



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (yellow players)

When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid must crawl under the bridge for the player to become free again.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge