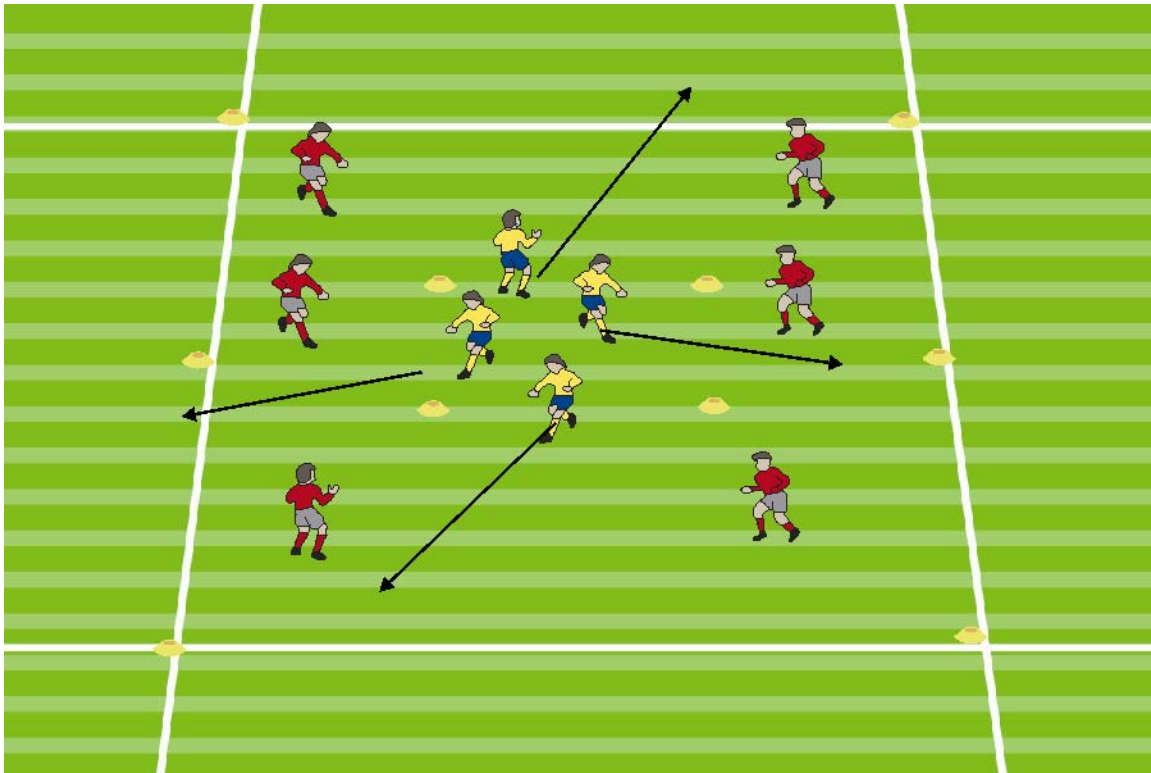


Breakout



Organization:

The players are divided into two teams. One team stands in the center of the 25 x 25 yard grid in a 5 yard square marked off with cones. The other team spread out around the large grid guarding the perimeters.

The players in the middle try to run to the outside of the grid. If they cross the outside line without being tagged they score a point. If they get tagged they are out of the game. Once all players have made it out or have been tagged, the players go back to middle and try again. Repeat until they are all tagged and the teams change places.

Coach Notes:

Breakout players should coordinate their runs so that the defending team is spread apart.