

Alternative Activities Session Plans – Level 1

Key to diagrams:

△	= marker	→	= run
😊	= player	→	= pass
●	= ball		

Lesson 1

OBJECTIVES OF THE LESSON

- To devise the skills of catch and pass, scoring, taking a tap, effecting a touch, running backwards

INTRODUCTION (10 minutes)

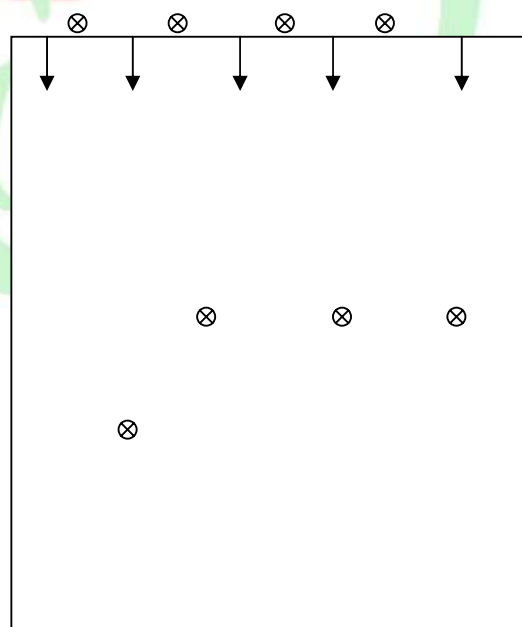
- Name: Octopus*

Objective:

To develop the skill of effecting a touch
To have the players realise defence works best in a line
To identify the need for evasion skills

Explanation:

Have one student stand in the middle of a 20m square, the remaining players line up along one side of the square. On go players are required to run through and attempt to make the other side of the square without being touched by the middle player. If the middle player makes a touch, that player stays in the position where they are touched and can help by touching runners but they cannot move their feet. Continue until all are touched.





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Variation: Have the middle player strategically place the players they have touched in chosen positions – they should realise that placing them in a line will leave the least gaps.

Teaching Points:

Touches can be made on any part of body

If players are in a line there are less gaps

Accelerate to move forward, decelerate as moving in to make touch

Loudly call 'touch' when touch is made

There are various forms for evasion – speed, step, swerve

FOCUS OF LESSON (15-20 minutes)

2. *Name: Square by Numbers – Catching and Passing, Scoring, Tap, Effecting a Touch, Running Backwards*

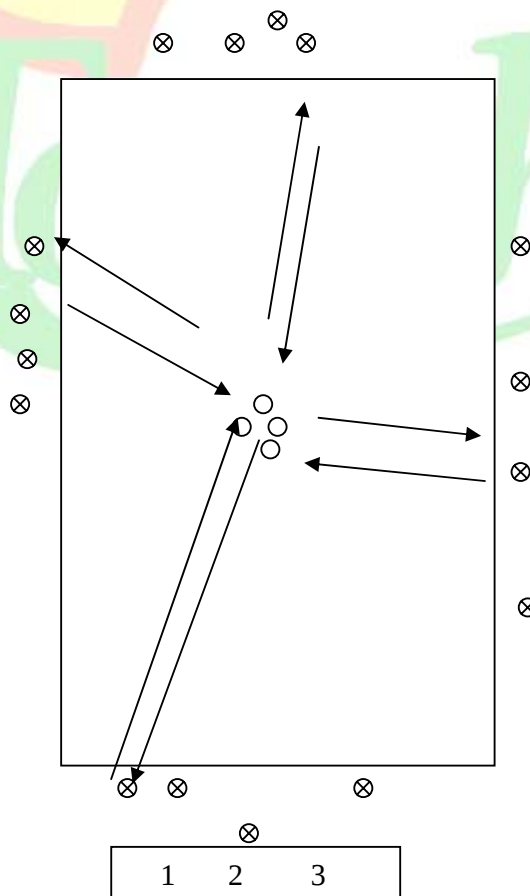
Objective:

To revise the skill of catching and passing, scoring, tap, effecting a touch and running backwards

