

OBJECTIVE

To improve defensive tracking in a fun game-like environment.

GAME SETUP

Space Needed Equipment Needed

10 x 10 metre grids
Cones, Rugby Balls
(1 Per Group), Flag Belts

Sug. Time Allocation Group Size

10 minutes
Any Group Size
(Small Groups of 4-6)

LTAD STAGES

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

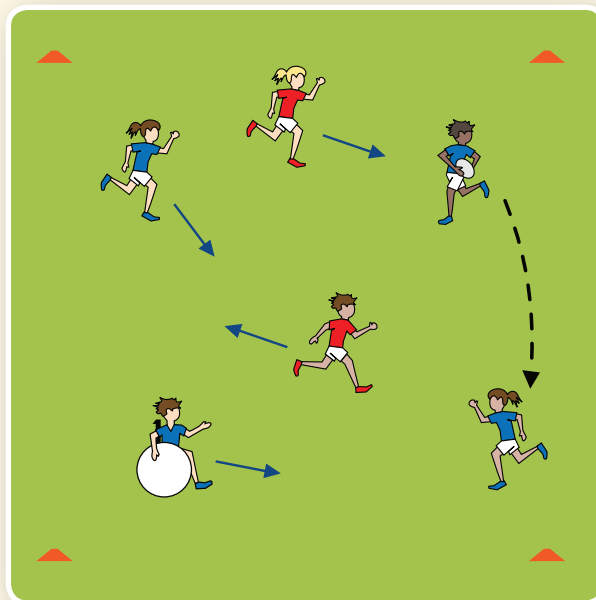
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Passing
- Catching
- Pulling

HOW TO PLAY

- 1 Create 10 x 10 grids and place 4-6 players inside each with one rugby ball.
- 2 One to two players in each grid are the Mounties (defence) and the other 3-4 players are on offence.
- 3 The attacking players work as a team with the objective of successfully completing 10 passes without getting caught by the Mounties.
- 4 The Mounties' goal is to pull the flag of a player holding the ball before they can pass to a teammate.
- 5 After the attacking team completes 10 passes in a row, change the Mounties to other players so that everyone gets a chance to defend.
- 6 A dropped pass or flag pull resets the passing count.



MODIFICATIONS

- 1 If the Mounties are having trouble capturing the attacking team, make the grid smaller or slow down the speed of play by having players walk.

EXTENSIONS

- 1 Enforce rules on the attacking team that they can only complete rugby-style passes. No overhead (soccer or football) passes allowed.
- 2 Limit the attacking team to only lateral and backwards passes.

CHECK & CORRECT

- 1 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.