



1 v 1 Evasion Grid

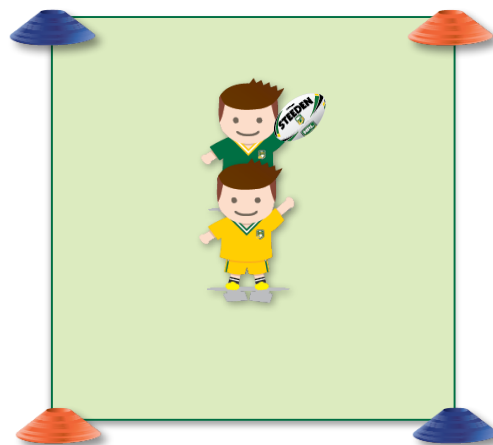
Skill – Evasion, Carry, Tackle

TYPE
Open

AGE
6+

Description

- » Two players start in the middle of a grid, back to back. They have two coloured markers each.
- » On go, the coach calls out 'orange' or 'blue'
- » Both players then run around their respective coloured marker
- » They then meet in the middle and the attacker attempts to beat the defender to score a try.
- » Players then reset and go again.
- » Ensure you create multiple grids with no more than 4-6 players per grid



Logistics (5m)



Players



1 x Attacker



4 x Defender

Equipment



x (4) Markers



Whistle



x (1) Football's

Progression

- » Make the grid bigger or smaller
- » Add a tackling element
- » Add an extra defender for a 2 v 1



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