

The “Play Book”

Training exercises and training games for the 21st century (early medieval) fighter

Introduction

The Play Book is a guide to basic principles in early medieval fighting, set-up trainings and contains a wide variety of training exercises and training games designed by many different people from different groups and countries. Feel free to find guidance and inspiration for your own trainings. All games and exercises can be combined to create new versions with different challenges. Do not hesitate to experiment with this with your group.

If you want to add a training game, suggestions to an already listed training or suggestions to the book in general, please send your input to Jaap.Springlevend@gmail.com.

Contributing groups

TREK

Jomsborg

Ask

Walhalla

The London Fight Club

Inhoud

Introduction	1
Contributing groups	1
Principles of War (Based on the works of J.F.C. Fuller)	3
Training set-up	4
1. Individual training	5
1.1. Strength	5
1.2. Cardio	5
1.3. Technique, control and footwork	6
2. Dueling	6
2.1. Situational awareness / Battle field awareness	6
2.2. Technique, control and footwork	7
2.3. One on one sparring	8
2.4. Knife fights	9
3. Small groups (from 3 persons)	9
3.1. Situational awareness / Battle field awareness	9
3.2. One on one sparring	10
4. Groups (from 5 persons)	10

4.1.	Situational awareness / Battle field awareness	10
4.2.	One on one sparring	10
4.3.	Group fights	11
5.	Large groups (from 8 persons)	12
5.1.	Situational awareness / Battle field awareness	12
5.2.	Lines	12

Principles of War (Based on the works of J.F.C. Fuller)

Warfare is a complex beast. In order to try and tame it, almost all armies have a set of principles. This helps creating order in the chaos, and is used to train the minds of their commanders. A lot of these principles can be translated to our game. The ten principles as listed and defined in the 2008 edition of the British Defense Doctrine (which also provides explanation) are:

Selection and Maintenance of the Aim

A single, unambiguous aim is the keystone of successful military operations. Selection and maintenance of the aim is regarded as the master principle of war.

Maintenance of Morale

Morale is a positive state of mind derived from inspired political and military leadership, a shared sense of purpose and values, well-being, perceptions of worth and group cohesion.

Offensive Action

Offensive action is the practical way in which a commander seeks to gain advantage, sustain momentum and seize the initiative.

Security

Security is the provision and maintenance of an operating environment that affords the necessary freedom of action, when and where required, to achieve objectives.

Surprise

Surprise is the consequence of shock and confusion induced by the deliberate or incidental introduction of the unexpected.

Concentration of Force

Concentration of force involves the decisive, synchronized application of superior fighting power (conceptual, physical, and moral) to realize intended effects, when and where required.

Economy of Effort

Economy of effort is the judicious exploitation of manpower, materiel and time in relation to the achievement of objectives.

Flexibility

Flexibility – the ability to change readily to meet new circumstances – comprises agility, responsiveness, resilience, acuity and adaptability.

Cooperation

Cooperation entails the incorporation of teamwork and a sharing of dangers, burdens, risks and opportunities in every aspect of warfare.

Sustainability

To sustain a force is to generate the means by which its fighting power and freedom of action are maintained.

Situation awareness / Battle field awareness

Situation awareness, or battle field awareness, involves being aware of what is happening around you to understand how information, events, and your own actions will impact your goals and objectives, both now and in the near future. Lacking or having inadequate situational awareness has been identified as one of the primary factors in accidents. Situational awareness is especially important in work domains where the information flow can be high and poor decisions may lead to serious consequences. In warfare, read; our game, this results in what is called "Fog of War"; the uncertainty in situation awareness experienced by participants in military operations.

Training set-up

Identify the need for training

Before creating a training it is wise to identify the need for training. This can be done using questions like:

- What do people need to improve on?
- Where there any accidents lately that can be prevented in the future by training?
- What would people like to improve on?
- Are there any events coming up where certain skills are desired?
- Etc.

If any questions are hard to answer an option is to create a poll, of Facebook for example, asking what people would like to train. Make the poll options clear and simple. E.g. Footwork, Dueling, Spear hunting, etc.

Define training objectives

After identifying the needs and wishes it is time to define the objectives of the training. What specifically will the trainees be able to do, know, believe, or understand after the training?

