



GAME CARD

SHARKS AND MINNOWS II

LEVEL: INTERMEDIATE



OBJECTIVE

To effectively build a defensive line against an attacking team.

GAME SETUP

EQUIPMENT: 6 Cones, Flag Belts

PLAYERS: Any group size

TIME: 10-15 Minutes or 3 Rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

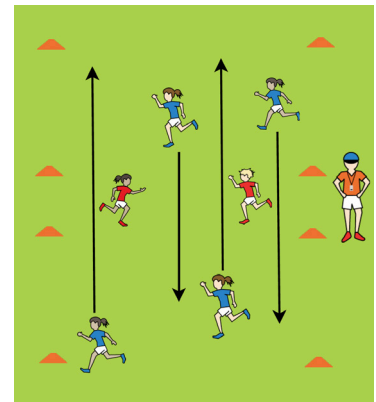
Apply Pressure • Contest Possession

FUNDAMENTAL SKILLS

Agility • Running • Pulling

HOW TO PLAY

1. Set up a grid that includes two safe zones at either end and one middle zone where the defenders are positioned.
2. Players must attempt to run from one side of the grid to the other without having their flag pulled. The defensive players must remain in the middle zone at all times.
3. The goal is to see how many times you can cross before getting tagged.
4. To start the game, the instructor yells "Go!" and the offensive players will attempt to run across the middles without getting tagged.
5. If tagged, the tagged player joins in with the center tagging group and attempts to tag others as the game goes on.



GAME PROGRESSIONS

1. Increase the width of the center zone.
2. Establish a time limit for players staying in the safe zone.
3. Include a rugby ball and teams must complete a pass within the middle zone before running to safety.
4. Incorporate flag belts.

MODIFICATIONS

- To increase fitness activity, have the defender and runner stop and do push ups / sit ups / jumping jacks when a tag occurs.

KEY CONCEPTS

- Work together on defense to hold back the runners.
- The offense should look for holes in the defense to run through.
- Flat line defense.