



Australian Government  
Australian Sports Commission

EASY MED HARD

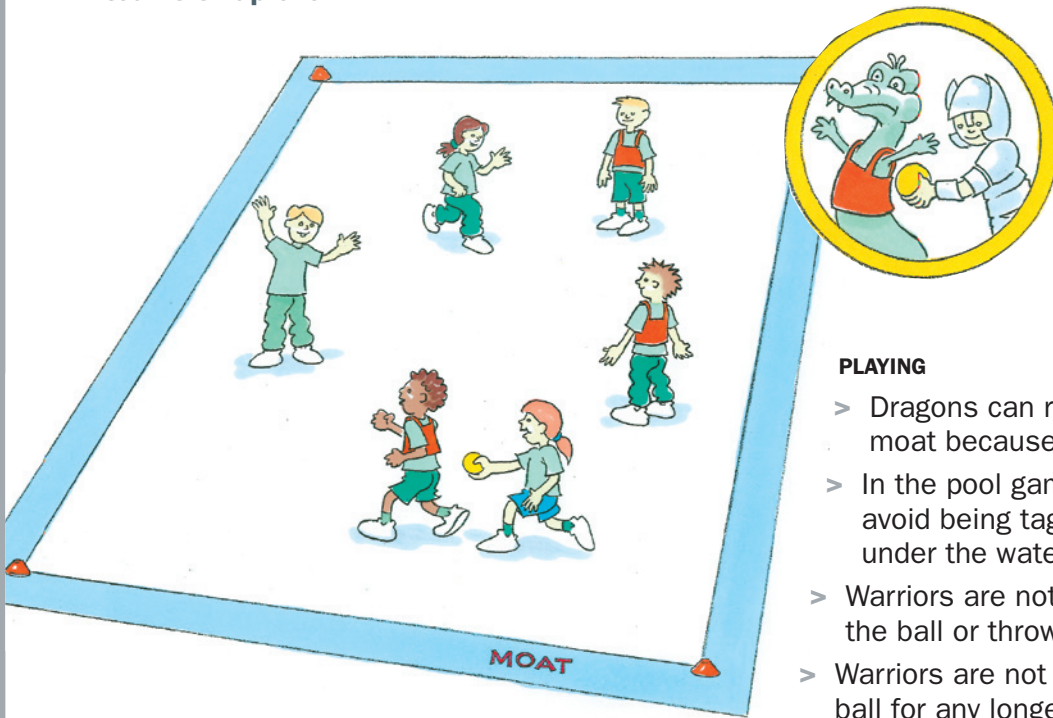


ENERGISER

# Warriors and dragons

A

One team called *Warriors* pass a ball to other Warriors and try to tag an opposition called *Dragons*. If *Dragons* are tagged they become Warriors. When all the *Dragons* are caught the teams swap over.



### PLAYING

- > Dragons can run but not into the moat because dragons can't swim.
- > In the pool game, Dragons can avoid being tagged by ducking under the water.
- > Warriors are not allowed to step with the ball or throw it at a dragon.
- > Warriors are not allowed to hold the ball for any longer than 3 seconds.

### Change it

- > **Team size** – uneven team sizes. More Warriors speeds up the game and makes it harder for Dragons.
- > Vary type and size of ball, type of pass, size of playing area, safe zones, immediately pass the ball – 'hot potato', vary the locomotion.

### What to do

#### SETTING UP

- > Establish a playing area. A moat surrounds the playing area. A moat is not required in the pool version of the game
- > Two teams: Warriors and Dragons
- > One medium sized ball
- > Bibs for the dragons. In a pool use caps.

- > If a Warrior or Dragon has limited mobility all players must hop or jump.
- > If necessary establish two adjacent safe zones. A Dragon can't be tagged in a safe zone but must not stay in a safe zone for more than a specified time, e.g. 10 seconds.



### Safety

- > Tagging on the head is not permitted.
- > Encourage players to call 'mine'.
- > Pool version – no holding or tagging under water.

#### LESSON LINK

Successful play requires anticipation and evasion skills in defence or teamwork in attack. For related cards see e.g. *Base run*, Start out INV 01.

SESSION  
PLANS

Mixed combo > Start out WC 09a + Start out TG 06 + Get into it INV 10