For a training of up to three hours, it is best to choose a maximum of three objectives per training. If you choose more objectives it is too much to remember later on. Also, the time to train an objective will become too short.

Tell people before hand what kind of weapons they will need during the training so they can take all needed materials with them.

Set-up the training

A typical training consists of three phases with several objective rounds in the second phase. Due to the varying group sizes, make sure to have some extra ideas when the amount of expected participants differs drastically from what you planned it would be.

Warm-up

The warm-up is important for the body, but it also creates focus. A warm-up usually exists of individual strength and cardio training, buddy workouts or light dueling games. Starting with easy exercises and building up to more challenging ones. Advised is to end a warm-up with some stretches. For a training of three hours, a warm-up takes up a total of 15-30 minutes, depending on the desired intensity.

Objective rounds

When the warm-up is completed the defined training objectives can start. Define a time-frame for each objective. An objective can consist of multiple games and types of training, building up to the main goal of the objective. This stimulates understanding of why the objective is of importance. This can come in handy especially when the objective is new to the group.

Add (water) breaks between objective to let the information settle and let people catch their breath.

Cooling-down/ End game

After the objective rounds a cooling-down or end game is desired to put all learned objectives into practice and/ or let people play in their own style without objective. Dueling or line games are the most common training endings. Advised is to end a cooling-down with some stretches.

Evaluate the training

Every training is different, mostly due to the participants and their motivation. Ask people what they thought of the training. Did they learn what you intended them to learn? Did they have fun? What would they like to learn next time?

1. Individual training

All individual training can be executed in buddies. For example you can switch after each set, divide the amount of sets needed to complete the training by fitness of your buddy, do them together to help get further and motivate each other, etc.

1.1. Strength

A series of basic strength exercises and their variations with body weight are:

- Push ups
 - o Normal push ups
 - o Wide push ups
 - o Diamond push ups
 - o One arm push ups
 - o Clap push ups
 - o Stay low in push up stand
- Squats
 - o Normal squats
 - o Sumo squats
 - o One leg squats
 - o Jump squats
 - o Stay low in squat stand
 - o Box jump
- Lunges
 - o Walking lunges
 - o Jumping lunges switching legs
 - o Jumping lunges same leg
 - o Stay low in lunge stand
- Plank
 - o Normal plank
 - o Elbow plank
 - o Switch continuously between normal and elbow plank
 - o Move hips from left to right to touch the ground lightly while in elbow plank
- Wall sits
- Sit ups
- Crunches
- Russian twists

To make an exercise, like the push up or plank lighter, use a box to place your hands on to create distance between the ground and your upper body. The more horizontal you execute an exercise, the heavier it gets. If you want to make a body weight exercise heavier, place your feet on the box. The higher your feet are in the air, the heavier the exercise gets.

1.2. Cardio

A series of basic cardio exercises are:

- Running
 - o Rounds of jogging
 - o Sprinting sets
 - o Sprinting to point A, jogging back, sprinting to point B, jogging back, etc.

- Burpees
 - o Small burpee: Jump up, switch to normal plank, jump up...
 - o Burpee: Jump up, switch to flat on the ground, jump up...
 - o Heavy burpee: Jump up, switch to normal plank, push up, jump up...
- Jumping jacks
- Knee raises
- Heels buttocks
- Skipping rope
 - o Single jump
 - o Double jump
 - o Double rope rounds
- Dribble/ small jumps on the spot

1.3. Technique, control and footwork

The 5 air strikes

The 5 strikes (without or with shield) without an opponent

(Shoulder, Shoulder, leg, leg, thrust to middle)

The 5 standing: One person stands with his hand behind his back, the other makes the moves

The 5 placing on the body (without defense)

The 5 at random

The 5 walking

The 5 walking at random

The 5 strike and counterstrike

The 5 1 vs 2, 1 vs 3, 1 vs 4

The 5 thrusting

The 5 more movement. Exercise for show and stamina. If you hit targets to the right make 2-3 quick steps to the right following the circle of distance) Then you make an attack to the left by making four steps to the left, then the right, followed by an attack on the right again and so forth.

