

## BOXING – TAG BOX

### Quick introduction

Tag box is a pairs game of agility and skillful movement. Boxers must tag their opponent's back shoulder or lead knee with their lead hand or back hand to score a point (gloves should be worn if the school has them).

### Getting started

- Tag box played in a 12x12' square. Mark the area using cones, existing lines, or throw-down markers.
- The game is about boxing specific movement not punching.
- Boxers wear different coloured bibs.
- The game is officiated by a referee who keeps the time and adds up the scores.
- The referee must stand outside the playing area.
- The game is played over three one-minute rounds.
- The winner is the person who scores the most 'tags' in the time allowed.

### Think tactics

- Boxers must use their footwork to push in and out of range.
- When tagging to the knee, boxers must bend their knee so their shoulder is in line with the target.
- Try counter tagging after using a foot or trunk defence.

### Safety

- Boxers are tagging not punching.
- Aim for the shoulder and knees not the head.
- No jewellery to be worn.



# BOXING – TAG BOX



## Organising the game

- Encourage boxers that defence is as important as attack.
- Encourage boxing-specific movement and not a 'tag off'.
- Look for clean tags to the back shoulder or lead knee with an open hand.
- Add the scores up accordingly.
- If in doubt or the game gets 'scrappy', call a break.

## Officiating

- Young people officiate by:
  - timing the contest
  - counting the scores (tags) for each boxer
  - calling break when needed.

## Keep it enjoyable

- Make sure boxers are evenly matched in height, weight and ability.

## Make it easier

- Change the target area from the back shoulder and lead knee to just the back shoulder.

## Think inclusively

- If appropriate, reduce the size of the boxing area for SEN/disabled athletes.
- The tag box should be clearly marked with coloured cones.
- If appropriate, allow SEN/disabled athletes to score points by touching their opponent's wrist, elbow or front of the shoulder.
- If beneficial, allow SEN/disabled players to play sitting down on a chair.
- Wheelchair users can play against seated opponents.
- For visually impaired players with enough vision to see their opponent, make sure players wear colour contrasting bibs and stay within sight of each other.

## Spirit of the Games: Excellence through Competition



Respect your opponent at all times; be gracious in victory and defeat.



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## BOXING – RANGEFINDER

### Quick introduction

This game aims to develop fast thinking and fast feet where boxers have to move quickly between cones in a fixed time to score points.

### Getting started

- Set out an arc of different coloured cones.
- The boxer stands in his/her boxing stance facing the cones.
- The official starts the game and continuously shouts out colours.
- The clock is set for one minute and each cone touched with your feet scores a point.

### Think tactics

- The faster you can push in and out to change direction the more points you will score.
- Can you anticipate the next move?

### Safety

- Try to stay in a balanced stance throughout.
- Don't stand on the cones.



# BOXING – RANGEFINDER

## Organising the game

- Take it in turns and give each team member a go.
- The boxer must respond by pushing in to the appropriate colour and then pushing back to the start position.
- If cones get moved put them back in their original positions.
- Give good rests between turns.
- Make sure you keep an accurate total of the cones touched.

## Officiating

- Young people can officiate by:
  - calling the colours of the cones and adding up the scores
  - being timekeepers.

## Keep it enjoyable

- Listen carefully to instructions and be prepared to react quickly.
- Encourage players to cheer their team-mates on.

## Make it easier

- Shorten the distance between the cones or limit the length of the game.

## Think inclusively

- If beneficial place the arc of cones close together and or reduce the distance SEN/disabled athletes need to move.
- If beneficial allow SEN/disabled athletes to perform sitting down and count the number of upper body boxing movements they complete.
- Use spots or create tactile flooring for visually impaired athletes.
- Alternatively SEN/disabled athletes would stand or sit side by side and shadow box (follow each other's boxing moves). Points are awarded for each successful move.
- If appropriate, reduce the time for SEN/disabled athletes.

## Spirit of the Games: Excellence through Competition



Work as hard as you can to make the points add up.



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## BOXING – BOX BALL

### Quick introduction

Box ball is a team game in which one team (the attackers) is 'on', and one team defends. The attacking team has a sponge ball(s) and has to throw the ball at the defending team aiming for the target area of the body.

The defenders defend the target area as if they were boxing. If you are hit in the target area you are out. The team who boxes the longest is the winner.

N.B. The target area is your torso (chest and shoulders but not the head).

### Getting started

- Teams take it in turn to attack and defend and defenders find a space in the marked 'game zone' or 'ring'.
- All players to maintain boxing stance and movement.
- The team who is 'on' stand outside the ring.
- They cannot move with the ball but they can pass it to team members.
- The players defend themselves as if they were boxing by dodging and using their arms to deflect the ball.

### Think tactics

Always try and give yourself an exit route if the ball is heading your way. Stay on your toes and be ready to dodge left right or back.

### Safety

- Players must stay in the ring.
- The ball must be a sponge ball.
- Players should only aim at the target zone.



# BOXING – BOX BALL



## Organising the game

- The group should be organised into two teams and briefed on the rules.
- Emphasise that this is a game about the skill of dodging the ball by moving with agility as if you are boxing.
- When players are hit in the target area make sure they stand well clear but encourage their team-mates.
- The game ends when everyone has been hit by the ball.
- Record the time this takes.

## Officiating

- Young people can officiate by:
  - judging if the target area was hit
  - acting as a timekeeper.

## Keep it enjoyable

- Make sure teams are split into equal abilities.
- Only play the game with sponge balls.

## Make it easier

- Make the ring bigger and/or reduce the numbers of players.

## Think inclusively

- If appropriate reduce the size of the target area for SEN/disabled athletes e.g. only arms and shoulders
- If beneficial only allow the ball to be thrown underarm when including SEN/disabled athletes.
- SEN/disabled athletes would work with a partner to see how many times they can hit with the sponge ball before playing the full game.
- Increase the size of the area to make it easier for SEN/disabled athletes to defend.
- Increase the size of the sponge ball to make it easier for SEN/disabled athletes to defend against.

## Spirit of the Games: Excellence through Competition



Ensure all abilities are appreciated and applauded.



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