**TECHNICAL SHEET N°4**

**OPPOSITION GAME / KEEPING PRISONERS**



**Educational objective:** Keep his opponent blocked or succeed in releasing

**Organisation :** Sports mats grouped together in one space. Round : 30 seconds

* A « Jail » space is delimited .
* Two teams are opposed.
* Childs are attackers « police man » or defenders « prisoner » all along a round.
* Switch roles and opposing teams.

**Game rules :** At first, the two children are seated in « jail »; The attacker (« police man ») holds the defenders (« prisoner ») by placing himself in his back.

* The «prisoner» has to go out jail and « the police man » as to stop him.
* The « police man » can’t catch his « prisoner » out of « jail ».
* The « police man » who has lost his « prisoner » can not help a partner.

**Duration of the game** : 10 minutes

**Equipment** Sports mats, chasubles.