

OBJECTIVE

To improve player reaction time when switching from offence and defence.

GAMESETUP

Space Needed 30 x 15 metres
 Equipment Needed Cones, Flag Belts
 Sug. Time Allocation 10-15 minutes or 5 minute rounds
 Group Size Any Group Size (Working in Pairs)

LTAD STAGES

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

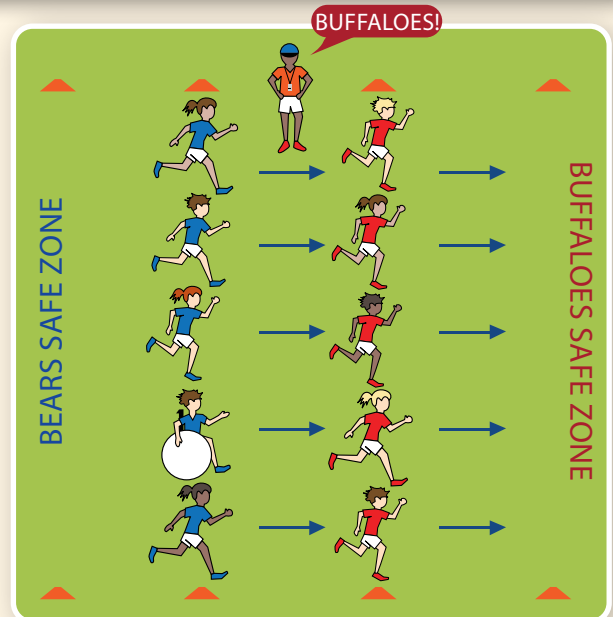
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

HOW TO PLAY

- 1 Each player finds one partner and together they designate one partner as a "bear" and one partner as a "buffalo".
- 2 One team (Bears) lines up just to the right of the centre line, facing the Bears' safe zone. The other team (Buffaloes) lines up next to their partner, just to the left of the centre line facing the Buffaloes' safe zone. They should be about an arms-length distance apart.
- 3 The instructor calls either "BEARS!" or "BUFFALOES!" The team being called is now on offence and tries to get to their safe zone before having their flag pulled by the other team. The team that is not called is on defence and must react quickly to catch the offence before they get to the safe zone.
- 4 Repeat various rounds, allowing players to quickly switch from offence to defence with quick reactions.
- 5 Give points each time a flag pull is made. Have players compete to get the most points within multiple rounds.



MODIFICATIONS

- 1 Shorten the distance to the safety zone for players who may struggle to reach the safety zone in time.
- 2 Reduce the speed of the game to a fast walk or walking pace to build success.
- 3 Rotate players through the line so they can practice with various partners to find one that is more evenly matched.

EXTENSIONS

- 1 Make multiple calls within one round, forcing players to switch before reaching their safety zones.
- 2 Vary the starting position of the players: sitting down, kneeling, or lying down on their stomachs or backs.
- 3 Incorporate fitness activities such as jumping jacks, jump squats, burpees, etc. before calling a team.

CHECK & CORRECT

- 1 Review proper flag pulling skills to ensure players are maintaining a low position and close enough to make the flag pull.
- 2 Be sure to watch for players that try to anticipate the call and 'cheat' in one direction.