



Australian Government
Australian Sports Commission

EASY MED HARD



Follow the line

A

A designated player tries to tag players who are moving around a court area following the lines. Once tagged, players form 'force fields' for the remaining players. (Play with 8–30.)



What you need

- > An indoor/outdoor playing area marked by lines that intersect with one another, or tape/chalk for line markings

What to do

- > Designate one player as the tagger. All other players are scattered around the court on a line.
- > On your signal, players begin to move around the court, following the lines.
- > The tagger tries to tag players by following the lines.

- > Once a player is tagged, they must sit down in the spot they were tagged and become a 'force field'. This means they stop any players from getting past, except for the tagger.
- > 'Force fields' cannot move.
- > The game continues until all players have been tagged.

Change It

- > Use cones or bins to be 'force fields' at the start of the game.
- > Introduce a player who can free 'force fields'.
- > Introduce more than one tagger.
- > Vary the locomotion movement in which players travel (e.g. hopping, jumping, lunges, side step, grapevine).

Safety

- > When players are 'force fields', make sure their hands are off the ground.
- > The tagger must tag gently between the shoulders and the waist.

Ask the players

- > When tagging, what's the best way to corner and tag a player?
- > When running away from a tagger, where is the best place to run to?

LESSON LINK:

Follow the line is an energiser or warm up that can be performed at any time.

SESSION PLANS

Combos > Start Out MV 04A + Start Out MV 03A + Get Into It MV 09A