

**Equipment needed:**

* Cones
* Tags and tag belts
* Hoops

**How to play:**

1. Split your group into two teams of 7 (this is one game)
2. One group of 7 stands at one end of the court (team A), the other group at the other end (team B).
3. Split the court down the middle with cones and put one hoop on either side.
4. One at a time a member of team A has to go up to the centre line. Once they have crossed it team B have to try and steal team A’s player’s tag. Whilst doing this, the player from team A has to try and steal a tag from any member of team B.
5. The player from team A can retreat back to the rest of their team at any time, even if they didn’t get a tag.
6. Any tags that are collected are then placed in their hoop.
7. On the next round the same thing happens but a player from team B must cross into team A’s side.
8. Once everyone has had a go or after a certain amount of time, the tags are counted and the team with the most collected, wins!

Kabaddi