The 16 air strikes

The 16 strikes (with or without shield) without an opponent

(2 x hit to shoulders, 2x horizontal hits to middle, 2 times leg cuts downward, 2x cuts to upper leg, 2x thrust to middle, 2 upwards cuts on legs, 1 hit to head, 2 thrust to shoulders)

The 16

The 16 walking

Muscle memory

Repeat the same technique 50 to 100 times (every training)

Shield handling

Shield handling

2. Dueling

2.1. Situational awareness / Battle field awareness

Awareness battle field training can be added to all sparring games in this section. Fill the training ground with as many objects as possible. If you step on an object or make one fall over you are out. It is not advised to add situational awareness to technique, control and footwork training exercises.

2.2. Technique, control and footwork

Weaponless control and footwork

Hat catching game

Both players wear a hat. They place the outside of their right or left feet against each other and their left or right hand on their back. The goal of the game is to grab the opponent's hat without losing your own and moving your front foot.

Shoulder taping game

Both players place the outside of their right or left feet against each other and their left hand on their back. Then they place the outside of their right arms against each other. The objective is to tap your opponent's left or right shoulder by either pushing his arm away or moving around the arm.

Fatpinn

(You will need a 25 cm long, 3 cm diameter stick for this game)

Both players place the outside of their right or left feet against each other and their left or right hand on their back. With their right or left hands, they both grab one end of the stick in an up-grip. They objective is to wrestle the stick out of your opponent's hand or make his front foot move.

Sword handling

The 5 strikes

The 5 strikes (without or with shield)

(Shoulder, Shoulder, leg, leg, thrust to middle)

The 5 standing: One person stands with his hand behind his back, the other makes the moves

The 5 placing on the body (without defense)

The 5 at random

The 5 walking

The 5 walking at random

The 5 strike and counterstrike

The 5 1 vs 2, 1 vs 3, 1 vs 4

The 5 thrusting

The 5 more movement. Exercise for show and stamina. If you hit targets to the right make 2-3 quick steps to the right following the circle of distance) Then you make an attack to the left by making four steps to the left, then the right, followed by an attack on the right again and so forth.

The 16 strikes

The 16 strikes (with or without shield)

(2 x hit to shoulders, 2x horizontal hits to middle, 2 times leg cuts downward, 2x cuts to upper leg, 2x thrust to middle, 2 upwards cuts on legs, 1 hit to head, 2 thrust to shoulders)

The 16

The 16 walking

Taking care of your buddy

A variation on the 5 or 16 strikes.

You walk lengthwise in the room/space. First the attacker gives pressure (walks forward) while he/she does the 5 or 16 strikes. When you get to the end of the room/space the attacker warns the defender for the wall/obstacle/end of the space behind him/her.

Now the defender gives pressure and walks forward he is still the defender, the attacker does the 5 or 16 strikes while walking backwards. When you get to the end of the room/space the defender warns the attacker for the wall/obstacle/end of the space behind him.
Repeat this a couple of times then switch roles

With this training you learn safety by warning each other for obstacles behind him/her.
And you also learn you can attack while being pushed back

Muscle memory

Repeat the same technique 50 to 100 times (every training)

Flow hitting exercise

Both fighters hit each other continuously in a nice flow without blocking. Start slow and speed up when both are ready.

Chess

Weapon focused

Shield and weapon needed. The first person stands still in a defensive stance, the second person makes a strike not forgetting to keep defending himself. The moment of impact he stands still. The first person now moves out of the kill and comes in with his own strike, etc.
Try to outmaneuver and control your opponent with footwork.

Shield focused

Same game but now the shield needs to open the way for the kill.

Maximum reach

Same game but try to step as far away from you opponent as possible only using the maximum reach of your weapon

Speed chess

Attack, block, attack etc.

The first person makes a strike the second defends and makes a logical counter strike, the first person defends and make a counter strike, etc. Start slow and work up the speed.

Speed double chess

Attack, Attack, Block, Block, Attack, Attack, etc.

The first person makes two attack the second defends them and after the second attack makes his two counter attacks, etc.

2.3. One on one sparring

Regular sparring

What will be trained? Stamina, moment recognition, reading your opponent, footwork, control,

Regular sparring focused on placing 50% speed

What will be trained? This gives you a better chance of understanding what is happening, taking the speed out also gives you time to place your attack precisely.

One person on fixed position or with one of your feet fixed.

