

GAME: RATS & RABBITS

A FUN game to develop player speed, agility, anticipation and evasion skills



HOW TO PLAY

Create two lines of children 'Rats' and 'Rabbis'.

10-20m out from each line set up a "safe zone".

Each rat has a rabbit partner standing opposite them.

Call out different body awareness exercises.

Then call either Rats or Rabbits.

Whichever you call must turn and run to their safe zone without getting tagged by their partner

COACHING CUES

Focus on Running technique, quick turning and evasion ability e.g. side step, speed, swerve

Associated skill area: body awareness, reaction, running, agility

GAME CONSTRAINTS

There are multiple adaptations and constraints

Regression – Remove chase ,form one line, call safe zone lines 'Rats' and 'Rabbits'

Progression – Include balancing, animal movements.

COACHING REVIEW

Stop – Start – Continue

1. What worked well in this game?
2. What didn't work so well?
3. What will I do differently next time?