

Section D: Ball Handling Activities

Section D activities are fun and build on the skill of passing, particularly passing under pressure. The activities move through from unstructured passing grids to more structured touch orientated passing grids. The activities are also good for teaching participants decision making skills.

The majority of the activities are suited to the younger or lower level participants to be used early in the AusTouch program. However passing games such as Clapball and Water Bottle Elimination can be used for all levels as a fun activity. Five-20 and Altering Line Passing are also suitable for older ages as they teach communication, space awareness and decision making skills.

Water Bottle Elimination, Piggy in the Middle and Clapball should be taught in the earlier sessions. These activities are more unstructured passing and if taught early on, Leaders will find that participants will use these games in spare time or at the start of a session or even outside of AusTouch sessions.

Altering Line Passing, Five-20 and Truck'n'Trail are more complicated activities and focus more on structured passing and maybe introduced more in the middle sessions of the AusTouch program.

Contents:

- 1. Water Bottle Elimination**
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- 11. Flags Race**

Water Bottle Elimination

WHO CAN PLAY?

All AGES & Levels

HOW MANY?

At least 2...

EQUIPMENT

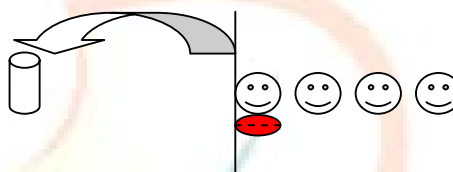
1 Ball
1 Water Bottle
1 Cone

DEVELOPMENT FOCUS

Passing; FUN; Judging
Distance & Strength.

THE GRID...

- Participants line up behind a cone.
- Water bottle placed directly in front of participants (3m+ away).



HOW IT WORKS...

- The front person in the line passes the touch ball aiming to hit the water bottle, if successful, they are deemed 'safe', if not, they may be eliminated.
- The next participant passes the touch ball, if they hit, and the participant who just had their turn and missed, is eliminated.
- Continue until there is a 'Water Bottle Elimination' Champion.

HINTS + TIPS FOR SUCCESS:

- Set the water bottle an appropriate distance, not too short but not too far either, a good distance to start for beginners is 5m.
- As participants improve their passing, set the water bottle further away each time a new game is played.
- Make sure participants are using a 'touch pass', not an underarm throw or ditching the ball at the water bottle!
- Keep the participants eliminated involved, they can stand behind the water bottle and collect the balls, making sure the game continues at a rapid pace.
- If you are playing with youngsters (Years 4-7), a prize could be used.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Water Bottle Elimination

Double Water Bottle Elimination

WHO CAN PLAY?

All AGES & Levels.

HOW MANY?

At least 2...

EQUIPMENT

2 Balls (min)

2 Water Bottles

2 Cones (Marked lines can
be used instead of cones)

DEVELOPMENT FOCUS

Passing; Teamwork; FUN;
Judging Balance & Strength.

THE GRID...

- Teams line up behind a line or a cone.
- 1 Water Bottle placed directly in front of each team (3m+ away).



HOW IT WORKS...

- This is an extension of the water bottle elimination grid, except this time we have two teams.
- The teams take it in turns passing the touch ball trying to knock over the opposite water bottle.
- The same elimination rules apply, i.e. if Participant 1 from Team A misses, and Participant 1 from Team B hits, then Participant 1 from Team A is eliminated and Participant 1 from Team B is safe!
- Continue until there is a champion team!

HINTS + TIPS FOR SUCCESS...

- Similar to the water bottle elimination, set the water bottles an appropriate distance away from each other → see the other water bottle elimination tips.
- Encourage participants to support their team BUT discourage participants from putting down members of the opposite team!
- If one team is doing quite well compared to the other there are two options:
 - Mix up the teams.
 - For the team that is doing well, move their water bottle further away!

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Double Water Bottle Elimination

Clapball

WHO CAN PLAY?

All Ages & Levels.

EQUIPMENT

1 Ball

DEVELOPMENT FOCUS

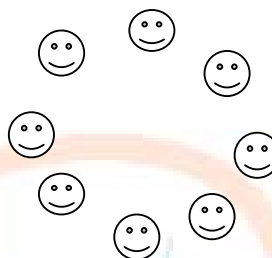
Passing; Peripheral Vision;
Reflexes; FUN.