What will be trained. The attacker will train to stay out of reach and recognize the moment to step in. The person in the fixed position will train to counter attack and reach.

Where will I hit you?

One target, not just any hit counts. Only the place on the body of your opponent you wanted to hit. To make this more difficult you can tell your opponent where you are going to hit him beforehand. You do not have to tell him where you want to hit him.

What will be trained? Creative thinking, you will have to reach the chosen target and therefore think of a way to get there.

Double tap

You only win if you make two hits in one run. Breaking up after one hit and hitting again does not count.

What will be trained? To continue fighting, very often a small hit is not recognized as such by an opponent but often there is a small hesitation. Make an extra hit and make sure you win the fight.

Countdown

Both players have 10 points/lives, goal is to get the other to zero. This trains a competitive mindset and the ability to stay in the game.

Measure-dancing

This is a technique game. Two fighters face each other without weapons and shields, but in fighting position, relating to stance. One of the two leads and the other follows. The leading one can now make a full step or a half step forward or backwards. The follower must always keep measure and react also by making a half or full step in the right direction. The eyes must be held upwards and not look on the feet. In addition, the fighters may carry a sword, and always hold the bind to the partners' sword.

What will be trained? Basics: Stance, Steps, feeling for distance, footwork

Getting rid of nasty long weapons

Spear hunts

Dane-axe hunts

Let's make it uncomfortable

Only weapon sparring no shield

Buckler - weapon. Fighting with a small shield teaches speed, footwork and control

Balance

1vs 1 fight on a bench. If you are pushed out or if you take a hit, you are out

2.4. Knife fights

Knife fights regular

Spar with knives

Fixed position

Knife fight, one person with fixed position

Either the left or the right foot of one of the fighters cannot move.

All target

Knife fight, all target

3. Small groups (from 3 persons)

3.1. Situational awareness / Battle field awareness

Awareness battle field training can be added to all games in this section. Fill the training ground with as many objects as possible. If you step on an object or make one fall over you are out.

3.2. One on one sparring

King of the hill

Winner stays on

One person stands in the middle of a room. One by one the others fight him. On a double or a win, the original person stays and fight the next person. If he loses the new winner stays

What will be trained? Winner trains stamina, the others have time to observe and come up with a plan to win.

King of the steep hill

Winner stays on with restriction

Same game as winner stays on but the winner can only hit a target once. So, for example, if a fighter has hit the right shoulder of his opponent in his first fight, he now can no longer win by hitting the right shoulder on the next opponent and so on.

Intention variation game

Play with being aggressive or passive, strong or weak, fast or slow on the defense or on the offence. Fight in a style that does not come naturally to you.

What are you going to call?

A training in defense with weapon, shield or footwork.

The opponent makes a strike and calls out how you have to defend. Either with weapon or shield or body (footwork) forcing you to come up with ways to defend yourself.

This circle is mine, come and take it!

Fighting on a small area, defending your circle.

One fighter starts in a circle of approximately 2 meter diameter. The fight starts the moment an opponent steps in. Winning can be achieved by either making a valid hit or by pushing your opponent out of the circle. One foot out is seen as fleeing, two feet out the fight is closed.

4. Groups (from 5 persons)

4.1. Situational awareness / Battle field awareness

Awareness battle field training can be added to all games in this section.

- Fill the training ground with as many objects as possible. If you step on an object or make one fall over you are out.
- Do the games without honor, creating the chaos of treachery.
- Do the games with honor, except for when you use a knife for a kill.

4.2. One on one sparring

There can be only one

Circle of honor. All fighters fight each other in duels, if you win you continue, if you lose you go to the side. In the end there is one winner

There can be only one or none

Circle of honor, double kills both. Same as the normal circle but if you make a double hit, you are both out of the game.

There can be only three

Circle of honor, three stages. The field is divided in three stages. All fighters fight a circle in the 1st stage. The losers descend to the 2nd stage, the winners fight on. The losers in the 2 stages descend to the 3rd stage. In the end each stage has one winner.

I can beat you all

Continuous circle. All fighters fight, if you lose you go to the side, if the person that beat you loses you can go back in. In the end the winner has fought and won against all others.

