

Section C: Individual Challenge Activities

Section C activities are excellent activities for teaching participants basic skills and concepts in a competitive yet fun environment. Section C activities are individually based and this allows Leaders more opportunity to give feedback and attention to participants. It also allows participants to challenge themselves and build confidence in their abilities.

These activities, while best suited to a younger age group (5-14) can be easily modified to accommodate higher skill levels or older age groups. All the activities in Section C are easily modified by moving a cone 1-2 metres or giving head starts for individuals that might not necessarily 'win' one on one contests. Section C activities maybe used from Session 2 onwards in the AusTouch program.

Under the Pump, Malcolm in the Middle, Cat & Mouse, Shootout, Three-on-two Positions are all activities that have emphasis on running onto the ball and scoring touchdowns under pressure. It is recommended that the Shootout is done before the Three-on-two Positions.

The Touchdown game and Getting Onside teach the basic skills of scoring a touchdown and effecting the touch. These activities are also good to use to teach participants how to dive in a simulated game situation. Once participants understand scoring a touchdown, the focus in these activities can move more to how to properly defend, in particular the Getting Onside activity can be used to teach participants how to go backwards and what directions to go.

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Under the Pump

WHO CAN PLAY?

All Ages. Some background in using these skills is recommended.

EQUIPMENT

1 Ball
5 Cones

DEVELOPMENT FOCUS

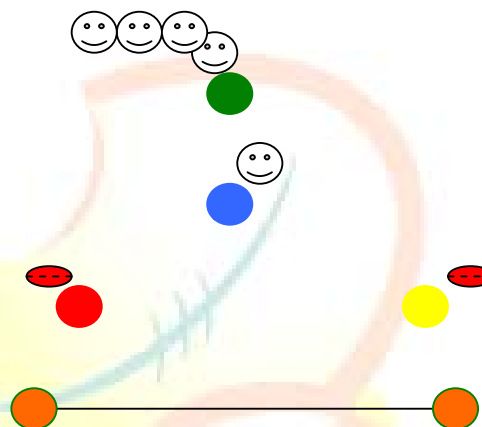
Catching & Controlling the Ball under Pressure; Speed and Evasiveness & Defensive Skills.

HOW MANY?

Ideally 6 – 14 participants for each Grid

THE GRID...

- Participants line up on green cone, Leader on yellow cone; touchdown line is between the two orange cones; red cone is for the progression.



HOW IT WORKS...

- Participants undertake this activity in pairs.
- The first participant in the line moves up to the blue cone (which should be placed approx. 1-2m in front of the green cone)
- When the Leader shouts 'Go', the participant on the blue cone (the attacker) starts running forward as does the front person on the green cone (the defender).
- The Leader passes the ball in front of the attacker who catches it and then tries to score between the two orange cones.
- The defenders job is to try and make the touch before the attacker scores.

HINTS + TIPS FOR SUCCESS...

- An extension here is to add a second Leader on the LHS of the grid (see the red cone) and have the ball coming from either the left or the right hand side (i.e. both Leaders have a ball and the attacker is not sure where it is coming from!).
- Give feedback throughout the activity to the participants to help improve their chances of scoring or making a touch. Be very positive with both aspects.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Under the Pump

Under the Pump – Progression

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

2 Balls
5 Cones

DEVELOPMENT FOCUS

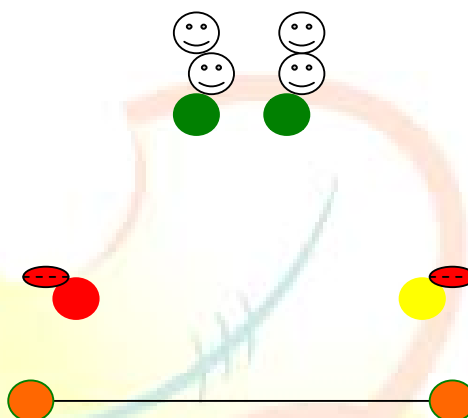
Catching & Control under Pressure; Adjusting to Unpredictable Situations, Effectiveness & Defensive.

HOW MANY?

Ideally 6 – 14 participants for each Grid

THE GRID...

- Participants line up behind the green cones, Leader/s on yellow cone and/or red cone; and touchdown line is between the two orange cones



HOW IT WORKS...

