



Bull Rush

Skill – Evasion & Tackle

TYPE

Open

AGE

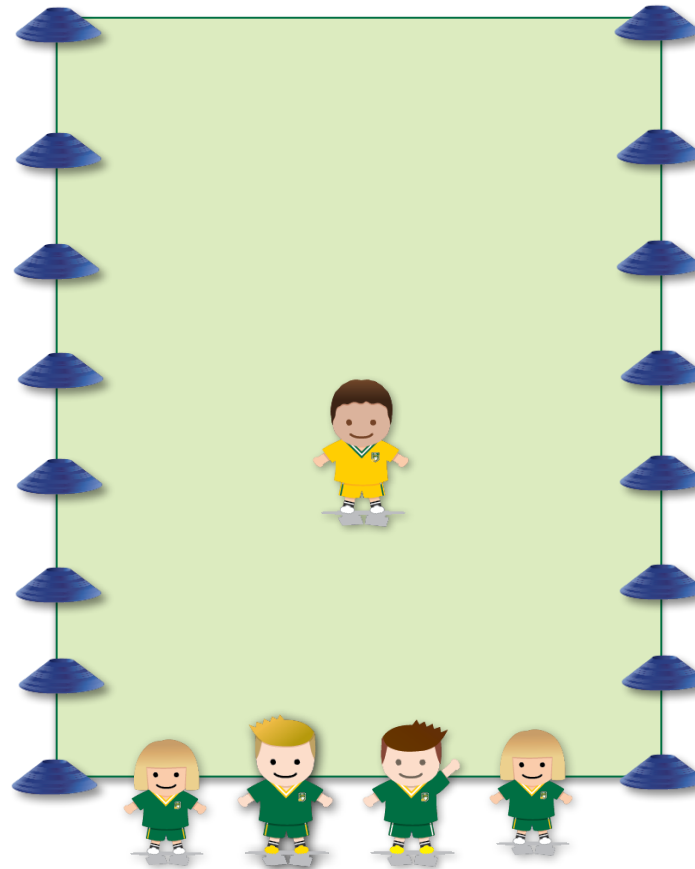
8+

Description

- » All attackers start at one end of the grid with one defender in the middle.
- » When the coach says go, attackers try and reach the other end of the grid without being tackled.
- » If an attacker is tackled, they become a defender on the next play.
- » The activity is over once all attackers have been tackled.

Progression

- » You can have the attackers carry a football.
- » You can increase the size of the grid, which will help attackers.
- » You can reduce the size of the grid, which will help defenders.
- » You can start with more defenders.



Field Size (25m)



Players



x (10) Attackers



x (1) Defender

Equipment



x (20) Markers



Whistle



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