

Octopus Tag

[1]



TIMING

- +/- 5 mins

EQUIPMENT

- Cones

SETUP

- Mark an area large enough for the participants to move around safely

DESCRIPTION

- **Objective** – Participants avoid the tag of the Octopus for as long as possible
- Two people from the group hold hands and are the 'Octopus'
- The Octopus tries to tag the rest of the group [1]
- If the Octopus tags a participant, he or she also joins the Octopus, holding hands. This continues until one participant is left

TRAINER TIPS

- If the Octopus is getting too big and too slow to catch more participants, split it into two

VARIATION

- Introduce a ball/frisbee for those avoiding the Octopus to pass between them, making the person in possession immune to a tag

LEARNING and SKILLS DEVELOPMENT

- Players on the Octopus team need to coordinate their efforts to catch the other participants. This requires effective communication and teamwork
- Learning could relate to strategy, i.e. that it is better to concentrate on one target as a team instead of having everybody on the team following their own agenda. Meaning they are working together effectively to achieve a common goal

Skills: Effective Communication, Team Work, Focus