- Participants undertake this activity in pairs; note that this extension works best if there is a Leader is on both the red and yellow cone!
- On the Leader's instruction 'Go', the front participants in each line begin running.
- The Leader on either the red or yellow cone passes the ball to one of the participants, the participant with the ball (attacker) then has to score before the other participant (defender) touches them.
- Each participant should go through at least twice and ideally should get a turn at being attacker and defender → this activity, including the original Under the Pump can be run for approximately 5-10minutes!

HINTS + TIPS FOR SUCCESS...

- The Leaders should try and work out who they are going to pass to before the participants go, using some type of signalling. The Leaders should not be afraid to try and 'trick' the participants by throwing a dummy!
- Encourage participants to be creative in avoiding being touched by the defender.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Under the Pump - Progression

Touchdown Game

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

1 Ball
6 Cones

DEVELOPMENT FOCUS

Speed; Evasiveness;
Effecting the Touch;
Scoring.

HOW MANY?

Ideally 15 – 30 participants.



THE GRID...

- Participants line up behind the green cones with the touchdown zone being between the red cones, which should be about 1 metre apart. The yellow cones are for the progression.



HOW IT WORKS...

- Designate one line as attackers and one line as defenders.
- The attackers start with the ball.
- Upon the Leaders whistle, the attacker and the defenders run up and around the green cone directly in front of them.
- Once they are around the green cone, the attacker is trying to score a touchdown between the two red cones while the defender is trying to effect the touch!
- Each participant should get the opportunity to be an attacker and defender before moving onto the progression.

PROGRESSION...

- Move the green cones to where the yellow cones are situated in the grid above, note that the attackers are positioned on the LHS, defenders on the RHS.
- The progression should make it easier for the defenders, BUT it also allows the attackers an opportunity to wrong foot the defenders and step around them.
- Again each participant should get an opportunity at being attacker and defender.

HINTS + TIPS FOR SUCCESS...

- Encourage the participants to be creative and use their evasion skills when they are an attacker.
- Defending participants will often dive before being prompted to, so encourage them to do it safely.
- This activity can be used coupled with the skill of diving, by using sand or gym mats for the participants to land on. Simulating more of a game situation to practice diving, while eliminating the chances of injury.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Touchdown Game

Getting Onside

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

2 Balls
5 Cones

DEVELOPMENT FOCUS

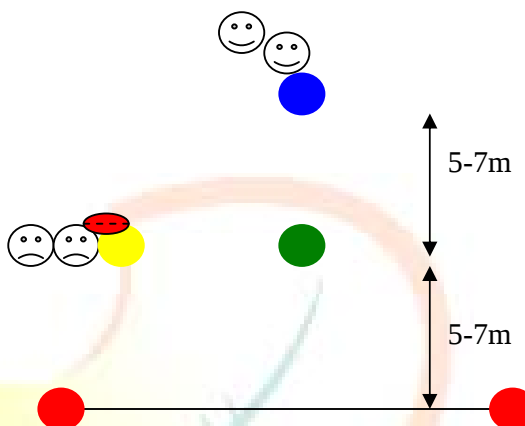
Speed and Evasiveness;
Effecting the Touch;
Scooping; Getting onside.

HOW MANY?

Ideally 15 – 30 participants.

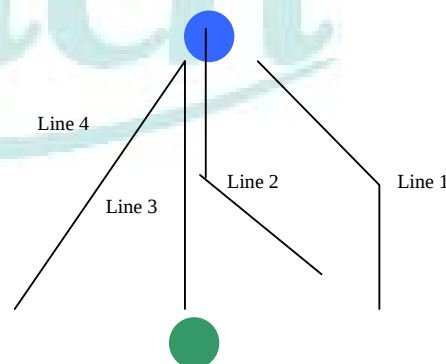
THE GRID...

- Attackers should be behind the blue cone, and defenders behind the yellow cone. The touchdown zone is in between the red cones. This activity can be used in the same grid as the Touchdown with 3 additional cones.



HOW IT WORKS...