Explanation:

Divide class into 4 groups. Have one team line up along each side of a 15-20m square and allocate each player in the teams a number – so you should end up with 4 number 1's, 4 numbers 2's etc. There will be 4 balls placed on markers in the centre. The object is when their number is called, the player is to run to the centre, pick up their ball and perform the following on different turns -

- run to either end of their team (indicated by a marker) and behind the players in their team and around the marker at the other end then returning to the centre to score
- run backwards to their team, run forwards to the marker and place the ball on the ground and run backwards to their team



- run around their centre marker, forwards to a team person, make a touch on them and return to the centre marker running backwards and run forward to complete another touch
- run to their position, perform a tap, and score in the centre
- run to either end of their team and pass the ball along the line to each player, with the last player running out and placing the ball in the centre
- (have players stand side on) pass to each person in the team with the ball returning to the centre person each time. Once all players have received and passed the ball to the centre person, the centre person places it back in the centre

Teaching Points:

Scoring –

Place the ball on the ground with 2 hands to score

Catch and Pass –

Hold the ball with 2 hands around the middle when catching and passing - the widest part not on the ends

Eyes on the ball

Hands out in front to form a target for the passer

Move the ball across the body towards the chest of the player

Running Backwards –

Need to be looking behind and forwards while running backwards

Effecting a Touch –

Touch can be made on any part of body

Accelerate to move forward, decelerate as moving in to make touch

Loudly call 'touch' when touch is made

Taking a tap –

Ensure ball is released, tapped with foot and regathered

CONCLUSION / MINOR GAME (10-15 minutes)

3. Name: Team Passing

Objective:

To develop the skill of the catch and pass in a game situation

Explanation:

Divide the students into 2 or 4 teams depending on numbers. Each team has a person to pass to at one end of the grid to score a goal. The idea is to pass the ball to a team mate without the opposition intercepting the ball. A player cannot move once they have the ball and cannot hold the ball for more than 3 seconds. Any dropped ball is play on and the defending player cannot hit the ball from the players hands.

Teaching Points:

Hold the ball with 2 hands around the middle when catching and passing - the widest part not on the ends

Eyes on the ball

Hands out in front to form a target for the passer

Move to space

Call for the ball

Pass to the chest of the player

Move the ball across the body



Lesson 2

OBJECTIVES OF THE LESSON

- To develop passing and evasion skills.

INTRODUCTION (10 minutes)

1. Name: Dodgeball

Objective:

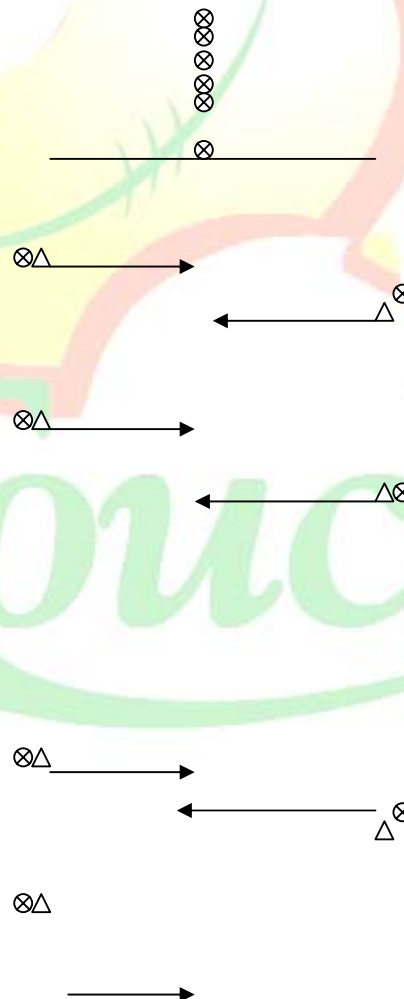
To practice the skill of passing at a target
To develop evasion skills

Explanation:

Divide the students into 2 teams. One team lines up along the markers, while the other team lines up at one end. On go the team at the end are to run through avoiding being hit with a touchball. The other team is to pass the balls, targeting the hips or lower of the runners. If the player is hit, they are to join the team passing the balls until all players are eliminated. Players must be hit on the hips or lower to be eliminated and players are to use their evasive skills to avoid being hit.

