

Session 4

Objective:

- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions

Introduction

Duration: 5 minutes

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

Warm-up

(moderate intensity)

Duration: 5 minutes

- Choose from Warm up Games list

Remember to have “frequent drink breaks”

Activity 1

Chain Tag

Duration: 15 minutes

- ‘It’ chases the free players within a clearly defined space.
- When a player is tagged they join hands with ‘It’ and with their hands joined they continue to chase the free players.
- As more players are tagged they join on forming a chain. The chain must stay intact.
- Only the players on the ends of the chain can tag with their free hand.
- The game continues until all the free players are caught or until the leader calls a halt.

Activity 2

Scoring a Touchdown

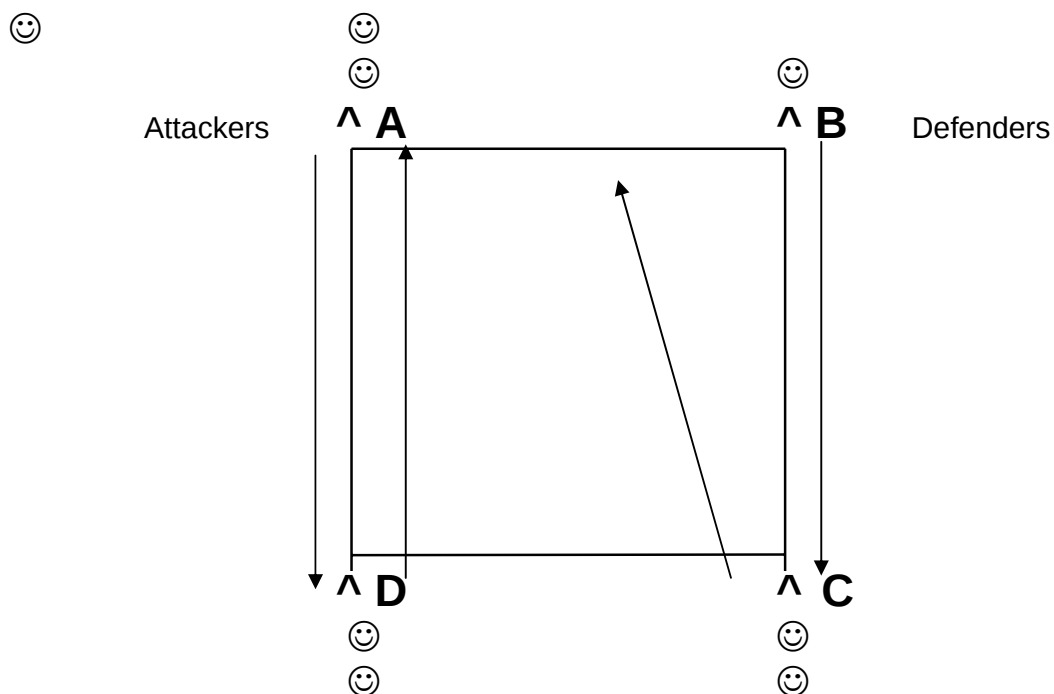
Duration: 10 minutes

Grid & Equipment – 15 metres x 15 metres, 4 cones, 1 ball

Divide the group into two teams at each of the marker hats A & B.

An attacker starts with the ball at A and a defender starts at B. The objective of the attacker is to run the length of the grid to D then return and score a touchdown, using evasion skills and speed. The objective of the defender is to run to marker hat C and effect a touch after running around the marker. The defender cannot make a touch before both players have run around the markers at D and C.

On the sound of “go” both the attacker A and defender B start to run. Each team should have at least one opportunity to finish the task. The attackers and defenders then change ie. A with D and C with D.



Activity 3

Beach Touch

Duration: 15 minutes

- Beach touch (3 on 2), however, if the attacking team drops the ball or commits and infringement, they retain possession and the touch is counted
- Have a player fill the roll of referee. Rotate the referee.
- *Progress to 4 on 3.*

Instructor Questions

- Once you had passed the ball, what did you do next?
- What happened if a player was touched with no acting half nearby?
- How did your team score touchdowns?

Warm-down

Duration: 5 minutes

- Static stretching

Finish

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session
- Thank them for their efforts