Okay, so we've done part one, space management attack. Now we're gonna do space management defense. It's the same scenario, called Angus. It plays infinite space. All the other regular things that we check off have been checked off, safety and so on, warm up and so on. So essentially where this one forks out is instead of going for the attacking option, I've asked Angus to give me some games on the defensive side. So, Angus, game one. So one of the simplest defensive games, and it's kind of an agility game as well, is just a simple game of tag. It's great for maneuvering and space management and agility, which is... So going back to our original design, we've got eight players. So you set your space up, let's say you set up a 40 by 40 space. And in that 40 by 40 space, you've got seven on one, so the one defender. And remember that the defenders, all they have to do is tag people. That's it. That's your basic bottom line. So you set the clock going and you say go and you record the time in which that single defender can tag as many people as they can. And it's kind of a, it's fun, it's agile. Make it a one hand tag because the odds are against them, obviously with numbers. But they tag as many people as they can in whatever time you record on the stopwatch. That's it. It's that simple. OK, so you're just playing regular touch? No, that's not touch. It's just one defender and seven attackers. OK. Well, it's one on seven. So you've got eight people. Seven people are just running loose in the space. And the one person who's just a stopwatch against the clock. How many people can you tag? Because defence is just that. It's tagging a person in a decreasing or diminishing space. So it's touch, Ropey? It's not touch, no. So there's no ball? No ball. It's just a game of tag? Yeah. In a space? Yeah. OK. That's it. So one v seven, how big is the space? 40 by 40. 40 by 40. That should be, that should be sufficient. That might be too big, but you know, you better have it a little bit too big so people have got room to manoeuvre. And we can come to progressions in a minute. But yeah, if you're going seven on one, I'd go 40 by 40. So you've got a 40 by 40 square. OK, we've got 15 minutes. Yeah. One person's in. We're tagging as many people as possible. How do we switch players? Well, if you, well, yeah, so you could put a time limit. You've got 60 seconds to tag as many people as you can. OK. So that's your record and then you switch it out. So what you're doing is changing up people. So obviously each person is going to be the same, but different, different body shape, different athletic ability. So everyone, for this game, people are just carrying their own record. So 60 seconds, tag as many people as you can. OK. When a person gets tagged, they freeze or they leave the space? What happens? Or yeah, they freeze or they step out or they just lie on the ground. I like to do lying on the ground because they're kind of in the zone. Yeah. And you don't want people stepping on them. So they have to be agile to step around them. Like both groups of people. And also when you stop it at the end, it's very easy to count the score. OK. It's like bowling ball or bowling ball pins that have gone down. OK. So you've got roughly eight minutes for this first game. Everyone has 60 seconds to tag as many people. And straight away, you've got a contest because everyone has a go and everyone, you know, compares the score. OK. So end of the first game, probably have a sip of water, a little bit of stretching. Yeah. And then end of that first game, now you're into second game. What does the progression look like? So in the first game, when you're doing your transition, you say, OK, you did this as one on seven. As we're talking defense, what would make it easier? All right. And how would you manage that? Well, it's easier if I have a second person or a third person or whatever. So more people in V makes it easier to superficially is makes it easier. So you go, OK, that's fine. So game two or first progression, what we're going to do is you've still got the same 60 seconds. But every time you tag someone, they come on your side. So one becomes two, two becomes three or four. OK. Right. And therefore, that puts a lot more pressure on the evading group because when one tags one, that becomes two. If both of those tag one, that now becomes four, that's 50% of your group. So that's a fantastic force multiplier. Sure. So it escalates and compounds very, very quickly. If you've got 60 seconds to do this, but you get all the other players in less than 60 seconds, you move on to the next player. Yeah, you're a record. So you make fun, you know, you make it a bit of fun. You go full house. Well done. OK. So Joe's got a full house. He clearly tagged the right people in the right space at the right time. Well done. OK, now we move on. And then off that one, the first person tag becomes the next person in the sequence. And the same rules apply. Yeah. So you're in the same kind of atmosphere. So you're in the same kind of eight minutes. So you do two rounds of that. You've done 16, 17 or 18 minutes of game time straight away. All right. But again, in the second round, after the second progression, when you go stop for water. OK, this time, what changed? Soon as you tag someone there on your side, now you're working in a unit. What changed? How did that change the dynamic? How did that change your communications? How did that change your thinking? Right. It's important to dig into those things before you go on to... So there's always use that water break, two, three minutes to ask some... And you've really only got time for one or two questions, because if you do it properly, you go, right, stop, get a water break. They like decompress, 30 seconds, decompress, 30 seconds to have a drink, have a chat about whatever. They just start chatting. That's what people do. So that first minute's gone. So you've got two minutes left for it to say, OK, what changed? What happened? What improved? OK, how would you improve on this? Or what would make it better going into the next round or the next phase? It reminds me a lot of games we played as kids in South Africa. There's a game called Open the Gate. And you can just keep that, it's still recording. It's a game called Open the Gate, which is a lot like Sharks and Minnows that the Americans play. But we play it full contact. So you essentially have a bunch of people lined up on one edge of the field. Person in the middle nominates a player to try and run across. If you tackle that player to the ground, then they become part of your group in the middle. And if they make it through, then it lets everyone else through. Right, and that's good intensity. And again, that's good if you've got experienced players. And what you're seeing in the modern world with rugby, particularly at grassroots amateur level, it's counterintuitive for this generation to be combative or to hit each other. You have to build up to it. It's not something you can just do. So those old games, old school games, still hold water. They still have currency. Using Sharks and Minnows or you say Open the Gate, I think we called it British Bulldog in England. They still have currency. But again, like drilling, they become too easy for a coach to say, oh, do this and I'll see you in five minutes. What you've got to do is