

Section B: Group Challenge Activities

Section B activities are suitable to be used throughout the whole of an AusTouch program. In particular these group challenge activities are good at introducing touch concepts such as sliding defence, communication, team work, attacking decision making and peripheral vision. They are applicable for all ages and skill levels some can be used as warm-up grids, as well as skill development activities.

A number of these grids, such as Tag Ball, Red Rover - Linked, Dodge Ball and Three Way Passing in Grids are good to use as warm-up activities in any of the AusTouch sessions. Some suit younger participants more than others, so an assessment of the skill levels of the group is necessary by the Leader. Small variations developed by a Leader to get the desired outcome.

Touchdown Invaders and Chain Defence are excellent activities to use to teach the concepts of sliding defence and attacking decision making. It is recommended that the chain defence activity be used right before touchdown invaders.

Beach Touch is an activity that is more suited to the later sessions of the AusTouch program before progressing to a full game but after participants have some basic skills and knowledge of the rules.

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- 1. Tag Ball**
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- 5. Dodge Ball**
- 6. Touchdown Invaders**
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- 8. Chain Defence**
- 9. Beach Touch**

Tag Ball

WHO CAN PLAY?

All AGES

HOW MANY?

Unlimited 15 – 40 participants, is ideal.

EQUIPMENT

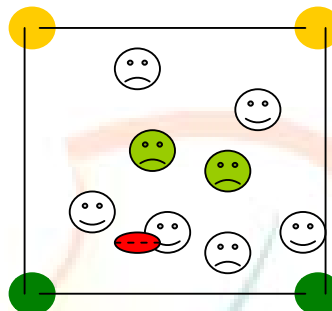
1 Ball
4 Cones

DEVELOPMENT FOCUS

Communication; Passing;
Teamwork; Spatial
Awareness;

THE GRID...

- The grid should be a square, the more people the larger the square needs to be.



HOW IT WORKS...

- A Leader selects 2 – 4 participants to start off as the defenders. The defenders are the participants who will start with the ball.
- The objective is for the defenders to tag out members of the attacking participants. They do this one by one, until such time that no attacking participants are left (it builds up progressively).
- In order to effect a tag, the participant with the ball, must be holding the ball and be in control of the ball, and use the ball to touch a member of the attacking participants.
- Once a member of the team has been 'tagged' they become apart of the defending group, and help to tag other attacking participants.
- Rules for the team with the ball:
 - They cannot run with the ball, once a participant has the ball they may only pivot netball style.
 - They are allowed to pass the ball and move around if they do not have the ball.
 - A tag is not effected if a participant throws the ball at a member of the opposition.
- Rules for the attacking group:
 - They are not allowed to 'knock down' the ball, if they do, it counts as a tag.
 - The object for the team without the ball is quite simple, avoid being tagged!
 - If they go outside of the deemed boundaries, they also become apart of the defending group.

HINTS + TIPS FOR SUCCESS...

- Again a good idea to run the activity twice and in between ask each team what they thought worked well when they had the ball, for example working as a team to 'corner' opposition members!!
- To extend this activity, tagged participants instead of 'building up', they stand out of the square, each time the participants make a mistake i.e. drop ball, then a participants gets to come back into the square.

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Tag Ball

Tag Ball - Progression

WHO CAN PLAY?

All AGES

HOW MANY?

Unlimited 15 – 40 participants, is ideal.

EQUIPMENT

1-2 Balls
4 Cones

DEVELOPMENT FOCUS

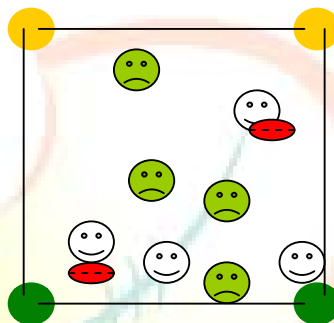
Communication; Passing;
Teamwork; Spatial
Awareness;

THE GRID...

- Same as for Tag Ball with size determined by the number of participants.

HOW IT WORKS...

- See the Tag Ball explanation.



PROGRESSIONS...

- Introduce a second ball ! This makes it harder for both teams.
- Introduce the activity to be done in teams. As a participant of one team is tagged, they are out and stand on the outside of the grid. The team with the most participants after a set time wins.
- Using the above idea, introduce a rule so that every time the team with the ball drops it, one of the participants from the other team that had already been tagged gets to go back in.
- A 3 second rule similar to netball → participants with the ball can only hold it for a maximum of three seconds!!
- A combination of these rules can be used to progress the tag-ball game!!

HINTS + TIPS FOR SUCCESS...

- Dependant on the skill level of the participants, you might go straight to some of these progressions.
- Highly recommend - the two ball progression! It supplies the real need for communication, and if you find they are handling it fairly well, just add an additional ball or two!

