

OBJECTIVE

To encourage defensive teamwork in order to properly defend a designated space.

GAME SETUP

Space Needed 20 x 20 metres
Equipment Needed Cones, Flag Belts
Sug. Time Allocation 10-15 minutes
Group Size Any Group Size

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

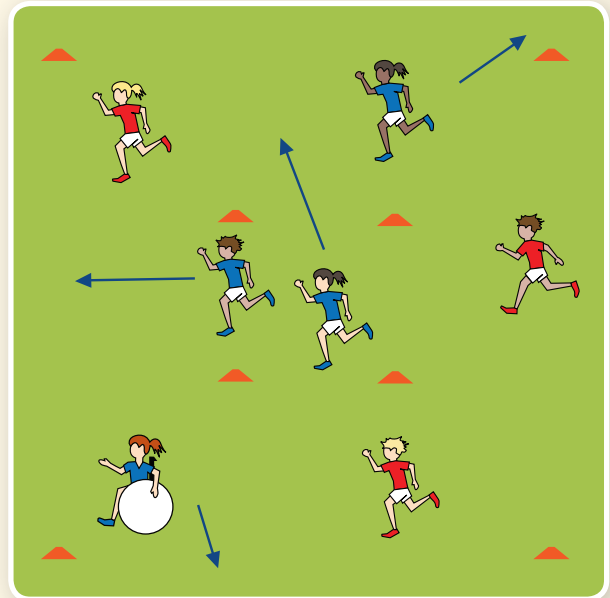
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

HOW TO PLAY

- 1 A smaller grid (6 x 6 metres) is centred within a larger grid (20 x 20 metres). Start with 4-9 attacking players inside the smaller grid and 3-6 defenders outside the smaller grid but still within the larger grid. Keep more attacking players inside the smaller grid than outside to start.
- 2 The smaller grid is a safe zone for the attacking team. The defensive team can only move in the large grid and cannot enter the safe zone.
- 3 On the instructor's signal, the attacking players must try to escape outside the larger grid without having their flag removed by the defence.
- 4 If an attacking player escapes to the outside, they return to the centre for the next round. If an attacking player gets their flag pulled, they switch roles and become a defender on the next round.
- 5 The game continues until everyone gets a flag pulled before escaping. Repeat the game and have players switch roles.



MODIFICATIONS

- 1 Instructors can label the sides of the grid and limit the sides that players can escape to for each round.

EXTENSIONS

- 1 Include rugby balls for the offence and have players pass or run with the balls to escape.
- 2 Change the number of players in both grids.
- 3 Set a time limit for the safe zone to prevent attacking players from hanging out.

CHECK & CORRECT

- 1 Encourage the defensive team to work together by communicating their movements around the grid and to move together to cover space.
- 2 Insist on proper flag etiquette to help improve this skill for game-play.