



SUMMARY BOOKLET 1

- PRACTICAL IDEAS FOR FUN ACTIVITIES**
- HINTS & TIPS FOR AUSTOUCH LEADERS**

This booklet is a summary of the Practical Ideas for Fun Activities, provided as a 'portable' resource for AusTouch Leaders. The booklet contains a shortened description of activities. Complete details of all fun activities are contained on the DVD in a visual format and as electronic material suitable for print-outs, on the AusTouch Leader CD-ROM.

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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 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 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 Zigzag Relay can 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. Zigzag relay is more focussed on running with the ball.

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Skills Relay – Around the World

THE GRID...

Lines behind each green cone, about 5-10m between each cone. Maximum 4-5 per line, simply add more 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 and when the Leader blows the 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 begins the activity. Each participant does the activity once.

Skills Relay – On the Tips

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.

Skills Relay – Figure 8

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 begins the activity. Each participant completes the activity once.

Tunnel Ball

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.

Tap Dance

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 of to their team-mate who completes the activity. Each participant completes the activity once & then selects a 'finishing position'. Using finishing positions takes 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.

Scoop 'n' Dump

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 touchball. They then run around the blue cone and run to the yellow cone where they perform a rollball or 'dump'. They then tag their team-mate who completes the grid. Each participant goes on to complete the activity once.

Caterpillar

THE GRID...

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

How It Works...

Players form a "caterpillar" → everyone in the line kneels down, the caterpillar is formed when each player, 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!

Yo Yo

THE GRID...

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

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/rollball beside the Leader. This means they effect the touch on the Leader whilst at the same time performing the rollball/dump. They then run to the second line and tag the front person who scoops the ball from the first yellow cone, and dumps/rollball 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/rollball on!

Flying V

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.

Zig Zag Relay

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.

B

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, Dodge Ball, Octopus 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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Tag Ball

THE GRID...

The grid should be 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 player 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 player 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 player 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 boundaries, they become apart of the defending group.

Tag Ball - Progression

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 players from the other team that had already been tagged gets to go back in.

A 3 second rule similar to netball → players 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!

Red Rover - Linked

THE GRID...

The grid should be in a square or rectangle shape, the more people the larger the square needs to be!

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 players wearing white shoes), these participants then are trying to get across without being tagged! As soon as one of the players 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 . . . But here's 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.

Three-way passing in Grids

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!

Dodge Ball

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!

Touchdown Invaders

THE GRID...

4 Cones, defenders on 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 60 seconds) then swap the teams over.

Touchdown Invaders – with Ball

THE GRID...

4 Cones, defenders on 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.

Chain Defence

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 Leader's 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 players. For example if the attacking player 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.

Beach Touch

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!



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 Shootout is done before 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 while defending and in which direction to go.

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Under the Pump

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.

Under the Pump - Progression

THE GRID...

Participants line up behind the green cones, Leader/s on yellow cones and/or red cones; 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 on both the red and yellow cone! On the Leader's '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!

Touchdown Game

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. On the Leader's 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.

Getting Onside

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 (Note: 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!

Malcolm in the Middle

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 player on the left and to the player on the right. The participants on the outside cones, receive the ball and then run up and perform a rollball 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 player 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 rollball 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 rollball on their Cone 4, the participant in Line A then passes to Malcolm who rollballs on Cone 3. Ensure each participant gets a turn at each position.

Cat & Mouse

THE GRID...

Attackers on the green cones and the defender on the yellow cone, touchdown line in between the red cones.

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 and 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 third attacker before they score.

Shootout

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!

Shootout – Progression

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 of 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!

Three-on-two Positions

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.

Sticky Glue

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. On 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).

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-Twenty and Truck'n'Trail are more complicated activities and focus more on structured passing and are suited to the middle sessions of the AusTouch program.

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Water Bottle Elimination

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.

Double Water Bottle Elimination

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!

Clapball

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 participant 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 Leader's judgment call! Continue until there is only one participant left.

Piggy in the Middle

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 participant's 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.

Three Piggies

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 one or two at a time!).

Truck'n'Trail

THE GRID...

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

How It Works...

The ball starts on one of the Cones, say Cone A. To start 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 the ball passes a short pass to the running 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, participant from Cone A joins the line on Cone B. The same process continues around the square involving all lines. The two keys are: The person 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 person 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!

Line 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). On the Leader's 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 participants reach the cones opposite them, they go around and run back, again passing down the line.

Altering Line Passing

THE GRID...

Players 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 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 in the print material, this time the participants go up, only four players 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."

Magic Square

The Grid...

Participants line up evenly spaced on Lines 1, 2 and 3 in a square shape. Participants should be facing forward.

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.

Five – Twenty

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 zero 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 zero 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.

Flags Race

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 player 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.



Child Protection

What is Child Protection?

Child Protection is an increasing concern for parents/guardians & community groups alike. It is about keeping children and young people safe from abuse, including discrimination and harassment, and protecting them from people who are unsuitable to work with children.

It is often a legal requirement, within Australia, covered by child protection and anti-discrimination legislation. It is also an ethical obligation and a very important consideration in meeting an appropriate 'duty of care' obligation. AusTouch Centre's throughout Australia must abide by their individual state or territories laws and guidelines surrounding Child Protection. To be updated on what is required the Australian Sports Commission has a summary of Child Protection Legislation & Mandatory Report of Child Abuse. This can be found at www.ausport.gov.au.