Teaching Points:

Hold the ball with 2 hands around the middle when passing - the widest part not on the ends
Move the ball across the body
Use evasive skills (speed, swerve, step) to avoid being hit



FOCUS OF LESSON (15-20 minutes)

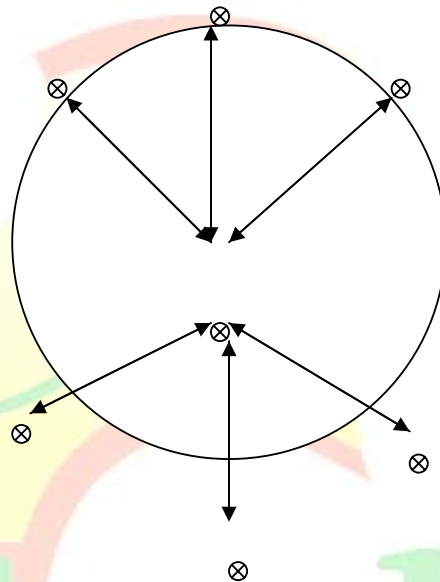
2.Name: Circle Passing Stationary

Objective:

To develop the basic catch and pass

Explanation:

Players are arranged in a circle with one player positioned in the middle of the circle. The ball is passed from the centre person to each of the outside people. Ensure both sides are practiced and the player in the centre is rotated.



Teaching Points:

All the teaching points for the basic catch and pass

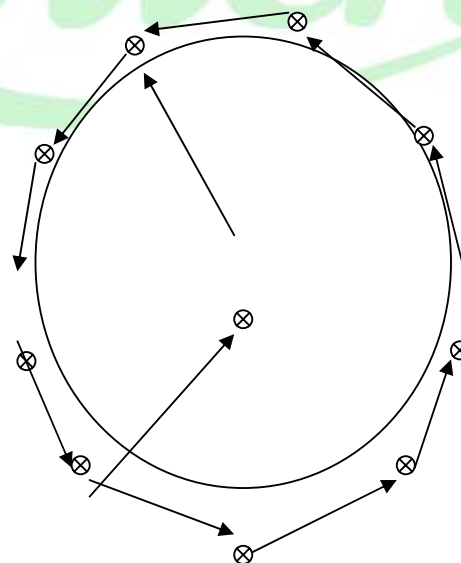
3.Name: Circle Passing Running

Objective:

To develop the pass to a moving player

Explanation:

Players walk around in a circle with another player in the middle. The object of the drill is to encourage players to anticipate the position of supporting players at the time of the pass. The ball is passed from the player in the middle to a player on the outside who then returns the ball to the middle player. Progress from walking to running to full pace. Rotate players as required.



Teaching Points:

Passing to where receiver will be
Return passing to stationary player
Ensure passing occurs to both sides by reversing the circle movement

4. Name: Team Line Pass

Objective:

To develop the catching and passing skills in a team situation

To develop line passing while in motion

Explanation:

Players are divided into teams of approximately 5 and position themselves into correct alignment. The ball is then passed along the line until it reaches the end. The player at the end of the line runs around behind the other players and is then at the front of the line. The other members of the group shuffle along. Passing should be done both to right and left. When competent, players can progress to doing the same activity while walking forward



Teaching Points:

Correct alignment

Hands out to catch ball

Pass the ball across the body

Watch the receiver

Outside foot should be forward

MINOR GAME (10-15 minutes)

