

Factfile

Category
Evasion

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
7m x 7m - 15m x 15m

Number of Players
6 - 8

Time Per Game
5 - 10 minutes

Objective
To be aware of the ball's
position to keep moving
away from the ball.

Equipment

- 32 Marker Cones
- 1 foam ball
- 2 bibs

Safety Tips

- Don't aim at the head.
- You don't have to throw the ball hard to hit a fox.
- Use quick feet to avoid being hit, rather than large lunges.

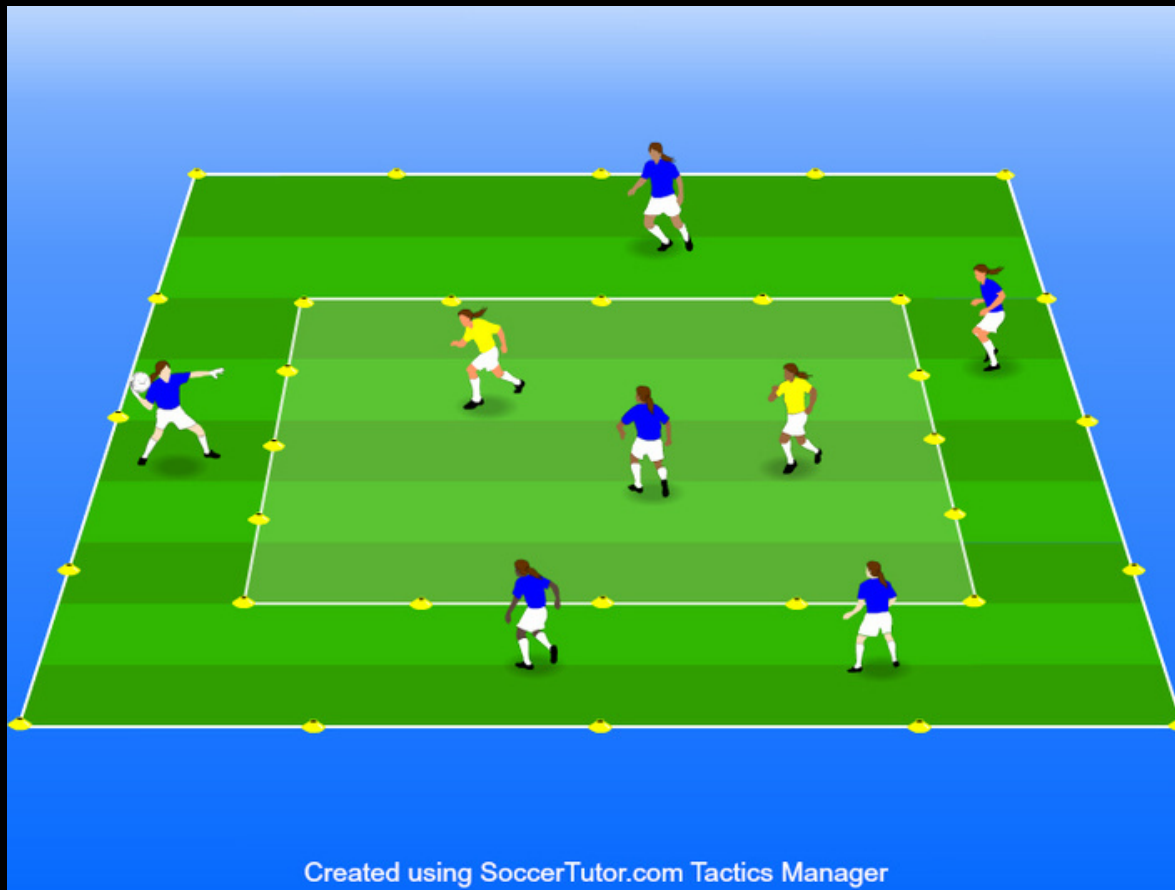
Tips For Success

- Aim for where the fox is running to.
- Attackers on the opposite side to the ball carrier can stand in line with the ball and a fox so they can catch a missed shot.
- You don't have to try to hit a fox every time you have the ball.

Independent Personalisation

- Swap the two foxes every 2 minutes.
- Adapt to 5 v 3 to challenge the foxes.
- Weight your throw softer for those less comfortable with being struck.

14 Catch the Fox



Rules

- 6 attackers aim to throw the foam ball at either fox to score 1 point.
- The fox scores 1 point if they catch the ball. The foxes are restricted to the middle zone.
- Attackers can go anywhere. However, they can only throw at the foxes from within the outer zone.
- If the ball goes outside the outer zone, the foxes win 1 point. Thus the attackers need to back each other up.