



Find your Front Game

Skill - Play the Ball

TYPE
Game

AGE
11+

Aim

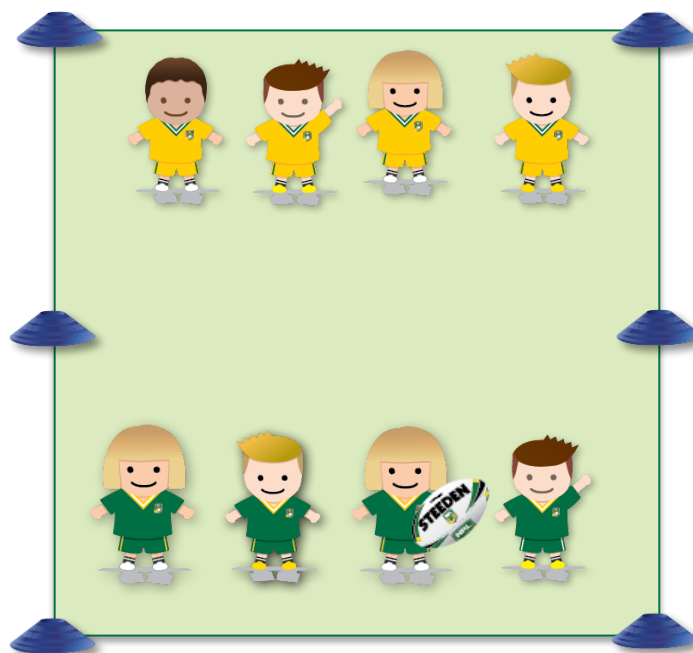
- » Encourage players to land on their front when tackled, to ensure a quick play the ball, and encourage defenders to place the ball carrier on their back to slow down to play the ball.

Description

- » The attacking team has 4 plays, but their ball carrier must land on their front.

Consequence

- » If the ball carrier does not find their front, the next tackle becomes the last tackle in the set.



Equipment



x (6) Markers



Whistle



x (1) Football

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



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