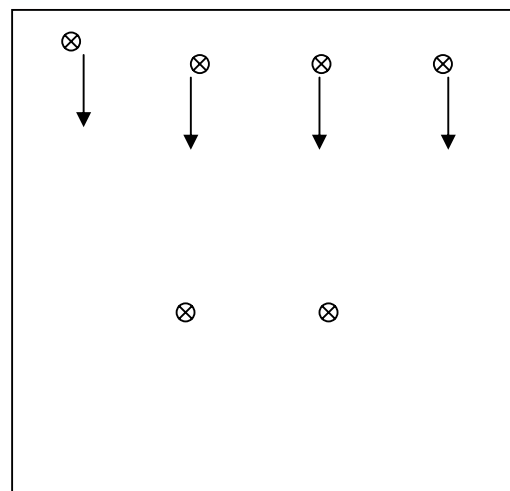
5. Name: Linking Passes

Objective:

To develop accurate passing and team work

Explanation:

Players are divided into teams of approximately 6 and placed in a 10m x 10m square. 2 players are allocated as defenders, 4 are attackers. The object is for the attackers to complete as many passes as possible in a given time without dropping the ball. The defenders are to attempt to intercept the passes and place pressure on the attackers. Players with the ball cannot move so other supporting players are





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required to position themselves and call for it when in space. It is important to keep defenders 1 metre from the ball carrier to alleviate crowding. Proper touch passes must be used and if the ball is dropped the count restarts.

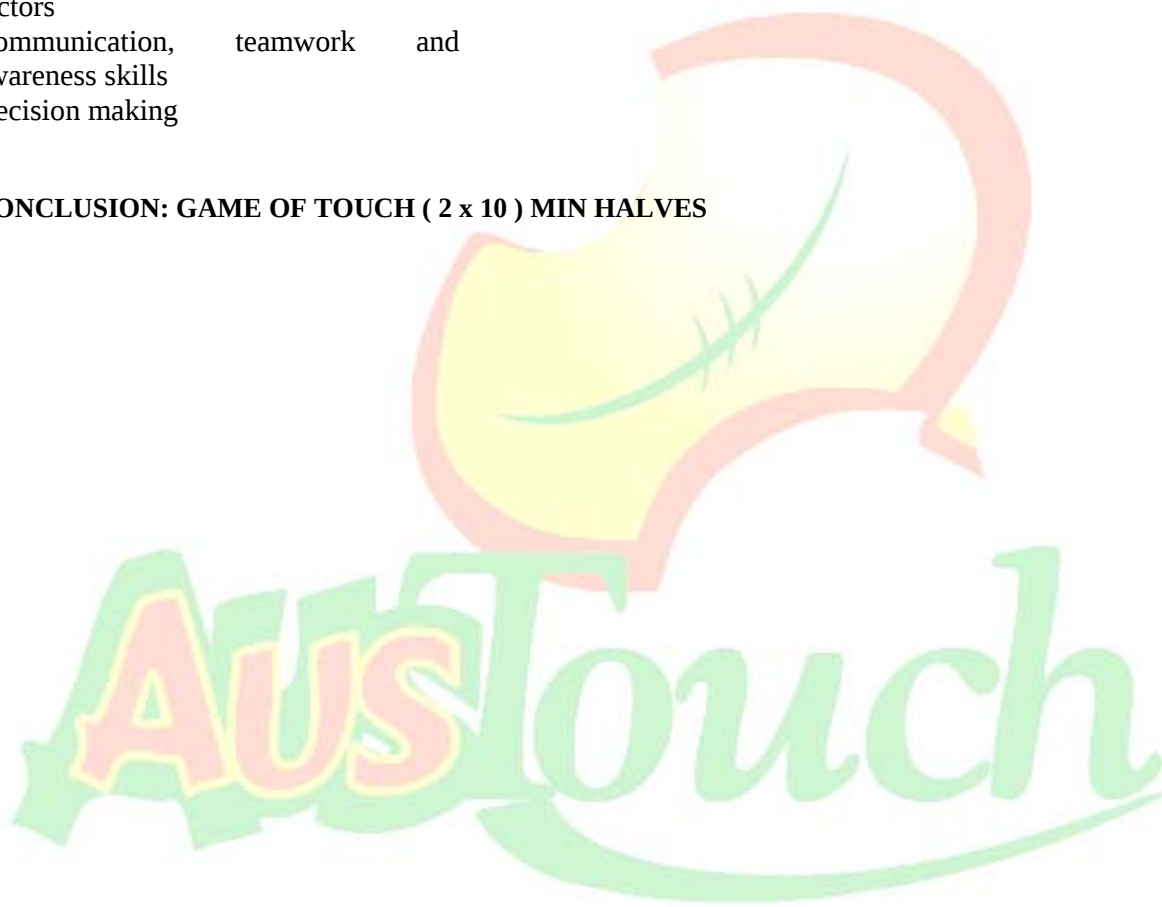
Teaching Points:

All catching and passing teaching factors

Communication, teamwork and awareness skills

Decision making

CONCLUSION: GAME OF TOUCH (2 x 10) MIN HALVES



Lesson 3

This session is designed to re-use activities that are the children's favorites in Lesson 1 & 2.

OBJECTIVES OF THE LESSON

1.

INTRODUCTION (10 minutes)

2. Name: Frozen Tag

Objective:

To develop evasion skills

Explanation:

Choose 5-7 players as 'chasers' with bibs. The rest of the players are to use evasive skills to avoid being touched. All players must remain in 20m x 20m grid. If touched by a 'chaser', the player must stand still with legs apart – they are frozen. They may be freed by another player who crawls through their open legs. The object is for the chasers to have all other players frozen.

Teaching Points:

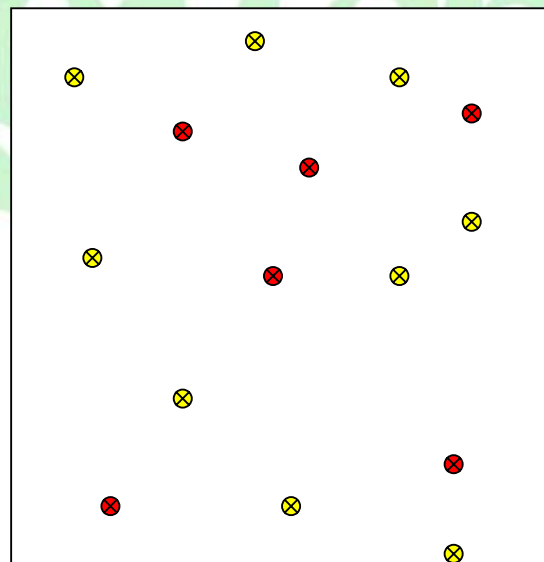
Encourage free players to help other players by 'unfreezing' them rather than just running away.



CHASERS



EVASIVE



FOCUS OF LESSON (20-25 minutes)

2.Name:

Objective:

Explanation:

Teaching Points:

3.Name:

Objective:

Explanation:

Teaching Points:

4.Name:

Objective:

Explanation:

Teaching Points:

CONCLUSION / MINOR GAME (10-15 minutes)

6. Name:

Objective:

Explanation:

Teaching Points:

Lesson 4

OBJECTIVES OF THE LESSON

INTRODUCTION (5 minutes)

Use previous activity here that was enjoyed.

1.Name:

Objective:

Explanation:

Teaching Points:

FOCUS OF LESSON (15-20 minutes)

2.Name: *Line Passing Relay*

Objective:

To develop body positioning for the catch and pass

Explanation:

- Divide class into 4 groups. Have each team line up in a diagonal line. Have a ball passed along the line ensuring it is going backwards. When it reaches the end, turn players around and have them repeat. When comfortable with correct positioning, have 4 balls per team and have a competition. The teams have to get all 4 balls to one end and then returned – the second ball doesn't go until the first one reaches the end.