I can beat you all (Alternative)

Potential problem with the (normal) Continuous circle is that if there are a lot of participants or if there is a wide experience gap, the most inexperienced fighters will have very little fighting, and a lot of waiting.

Alteration: Each fighter sets a personal, realistic goal.

For example: "I want to be able to focus and win 5 fights in a row"

If the fighter manages to get a killstreak that matches his goal. He will raise his hand and shout "point". His opponents will return to life and he tries for another point.

The exercise runs for 30 minutes, and the only real competition is within the individual fighters, who will try to improve their score.

Circle with points

Can be a normal circle or a variation. The trainer assigns points between 1 and 5 to each individual in secret. When you're hit you call out that hit. If it was the only point you were assigned, you're out. If you have more than one you keep fighting calling out your hits until they're gone or until you've won the circle. The number of points can be for the whole circle or for each individual fight.

What will be trained; being able to take more risk than you're normally comfortable with if you have more points, or making your single point last.

It is necessary to stay in the fight when you've made a hit since you don't know how many the other has left and it adds an unknown factor to people you normally know well. It can also even out gap in skill/experience a little.

4.3. Group fights

Zombie game

All fighters, scatter over a not too big area. All fighters, but one, are zombies. One fighter is the "Hero" The objective of the hero is to kill all zombies without being hit. All starts when the hero starts moving. Find the best route and do not get caught up in fights. Zombies move at 50% speed to start with. If it is too easy, they may move up to 75%.

This can also be done in stations. Divide the field into stations. Each zombie has a fixed station. The hero moves to the next station when all zombies are killed.

Defender game

On one end of the field, one defender is in a fixed position or alternatively; he may take one step. The rest form a line and one by one walk or run up to the defender and attack him. This attack must be thought of beforehand and must be executed in one single flow. As soon as the attack falters or the

attacker starts improvising the fight is over. As soon as the attacker is within reach, the defender may respond.

What will be trained? Reading your opponent, scanning for opportunities, planning an attack.

Defender game all round

The same as the defender game, but the defender stands in the middle of the room and attacks coming from all sides. Also possible to play with full duels instead of a single attack.

The Passage / estafette

Training game to simulate pressure and stamina (when the fight needs to count) (playing field 15/20 x 10) Nice for up to 8-10 fighters.

Dived the group in two groups. Put one group in a corner and the other group in the opposite corner of the field/ training hall. The objective of each team is to reach the other end of the field/ training hall. But you can only put one fighter from each team in the field at once. Just running over is not enough. You will have to beat the other fighter first. The moment your team mate loses you can put a new fighter in the field. This continues until one of the teams can make a clear passage. (In other words, they have beaten their opponent and the opposing team cannot get a new fighter into play quick enough to prevent the fighter reaching the wall.

1 vs 2, 2 vs 3, 3 vs 4

Two players from the same team stand on opposite sides of a field. In the middle a team of two from the other team. As soon as the middle team starts moving, the other two can start moving too.

Objective for the middle team is to get two fights 2v1, for the other side the objective is to get it to a 2v2 fight and/or to make use of the chaos to defeat the middle team.

Lone Wolf

Fighters 3vs1, 4vs2, 5vs2 + 1 "announcer"

Big field for number of fighters is needed, where you can run well.

All fighters stand in a circle with eyes on the outside and backs to the middle. The announcer stands in the middle and touches the wolf or the wolves. So, no one knows who is wolf and who is not.

When the announcer gives the start signal, the fighters turn around and the wolves/ the wolf reveals himself by shouting and the fight wolves/wolf against the others starts.

What will be trained? Organization in chaos phase, communication and quick thinking, running/dynamic fighting

How many fighters? >5

Action – warming up

The field is filled with obstacles, which must not be stepped over or fought over. Entry to the battlefield is on two opposing corners. The game is "circle of dishonor" with 1 handed weapon and buckler, two weapons or long weapon. No big Shields allowed! If you are hit, you move out and enter the field again on the entry points by calling "in".

What will be trained? Quickness, overview, Stamina, Coordination

How many fighters? >5

5. Large groups (from 8 persons)

5.1. Situational awareness / Battle field awareness

Awareness battle field training can be added to all games in this section. Fill the training ground with as many objects as possible. If you step on an object or make one fall over you are out.

5.2. Lines

Ordinary line

Evolution of a line fight;

1 tactical planning and preparation of the line.

