

Left right switch and chase

GameProgression

1. Set up cones in a line approx 2m apart.
2. Have players line up opposite another player either side of the cones so that all are occupied.
3. Designate one side of the cones chasers.

Commands

'Left!'– move one position to your left

'Right!'– move one position to your right

'Switch!'– swap positions with the person opposite you

'Chase!'– chasers look to chase and tag player stood opposite them who attempt to run away.

1. Can run this practice with or without balls. Works in multiple activities, rugby (tag), basketball, football, etc.

