

OBJECTIVE

To become familiar with the rugby ball and flag pulling while working on evasion skills.

GAMESETUP

Space Needed 20 x 20 metres
 Equipment Needed Cones, Rugby Balls (1 Per Player), Flag Belts
 Sug. Time Allocation 10 minutes
 Group Size Any Group Size

LTAD STAGES

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

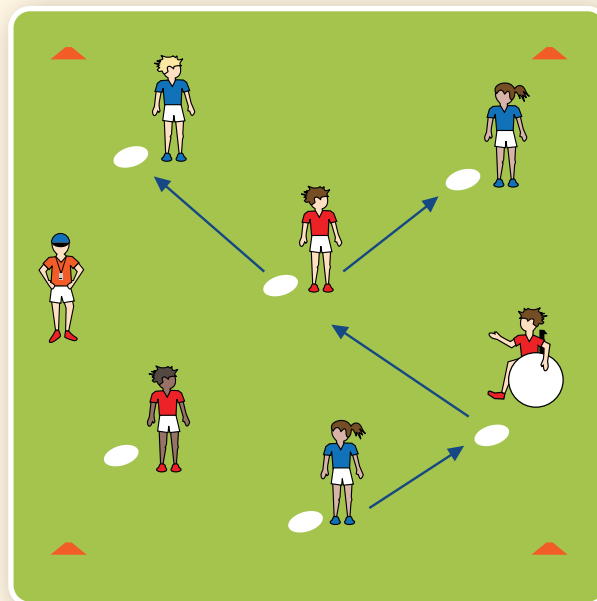
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

HOW TO PLAY

- 1 Participants, "Canadian Geese", start the game with one egg (rugby ball) each.
- 2 On the coach's signal, the geese place their egg on the ground.
- 3 Geese must then move around to find a new egg to pick up.
- 4 The instructor removes an egg from the playing field. If a goose is left without an egg, they become a robber.
- 5 If a robber pulls a goose's flag, they 'steal' the egg. The goose who lost the egg now becomes the robber.
- 6 Robbers may not pull the flag of someone who stole their egg.
- 7 The game ends when the instructor has removed all but one egg.



MODIFICATIONS

- 1 Make the size of the grid smaller to increase success for robbers.

EXTENSIONS

- 1 Geese can work in pairs and can pass the ball to their partner to avoid being robbed.

CHECK & CORRECT

- 1 Control the success of the game by the number of eggs you remove from the playing field. More defensive robbers will help players find success. Vary the size of the grid to make the game harder or easier.