2 initial contact and execution of the plan.

3 action and reaction, mistakes and opportunities, usually reserves are committed.

4 one side has effectively lost but there are still people in the fight. The so-called chaos phase. A lot of the exercises described below are ways to train specific parts of the whole line fight.

2 vs many

Stand in the middle of the room others around it, one by one the step in and attack. The two have to remain as long as possible. If one of the two is taken out he becomes an attacker. The attacker who has slain him joins the one that is left forming a new duo. Alternatively; 3 in the middle but one serves as a rearguard. Whenever he is drawn into a fight one of the other two switches to the rearguard position, two should always be enough to beat one.

2 vs divided line

2 or more vs divided line. Defenders stand on different fixed positions

Line fight with extra goal

(Designed by TREK)

You win by either beating the other team or reaching another target behind their line. If you are hit just after reaching the other target the point does not stand. Alternatively; a spear/shield or other item is placed between the lines. The side that gets the item behind the others "base" wins. No throwing. This trains maintaining the goal/objective and situation awareness, seizing and keeping the initiative.

Narrow field

Ordinary line, but on a narrow field

Bridge

Ordinary line, but with/ on a bridge

Bridge with respawn

Ordinary line, but with/on a bridge, with respawn

Steering line

Line fight 75% speed steering the opponent by working over the flanks or through the center of the line.

Irregular lines

Fight uneven lines. Uneven can mean uneven in numbers, number of long weapons, number of years' experience, armored versus unarmored etc. The challenge will be for the weaker side, to come up with a plan that leads to victory. To keep morale up despite losing, to recognize things that are going well amidst all that is going wrong etc.

When training with small uneven numbers (3vs4 and the like) the lesser side can "win" by taking out one of the stronger sides as it is not supposed to lose a single fighter.

Lines with Obstacles

If you have no natural obstacles in your training location; create some. Put benches, garbage bins, boxes, footballs, whatever you can get your hands on in between the (uneven) lines. Learn how to avoid or overcome obstacles or how to use them to your advantage. It raises situation awareness and make you less likely to trip or bump into something when you do go out in the forest.

Couple Therapy

Fighters face each other in two lines. In those lines, each fighter has a partner with whom he builds a couple (preferably a long weapon and one with a shield). Does one of the fighters from a couple die, the other one is also dead.

What will be trained? Communication, taking care of your teammates, defending your teammates

How many fighters? >16

Small kings

Fighters face each other in two lines. Every Line has 2 fighters that are only equipped with a buckler and no weapon, these are the "small kings". The small kings have to stand in the first row. Are both of the small kings of one line dead, the game is over, and the other team has won.

What will be trained? Offensively: creating focus with your long weapons, communication; defensively: defending your teammates, communication (warning from incoming long weapons,)

How many Fighters: >16 (with 2 kings each) >6 (1 king each)

Tower

Square-shaped field with a smaller square in the middle. The smaller square must not be entered or fought over (like a wall). Between the inner and outer square must be space for 3 fighters besides each other on every side. Fighters are divided into 2 even teams. If 1 team is eliminated, the game is over.

Tower bridge

1 open way through the middle square, 1 fighter wide.

What will be trained? Communication, separation of troops, using reserves, creating offensive focus

How many fighters? >8

Oval tower with running

Field similar to tower, but oval in length (or same shape). On two opposing ends of the field there is an opening each, where 2 fighters fit through at the same time. The teams start approx. 10 m outside the field. On a command both teams start and enter the field. If 1 team is eliminated, the game is over.

What will be trained? Gaining space on the field, quick entering of positions, communication, dynamic fighting

How many fighters? >8

Bridgehead

Field is rectangular (2:1 – 3:1) with an opening (2 persons wide) on each of the short sides. Teams start approx. 10m outside the field. Before each round, the teams appoint 1-2 skirmishers each. On a first command, the skirmishers enter the field from outside. Shortly after the first contact of the skirmishers, the rest of the teams start on a second command and enter the field. If 1 team is eliminated, the game is over.

What will be trained? Quickness, skirmishing, gaining space, organization & communication

How many fighters? >10

You shall not pass!

