



Flags

Skill – Grip & Carry

TYPE

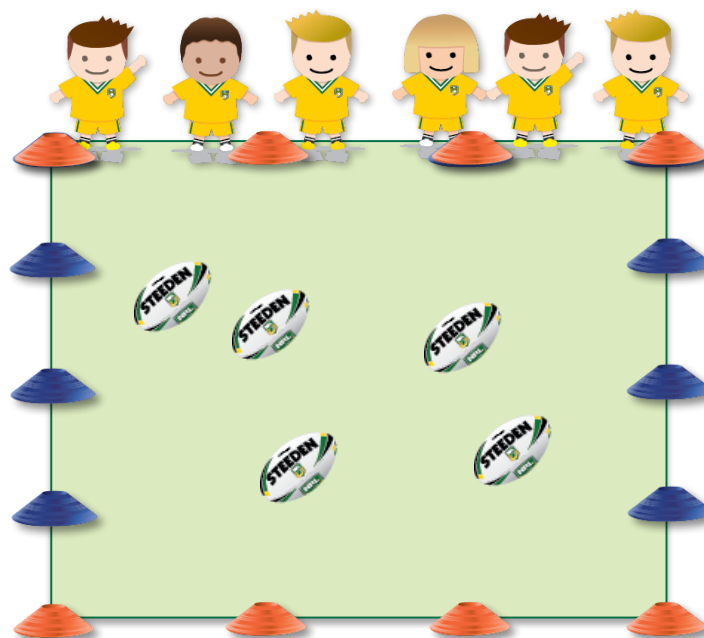
Open

AGE

6+

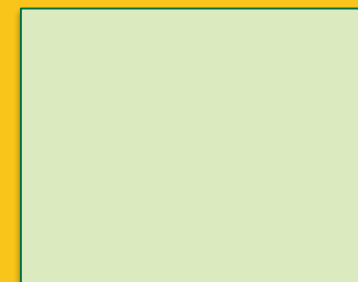
Description

- » Minimum 6 players start at one end.
- » The players start on their stomach, facing the opposite way to the grid.
- » The coach places the balls randomly around the grid, always adding one less ball than players.
- » When the coach says go, players get up, turn around, and locate a ball to recover.
- » Once the ball is recovered, they need to score a try at the opposite end of the grid.



Field Size

(20m)



(20m)

Players



x (6) Players

Equipment



x (14) Markers



Whistle



x (6) Football

Progression

- » Increase or decrease the size of the field.
- » Add or remove players per team.
- » Add or reduce the amount of footballs.



Click to watch the video



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