- The defenders start with the ball, they go sideways to the green cone, then forwards to the blue cone where they PLACE the ball in front of the attacker (N.B: PLACE not DROP!).
- Once the ball has been placed in front of the attacker, the object for the attacker is to scoop up the ball and then score a touchdown without being touched.
- The defender, before they can touch the attacker must retreat back so they are in line with the green cone.
- It is very important that the defender once they have chosen to go backwards a certain direction cannot then change direction. i.e. if they start going backwards on a 45° angle, they cannot change halfway to a 90° angle before they have reached the green cone.
- See the diagram to the right – Line 3 and 4 is acceptable, the defender goes back all the way in a straight line, Lines 1 and 2 is unacceptable as the defender is changing direction within the 5m, lines 1 and 2 should result in a penalty to the attacking side → this is probably the most important point out of this activity!
- Very important to emphasise this point to the defenders!



HINTS + TIPS FOR SUCCESS...

- Encourage the participants to be creative and use their evasion skills when they are an attacker.
- The Leader should play the role of a referee and call the participant back to the onside position.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Getting Onside

Malcolm in the Middle

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

4 Balls
16 Cones

DEVELOPMENT FOCUS

Acting Half Pass; Roll Ball;
Skill Development under Pressure.

HOW MANY?

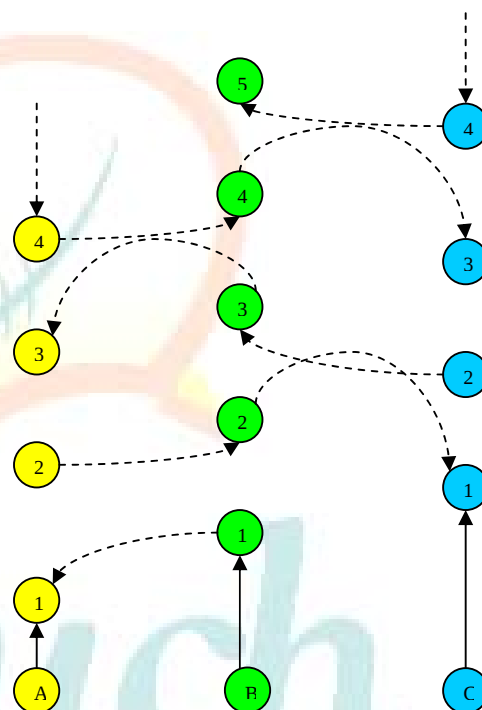
Ideally 15 – 30 participants.

THE GRID...

- Lots of Cones ... Three lines behind Cones A, B and C, balls on all the Cones in the middle row except Cone 5, about 5-10m between each cone!

HOW IT WORKS...

- The participant in the middle cones is 'Malcolm in the Middle'.
- Malcolm runs up to each cone and passes the ball from the ground, alternating passing to the participant on the left and to the participant on the right.
- The participants on the outside cones, receive the ball, they then run up and performs a roll ball on the cone in front of them. They realign to where they received the ball and run onto the next pass.
- For example, Malcolm runs up to Cone 1, and passes to the participant on the LHS who should receive the ball when they are on or near Cone 1, the participant on the LHS then runs up and performs a roll ball on Cone 2, goes backwards to Cone 1, then runs onto the next pass from Malcolm and dumps on Cone 4, before going backwards to Cone 3.
- After Malcolm has passed the last pass to the RHS, Malcolm goes to Cone 5 and turns around and receives a pass from the participant in Line C from Cone 4. Malcolm then performs a roll ball on their Cone 4, the participant in Line A then passes to Malcolm who roll balls on Cone 3.
- Ensure each participant gets to be Malcolm in the Middle.



HINTS + TIPS FOR SUCCESS...

- Encourage participants to do this activity as fast as possible, to extend their skills.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Malcolm in the Middle

Cat and Mouse

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

1 Ball
4 Cones

DEVELOPMENT FOCUS

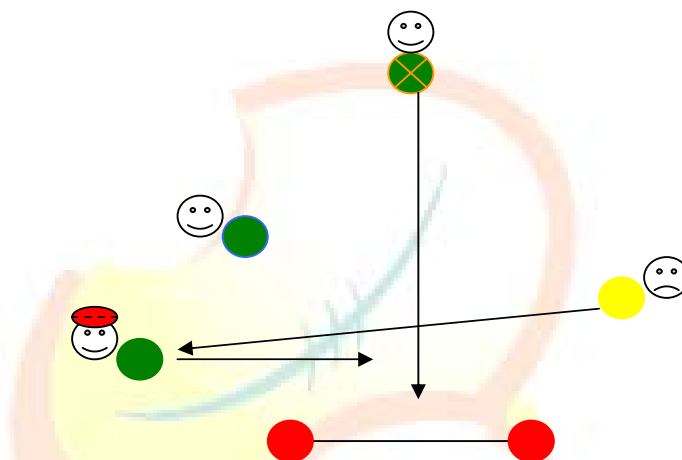
Speed and Evasiveness;
Effecting the Touch;
Scoring; Passing Skills.