HOW MANY?

At least 2
4-12 participants are
ideal per grid.

THE GRID...

- Participants simply form a circle.



HOW IT WORKS...

- Clapball is basically a passing elimination game with the following rules:
 - Participants must clap before they catch the pass.
 - If a participant does not clap, claps and drops the ball, or merely drops the ball, the participant is eliminated.
- Participants may also 'fake' to pass → there should be a limit of two 'fakes' each time a participant gets the ball.
 - If a participant 'fakes' and someone claps thinking that they were about to pass it, the participant who claps is out.
- You cannot pass to the participant next to you until there are only four participants left (Although you can pass back to the participant that passed it to you).
- If a participant passes a 'bad pass' then they are out.
 - A bad pass may be someone throwing it too hard, throwing the ball at someone's feet or too high or in between participants...it is the Leaders judgment call!
- Continue until there is one participant left.

HINTS + TIPS FOR SUCCESS...

- Involve the participants in any decision about bad passes!
- Encourage quick ball movement (the faster the participants pass the more fun).
- If there is a large group, as participants get eliminated from one game, start up another game, that way you keep everybody interested and they are not waiting for another turn!

EXTENSION...

- Use two touchballs!!
 - The only hint here is to be wary of participants ganging up on someone on purpose and throwing both balls at them at once! This will happen during the game but just make sure there is no 'collusion'!

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Clapball

Piggy in the Middle

WHO CAN PLAY?

All Ages & levels.

EQUIPMENT

1 Ball

DEVELOPMENT FOCUS

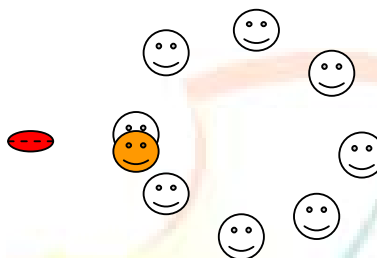
Passing under pressure;
Peripheral Vision; Reflexes;
Catching; Anticipation.

HOW MANY?

At least 4-8 for best
results

THE GRID...

- Participants simply form a circle.



HOW IT WORKS...

- One participant is nominated to be the 'piggy in the middle'.
- For a set period of time (30secs → 1min) the 'piggy' has to chase around trying to knock down or catch the ball **ALTERNATIVELY** each time the piggy knocks the ball down or caught the ball. The person who 'let' the piggy knock the ball down becomes the piggy.
- The participants who are in the circle have the ball and pass it to each other around the circle trying to keep it away from the piggy.
- The piggy cannot knock the ball out of the participants hands.
- Set a time limit for holding the ball (i.e. similar to netball, 3 second limit).
- Rotate participants so everybody gets a turn to be the 'piggy'
- As an alternative that maybe used could be every time the piggy gets a 'knockdown', catches the ball, the ball goes to ground or someone holds it for longer than 3 seconds, the piggy gets a point.

HINTS + TIPS FOR SUCCESS...

- Encourage participants to pass the ball quickly.
- Encourage the 'piggy' in the middle to keep going, 30 seconds does not seem like a long time but it sure will wear them out!
- If there is a large group, split them into two groups, and try to limit each group to about five to eight participants.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Piggy in the Middle

Three Piggies

WHO CAN PLAY?

All AGES & Levels.

EQUIPMENT

1 Ball

DEVELOPMENT FOCUS

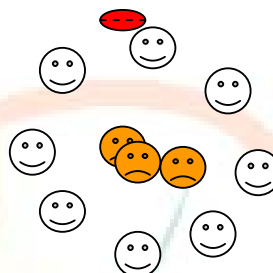
Passing under pressure;
Peripheral Vision; Reflexes;
Catching; Anticipation.

HOW MANY?

7+

THE GRID...

- Participants simply form a circle.



HOW IT WORKS...