The fighters are divided in 3 groups of the same size. One team consists of 1 group and the other team of 2 groups. Field is rectangular and quite big. The teams start on their baseline. Target for the smaller team is, that at least one fighter reaches the enemy baseline. The bigger team wins, if the another team is eliminated.

What will be trained? Dynamic fighting, quickness as runner, creating space for your fellow runners, coordination of defense and "runner-catching", communication

How many fighters? 6-12

Fallback!

The fighters are divided in 3 groups of the same size. One team consists of 1 group and the other team of 2 groups. The field is a long bridge (approx. 4 m wide, use a path maybe). Target is the elimination of the opponent. The smaller team must always move backwards, even if they might be even in strength with the first line of the bigger team. So, you simulate a fallback-fight when you must worry about an opponent coming for your flanks if you do not move backwards. It is helpful if always 1 person who does not take part in the fight permanently gives the command to fall back.

What will be trained? Coordination while moving backwards, fighting without losses while staying in fighting range, communication, keeping up the pressure then moving forward, controlled moving forward while fighting, giving offensive impulses

How many fighters? >15

Where am I?

The Fighters face each other in two opposing lines. One fighter stays on the side of the field with his back to the lines, so he can't see the others. He thinks for himself number "1" or "2". The lines clear out without talking which line is "1" and which is "2" for this round. On the first Contact of the lines they shout their number. The single fighter turns around, also calls the number he was thinking about and enters on the side with the same number. If 1 team is eliminated, the game ends. Next round another fighter is on the outside.

What will be trained? Communication & Coordination, quick reactions on new situations, using the momentum of incoming reinforcements, quick defensive reaction on sudden pressure

How many fighters? >6

Fill-in

The fighters are separated into two evenly strong lines. One team starts in full strength at their baseline of the rectangular field. The other team will be divided into a front line and a reserve of up to half of the teams' strength. The reserves start on a separate command and fill in the gaps during the fight. The width of the field might be changed to simulate different battle scenarios.

What will be trained? Filling in of reserves, adapting to switching pace and momentum in battle, communication

How many fighters? >10

Reinforcements

The fighters are separated into two evenly strong lines. The field is rectangular (proportions 4:1, 5:1). Behind the Baseline of each team there is a respawn point, where the "dead" fighters have to go. When there are 2 or more dead fighters at the respawn point, they can enter the game together again as reinforcements. The team that pushes the enemy team behind their baseline has won the game.

What will be trained? Overview, communication, filling in of reinforcements, applying and keeping pressure, reacting on opposing pressure, stamina

How many fighters? >12

To the rescue

For this game you need two body dummies, or something similar, that you need to rescue from the enemy line. There are multiple games possible:

1. Teams have unlimited respawns. Respawn rules of the Reinforcements game can be used.
2. Teams have x amount of respawns per person. Respawn rules of the Reinforcements game can be used.
3. There is only one dummy with an attacking team and a defensive team. This version is possible with and without respawns.

The Golden Goose **NEW!!!**

Teaches adaptation, communication, flexibility, ultimate chaos phase, leadership and battlefield awareness.

This game starts off as a circle of either honor or treachery. Each fighter starts alone. The objective is to gather the strongest army and become the last unbeaten warrior on the field. If you or your army wins a fight the fighter(s) you have beaten joins you after the fight is done. This way you slowly build an army. If you lose a fight you resurrect after the fight is done and join the person/ army that has beaten you. The winner is the person who survived from the beginning "The Golden Goose" everyone sticks to. This game can be played with or without honor.

"The golden Goose" Honor variant 1

Every person you beat in the circle joins your team after the fight is over. The victor is the leader of this team. Your team then challenges another team.

"The golden Goose", Honor variant 2 "The Vampire"

Every fighter has 2 lives. If you are killed the first time you join your victor. If you are killed a second time you are out of the game.

The golden Goose, Honor variant 3 "The Vampire hunter"

All rules as above but if the leader is killed the entire team is killed.

"The golden Goose", Treachery variant 1

This game starts off with a circle of treachery. Every person you beat in the circle joins your team after the fight is over. The victor is the leader of this team. Your team then chases other fighters or fighter teams.

The golden Goose, Treachery variant 2 "The Vampire"

Every fighter has 2 lives. If you are killed the first time you join your victor. If you are killed a second time you are out of the game.

