

## Session 3

### Objectives:

- Effecting a Touch as an attacker
- Rollball
- Defending on-side

### Introduction

***Duration: 5 minutes***

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

### Warm-up

**Moderate intensity**

***Duration: 5 minutes***

- 2 on 1 shoot-out
- 3 on 2 shoot-out

### Activity 1

**Angled Rucking**

***Duration: 10 minutes***

- Groups of three angled rucking (half takes the next ruck), no defence
- As above with 1 defender
- Groups of 4 rucking (alternate sides of the roll ball) – no defence
- As above with 1 defender

### ***Instructor Questions***

- Once you had passed the ball, what did you do next?
- Why did you angle back in front of the roll ball?
- Why did you place the ball, and not roll it?

## Activity 2

### 5 On 5 Touch

**Duration: 15 minutes**

- Teams get 6 touches with the ball
- The defending team cannot “run up” to make a touch
- If the attacking team drops the ball, they retain possession and the dropped ball counts as a touch
- Have a player fill the roll as referee to make basic rulings. Rotate the referee.

#### **Instructor Questions:**

- How did you decide who went to half?
- What happened if your teammates were in front of the half?
- What happened in your team did not ruck the ball forward?
- Once you made a touch, what did you have to do?

#### **Warm-down**

**Duration: 5 minutes**

- Static stretching – see attached examples

#### **Finish**

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask why they needed to learn about rucking the ball and getting on-side
- Let them know about next week’s session
- Thank them for their efforts