

OBJECTIVE

To become familiar with spatial awareness as it relates to evading the defensive attack.

GAME SETUP

Space Needed
Equipment Needed
Sug. Time Allocation

20 x 20 metres
Cones, Rugby Balls
10-15 minutes or
5 rounds
Any Group Size

Group Size

LTAD STAGES

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

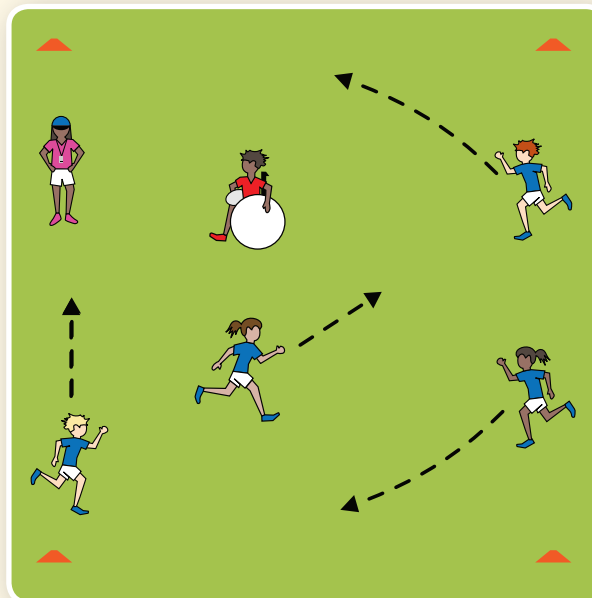
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running

HOW TO PLAY

- 1-3 players are selected as taggers. Taggers are given a rugby ball to use for tagging or use two hand touch when necessary.
- All non-taggers evade any taggers by moving into open space within the grid.
- When a player is tagged with the rugby ball, they become frozen, standing still with their arms held up.
- Frozen players can be released when one of their teammates gives them a high five.
- The game continues until all players are frozen or until a set time limit runs out.
- Players crossing over the boundary lines and going outside the grid automatically become frozen.



MODIFICATIONS

- 1 Vary the movement/skill for unfreezing frozen players. This will allow players of all abilities to have success.

EXTENSIONS

- 1 Allow non-taggers to have rugby balls and incorporate passing to release frozen players when they receive a pass. Frozen players should freeze with their 'W' target out in front of them. Taggers can now freeze with two-hand touch or pulling flag belts.
- 2 Incorporate flag belts and have defensive players pull flags instead of just tagging with a rugby ball.

CHECK & CORRECT

- 1 Ensure taggers are holding the ball with two hands at all times.
- 2 Encourage communication amongst non-taggers to help increase the rate of releasing frozen players.
- 3 If allowing frozen players to receive passes, change their hand positioning to create a 'W' target for the pass.