

OBJECTIVE

To effectively build a defensive line against an attacking team.

GAME SETUP

Space Needed
Equipment Needed
Sug. Time Allocation

10 x 20 metres
Cones, Flag Belts
10-15 minutes
or 3-5 rounds
Any Group Size

Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

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

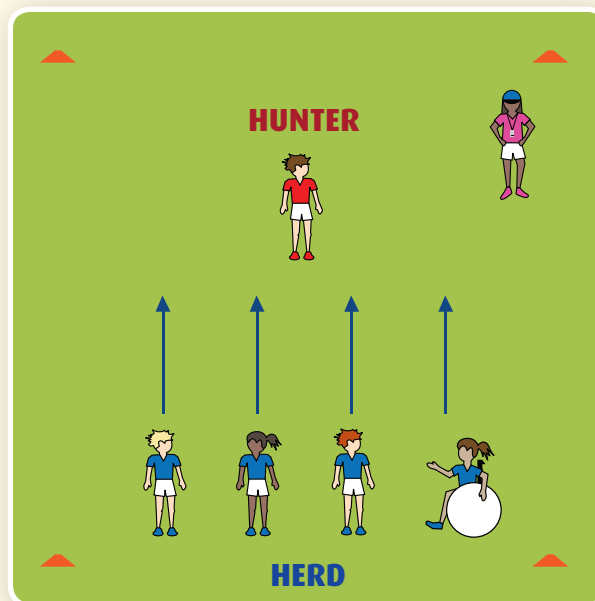
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Pulling

HOW TO PLAY

- 1 This game is similar to the classic Sharks and Minnows or British Bulldog. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
- 2 Players must attempt to move from one side of the grid to the other without getting their flag pulled. When they arrive at the other side, they stop and wait for a restart.
- 3 To start the game, have the defensive player in the middle shout, "HUNTER!" and then the attacking players lined up will respond with, "HERD!". After shouting, "HERD!" the attacking players will attempt to move to the other side of the grid without getting caught. Players must remain within the boundaries of the grid during the game.
- 4 Any players with their flags pulled will become hunters for the next round.



MODIFICATIONS

- 1 If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

EXTENSIONS

- 1 Designate a 'Defensive Zone' across the middle of the grid and prevent the defence from leaving this area during each round.
- 2 Incorporate a rugby ball and have players pass the ball while avoiding the defence.
- 3 Have a few players leave in waves to keep the hunters active. Incorporate a rugby ball within each wave.
- 4 Have captured players remain frozen where they are captured and play defence from that spot for the next round.

CHECK & CORRECT

- 1 Encourage players to form a flat line defence and move together as one unit, rather than individuals.