What responsibilities do I have as a Leader at an AusTouch Centre?

You have a 'duty of care' to ensure that the participants in your charge are safe at all times, both before, during and after an AusTouch Session. This means you need to take all reasonable steps which might include:

Report to your Centre Coordinator anyone who might be spectating that looks suspicious in any way. Take down as many details as possible and perhaps phone the police if you are concerned.

Move or protect a child if someone is making you feel uneasy.

Keep eyes out for anyone photographing the children who do not have permission.

Ensure that you are at the session early enough so that children that might arrive early can be supervised, furthermore ensure an adult is supervising after the session.

Ensure that all children are collected from a session by a person nominated by the parent or guardian on the AusTouch Registration Form. This is particularly important as many families deal with divorces, separations and custody issues.

Always ask permission before you touch a child.

Always remain in a public forum when you may find yourself in a one on one situation. This may mean asking or being asked to

remain behind after a session to ensure that a female and male supervisor is present at all times.

Ask parents or guardians to contact you if they are going to be late, alternative person will be picking up a child, or if a child is going with another participants family after an AusTouch session.

Monitor and note any injuries of participants by using a Leader Diary or Session Plan. Keep good records and submit these to a Centre Coordinator.

Meet any legal requirements that your state or territory may have. Abide by the Touch Football Australia Incorporated Member Protection Policy; an updated policy can be accessed at www.austouch.com.au

Above are just a summary of possible steps that as a Leader you need to cover in order to meet 'duty of care' that shows that reasonable actions are undertaken. It is strongly recommended as an AusTouch Leader up undertakes an online course on the issues surrounding child protection: www.playbytherules.com.au The course is very short, is easy to navigate and you can get a certificate at the end. This website can also be used as a resource for being more aware of the subject matter.

Risk Management

Providing a safe environment is about giving thought to what might go wrong and taking action to prevent possible accidents and undesirable events. It is about being alert to danger and taking preventative action by establishing risk management processes to avert danger as far as possible.

Duty of Care

AusTouch Leaders and Coordinators have a legal responsibility to provide a safe environment for all participants and their parents / guardians. Common Law imposes a 'Duty of Care' on all of us. Duty of Care generally requires that you take reasonable care to avoid risks of which you can reasonably foresee. Carrying out the following steps will substantially reduce the chances of a successful claim of negligence against a Leader or Coordinator: Provide a safe environment

Activities must be adequately planned

Children must be evaluated for injury or incapacity

Young children should not be mismatched in competition

Safe and proper equipment should be provided
Leaders and Coordinators should keep accurate records relating to attendance, injuries or risks assessed before a session starts
Children must be warned of inherent risks of the sport
Activities should be closely supervised
Leaders or Coordinators should know first aid
Develop clear, written rules for practice and general conduct

Safety Notes

Participants

Health (medical conditions and medication, ensure full recuperation before resuming activity)
Instruct (highlight any risks to avoid and stress safety practices with children)
Approved dress (ensure children are appropriately dressed)
Supervision (provide adequate supervision at all times)
Activities (activities should be appropriate for skill levels)
Injury management (have a process for managing injuries)
Group management (appropriate strategies are needed to manage large groups of children)
Grading (attempt to match participants of similar size, strength and skill levels)
Re-hydrate (encourage regular drinking to ensure children do not become dehydrated)
Physical conditioning (don't over tire children)
Food handling (general cleanliness)

Activities

Ensure a light warm-up before all activities (graded activities)
Intensity (avoid stressful and high intensity activities)
Appropriateness (avoid activities which may cause injury)
Procedures (stay within recommended procedures and conform to all rules. Quickly intervene if children engage in potentially harmful behaviour)
Warm down (provide adequate warm down exercise)

Responding to injuries or emergencies

First aid (have a trained first aid person available and appropriate first aid equipment)

Contacts (make sure you have emergency telephone numbers in a prominent location)
Communication (have a telephone handy)
Transport (have emergency use transport available)

Playing / equipment / field / weather & environment

Approved equipment (use only approved equipment)
Training aids (ensure markers and other training aids are safe)
Equipment in good condition (keep equipment well maintained and in good condition)
Training (train children in the use of equipment and where necessary monitor use)
Correct marking (Is there sufficient distance between the boundary and the fence? Is there ample area for the number of participants involved to play safely?)
Safe surface (check for holes, protrusions, debris. Is the surface level of appropriate firmness? If training at night, is the ground adequately lit?)
Safe perimeter (eg. ensure goal posts and light poles are highly visible and padded. Ensure that all equipment is removed from near the boundary)
Zones (use zone markings to increase safety)
Extremes (eg. avoid training or playing in lightning, severe cold and heat, thick fog or dust)
Sun (always protect children from sunburn and move into shaded areas where available)
Heat (ensure players drink plenty of water before, during and after each activity)
Cold (warm up after breaks and encourage participants to wear warm clothing when not active)
Spectators (eg. ensure all spectators are outside the activity areas, boundary or fence)
Car park (Is it well controlled? Are child pick up areas safe?)
Busy roadways (Is there a need to escort children across any busy roads?)
Change rooms (eg. Are the change rooms clean, tidy and safe? Is furniture safe?)
Strangers (Be alert to strangers around young children. Warn children about approaching strangers)



SUMMARY BOOKLET 1

- PRACTICAL IDEAS FOR FUN ACTIVITIES
- HINTS & TIPS FOR AUSTOUCH LEADERS