

GAME: HUNTERS & PREY

This game develops players running, evasion, invasion, catch/pass. communication and teamwork skills



HOW TO PLAY

- Outline a 20x20m square
- Hunters have 1 ball and must try tag the Prey with that Ball
- The Prey must evade and avoid being tag by a hunter with the ball
- The ball can be passed amongst the Hunters to try tag the nearest Prey
- Prey must go into a 'Prison' when they are tagged i.e. they are caught
- The game is over when all the Prey are caught

GAME CONSTRAINTS

- Add another ball
- Reduce the size of the area
- Increase or decrease the number of Hunters and or Prey
- Put a time limit to catch the Prey

COACHING CUES

Focus on:

- catch/pass skills – hands up with a W shape to receive the ball
- evasion skills – change direction, side stepping, swerving, accelerating

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?