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Tag Ball - Progression

Red Rover - Linked

WHO CAN PLAY?

All AGES: Although for younger participants, Octopus is recommended

HOW MANY?

Unlimited

EQUIPMENT

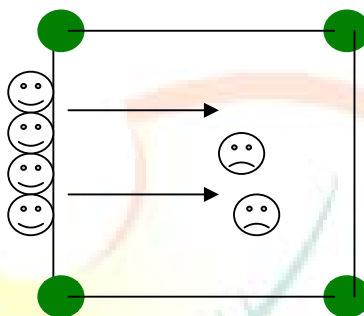
4 Cones

DEVELOPMENT FOCUS

Communication; Effecting a Touch; Evasive Skills; Defence Skills & Attacking Decision making.

THE GRID...

- The grid should be in a square or rectangle shape, the more people the larger the square



HOW IT WORKS...

- This is basically the commonly known game of Red Rover with a twist!!
- Initially, one or two people should be 'it', they then call over a particular class of people (i.e. all participants wearing white shoes), these participants then are trying to get across without being tagged!
- As soon as one of the participants is tagged or gets across, the rest of the group is allowed to go!
- Once a participant is tagged they are allowed to try and tag other participants straight away
- THE TWIST...
 - Once there are approx. 4-5 participants that are 'it', make the participants in the middle hold hands and introduce the rule that they can only effect a tag if they are all linked!
 - Generally, in the beginning all the participants link up, however if they are not having success, split them into smaller groups.
 - Once the majority of people are caught, they will figure out that all they have to do is spread out across the entire field.

HINTS + TIPS FOR SUCCESS...

- A good game to play as a warm-up either once or twice and also, through the linkage, a good way that the participants learn teamwork skills and principles of sliding defence.
- Questioning both throughout and at the end of this activity is critical in drawing out the necessary concepts you are looking at with this activity. Examples of questions to the defending or 'it' participants – ask them to come up with a team tactic to catch the other participants, continue to ask them how they can work better as a team and catch more people. For the attacking group, discuss with them what tactic they can use collectively to force the defence to break their line.

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Red Rover - Linked

Three - Way Passing

WHO CAN PLAY?

ALL Ages

HOW MANY?

Unlimited

EQUIPMENT

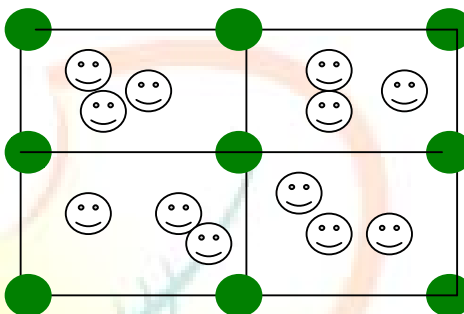
1 Ball per 3
participants
3 Cones per 3

DEVELOPMENT FOCUS

Balanced Passing;
Catching; Communication
& Anticipation of moving
onto the Ball

THE GRID...

- Each grid should be approx. 4m x 4m, one square per three participants



HOW IT WORKS...

- The object of this activity is simply for the participants to keep moving the whole time while passing it to each other within the small square!
- Rules: Participants need to **KEEP MOVING!** This activity is designed to work on communication, balance when passing on the move and anticipating where a participant is to run on to the ball.
- Three participants per square.
- The activity should go for a maximum of 60 seconds at a time.
- The activity can be run 2-3 times in any one session → if it is run multiple times in the same session mix the groups of three up!

HINTS + TIPS FOR SUCCESS...

- Encouragement is the key to this activity!
- As participants get tired they will need more and more encouragement so make sure that as a Leader you are very vocal!
- An extension is to place two groups in the same grid, this makes it a bit more chaotic and teaches participants to communicate as well as increases their peripheral vision

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Three Way Passing in Grids

Dodgeball

WHO CAN PLAY?

ALL Ages

EQUIPMENT

4 Cones

2-5 Balls

DEVELOPMENT FOCUS

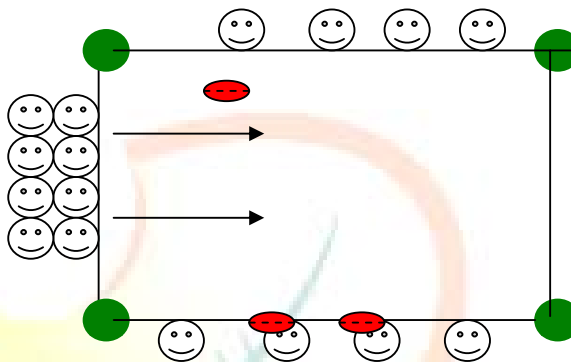
Communication; Catching;
Evasive Skills; Passing

HOW MANY?

