

## OBJECTIVE

To improve player reaction time when switching from offence to defense.

### GAME SETUP

**EQUIPMENT:** 6 Cones, Flag Belts  
**PLAYERS:** Any group size (in pairs)  
**TIME:** 10-15 Minutes or 5 Rounds  
**SPACE:** 30 x 15 yard grid

### PRINCIPLES OF PLAY

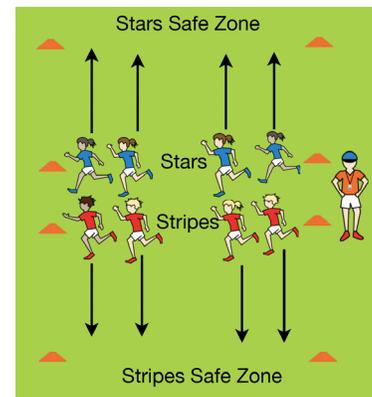
Apply Pressure • Go Forward

### FUNDAMENTAL SKILLS

Agility • Coordination • Pulling

## HOW TO PLAY

1. Each player finds one partner and together they designate one partner "stars" and one partner "stripes".
2. One team (stars) lines up along the center line, facing the "star's safe zone". The other team (stripes) lines up next to their partner, arms length apart, facing the "stripe's safe zone".
3. The instructor calls either "Stars!" or "Stripes!" The team called tries to get to their safe zone before getting tagged by the other team.
4. The team that is not called reacts to become taggers. They attempt to tag the opposition before they cross into their respective "safe zones".
5. Repeat various rounds, allowing players to quickly switch from offense to defense with quick reactions.



## GAME PROGRESSIONS

1. Give points every time a tag is made. Have players compete to get the most points.
2. Vary the starting position of the players: sitting down, kneeling, or lying down.
3. Incorporate fitness activities such as jumping jacks, jump squats, etc. before calling a team.
4. Incorporate flags.



[VIEW VIDEO](#)

### MODIFICATIONS

- Shorten the distance to the safety zone for players who may struggle to reach the safety zone in time.
- Reduce the speed of the game to a fast walk or walking pace to build success.
- Rotate players through the line so they can practice with various partners to find one that is more evenly matched.

### KEY CONCEPTS

- Remind players to go through the proper steps when making a tag.
- Players should work on their offensive moves to avoid getting tagged.
- Quick reaction –switching from offense to defense.