



# GAME CARD

# SHARKS AND MINNOWS

LEVEL: BEGINNER



## OBJECTIVE

To effectively build a defensive line against an attacking team.

### GAME SETUP

**EQUIPMENT:** 4 Cones, Flag Belts

**PLAYERS:** Any group size

**TIME:** 10-15 Minutes or 3-5 Rounds

**SPACE:** 10 x 20 yard grid

### PRINCIPLES OF PLAY

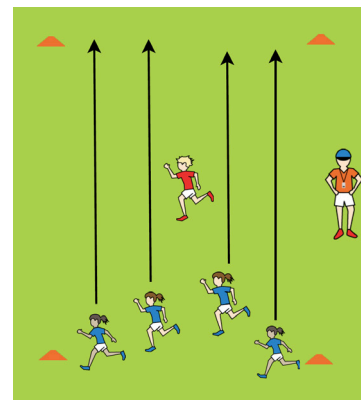
Apply Pressure • Contest Possession

### FUNDAMENTAL SKILLS

Agility • Running • Pulling

## HOW TO PLAY

1. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
2. Players must attempt to run from one side of the grid to the other without being tagged. When they arrive at the other side, they stop and wait for a restart.
3. To start the game, the instructor yells "Go!" and the offensive players will attempt to run to the other side of the grid without getting tagged. Players must remain within the boundaries of the grid during the game.
4. If tagged, the tagged player joins in with the center tagging group and attempts to tag others on the next round.



## GAME PROGRESSIONS

1. Call on one player to cross at a time. If caught, they join the middle.
2. Incorporate a rugby ball and have players pass the ball while avoiding the tag.
3. Players leave in waves; include a ball.
4. Incorporate flag belts.

### MODIFICATIONS

- If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

### 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.