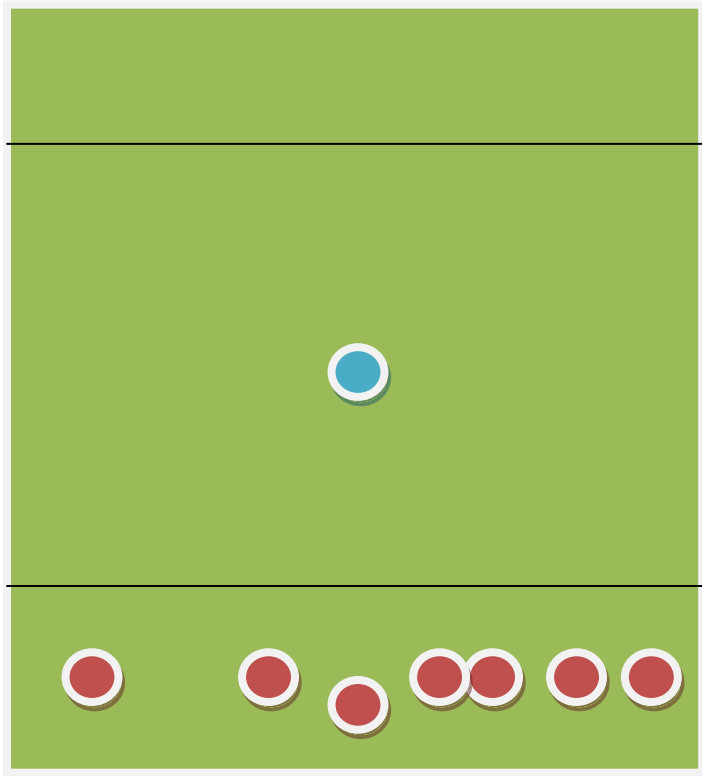




Bull Dog



Key

25x25m space

 Team A

 Bull Dog

Equipment

25x25m space

Rules

Coach says either: Bull dog and all athletes must get to other side without being tug
If tug they become a bull dog as well for the next round, till all are tug, leaving a winner.

Focus

Improve foot speed, agility and spatial awareness

Provide competition environment