

PINNIE TAG

GAME DETAILS:

Theme: Dodging, Cradling, Stick Protection

Field Location: Any

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: All

OBJECTIVE:

Players protect their pinnie while working to take another player's pinnie.

DESCRIPTION:

Players are divided up into pairs by the coach and placed in a 5x5 yard box. Each partner will tuck a pinnie, flag, or similar into the waistband of their pants or shorts.

EXECUTION:

On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.

SKILLS PRACTICED:

- Dodging, Stick Protection, Agility

VARIATIONS:

Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot. Play the game as a whole team instead of in boxes.

DIAGRAM:

