

**OBJECTIVE(S)**

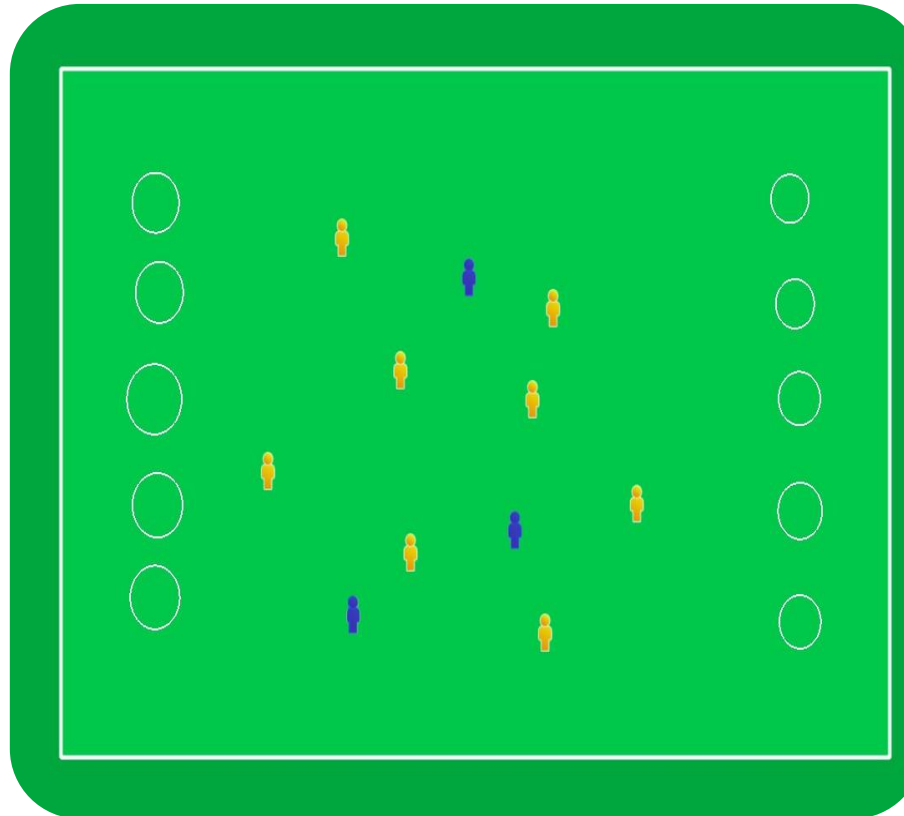
- To improve dodging and evasion skills

**THE GAME**

- Energy Zappers are trying to tag as many as possible
- If tagged all the energy/life is zapped out of the player
- To recharge, players must visit the Recharge Tunnel where they must do a specific exercise e.g. 2 foot jump from hoop to hoop

**HARDER/EASIER**

- Change the 'recharge' activities
- Add more Zappers
- Add ball

**COACHING POINTS**

- Dodging - head up, low body position, plant one foot and quickly change direction (plant and go). Step and lean one way and go the other (fake)
- Chasing - watch hips of runner in front to anticipate next move

**CURRICULUM LINKS**

- PDMU
- Numeracy

**FOOTBALL LINKS**

- Dodging to avoid tackles or collisions
- Anticipating runners moves for tackling