HOW MANY?

Ideally 6 – 16 participants per grid.

THE GRID...

- Attackers on the green cones and the defender on the yellow cone, touchdown line in



HOW IT WORKS...

- On the Leader's whistle, the ball is passed down the line of attackers.
- The third attacker is allowed to start behind the cone if they desire and run onto the ball as it arrives at their cone.
- The third attacker is attempting to score a touchdown between the two red cones.
- After the whistle, while the attackers are passing the ball. The defender on the yellow cone runs over to the attacker on the first green cone, gives them a 'high five', then attempts to touch the attacker before they score a touchdown.

HINTS + TIPS FOR SUCCESS...

- The third attacker should be encouraged to start a bit behind the cone and run onto the ball → this increases their chance for a touchdown.
- Rotate the participants around one spot at a time with the person who attempted the touchdown dropping out each time (i.e. have a line behind the defenders cone!).

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Cat 'n' Mouse

Shootout 1

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

1 Ball
4 Cones

DEVELOPMENT FOCUS

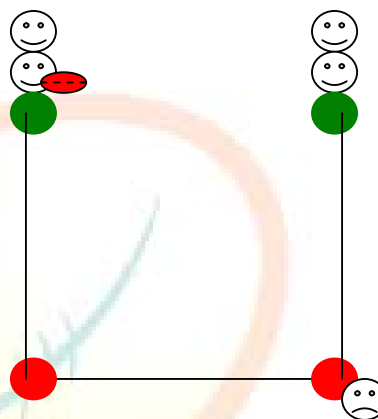
Attacking & Defensive Skills in a modified Game Situation.

HOW MANY?

Approx 9-15 participants per grid.

THE GRID...

- Attackers on the green cones, the defender starts on the red cone opposite the attacker who has the ball (i.e. if the ball starts on LHS, defender starts on RHS).



HOW IT WORKS...

- On the Leader's whistle, two attackers run forward and attempt to score between the two red cones.
- The defender tries to prevent the touchdown.
- Attackers should be running straight and scoring almost all the time.
- Rotate through defenders every 30seconds or so and continue the activity until all the participants have had an opportunity to defend.
- About halfway through, start the ball on the other side (therefore the defender also starts from the opposite side) so that participants practice passing on both their good side and their not so good side!

HINTS + TIPS FOR SUCCESS...

- If there are any spare participants, involve them in the grid as referees, looking for forward or late passes!
- Also try and give feedback to the attackers as they go through the grid, i.e. try and run a bit harder towards the touchdown line to draw the defender.
- Encourage the attacking participants to be creative in trying to score their touchdown.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Shootout 1

Shootout - Progression

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

1 Ball
6 Cones

DEVELOPMENT FOCUS

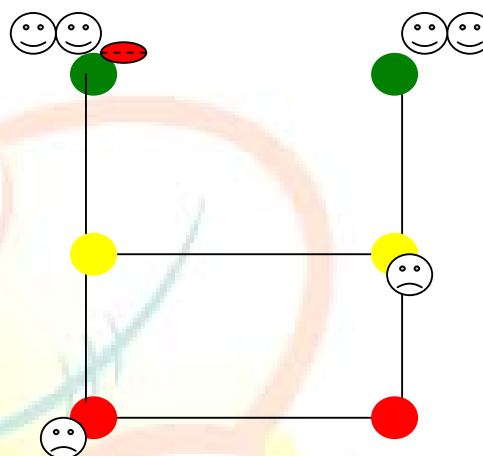
Attacking & Defensive Skills in a modified Game Situation.

HOW MANY?

Approx 9-15 participants per grid.

THE GRID...

- Attackers on the green cones, the first defender starts on the yellow cone opposite the attacker who has the ball (i.e. if the ball starts on LHS, defender starts on RHS), second defender starts on the other side.



HOW IT WORKS...

- Basically an extension of the shootout, but this time we have two defenders to get past.
- The first defender, on the yellow cones, is only allowed to move sideways across their line.
- The second defender cannot move off their cone until the attackers get past the first defender.
- Both defenders are trying to prevent the touchdown; if the first defender achieves success, the attackers go back to the start!