The golden Goose, Treachery variant 3 "The Vampire hunter"

All rules as above but if the leader is killed the entire team is killed.

Some pointers for all variants

Minions are just as good a fighter as they normally are but can never be in charge of the group.

If you are beaten you join your victor after the fight is done (so not in the middle of the battle).

If you are killed but your team is the victor you stay in your team and rejoin them after the fight is done (except if you work with the max 2 lives rule)

Line fights with cards and game master.

For this you will need one person who stays out of the fight, who keeps an overview and acts as judge, time- and scorekeeper. His word is final in all matters of dispute.

One side selects (randomly or not) one of the cards depicted below. Instructions are written on the back or are given verbally by the game master. It is the objective to play out the card according to the description and a various number of points can be won. It's up to the game master how many rounds are played, cards may or may not be used twice but both sides must be treated equally. Whichever side wins most points wins.

Both sides will need to have one or more commanders in charge of (parts of) the line to make the cards work. Commanders are completely free to organize their side as they see fit unless the card demands otherwise.

What will be trained? Having and working with a command structure, executing a predetermined plan.

Point system

Line side of the cards

Must be organized in a x-number of boxes and they must stay identifiable throughout the fight. When it becomes a regular line fight no points for the card are rewarded. When won maintaining the formations 3 points are awarded. When lost, no points are appointed.

Line side without the cards

Organized as a staggered line, this formation must be held throughout the fight. Be clever with reserves. When won 3 points are awarded. When lost, no points are appointed.

Cards

Boar snout

As true boar snout tactics have proven to be basically nearly always unsuccessful, emphasis is on any decisive action through the opposing center. When won applying this technique, next to the 3 points for winning, 2 extra points are rewarded.

Right flank

The fight must be won with a successful action on the right flank. When won applying this technique, next to the 3 points for winning, 1 point is rewarded.

Left flank

The fight must be won with a successful action on the left flank. When won applying this technique, next to the 3 points for winning, 1 point is rewarded.

Pincer movement

The pincer movement or double envelopment calls for simultaneous successful actions on both flanks. When won applying this technique, next to the 3 points for winning, 2 points are rewarded.

Formless fighting

The objective is to deny the opponent any form of line fight. Your own line is scattered all over the field and everybody is running around and making hit-and-run type of attacks. No reserves may be held back. 2 points are awarded if you manage to delay the enemy for more than 20 seconds. When won applying this technique, next to the 3 points for winning, 4 points are rewarded.

Halfway there

The line is organized using only half the number of fighters, the other half is kept in reserve. Multiple games possible;

1. The line needs to be held for 20 seconds, after which reserves can be sent in. When losing after the first amount of time, 1 point is rewarded. If the line holds for another 20 seconds another 1 point is rewarded, even when losing. When won applying this technique, next to the 3 points for winning, the total of 2 extra points is awarded.

2. The line needs to be held for 10 seconds, after which reserves can be sent in. When losing after the first amount of time, 1 point is rewarded, even when losing. When won applying this technique, next to the 3 points for winning, 1 points are rewarded.

Busy Bees

Your line is organized in 3-5 man hunting teams and like busy bees they are scattered. They harass the enemy line and make hit-and-run style of attacks. 1 point is awarded when you survive 20 seconds, even when losing. 2 points are rewarded when you take out more than half of the enemy line, even when losing. When won applying this technique, next to the 3 points for winning, a total of 4 extra points are rewarded when you win the fight.

Fortress

For this card you'll need a physical obstacle that can serve as a gate. There can't be any fighting over the walls. The side playing this card selects 1/3rd of its fighting force to hold the gate, the rest doesn't play. The enemy can use his full force. It's prohibited to move through the enemy line once you're hit so you'll have to move through your own line. There are multiple games possible;

1. This game can be played with the enemy respawning. During this version the gate needs to be held for 60 seconds by the team playing the card. If this succeeds 1 point is rewarded, even when losing. When won applying this technique, next to the 3 points for winning, the total of 2 extra points is awarded.
2. This game can be played without the enemy respawning. The side holding the gate has to take out half the enemy's force. If this succeeds 1 point is rewarded, even when losing. When won applying this technique, next to the 3 points for winning, the total of 2 extra points is awarded.