Teaching Points:

If passing right, right foot should be pointing towards catcher

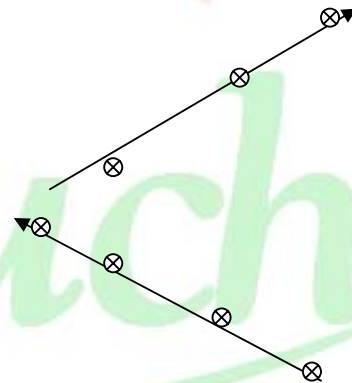
If passing right, left foot should be forward of right foot

Rotate hips towards catcher so ball travels backwards

Eyes on the ball

Hands out in front to form a target for the passer

Pass to the chest of the player



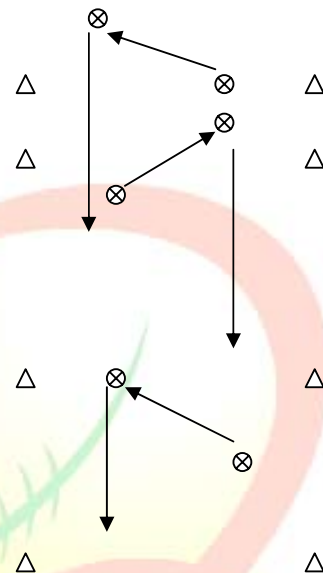
3. Name: *Pair Running Pass and Catch*

Objective:

To develop the skill of catch and pass while running

Explanation:

Have players find a partner with one ball between each pair. Each pair is to move between the rows of markers passing the ball back and forth ensuring the passes are travelling backwards. You could start them at walking pace and work up to jogging pace. Increase distance as they become competent.



Teaching Points:

Accelerate on catching ball, decelerate after passing ball
Emphasise body (feet/hip) positioning
Form target with hands
Look to where you are passing

4. Name: *Effecting the Touch*

Objective:

To develop the skill effecting a touch on a moving player

Explanation:

One player runs with the ball while a defender effects the touch. When the touch has been made the ball is given to the defender who can then return the ball prior to resuming their position at the end of the attackers line. The attacker becomes the new defender. As proficiency increases the attacker may attempt to swerve or sidestep the defender.



Teaching Points:

Look at lower trunk/waist of the attacker
Decelerate slight
Lean forward with arm flexed and hand ready

MINOR GAME (10-15 minutes)

5.Name: *Team Passing*

Objective:

To develop the skill of the catch and pass in a game situation

Explanation:

Divide the students into 2 or 4 teams depending on numbers. Each team has a person to pass to at one end of the grid to score a goal. The idea is to pass the ball to a team mate without the opposition intercepting the ball. A player cannot move once they have the ball and cannot hold the ball for more than 3 seconds. Any dropped ball is play on and the defending player cannot hit the ball from the players hands.

Teaching Points:

Hold the ball with 2 hands around the middle when catching and passing - the widest part not on the ends

Eyes on the ball

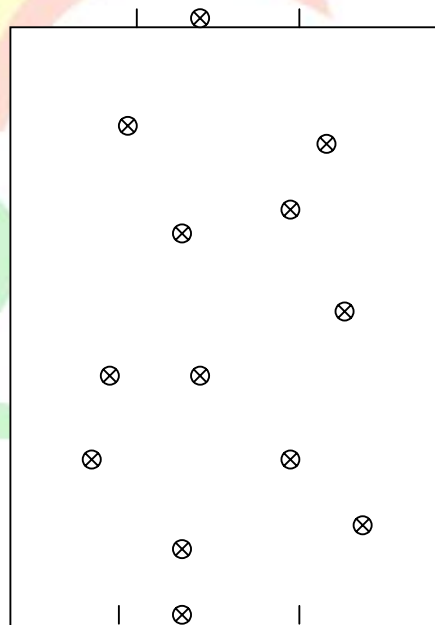
Hands out in front to form a target for the passer

Move to space

Call for the ball

Pass to the chest of the player

Move the ball across the body



CONCLUSION: GAME OF TOUCH (2 x 10) MIN HALVES

Lesson 5

OBJECTIVES OF THE LESSON

1. To develop the basic skill of the catch and pass and player alignment
2. To revise the skill of scoring, rollball and taking a tap
3. To develop the skill of acting half pass

INTRODUCTION (5 minutes)

1. Name: Team Line Passing

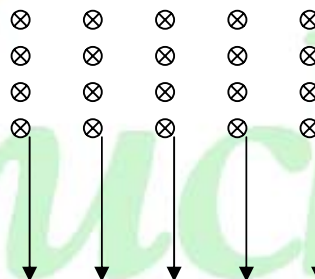
Objective:

To develop the skill of the catch and pass, player alignment and scoring

Explanation:

Divide the students into 4-6 teams depending on numbers. The ball is passed along line until it reaches the end. The player scores the touchdown over the line and runs to the opposite end of the line. The ball is passed down the line after a shuffle towards the scoreline. The game finished when each player has scored a touchdown.

START LINE



Teaching Points:

Hold the ball with 2 hands around the middle when catching and passing - the widest part not on the ends

Eyes on the ball

Hands out in front to form a target for the passer

Pass to the chest of the player

Move the ball across the body

Two hands when scoring

Hands must still be holding ball when contacting ground

SCORE LINE

FOCUS OF LESSON (15-20 minutes)

2. Name: *Relays – Passing, Tap and Pass, Rollball and Acting Half Pass*

Objective:

To revise the catch and pass

To revise the tap

To revise the rollball

To develop the acting half pass while running

Explanation:

Divide class into 4-6 groups and have half of each team line up behind a marker at one end and half at the opposite end. The object is on go they are to perform with the person next to them, in relay fashion the following on different turns -

- passing the ball back and forth ensuring the passes are travelling backwards.
- run with the ball to the first marker, tap it correctly, pass to the partner who runs to the second marker, taps the ball and passes to partner
- (requires first 2 in each line) run with the ball to the first marker, perform a rollball and the 2nd person is to come in behind to complete an acting half pass to the 1st person in the other line. They perform a rollball at the next marker, where the 2nd person will perform an acting half pass back to the original pair

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Teaching Points:

Passing – Accelerate on catching ball, decelerate after passing ball

Emphasise body (feet/hip) positioning

Form target with hands

Look to where you are passing

Pass must go backwards

Tap – Ball must be released from hands, tapped with the foot (no more than a metre) and regathered

Rollball – Place ball on ground and step over it – foot must pass over the ball



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Acting Half Pass – Emphasise body (feet, hip) positioning
Pass from ground
Pass must go backwards

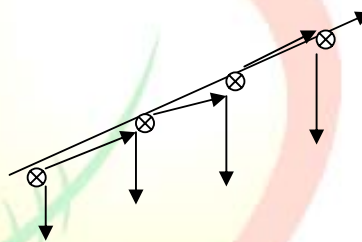
3. Name: Walking Team Line Passing

Objective:

To develop the skill of catch and pass and player alignment

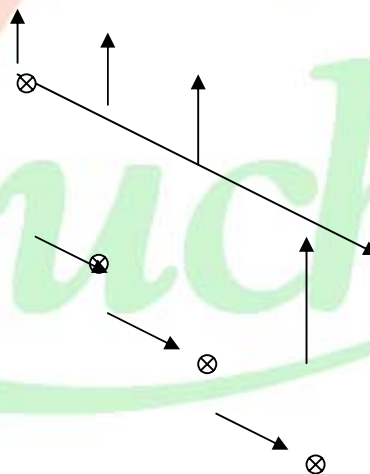
Explanation:

Groups of four at walking pace. When the ball gets to the end of the line, the players should realign and the ball is passed back down the line. The ball is then given to the next line. Rotate outside players to centre each time through. The realignment should be achieved through a swinging gate formation. This can be increased to a run.



Teaching Points:

Accelerate on catching ball, decelerate after passing ball
Correct alignment
Emphasise body (feet/hip) positioning—outside foot forward
Form target with hands
Look to where you are passing



CONCLUSION / MINOR GAME (10-15 minutes)

4. Name: Team Passing 2

Objective:

To develop the skill of the catch and pass in a game situation

Explanation:

Divide the students into 2 or 4 teams depending on numbers. Each team has a person to pass to at one end of the grid to score a goal. The idea is to pass the ball to a team mate without the opposition intercepting the ball. A player with the ball can run until they have been touched. Once touched they cannot move or hold the ball for more than 3 seconds. Any dropped ball is a changeover and the defending player cannot hit the ball from the players hands.

