

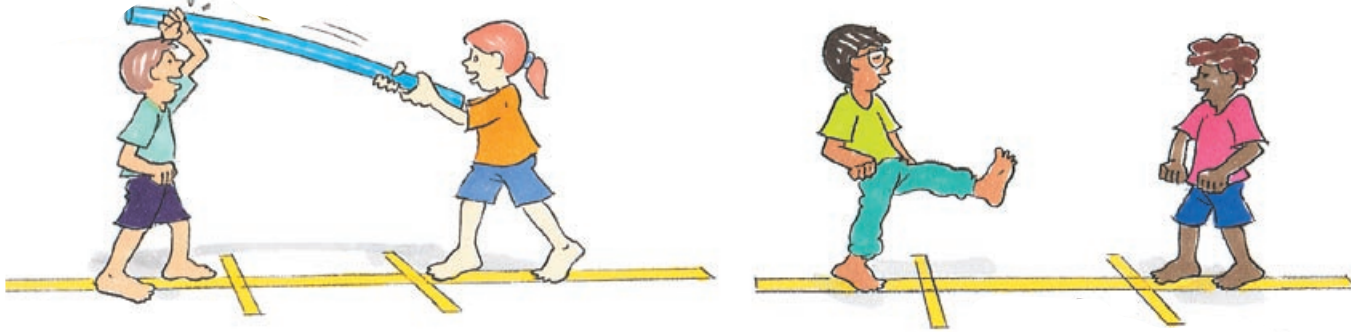
EASY
MED
HARD

Walk the line

SESSION
PLANS

B

In pairs, one player simulates an attacking move while their partner attempts to block.



Safety

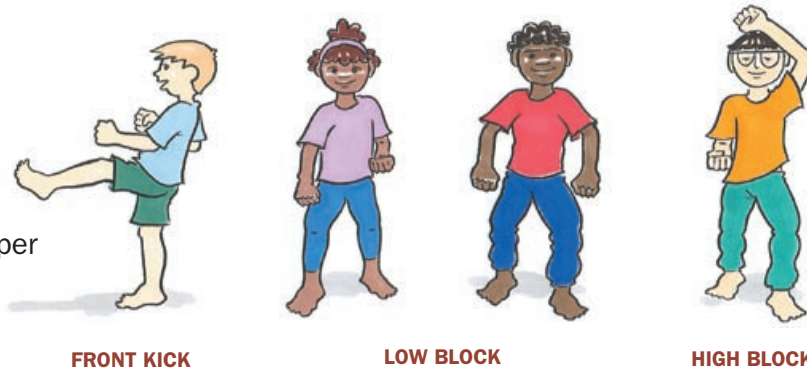
- > The attacking player is to strike with light force only.
- > If using hand or kicking techniques, enforce a safety zone between players to prevent contact being made.

What you need

- > Foam sticks (pool noodles) or rolled up newspaper – 1 per pair
- > Tape/chalk to mark lines 4 or 5 metres in length – 1 per pair
- > The other player (the defender) uses blocking movements to defend the attacks.
- > Players must stay on the line, and may only move forwards or backwards along the line.
- > Ask players to change roles every 30–60 seconds.

What to do

- > Each pair faces each other on a line.
- > One player assumes the role of attacker and simulates attacks by either:
 - using a pool noodle/newspaper
 - using their hands, or
 - kicking.



Ask the players

- > What is the best way to block low?
- > What is the best way to block high?
- > How can you block on the move?

LESSON LINK:

Walk the line is a cooperative game that develops players' hand-eye coordination and blocking skills.