Unlimited – best with more than 8

THE GRID...

- The grid should be a rectangle, the more people the larger the area needs to be!



HOW IT WORKS...

- Participants should be divided into two teams → the game is basically a version of poison ball, which is a common game that is used at school.
- To start the game, the team that is 'it' should stand on opposite sides of the rectangle, see grid above, and the team trying to stay in should start on one side of the rectangle, again see grid above.
- On the whistle, the team that is not 'it' should have to complete one lap of the field (i.e. just get across to the other side) from there they are allowed to go wherever they want in the rectangle.
- The game should be run for two minutes and then swap the teams over
- Rules:
 - If a participant in the middle catches a ball, they can bring one of their team-mates back in
 - Only underarm throws should be allowed, and try to get participants to do touch passes!

HINTS + TIPS FOR SUCCESS...

- This is a fun game and can be quite entertaining! If you find a team doing quite well, simply add in more balls to the grid!

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Dodgeball

Touchdown Invaders

WHO CAN PLAY?

All AGES

EQUIPMENT

4 Cones

DEVELOPMENT FOCUS

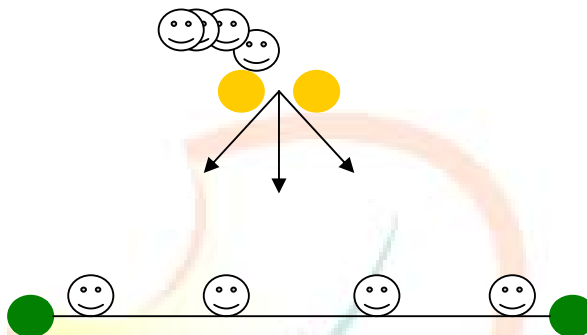
Communication; Running into Gaps; Teamwork; Effecting a Touch

HOW MANY?

Teams of 4-8

THE GRID...

- 4 Cones, defenders on the line, attackers start in between the yellow coned gate!



HOW IT WORKS...

- The attackers start out behind the yellow cones while the defenders spread themselves out along the line in between the green cones.
- The attackers simply have to get across the line without being touched.
- Each time they get across they score one point for their team.
- Defenders are not allowed to move off the line, only go sideways across it.
- If an attacker is touched or gets a point they can re-enter the game by coming back around through the gate.
- Run the attackers for a certain time period (a suggestion is 60seconds) then swap the teams over!

HINTS + TIPS FOR SUCCESS...

- If you have more than two teams, have the third team sit behind the touchdown line, and as the attackers come through they tag a member of that team and they stand up to keep score.
- A good idea is to run the activity once and then discuss the principles of working as a team in defence and then run the activity again → when discussing, try to use leading questions so as to get the participants involved, that way they will feel like they are taking ownership of the problem and providing their own solution!
- In terms of grid setup, for 6 defenders, the whole width of the field can be used, however, use your judgment for this as if you have younger participants, it is a good idea to reduce the width a bit so as to ensure the game is competitive.

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Touchdown Invaders

Touchdown Invaders with ball

WHO CAN PLAY?

All AGES

HOW MANY?

Teams of 4-8

EQUIPMENT

1 Ball

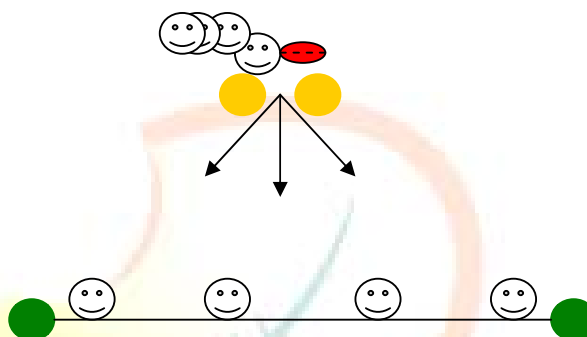
4 Cones

DEVELOPMENT FOCUS

Communication; Running into Gaps; Teamwork; Effecting a Touch &

THE GRID...

- 4 Cones, defenders on the line, attackers start in between the yellow coned gate!



HOW IT WORKS...

- This is merely an extension of Touchdown Invaders.
- The attackers also have a ball now, and they may pass the ball between themselves.
- If the ball gets across the line (note attackers cannot pass the ball over the line, they must run it across the line) it is worth 5 POINTS!!
- Attackers without the ball who get across the line still get one point.
- Other rules remain the same, again each team should have a time limit of approx. 60 seconds.

HINTS + TIPS FOR SUCCESS...

