

SECTION A: Participant Relay Activities

Section A activities are more suited for the early sessions of an AusTouch program. In fact, it is recommended that the majority of a first and second AusTouch session be taken from the Section A activities. The reason for this is to introduce participants to the basic skills and concepts of Touch in a non-threatening manner. With more focus on having fun and enjoying themselves in the 'relay' format that the participants will have encountered before.

The participant relay activities are aimed primarily at beginners to the game and in particular from ages 5-year olds through to 12-13-year olds, although a number of the activities teaching the basic skills, these will also work well with older age groups who have never played Touch before.

Activities 1 (Skills Relay – Round the World) through to Activity 8 (Caterpillar); with the exception of Yo Yo; can be done on the one grid, and it is recommended that they are done consecutively in the same session.

The Flying V and Zig-Zag Relay can also be run on the same grid. These grids are able to be used for older age groups as they are of a more competitive nature. They are particularly useful to introduce the concept of passing the ball in the backwards motion. The Zig-Zag Relay is more focussed on running with the ball.

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8. Caterpillar
9. Flying V
10. Zig Zag Relay

Skills Relay → Around the World

WHO CAN PLAY?

All AGES
Mainly beginners!

HOW MANY?

Unlimited 10 – 60
participants

EQUIPMENT

1 Ball per 4-5
participants
3 Cones per 4-5

DEVELOPMENT FOCUS

Basic Skills; Co-ordination;
Ball Handling.

THE GRID...

- Lines behind each green cone, about 5-10m between each cone.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- There should be a maximum of 4-5 participants per line, this is to ensure participants do not have to wait too long to have their turn.
- The front person on each line starts with the ball, upon the Leaders whistle, they run forwards to the yellow cone, where they complete a 'round the world', they then run forward to the blue cone, before running backwards to the yellow cone where they complete another 'round the world', once finished they turn around and pass to their team-mate who then completes the activity.
- Each participant does the activity once.
- **"Round the world"** → A 'round the world' constitutes moving the touch ball around the waist using one hand at a time, each time the participant stops on the yellow cone they should go 'round the world' three times!

HINTS + TIPS FOR SUCCESS...

- Encouragement, encouragement and more encouragement!
- Make sure you move around the grid so as to see all the participants and encourage them to give it a go, even if participants think the touch ball is too big and they can't do it!
- If participants are at more of an advanced level, have them perform the 'round the world' the whole way from the green to the blue cone while they are running.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Skills Relay – Round the World

Skills Relay → Tips

WHO CAN PLAY?

All AGES
Mainly beginners!

HOW MANY?

Unlimited 10 – 60
participants

EQUIPMENT

1 Ball per 4-5
participants
3 Cones per 4-5

DEVELOPMENT FOCUS

Basic Skills; Co-ordination;
Ball Handling.

THE GRID...

- Lines behind each green cone.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- This activity is an extension of Skills Relay.
- On the Leader's whistle the front person on each line runs forward to the blue cone while using their fingertips to control the ball above their head.
- Once they reach the blue cone, they can take hold of the ball, and then go backwards to the yellow cone before turning around and passing to their team-mate who completes the activity.
- Each participant does the activity once.

HINTS + TIPS FOR SUCCESS...

- Encouragement, encouragement and more encouragement!
- Encourage the participants to have the ball right above their head → they should have to stretch their arms completely vertical in order to control the ball.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Skills Relay – Tips

Skills Relay – Figure 8

WHO CAN PLAY?

All AGES
Mainly beginners!

HOW MANY?

Unlimited 10 – 60
participants

EQUIPMENT

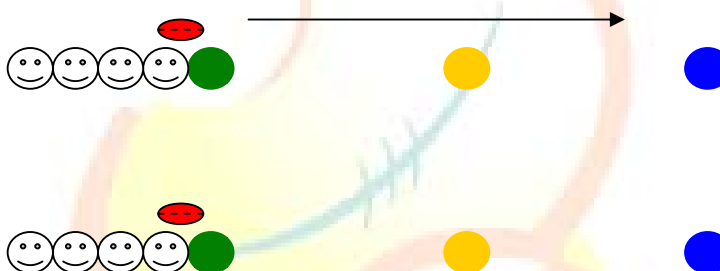
1 Ball per 4-5
participants
3 Cones per 4-5

DEVELOPMENT FOCUS

Basic Skills; Co-ordination;
Ball Handling

THE GRID...

- Lines behind each green cone.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- This activity is an extension of Skills Relay.
- On the Leader's whistle the front person on each line runs forward to the blue cone while using one hand at a time to move the ball between their legs over and under (basketball style figure of 8).
- Once they reach the blue cone, they run backwards to the yellow cone before turning around and passing it to their team-mate who completes the activity.
- Each participant completes the activity once.

HINTS + TIPS FOR SUCCESS...

- Encouragement, encouragement and more encouragement!
- If you see a participant having a bit of trouble, encourage them to slow down and try the activity while walking, conversely if you see someone who is pretty skilled at the task, get them to do it while running as fast as they can!!

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Skills Relay – Figure 8

Tunnel Ball

WHO CAN PLAY?

All AGES
Mainly beginners &
very young
participants!

EQUIPMENT

1 Ball per 4-5
participants
3 Cones per 4-5

DEVELOPMENT FOCUS

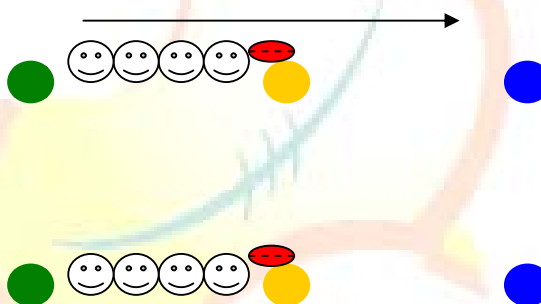
Basic Skills; Co-ordination,
introducing Roll Ball.

HOW MANY?

Unlimited 10 – 60
Participants

THE GRID...

- Lines between the green and yellow cones.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- On the Leader's whistle a tunnel ball is performed.
- Basically a tunnel ball involves the ball starting with the front person; they then roll the ball between their legs. The ball keeps going between everyone's legs all the way down the line until the last person picks it up. Then they run around the blue cone before coming back to the front of the line, and repeat the rolling of the ball between their legs to the back of the line.
- To complete the task, each participant runs around the blue cone once and the last participant to go around the blue cone takes the front position, in the line and everyone in the team sits down.

HINTS + TIPS FOR SUCCESS...

- This activity introduces the concept that to perform a roll ball, the ball must go between the participants legs. At this point we are just emphasising the fact that the ball goes between the legs. In further extensions Leaders will build on the overall concepts and rules for performing a roll ball.
- Do the activity once, making sure you correct any errors that the participants make. No matter how many times you demonstrate they are guaranteed to be so excited and in such a rush to 'beat' their opponent they will not do it properly. Then get the participants to do the activity again!!
- This is a great activity for very young kids to get use to building on the concepts of a roll ball, to be explored further in extensions to the relay!

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Tunnel Ball

Tap Dance

WHO CAN PLAY?

All AGES
Mainly beginners!

HOW MANY?

Unlimited, 10 – 60
participants

EQUIPMENT

1 Ball per 4-5
participants
3 Cones per 4-5

DEVELOPMENT FOCUS

Basic Skills; Co-ordination,
performing a tap.

THE GRID...

- Lines behind green cones.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- On the Leader's whistle the front person on each line runs forward to the yellow cone and performs a tap.
- They then run around the blue cone and run to the yellow cone where they complete another tap before passing to their team-mate who completes the activity.
- Each participant completes the activity once & then selects a 'finishing position'.
- **"Finishing positions"** → using finishing positions take the emphasis of a relay win or loss, which is important when we want to protect participants from a failure experience. Finishing positions are only limited to the imagination of a Leader, however suggested examples are push-up position, sit-up positions, and giving them a task such as making some type of tunnel for a Leader to roll the ball down.

HINTS + TIPS FOR SUCCESS...

- This is an excellent opportunity to teach participants the correct way to take a tap, so do a demonstration first, explaining when you might use it in a real game and some associated rules, like the ball can't roll more than a metre.
- Do the activity once, making sure you correct any errors that the participants make (no matter how many times you demonstrate, they are guaranteed to be so excited and in such a rush to 'beat' their opponent they will not do it properly!) then get the participants to do the activity again!
- Make sure you praise every participant that correctly performs the tap!

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Tap Dance

Scoop 'n' Dump

WHO CAN PLAY?

All AGES
Mainly beginners!

HOW MANY?

Unlimited from 10 –
60 participants

EQUIPMENT

1 Ball per 4-5
participants
3 Cones per 4-5

DEVELOPMENT FOCUS

Basic Skills; Co-ordination,
scooping the ball &
performing a roll ball.

THE GRID...

- Lines behind each green cone.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- There should be a maximum of 4-5 participants per line; this is to ensure participants do not have to wait too long for a turn.
- The ball starts on the yellow cone and on your whistle, the front person on each green cone runs forwards to the yellow cone, where they 'scoop' up the touch ball.
- They then run around the blue cone and run to the yellow cone where they perform a roll ball or 'dump', they then tag their team-mate who completes the grid.
- Each participant goes to complete the activity once.

HINTS + TIPS FOR SUCCESS...

Demonstrate the roll ball to the participants; it is important to highlight the following facts:

- The ball should be placed (i.e. participants should control the ball right to the ground). Any associated rules they should be aware of, such as not rolling the ball more than a meter. Participants must step over the ball! They cannot place it outside of their legs!
- Let the participants complete the relay once, then re-enforce the above points, and also ask a leading question about which way they should dump the ball (i.e. sideways or straight) and why one way may have an advantage over another!
- An extension is to have the person who is due to go next run up to the yellow cone and making the participant perform the dump make the touch on them. That participant then goes backwards to the green cone and then completes the grid.
- **Why call the roll ball the dump?** Young participants remember the word 'dump'. For the purpose of introducing the concepts, Leaders can use the reference term they are most comfortable relating to the group they are controlling.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Scoop 'n' Dump

YoYo

WHO CAN PLAY?

All AGES
Mainly beginners!

EQUIPMENT

1 Ball
4 Cones

DEVELOPMENT FOCUS

Basic Skills; Co-ordination;
Effecting a Touch; the Roll
Ball

HOW MANY?

Unlimited – depends
on equipment

THE GRID...

- 4 Cones, 2 Leaders/Volunteers standing on the yellow cones adjust to the number participating in



HOW IT WORKS...

- The ball can start on either side of the grid.
- Assuming the ball starts on the LHS, the front person on the line runs to the first yellow cone where they scoop up the ball.
- They then run to the second yellow cone, where they perform a dump/roll ball beside the Leader. This means they effect the touch on the Leader whilst at the same time performing the roll ball/dump.
- They then run to the second line and tag the front person who scoops the ball from the first yellow cone, and dumps/roll ball on the Leader on the second yellow cone.
- Participants should be allowed to complete the activity a number of times to gain confidence.
- The Leaders should specify which side of their body they want the participant to dump/roll ball on!

HINTS + TIPS FOR SUCCESS...

- Important that the participants get used to effecting the touch on the Leader.
- Discuss before you start the grid why effecting the touch is an advantage to an attacking participant, use your questioning techniques.
- Talk to the participants about how and why as an attacker, which side or part of a defenders body should you be looking to effect the touch.
- For beginners this activity is more about introducing the concepts of effecting a touch and getting the ball down for a roll ball in one motion. For more advanced or older groups focus on practising this activity with both hands and start to introduce the concepts of how as an attacker you select which side of the body this should be performed.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Yo Yo

Caterpillar

WHO CAN PLAY?
Mainly beginners &
younger participants!

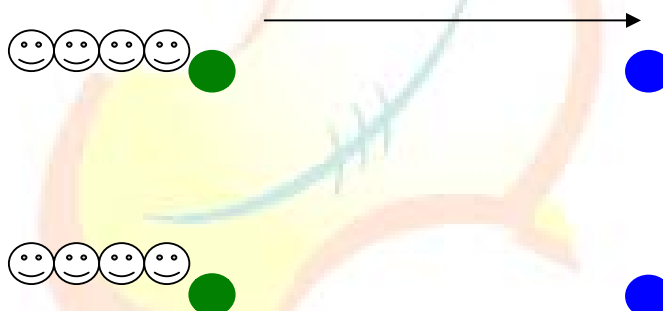
HOW MANY?
Unlimited

EQUIPMENT
2 Cones – left over
cones or a point from
another activity can be

DEVELOPMENT FOCUS
Basic Skills; Co-ordination,
Team work & Cooperating
in a group.

THE GRID...

- Lines behind the green cone.
- Max 4-5 per line, simply add additional cones if necessary.



HOW IT WORKS...

- Participants form a “**caterpillar**” → everyone in the line kneels down, the caterpillar is formed when each participant, from the second person in the line, grabs hold of the participant’s ankles in front of them with their hands.
- On the whistle, the caterpillar crawls up and around the blue cone and the first caterpillar back to the green cone wins!

HINTS + TIPS FOR SUCCESS...

- This is a great activity to use as a ‘finishing position’ (explained in Tap Dance) especially for allowing a Leader the time & opportunity to transition a grid into the next activity. Minimal transitional time allows for the momentum built with the group to continue. This is simply an opportunity for the participants to do something a bit different and enjoy themselves!
- At the end of a sequence of using ‘**finishing positions**’, question the participants as to why or how could they be related to a game of Touch. You are looking for responses like communication, team work, cooperation and having fun. Relate this to the fact that the key element to Touch relate to all of these areas and as a group we have all just worked on developing those concepts and skills.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Caterpillar

Flying V

WHO CAN PLAY?

Yr 1-7
Mainly beginners!

HOW MANY?

