



GAME CARD

RUGBY FREEZE TAG

LEVEL: BEGINNER



OBJECTIVE

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

GAME SETUP

EQUIPMENT: 8 Rugby Balls, 4 Cones
PLAYERS: Any group size
TIME: 10-15 Minutes or 5 Rounds
SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

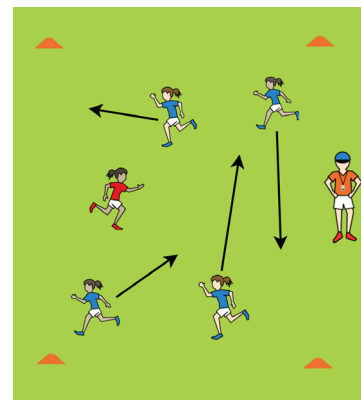
Create Continuity

FUNDAMENTAL SKILLS

Agility • Coordination • Running

HOW TO PLAY

- 1-3 players are picked as taggers. Taggers are given a ball to use for tagging or use two hand touch when necessary.
- All non-taggers evade any taggers by moving into space within the grid.
- When a player is tagged with the rugby ball they remain stationary or "frozen".
- "Frozen" players can be released when their teammates perform a set skill. We suggest giving a high five to un-freeze a player. The game can either run for a set time or until all evading players are "frozen".
- Players crossing over the boundary lines and stepping outside the grid become automatically frozen.



GAME PROGRESSIONS

- Crawl between the legs of a "frozen" player to unfreeze them.
- Incorporate passing so that "frozen" players can only become un-frozen by receiving a pass.
- Roll a ball between the legs of a "frozen" player.
- Incorporate flags.

MODIFICATIONS

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

KEY CONCEPTS

- Make sure players are focused on teamwork to keep their teammates un-frozen.
- Have the taggers call their tags, by yelling "tag!"
- Emphasize communication by having players call for help when they are frozen.