- This is an extension of 'Piggy in the Middle'.
- This time we have three 'piggies' in the middle.
- The activity works in a similar vein as 'Piggy in the Middle', simply set a time limit for each group of pigs, while the participants left in the circle pass it around trying to keep it away from the 'piggies'.
- The participants on the outside of the circle are permitted to be in motion, while still maintaining a circle shape.
- Again set a time limit for holding the ball.
- Rotate participants so that everyone gets an opportunity to be in the middle. Also ensure that participants are in the middle more than once, with different groups (i.e. instead of swapping over all three in the middle, perhaps only swap over two at a time!).

HINTS + TIPS FOR SUCCESS...

- Encourage participants to pass the ball quickly → this is even more important now that there are more participants in the middle.
- Encourage the participants in the middle to work together → if after a couple of groups have gone, the participants in the middle are not working as a team, stop the game and ask a couple of 'leading questions' such as 'Who thinks it is easier to pick out a participant to pass to if all the piggies are coming towards the participant with the ball or if they spread themselves out a bit?'
- For this activity, the more the merrier. If there is too small a group there will not be enough participants on the outside of the circle!

DVD Demonstration: Practical Ideas for Fun Activities → Section D → 3 Piggies

Truck 'n' Trail

WHO CAN PLAY?

All AGES & some background skills are recommended.

EQUIPMENT

1 Ball
4 Cones

DEVELOPMENT FOCUS

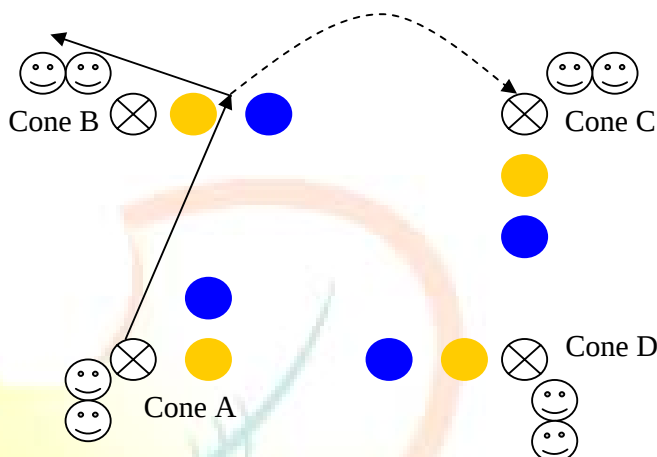
Passing; Peripheral Vision;
Catching; Concentration.

HOW MANY?

5-16 participants per grid.

THE GRID...

- 4 Cones arranged in a square, these are referred to as A, B, C & D in the grid layout.
- 2-4 participants per cone for best results although you can have more.



HOW IT WORKS...

- The ball starts on one of the Cones, say Cone A.
- The front participant from Cone A passes the ball from Cone A to a participant at Cone B.
- Then follows the ball running towards Cone B.
- The participant on Cone B (with ball) passes (short pass) to the participant from Cone A.
- The participant from Cone A then runs through the blue and yellow cones and passes a long pass to the participant on Cone C.
- Once they have passed to the person on Cone C, the participant from Cone A then joins the line on Cone B.
- The same process continues around the square involving all lines.
- The two keys are:
 - The participant who just passed the ball then joins the line at the Cone from which they received the short pass and then passed a long pass.
 - The participant who caught the ball, once they pop it up, then runs to the next cone where they will receive the ball and pass it.

EXTENSIONS...

- Once the participants have the hang of it and they have been going well for a while, change the passing direction, i.e. if they had been passing from Cone A to Cone B, they will then be passing in the direction from Cone A to Cone D.
- Introduce a second ball, the balls should start at opposite ends i.e. one ball on Cone A and one ball on Cone C, and should be passed in the same direction!

HINTS + TIPS FOR SUCCESS...

- This activity takes a lot of concentration for the participants, so a Leader should introduce this activity towards the end of the AusTouch Program & to a group that has an intermediate skill level. It provides a challenge!

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Truck 'n' Trail

Line Passing

WHO CAN PLAY?

All AGES, some background passing skills are recommended.

HOW MANY?

6 participants – 30, varying the number of cones involved.