- If you have more than two teams, have the third team sit behind the touchdown line, and as the attackers come through they tag a member of that team and they stand up to keep score
- Again run the activity once, and note how the teams use the ball, most times you will find that the attackers seem to be only interested in getting the ball across the line, take the opportunity to remind them that each participant that gets across is also worth one point, and that if people without the ball are trying to get across, there is much more of a chance of getting the ball across as the defenders will be distracted!!
- A good opportunity to run an analogy with participants having to work 'off the ball' in a game, i.e. run onto the ball and hitting the gaps.
- For the defence remind them that all the attackers can score, so they need to communicate & maintain a line defence.

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Touchdown Invaders with Ball

Chain Defence

WHO CAN PLAY?

All AGES

EQUIPMENT

1 Ball

DEVELOPMENT FOCUS

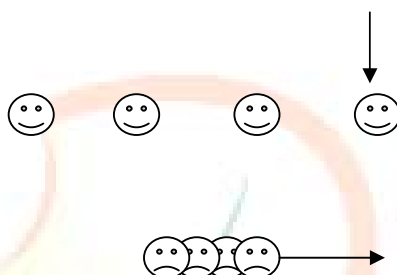
Communication;
Teamwork, Sliding
Defence.

HOW MANY?

Unlimited

THE GRID...

- Separate the participants into two teams, and have them lining up against each other



HOW IT WORKS...

- One team is nominated as 'attackers' and the other team as 'defenders'.
- The defenders should hold hands or link arms.
- The attackers have the ball and should spread out however throughout the drill they remain stationary!
- On the Leaders whistle the attackers pass the ball between themselves, to start of with they should only be allowed to pass down the line, however as the activity progresses they should be encouraged to use cut-out passes and switch the direction of the play.
- The object of the linked defenders is to keep the ball in direct line with their middle participants.
- For example if the attacking participant on the RHS has the ball, the defenders will have to shuffle across to the right.
- Run the activity for approximately 30-60 seconds then swap the teams over.

HINTS + TIPS FOR SUCCESS...

- If you find the defenders are not talking or communicating to each other about which way to shuffle, get them to nominate a 'leader' who has to make the calls! Each participant should get the opportunity to be a leader!
- Again, make sure a game analogy is used at some point, for example ask them, why do you think it is important everyone slides across? Then compare it to a game and even make a comparison between Touchdown Invaders how it is important to slide across to ensure there are no gaps.

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Chain Defence

Beach Touch

WHO CAN PLAY?

ALL Ages

EQUIPMENT

6 Cones

1 Ball

DEVELOPMENT FOCUS

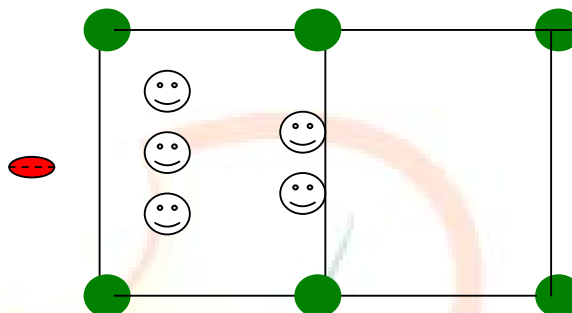
Game Skills

HOW MANY?

4 - 8 per team depending on the numbers in your grids.

THE GRID...

- The grid is a small field; it is 30m long and 15m in width.



HOW IT WORKS...

- Beach Touch is a modified version of ordinary Touch.
- Ordinary touch rules apply with a few exceptions as listed below:
 - The game is played in a 3-on-2 format (3 attackers, 2 defenders).
 - Each time an attacker gets touched they simply tap the ball on the ground and then they MUST pass it (they are not allowed to tap and run).
 - There are only FOUR touches per team.
 - There is no 6-again, if the defence manage to knock the ball down it is a turn-over.
 - Onside is only 3m NOT 5m.
 - After a touchdown the defending team restarts from their scoreline and can commence their attack as soon as they like. They do not have to wait for a whistle or signal to re-commence.
- Other basic touch rules apply!

HINTS + TIPS FOR SUCCESS...

- Run the game in two five minute halves initially to see how the participants go!
- If teams are struggling to make ground, extra touches might be an option (i.e. both teams get 7 touches).
- It is also a good idea to number the participants within a team from 1 – however many. Then they sub on and off in the game giving fair and equal opportunity to all of the participants.
- It is a good idea to have run the Three-on-Two activity before going into Beach Touch as the participants will have more of an idea of where to run and create gaps.
- Also while Beach Touch is generally played on sand, grass is just as good a surface!
- Lastly, if the participants are old enough, get them to either referee or help to referee if they are not playing → for example if the participants are a bit young to referee by themselves, maybe they can help pick out forward passes!

DVD Demonstration: Practical Ideas for Fun Activities → Section B → Beach Touch