



**OFFSIDE TAG**  
JUST HAVE FUN WITH IT

# SESSION PLAN

## **Session Plan**

5min Introduction - What is Offside Tag

5min Game Rules - Physically walk through the game

5min Applying Tags - How to put on tag belts

5min Warm-Up Games - How to remove classmates tags (collect as many tags as players can)

5min Tag Off - Teams battle 1 vs 1 to determine who starts with the ball

15min Game - Teams learn the game through play

5min Break - Drink, discuss what works well, what could be improved, basic strategy

15min Game - Teams play 2nd half of game

10min Debrief - Remove Tags, what did students learn, provide positive feedback, educate how to fold tag belts

## **Session Outcomes**

Game play, attack, defence, communication, passing, agility, speed, vision, substitution, tagging.