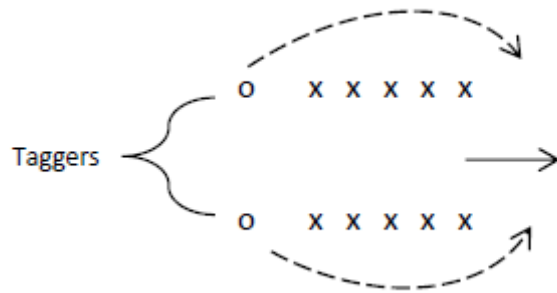


Russian Tag

Objective: Fun speed play that develops teamwork and both the aerobic and anaerobic systems in a fun tag game.

Description: Form two single file lines. Each runner should be approximately about one arm's length behind the runner in front of them. One runner is designated as the tagger and stands five feet behind the last two runners in the double line. Both lines start running at the same time and run together, maintaining a double line. The taggers run five feet behind the lines. When the tagger shouts "Go," the last runner in each line moves to the outside of their line and sprints to the front of the line. The tagger can choose going to one side or the other and attempts to tag either runner before they get to the front of the lines. Once the two runners meet at the front of the line and touch palms together, they are safe. If the pair is successful in getting to the front of the line and touching palms, the tagger returns to the back of the line to try again. If the tagger is successful in making the tag, the tagged player becomes the new tagger. If the tagger is unsuccessful after three attempts, replace the tagger.



Variations: (1) On the command "Go" the runners being chased move up on the outside of the lines. The tagger runs between the two lines formed by the groups. The objective for the tagger is to high five (tag) a front person in line before the two runners being chased can tag one of the front runners in the line.

Equipment: None needed