EQUIPMENT

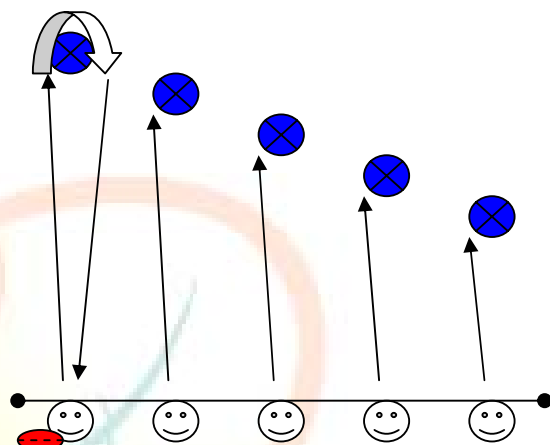
1 Ball
2 Cones per participant or line.

DEVELOPMENT FOCUS

Passing while running; Running onto the ball; Catching; Balance & Strength in Passing.

THE GRID...

- Participants line up behind a cone (in the grid layout, a cone would be where each participant is)
- There should be a balance in the number of cones & participants, no more than 4 – participants should in each line.



HOW IT WORKS...

- The ball starts with the participant whose opposite cone is the greatest distance away from them (i.e. in this instance the ball starts with the participant on the LHS).
- Upon the Leaders whistle, the participant with the ball runs forward and passes across to the participant next to them, who should be running onto the ball.
- They then pass to the participant next to them while running.
- Once the participant s reach the cones opposite them, they go around and run back, again passing down the line.

HINTS + TIPS FOR SUCCESS...

- For very young or low skill level participants that may have never passed a ball in a backwards motion, take this activity back a step. Start the participants off on this concept by instructing them to run out to the cones, once on the cones the ball is passed down the line, while the participants are stationary. Once mastered, progress onto this grid.
- Encourage participants to pass while they are running and also to pass the ball in front of the participant they are passing to.
- Encourage each participant receiving it to run onto the ball and then run a few paces before passing it!! (The object here is to get participants running with the ball, they should not simply catch and pass)
- Don't be afraid to set the cones a fair distance apart from each other (both in terms of how far they have to run and how far they have to pass!)
- This activity could also become a competition → time the participants to see how long it takes them to get up and back, then get them to beat it! Any mistakes = an extra 5 seconds onto their time.
- Similarly if you have two groups; time one group and then see if the other group can beat their time!
- As participants become comfortable with this grid, build on their skills, by asking them to execute it while running faster & faster.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Line Passing

Altering Line Passing

WHO CAN PLAY?

All AGES, some background passing skills are recommended.

HOW MANY?

6-30 participants.

EQUIPMENT

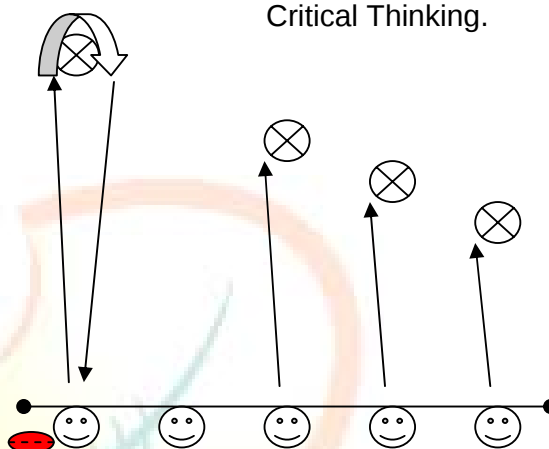
1 Ball
20 Cones

DEVELOPMENT FOCUS

Passing while running; Running onto the ball; Catching; Communication; Teamwork; Critical Thinking.

THE GRID...

- Participants line up behind a line, evenly spread out.
- This should follow on directly from the line passing grid! Therefore no need to set up a new grid!



HOW IT WORKS...

