

OBJECTIVE

To encourage players to quickly switch the direction of attack and react off of every defensive flag pull.

GAMESETUP

Space Needed 30 x 40 metres
 Equipment Needed Cones, Rugby Balls, Flag Belts
 Sug. Time Allocation 10 minutes
 Group Size Groups of 10

LTAD STAGES

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

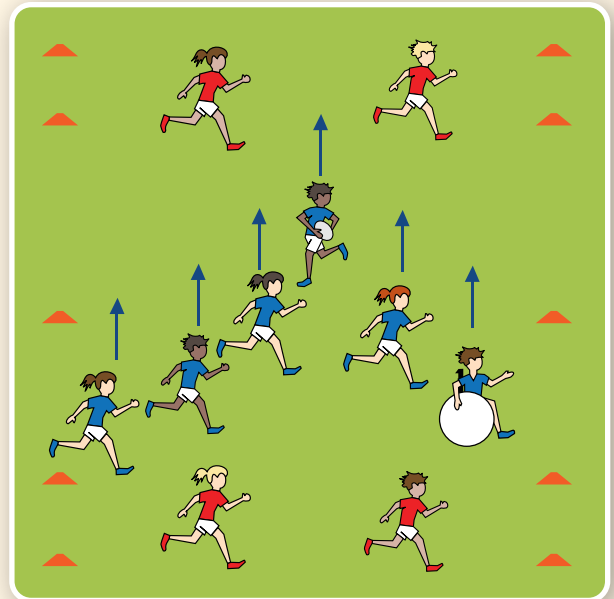
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching

HOW TO PLAY

- 1 Place six attackers in the middle of the grid and place two defenders at each end of the grid.
- 2 The attacking team attacks one end of the grid, trying to score a try. All passes are lateral or backwards.
- 3 If a flag pull is made on the attacking team, the attacking team turns around and immediately attacks the opposite defensive zone. This continues for a set amount of time set by the instructor.
- 4 If the attacking team scores, the defence must move around the centre cones and get back to their defensive zone before the attacking team starts down the field to attack the other end.
- 5 Defenders cannot defend outside their designated zone.
- 6 If the ball is dropped or intercepted, the attack is over. The instructor should rotate attacking and defending players as needed.



MODIFICATIONS

- 1 If players are not transitioning quickly enough to the next attacking phase at the other side of the grid, try calling out, "FLAG!" or, "TACKLE!" before the flag is pulled, so players get in the habit of reacting to the call.

EXTENSIONS

- 1 Vary the ratio of attackers and defenders to create a bigger challenge or facilitate success.
- 2 Allow 2-3 phases to allow the attackers more opportunity to score after a flag pull.

CHECK & CORRECT

- 1 Encourage players to create overloads and use skills like the Draw & Pass to create space for scoring.