

16-20 Players

Rats and Rabbits

Objective – To develop reaction and evasion skills

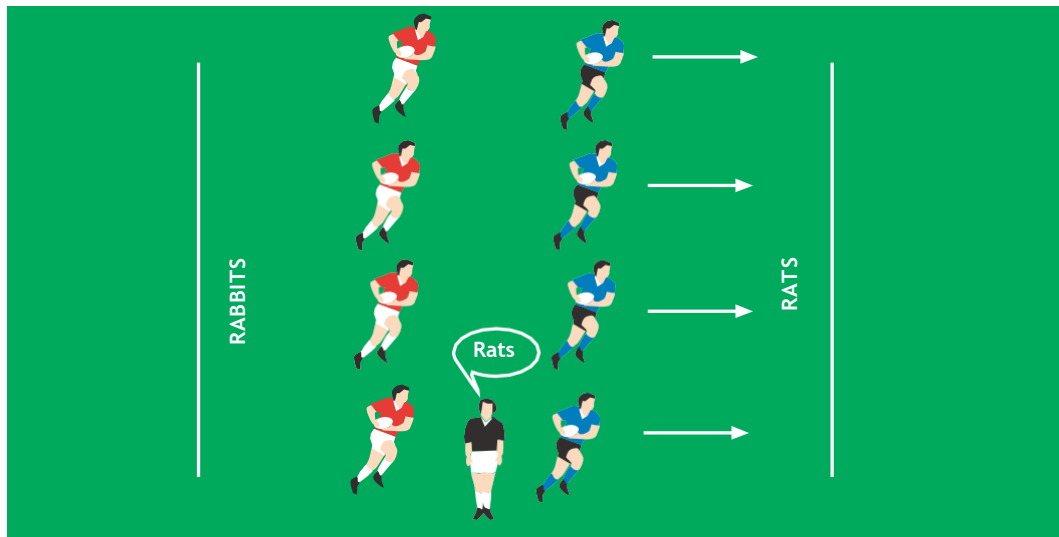
Equipment needed:

- Balls: 1 per player
- Cones: 1 stack

Suggested time allocation:

- 10 minutes

Set-up Diagram:



How to play:

- Players are lined up in the middle of the square, back to back (both with a ball if available).
- On the coach's call, the player named either 'rat' or 'rabbit' runs to the line in front of them, trying to score a try over the line.
- The player whose name wasn't called then releases their ball and attempts to two handed touch the other player before he she reach their try line.
- Once a player has either been caught, or scored a try over the line, both players should return to the middle.

Coaching points/Key factors:

1. Quick feet.
2. Stay on toes.
3. Ball in two hands.

Difficulty:

- The coach can change the starting positions of the players to increase the difficulty - sitting, lying on fronts, legs crossed etc.
- The coach can also increase the distance players are standing from each other as they improve.
- This game can also be used when developing the rear tackle.