Unlimited

EQUIPMENT

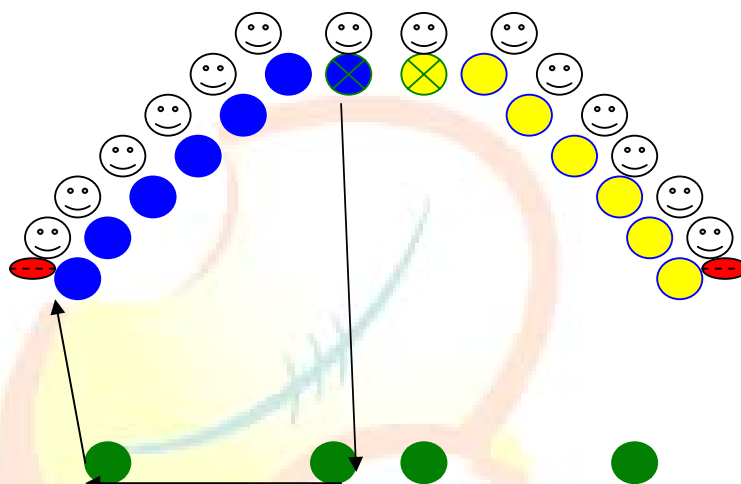
2 Balls
1 Cone per person (any number) & 4 cones to run around

DEVELOPMENT FOCUS

Passing Backwards; Team work; Performance under Pressure & Communication

THE GRID...

- One blue cone per participant for one team & one participant per yellow cone. The green cones are used to guide the participants for running.



HOW IT WORKS...

- Participants are split into two teams, in this case yellow and blue teams.
- The ball starts at the end of each line
- On the whistle, the ball gets passed down the line to the person standing on the cone at the end of their teams colour. Once the last person gets it, they run around the first green cone, then around the second green cone.
- As the ball runner is running around the cones, everyone else in the team moves down one position and the ball runner then comes to the vacant blue/yellow cone and the ball continues again down the line.
- The Flying V continues until the participants are back to the position upon which they started and they then sit down.
- The team that finishes first wins.

HINTS + TIPS FOR SUCCESS...

- Encourage the participants to concentrate on the basics of passing the ball to a participant so they can catch it easily.
- At the end of the grid question the group as to why one team may have finished before the other, highlight the need to communicate.
- Also point out that the 'runner' can start behind the cone and run on to the ball!
- To extend this grid to be harder or to teach the concepts of passing in motion, allow the participants to go through the activity again. The second time, ask them once they get the ball they must take 3 -5 steps forward and then pass the ball back to the next person. The third time, give the group the task that the last person should get the ball near the green cones as it goes through everyone's hands.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Flying V

Zig-Zag Relay

WHO CAN PLAY?

Yr 1-7

Mainly beginners!

EQUIPMENT

2 Balls

Approx 22 Cones – used
after Flying V.

DEVELOPMENT FOCUS

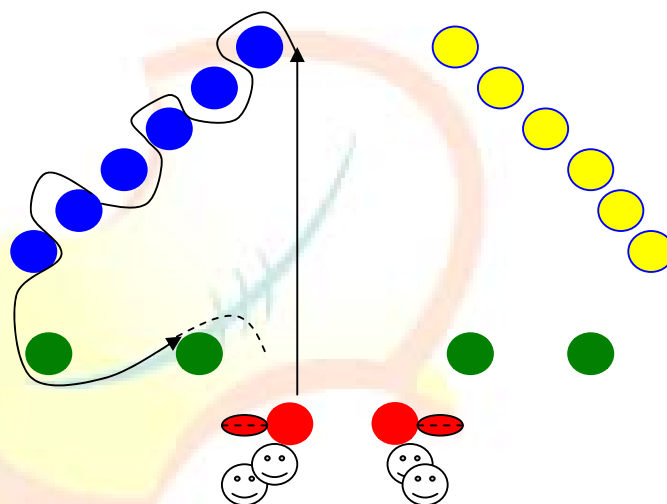
Running with the ball;
Evasion Skills

HOW MANY?

10 - 30 participants

THE GRID...

- Approx 7-8 blue cones & 7 – 8 yellow cones per team. Two green cones per team and two red cones.
- This activity can be run on the grid used for the Flying V



HOW IT WORKS...

- Participants are split into two teams and each team lines up behind the red cones.
- This activity can be undertaken straight after the Flying V, so the same grid can be used.
- On the whistle the front person in each line runs straight up to the front blue cone and then zig-zags in and out of the blue cone. Same on yellow side.
- They then run around the first green cone and once they reach the second green cone can pass it off to the next person in the line.
- Each participant runs through the grid once

HINTS + TIPS FOR SUCCESS...

- Encourage the participants to step off both feet!
- Participants should be monitored to keep two hands on the ball at all times.
- Question the group as to why we want to practise keeping two hands on the ball at all times, and be able to step off both feet.

DVD Demonstration: Practical Ideas for Fun Activities → Section A → Zig-Zag Relay