



Try Frenzy

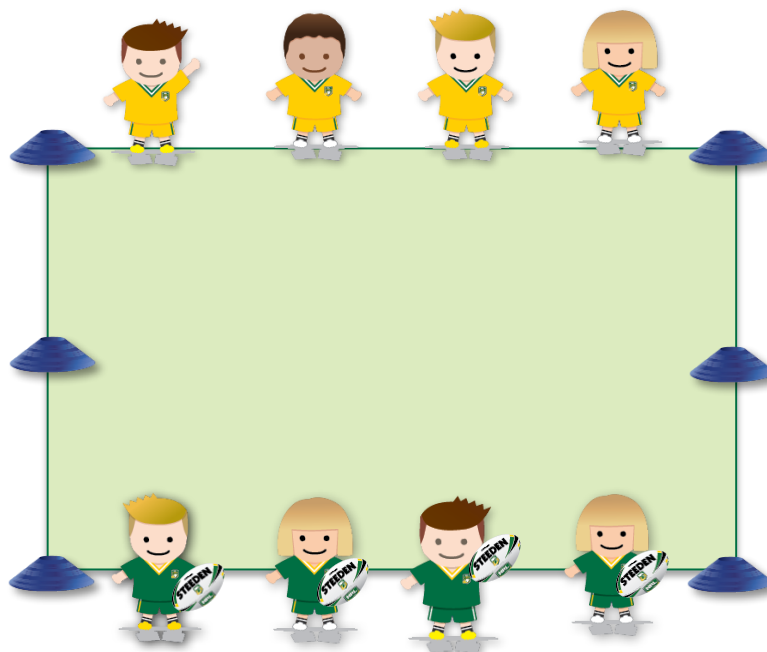
Skill – Grip, Carry, Evasion

TYPE
Open

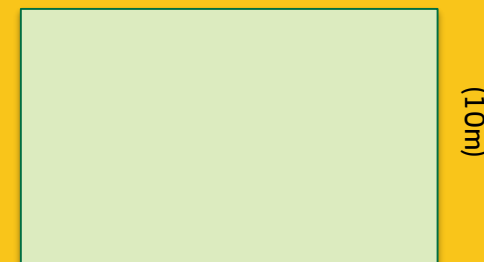
AGE
9+

Description

- » Attackers (green) start at one end of the grid, defenders at the other.
- » When the coach says go, each attacker attempts to score a try at the opposite end. If they are successful, they come back to the starting line & try again.
- » If they are tagged by a defender, they also come back and start again.
- » Each defender must retire to the try line after they make a tag.
- » The activity is continuous for a period of time e.g. 1 minute.
- » Players to count how many try's are scored.



Field Size (20m)



(10m)

Players



x (4) with ball



x (4) Without Ball

Equipment



x (6) Markers



Whistle



x (4) Football

Progression

- » Increase or decrease the size of the field
- » Increase or decrease the length of each turn



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