look at, if you look at actual game player engagement, if you bother to lift the lid on those games whilst they're fun, you could also look at how many people are actually engaged or disengaged. And then you look at, OK, what are we trying to achieve with a defensive game? Defensive space management is different to offensive space management. You're trying to close down space, choke the attack. So actually the very last thing you do is the contact. There's so much on the runway up to contact that doesn't get addressed. So what's, OK, so it kind of took us offline there or off the path. So we had game one, progression in game two. What does game three look like? So game three, so again, you can still say in the same 40 by 40 square to keep it a good square. But then I would start looking at constructing teams, some people who work together well. Introducing a rugby ball or no? No, because once you introduce the rugby ball, then you shift the focus of the game. So for the defensive proposition, what are we trying to do? OK, so I say no, but no can also mean yes. So let's, I would start with, you know, if you look at progression two, it's just you tag someone there on your team. If you look at progression three, you know, if you come back to the attacking game, which is, was five on three. Let's go back to that and say, right, player one, was five on three. Let's go back to that and say, right, player one in defense, pick your two compadres. So it's now a five on three. You've still got to tag every player, but you've got to talk at this point, talk tactics. There's no ball involved, right? And the ball is, whilst it's important, it's a major stressor. So you go, right, three of you, you've got 20 seconds to talk tactics on how you're going to shut down the five. So tag every single one of the five. And instead of, and it's just how fast can you get everybody? And what they're talking about then, which is important, is working as a unit. And if you look at defensive units in a broader game of rugby, you've got to work in threes anyway. You know, tackle, tackle, support, rocker or poacher or whatever, you know, or back three or, you know, back row. They're units of three. So you've got to work in threes. So teach them to work in threes. So you're a team of three, right? Three, two, one, go. Same rules apply, but give you 30 seconds to talk tactics. And then you make it competitive. So, and then there's the next team of three, then there's the next team of three, and then you just, you start mixing the teams of three up. So each, so it's three plus three plus three, that's nine. So obviously someone's going to repeat, but it doesn't matter. Because what you're looking at is that you look at the units and how well do they score? And, you know, in terms of how fast do they shut it down, tag all the players, and also who do they work well with? So if you've got two super fast guys and one big guy, they might work well together. How are they going to balance that? How are they going to use that dynamic to achieve the outcome? Or you've got three super fast guys, and I've tried it before in a game where, right, where in the same space with a slightly larger group of people, the group that was the most agile and the fastest did not have the best performance time. Because they relied so much on their speed and individualism that actually that didn't work. Okay, and so with all of these games, they're kind of scalable. So if I have the metrics that we've put into these conversations, I can take that and say, okay, you know, we used an eight player group as a reference, and the space is 40 by 40. So I know that like on a per player basis, it is this much with the length of the field. And so if we add one or two or three players, then we just scale the whole thing. Is that a linear scale, generally speaking? I don't think anything in rugby is a linear scale. Okay. Because there's always a checkpoint. So we definitely don't want to do a recording for, you know, like, oh, now there's nine players. Okay, now there's 10 players. Or now there's 11, 12, 13, and so on players. So is there a way to give a rule of thumb or a guideline so that when someone shows up, they're not actually calling you, right? Like they're querying the app, and the app is going through the conversations that we've had and going, what do I do now? There are 13 players. How long do I make the field? And why do I make the field? So the length is subjective. So basically, very simply, the longer you make it, you know, just the further you have to sprint. But the sprint's kind of pointless because in real terms, in a real game of rugby, very few people gain more than like 20 meters or 20 yards. So anything longer than 40 or 50 meters is just superfluous. All it does, I think, is prove that you've got a person who can either beat out everyone over a long distance, either defensively as a tracker or offensively as a ball carrier and a finisher. So it's kind of, it's a nice to have, but if you've got a 50 meter space, like a vertical, you can, if you just want to go pure time trials, speed trials, runner and tracker, chase and catch, you can do it just down a corridor. You don't need to do it in a game, which is kind of another form of gaming. And, but if you're like, you've got eight people here and you're playing five on three and one more shows up, it's just, it's the lateral space that's really important that always gets overlooked. So for your largest side, so if you've got five, right? Five times five is 25. Have a minimum of 25 meters or 25 yards of width. You add one more, add another five. Okay, so that's a handy metric, right? Like that's kind of linear. Your baseline, yeah. It's a linear metric and it's a baseline metric. Okay, and those metrics are obviously different for different games. So somehow we've got to give the model enough understanding of each game, not just these space management games and the kicking games and the passing games and so on. We've got to give it enough of an understanding of each game so that it knows how to adjust for the space. And we've done it, I believe in the passing one, this passing recording we did, we did go through that. So it's something that maybe we can. Yeah, I mean, just very simply for every single person, for every one person on a team, allow five meters of lateral movement. Now, sometimes that will seem like a lot and sometimes it'll feel like nothing. But don't overcook it, you know, because the tighter you make it, if you think it's too big, as soon as you start taking space away, then at the very least, your attacking skills have got to be better. And you're kind of skewing the game in favor of defense. If you make it too big, it gives you an allowance for, you know, inconsistency or not yet competent, which is okay if the team's there. But if you make it too loose laterally, laterally, then they're never going to develop skills under pressure. So the lateral space is very important. And you can fine tune it for your group. You know, you've got to be really diligent about making it not too loose and not too tight. You know, it's a continuum you have to work on all the time. So if you've got five a side and one person rocks up, now you've got six on five, which is fine. But you add the width according to the biggest team, not the smallest team. Right. Okay. All right.