Teaching Points:

Hold the ball with 2 hands around the middle when catching and passing - the widest part not on the ends

Eyes on the ball

Hands out in front to form a target for the passer

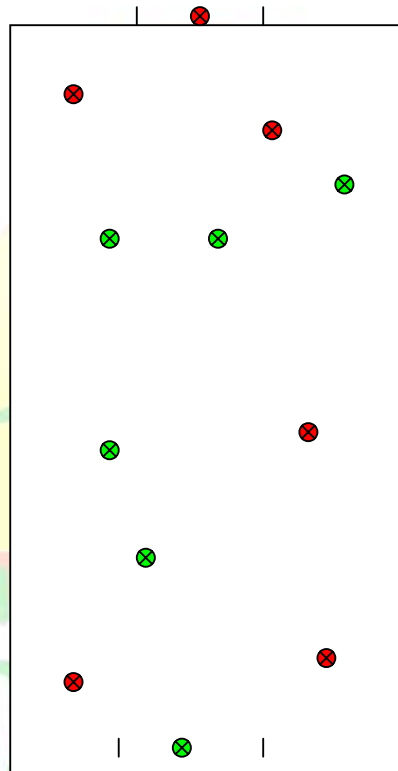
Move to space

Call for the ball

Pass to the chest of the player

Move the ball across the body

Make touch on hip area



Lesson 6

OBJECTIVES OF THE LESSON

1. To revise catch and pass, taking a tap, running backwards, rollball and scoring skills in a competition

INTRODUCTION (5 minutes)

1. Competition Explanation

Objective:

To explain to players each activity involved in competition

FOCUS OF LESSON (20 minutes)

2. Name: All Skills Competition

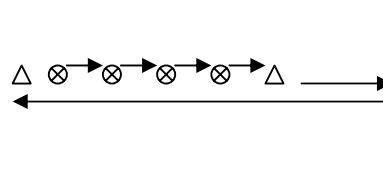
Objective:

To revise the basic skills developed in the previous lessons

Explanation:

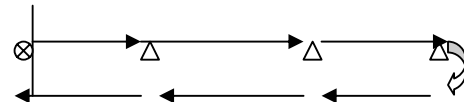
Divide class into groups of 5. Each group of 5 will rotate around each skill, keeping scores for each. 2 minutes will be spent on each activity. The activities are as follows:

- Have a garbage bin on its side with the players standing approximately 5 metres back from it. Each player has a turn at passing 3 balls into the bin. For every ball that goes cleanly into the bin, 1 point is received. If it hits the side, a half point is received.
- Players stand on line with 2 markers marking 5 metres. One at a time, the players run forward to the 5 metres and backwards to the line. When one is finished the next starts. When the whole team has completed one, their team receives 1 point. They continue until time is up and the whole team must complete it to receive a point
- Players stand next to a marker with another marking indicating the scoreline. Players are to pass the ball along the line where the last player will run to the end marker and score. Once they have scored they run to the end of the line and repeat the process with players shuffling down



one position. They continue until time is up and the whole team must complete it to receive a point

- Players stand in one line. The first player has a ball and runs to the first marker, taps the ball. They repeat this for the second marker, run around the end marker and repeat on the way back. The next player then has a turn. They continue until time is up and the whole team must complete it to receive a point
- Players stand in one line. The first picks a ball up from the first marker and performs a rollball at the second marker. They run around the end marker and repeat on the way back. The next player then has a turn. They continue until time is up and the whole team must complete it to receive a point



CONCLUSION / MINOR GAME (20 minutes)

3. Name: Modified Touch

Objective:

To develop the skills in a game situation

Explanation:

Divide the students into 2 - 4 teams depending on numbers. 2 teams play each other in a game of touch with the following modified rules –
Players cannot move forward until 1st receiver has the ball

Acting Half must pass and cannot run

If a team has dropped balls, forward passes or touch and passes, they count as a touch so each team receives 6 touches regardless

Teaching Points:

Maximise participation

Develop skills

Don't stop game for minor infringements