



Yardage Game

Skill - Attacking and Defensive Fundamentals

TYPE
Game

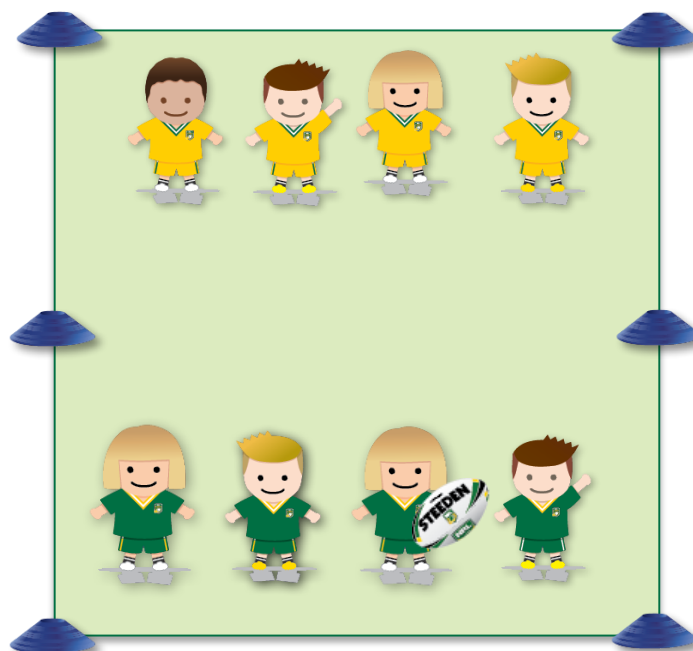
AGE
13+

Aim

- » Improve your teams ability to make meters in attack. This is also a great way to promote line speed and tackle technique in defense.

Description

- » The attacking team has 4 plays to progress as far as they can downfield. On the last tackle, the coach marks the progress.
- » The other team then receives possession and attempts to beat the marker from the previous team.



Equipment



x (6) Markers



Whistle



x (1) Football

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



PLAYNRL.COM