

Session 2

Objectives:

- Evasion with the ball
- Passing backwards on the run
- Scoring a touch down

Introduction

Duration: 5 minutes

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

Moderate Intensity

Duration: 10 minutes

- Lines of 3, passing the ball backwards whilst running
- Catch and Pass from Angled Hats

Activity 1

Shoot-out

Duration: 10 minutes

- 2 on 1 “shoot-out” (players must place the ball to score)
- 3 on 2 “shoot-out”
- *Have a player act as a referee to make decisions in relation to forward passes and if a touch was made. Rotate the referee.*

Instructor Questions:

- How did you decide when to pass the ball
- Did you ever pass the ball forwards? Why?
- How can you make sure that the pass goes backwards?
- As a defender, what were you trying to do?

Activity 2

“Clap Clap” - Breaking The Line

Duration: 10 minutes

- 6 defenders defending the line
- 6 attackers attacking the line
- No ball involved
- The attacking team tries to confuse the defending team and get over the score line
- When an attacking player gets over the line, they clap their hands and run back into the attacking zone (10 metres into the field of play), to go again. Each attacker counts how many times they scored
- Defenders need to communicate, use peripheral vision and make a touch
- Defenders are not to move forward more than 5 metres off the line
- If a touch is made on an attacker, they are to retreat back 10 metres and then try again.

Instructor Questions

- Did you need to work as a team to be successful?
- As an attacker, how did you evade the defender?
- As a defender, was it hard to see where all of the attacking players were? How did you deal with this? Did you talk to your teammates?
- Why do Touch players need to be able to both defend and break the score line?

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 backwards, scoring a touch down and evading defenders
- Let them know about next week's session
- Thank them for their efforts