HINTS + TIPS FOR SUCCESS...

- This can be turned into a competition.
 - Participants in the session pick a partner.
 - Two pairs go up against each other.
 - Give each pair a time limit to score as many touchdowns as they can, i.e. each pair has 2 minutes to go through the grid and score as many touchdowns as possible.
 - The winning team is the team that scores the most touchdowns!
- Again try and give feedback to the attackers as they go through the grid.
- The Leader should use questioning to establish how more success could be achieved in both attack & defence.
- Also involve non-participants as referees where possible!

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Shootout Extended

Three on Two

WHO CAN PLAY?

ALL Ages. Some background in using these skills is recommended.

EQUIPMENT

1 Ball
5 Cones

DEVELOPMENT FOCUS

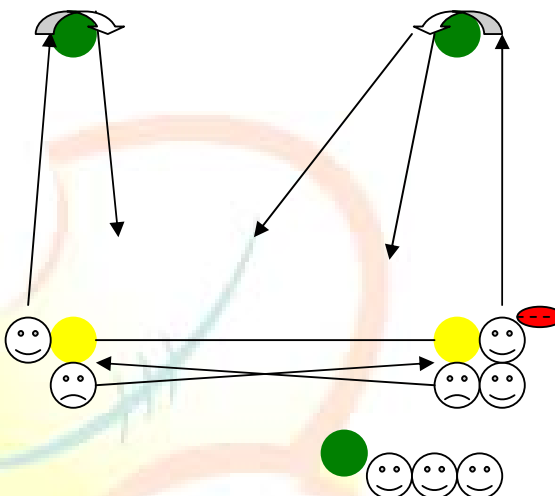
Simulated Game Situation working on both Attack & Defensive Skills.

HOW MANY?

Approx 10 – 30 participants per grid.

THE GRID...

- Participants should line up on the green cone, then two attackers and one defender move to one of the yellow cones and one defender and one attacker moves to the other yellow cone.



HOW IT WORKS...

- On the whistle the defenders run around the opposite yellow cone and the attackers run around the green cones in front of them.
- The attackers are then looking to score a touchdown in between the yellow cones while the defenders are trying to stop them.

HINTS + TIPS FOR SUCCESS...

- Continuous feedback is really important in this grid, try and take the opportunity to speak to each group of attackers as they come through the grid.
- This activity aims to build upon other activities which have taught the participants to run onto the ball, evasive skills, decision making & defensive skills.
- Questioning will assist the participants in improving progressively throughout the activity.
- Again involve non-participants as referees where possible!

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Three on Two

Sticky Glue

WHO CAN PLAY?

ALL Ages.

EQUIPMENT

4 Cones

DEVELOPMENT FOCUS

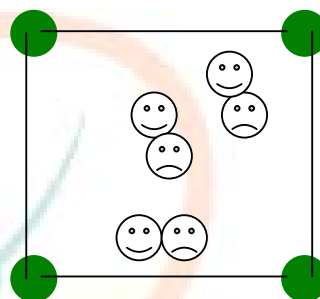
Speed and Evasiveness; Defensive Awareness; Vision.

HOW MANY?

Groups of 2, up to 10 - 30 participants per grid

THE GRID...

- A 10m x 10m square, participants are put into pairs, and each pair is split into an attacker and defender. They start the activity next to each other.



HOW IT WORKS...

- On the whistle the attacker runs around the square trying to 'lose' their defender.
- The defender is not allowed to grab the attacker or block them in any way.
- The Leader should let the participants run around for approx. 15-30seconds before blowing the whistle.
- The object for the defenders is to stay within arms length of their attacker!

EXTENSION...

- Make the square a bit larger (say 15m x 15m) and have defenders and attackers lie on the ground next to each other about 2m apart.
 - o Upon the instructors whistle the attacker and defender get up and the attacker tries to avoid being touched by the defender for a period of time (say 30 seconds).

HINTS + TIPS FOR SUCCESS...

- This activity is good for working on the concept of what participants should do in the situation of an acting half scoop.
- This activity only takes a short time, so it can be used as a warm-up activity or as a time filler, while a Leader transitions into a new activity.

DVD Demonstration: Practical Ideas for Fun Activities → Section C → Sticky Glue