

## OBJECTIVE

To improve proper flag pulling technique for all players.

## GAME SETUP

<b>Space Needed</b>	20 x 20 metres
<b>Equipment Needed</b>	Cones, Flag Belts
<b>Sug. Time Allocation</b>	10-15 minutes
<b>Group Size</b>	Any Group Size

## LTAD STAGES

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

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

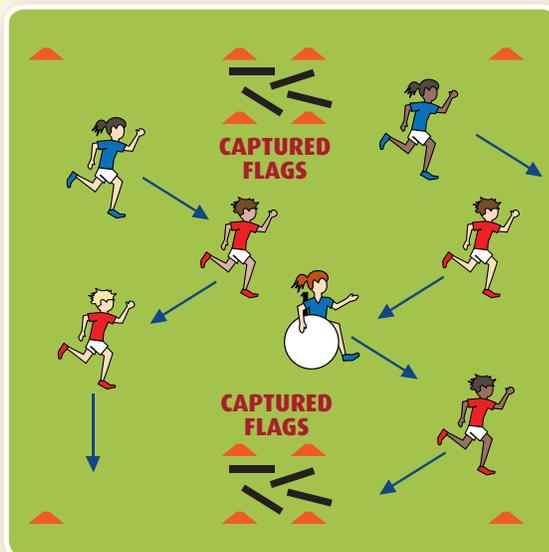
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling

## HOW TO PLAY

- 1 Create a large grid (20 x 20 metres) and place two smaller grids (3 x 3 metres) outside the large grid as designated captured flag areas.
- 2 Have players spread out in the large grid. When the instructor yells, "GO!", each player will attempt to capture as many flags as they can without having their own flags taken. Players place captured flags within the designated areas.
- 3 When both flags have been removed from a player's belt, they should continue playing to capture more flags.
- 4 Have players play for a certain amount of time.



## MODIFICATIONS

- 1 If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

## EXTENSIONS

- 1 Allow players with flags left to recapture a teammate's flag from the designated zone and give it to a player without flags.
- 2 Create teams based on color of flag belts or jerseys.
- 3 Create a competition based on the number of flags captured. This can be done individually or in small teams.
- 4 Incorporate rugby balls and have players move with the ball and complete passes throughout the game.

## CHECK & CORRECT

- 1 Do not allow any flag guarding including pushing defensive hands away, stiff-arming, fending off, blocking, spinning, or jumping.
- 2 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.