- This is an extension of the line passing grid and it is beneficial if you run this grid directly after the line passing grid.
- This extension involves removing and adding cones so that the number of people going up and back passing.
- Once one group has gone around the cones, the Leader either adds or removes a number of cones, which alters the number of participants who will be required to be the in activity to catch & pass the ball.
- Then when the next group goes up, it is up to them to ensure that they have one participant for every cone out there (i.e. in the diagram above, this time the participants go up, only four participants should go up and back) → this involves them communicating to each other, i.e. Barry stay in we need you over here, or Joan, drop out for this run.

HINTS + TIPS FOR SUCCESS...

- This grid is to encourage participants to THINK, therefore resist the urge to jump in and ensure that they have the right amount of participants each time, let them work it out for themselves! Use questions or encouragement for them to improve.
- This activity also assists in team work & communication within the group.
- As the Leader, when you add cones, try to introduce the length of passes that maybe required by the participants. Do this, by putting cones close or further apart. This helps participants to talk and judge the distance they need to pass a ball.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Alternate Line Passing

Magic Square

WHO CAN PLAY?

All AGES, background passing skills are recommended.

EQUIPMENT

1 Ball
4 Cones

DEVELOPMENT FOCUS

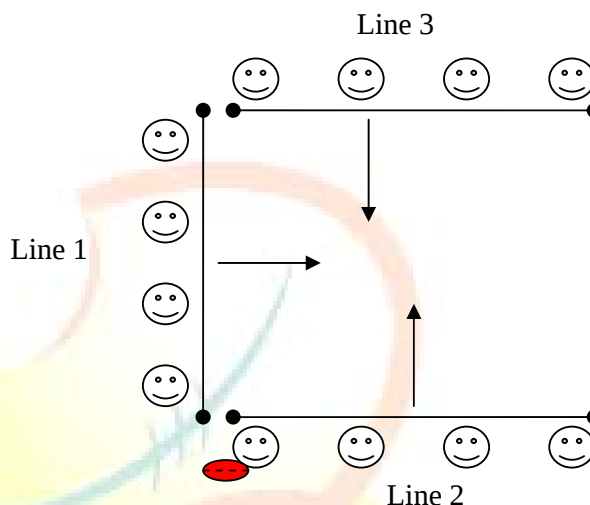
Passing; Peripheral Vision, Communication, Running onto the Ball.

HOW MANY?

9-21 Participants
(best with approx. 15)

The Grid...

- Participants line up evenly spaced on Lines 1, 2 and 3 in a square shape.
- Participants should be facing forward (arrow indicates in grid layout).



HOW IT WORKS...

- Ball starts with the participant on LHS of Line 2.
- All the participants on Line 2 run forward towards Line 3 passing the ball across.
- When they get to Line 3, the last participant with the ball (the participant on the RHS of Line 2, hands of the ball to their opposite number).
- Line 3 then runs forward, back to where Line 2 came from, passing the ball across the line.
- Once the ball gets to the last person on line 2, they pass the ball to the end person on Line 1...Line 1 then run forward passing across the line, when they get to the end, the end person passes to the person on the end of Line 2 (note they will have swapped positions)
- Thus with each line continually running through, a 'Magic Square' is formed.

HINTS + TIPS FOR SUCCESS...

- Encourage participants to run onto the ball
- After they have the hang of it, set a time limit for no dropped balls, say 60 seconds without a dropped ball, each time the drill is used, you can increase the time limit.
- This activity is great as a warm-up activity, or something that can take limited space to conduct an AusTouch Session.
- Encourage them to build on their skills as they gain confidence in the activity, by asking them to perform the activity faster & faster.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Magic Square

Five-twenty

WHO CAN PLAY?

All AGES, background passing skills are recommended.

EQUIPMENT

1 Ball
9 Cones

DEVELOPMENT FOCUS

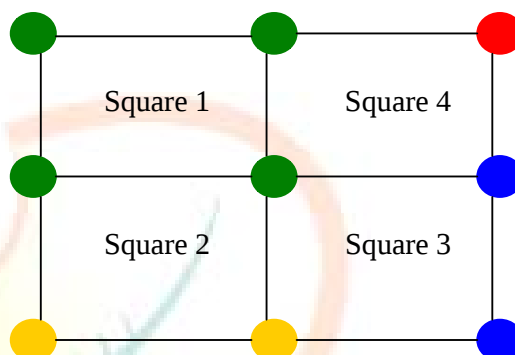
Passing; Peripheral Vision; Catching; Game Sense; Spatial Awareness; Teamwork & Communication

HOW MANY?

