

OBJECTIVE

To effectively track an attacking player's movements and react accordingly.

GAMESETUP

Space Needed 20 x 20 metres
 Equipment Needed Cones, Rugby Balls
 Sug. Time Allocation 5-10 minutes
 Group Size Any Group Size
 (Players Work in Pairs)

LTAD STAGES

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

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

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

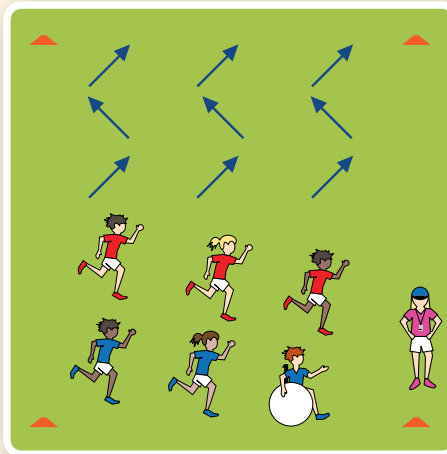
HOW TO PLAY

1 Create a grid and have players find a partner. One partner will line up directly behind the other. On the instructor's signal, the lead partner will begin to move around the grid in all directions as the ball carrier (i.e. Jogging, sprinting, cutting to the left and right, back pedaling, etc.).

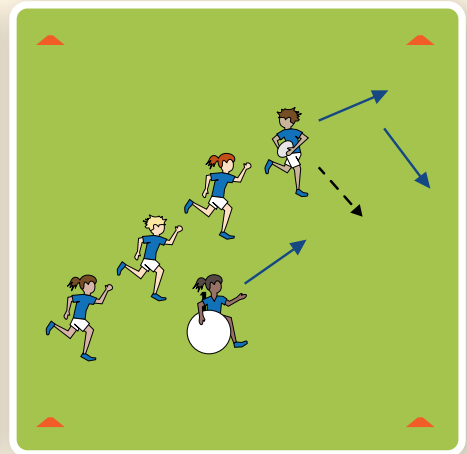
2 The partner in the back must try to mirror the movements of the leader and remain within a metre behind.

3 When the instructor yells, "SWITCH!", both players turn around and switch roles. The defensive player now becomes the leader and the former attacking player must now mirror the leader's moves.

FOLLOW THE LEADER



PROGRESSION



MODIFICATIONS

- 1** If players are having trouble mirroring the movements of their partner, slow down the speed of the activity.
- 2** In the group progression, if players are struggling to mirror as a unit, slow down the speed of the activity and have players hold hands or hold the flag on the belt of the person in front of them. Encourage them to move slowly as a unit so that flags never come off.

EXTENSIONS

- 1** Combine pairs of players into two lines of equal numbers. Have the player in the front of the line be the leader and lead the entire line of players around the grid. This now challenges players to react as a unit. When the instructor yells, "SWITCH!", the player in the back of the line must move quickly to the front of the line and call for a pass from the leader. This player now becomes the leader and continues the activity. Rotate through the line so that everyone has a chance to lead.

CHECK & CORRECT

- 1** In order to effectively track the player in front, defensive players should watch the ball carrier's hips. Make sure players aren't watching shoulders or feet of the ball carrier.