

# Lazer Tag

## Session Plan

<b>Session Length:</b>	1 – 1.5 hours
<b>Session Aims:</b>	To provide a safe, fun and interesting introduction to the sport of Lazer Tag.
<b>Equipment Required:</b>	Lazer blasters, programmer and activator, face paint,
<b>Suitable Activity Areas:</b>	Indoor/outdoor area, clear of slip and trip hazards. Preferably with music and disco lights and smoke machine.

## Session Set Up

Set up an activity area ensuring disco lights are on, smoke machine is on and music is playing (where available); display the blasters in an inviting way. Staff member can be dressed up in camouflage. Allow participants to 'camouflage' their faces with face paints as they arrive.

## Session Introduction and Welcome Activities

Introduce the sport of lazer tag to the participants and find out if anyone has tried the sport before.

Do a warm up activity with the participants:

**Splat:** One person stands in the middle of a circle made by the rest of the group. This person must point at other individuals and say "Splat". The "Splatted" individual must crouch down and the two team members on either side of the person crouching must turn towards each other, point and shout "splat" at each other. The slower of the two is out and sits down, whilst the game continues.

## Main body of Session

### Practical Content

**Team Event:** Split the group into two teams, allocate each team a base. Team with the highest number of points wins at the end.

**Individual Event:** Every man for himself, person with the highest score at the end wins.

**Capture the Flag:** Give each team a flag to erect just outside their base, once erected and placed, a team cannot touch their own flag. When the game commences each team must try and get the opposing team flag back to their base. If at any point a player's blaster is shot, they must point their blaster to the floor and return to their own base before being able to rejoin the game. If a participant is shot with a flag in hand, they must place the flag on the floor when they were shot and return to their base.

**Protect the VIP:** Each team must nominate a VIP in their group who they must protect and hide throughout the duration of the game. The team whose VIP has the highest number of points at the end of the game wins.

**Convoy:** One team must make it from point A to point B and arrive at their destination with as high a team score as possible. The opposing team must position themselves throughout the activity zone and try and take as many points from the convoy as possible. Switch roles after the first team has completed the route and the team with the highest score wins.

**Quick draw:** Pair the participants up and get them to stand back to back. As you count the participants must take a step away from the each other. With the instructor building the tension, at some point during the count he shout's draw and the participant must turn and blast their opponent, the first one to get a hit wins the quick draw. A tournament/ladder/round robin can be played.

## Review

Ask the group what their favourite activity was during the session, and finish the session by playing this game one more time.