8-20 participants are ideal.

THE GRID...

- 9 Cones arranged into 4 separate squares. Differing coloured cones are recommended to assist participants in distinguishing the squares.



HOW IT WORKS...

- Split the group into 2 teams, and use bibs to distinguish.
- One Team starts with the ball...their mission is to complete 20 passes without the other team intercepting the ball or the ball hitting to ground. The only rule that applies, is that a participant can not pass back to the participant who passed them the ball.
- Each time the ball hits the ground or the opposing team intercept the ball, the ball turns over and the team starts from 0 passes.
- The action starts in Square 1, once the team with the ball completes 5 passes, they may use all the space available in Square 1 and 2, once they complete 10 passes, Square 3 becomes available, and finally once they complete 15 passes, Square 4 becomes available for use. Each time the team gets more space to work in.
- Regardless of how many passes have been completed, once there is a turnover, the pass count goes back to 0 and only Square 1 is available, until they build up the number of successful passes again to re-gain squares.
- The activity continues until at least one of the teams successfully strings 20 passes together.

HINTS + TIPS FOR SUCCESS...

- Participants without the ball should be encouraged to run into space.
- Quite often the first few times this is played, teams will not reach 20 passes, do not panic about this! It is perfectly natural!
- Depending on your group, you may need to introduce a three second holding the ball rule or a meter back for defenders, when a participant has the ball.
- Questioning is key to improving the skills of both the team defending & the team with the ball.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Five-twenty

Flags Race

WHO CAN PLAY?

All AGES, some background passing skills recommended.

EQUIPMENT

2 Balls
6 Cones

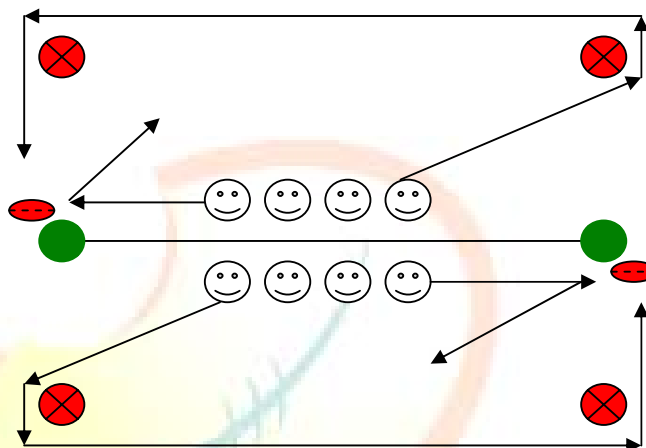
DEVELOPMENT FOCUS

Passing while running; Running onto the ball; Catching.

HOW MANY?

THE GRID...

- Participants lie down, facing each other with one ball on each green cone.



HOW IT WORKS...

- The participants start by lying down opposite each other.
- On the whistle, the participant nearest the cone on each team, runs to the cone and picks up the ball, all the team then turn around and run towards their score-line while passing the ball down the line.
- The end participant runs around the last cone and scores a touchdown before running all the way back and placing the cone back on the green cone.
- The teams then lie down again with each participant moving down a position and the participant that placed the ball on the green cone the participant closest to the ball.
- The activity is a race, go encourage the participants to do the activity as quickly as possible.

HINTS + TIPS FOR SUCCESS...

- With this grid it is really important to fully explain the grid first and then run a demonstration.
- Again each participant should be looking to run with the ball when they receive it before passing it off.
- This is a good activity to look at very late in the AusTouch Program. It helps to extend the skills of spacing between participants and passing accurately while on the move. As a competition, it puts the participants under pressure and helps them to gain an understanding of the speed and accuracy that maybe needed in a game environment.
- The Leader should use questioning to improve the success of a group.
- Use this activity in a full field version, gives more understanding to the participants or the space they may need to take up in a normal game.

DVD Demonstration: Practical Ideas for Fun Activities → Section D → Flags Race