

Session 1

Objectives:

- To introduce the AusTouch concept and 8 week program to participants and parents.
- To excite participants and parents about their involvement in the program.
- For participants to develop basic catch and pass and evasion skills

Introduction

Duration: 10 minutes

- Safety rules
- Size of playing area
- Ball familiarization
- Catch and pass
- 5 minute demonstration game

Warm-up

Moderate intensity

Duration: 5 minutes

Select a warm up game from the attached list.

Activity 1

Piggy in the Middle

Duration: 10 minutes

- 3 on 1 piggy in the middle
- 3 on 2 piggy in the middle
- 4 on 3 piggy in the middle

Instructor Questions:

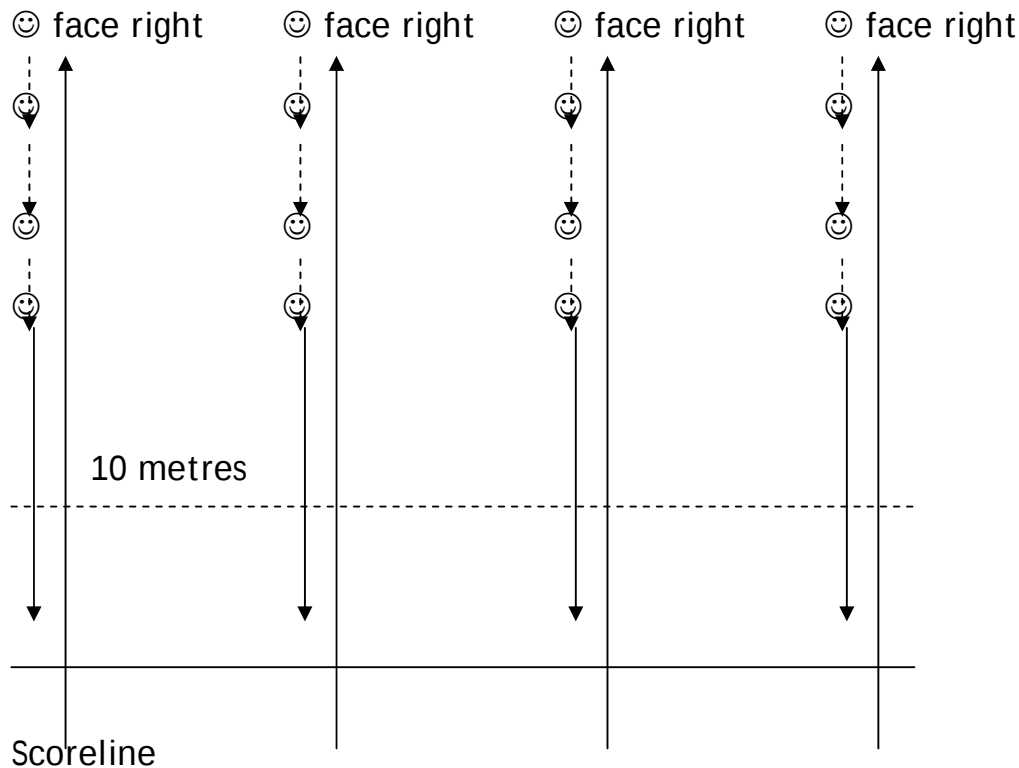
- What did you have to think about if you were trying to pass the ball to your buddy?
- Why was it harder to pass the ball when there were 2 or 3 defenders?
- How did you decide which person to pass the ball to?



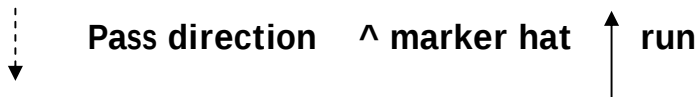
Activity 2

Catch and Pass & scoring touchdown

Duration: 15 minutes



Ball starts at the end of the line. On go ball is passed to front, last person runs to scoreline and scores touchdown. Player then takes the ball to the end of line, everyone moves forward one position and waits for signal to go again.



Activity 3

Touch Ball

Duration: 15 minutes

- 2 teams of approximately 5 players
- 1 team has possession (attacking team) and one team is without the ball
- The attacking team attempts to “touch” an opposition team member with the ball (not pass the ball to hit the opposition)
- The attacking team can move anywhere within the grid, but a person cannot move once they have the ball (as in netball)
- Once a player has been touched with the ball, the attacking team receive 1 point / or the touched player sits out
- The attacking team has 2 minutes with the ball and then the teams roles are reversed

Advanced progression:

- If the attacking team drops the ball, a point is taken off their score, or a defending team player returns to the game

Instructor Questions:

- Did you need to work as a team to be successful?
- How did you go about working as a team? Did you need to talk to each other?
- Was it hard to see where all of the attacking players were? How did you deal with this?
- As a player trying to get away from the attacking team, how did you do this? Did you need to evade them?

Warm-down

Duration : 5 minutes

- Static stretch – see examples

Finish:

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask why they needed to learn about passing and catching the ball and about evading defending players
- Let them know about next week's session
- Thank them for their efforts