tag to establish and practice on ice agility, balance, and coordination. Reinforce and reward acceleration, dynamic starts and stops. Look for anticipation, sensing open areas either behind or in front of defenders. Tag games create traffic and congestion demanding heads up play to see these areas and to find free space.

NOTES:
