

Alternative Activities Session Plans – Level 2

Key to diagrams:



= marker

= run



= player

= pass



= ball

Lesson 1

OBJECTIVES OF THE LESSON

1. To revise the basic catch and pass

INTRODUCTION (10 minutes)

1. Circle Pass and Chase

Objective:

To develop the catch and pass

Explanation:

Players form a circle. While the ball is being passed in one direction, the player next to the first passer runs around the outside of the circle in the opposite direction to beat the ball back to his/her place.

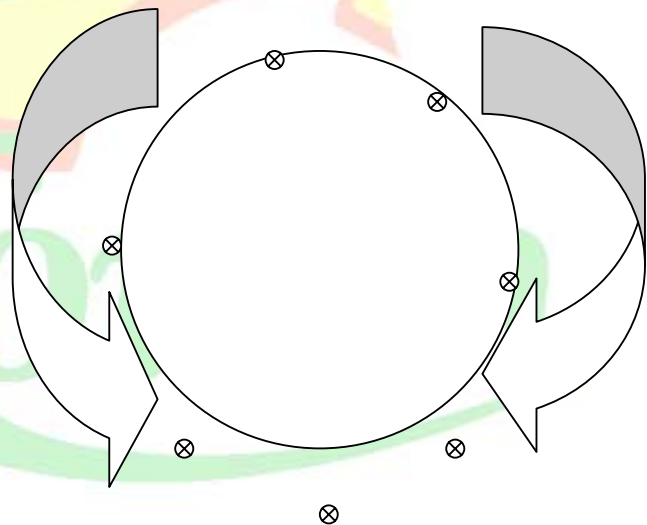
Teaching Points:

Eyes look towards ball

Hands ready for ball

Alertness and peripheral vision

Fast passing under pressure



FOCUS OF LESSON (20-25 minutes)

2. Name: Backward and Forward Pass

Objective:

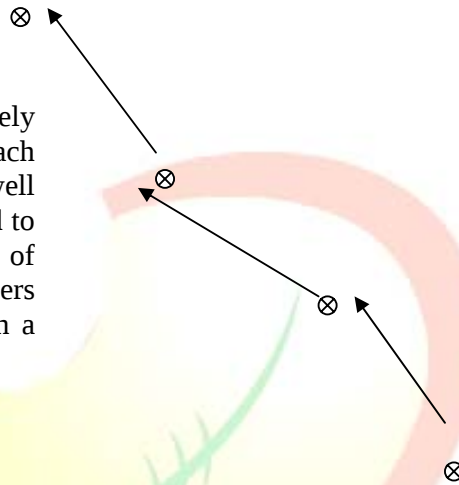
To refine catching skills

Explanation:

Have players form pairs. The ball is deliberately passed behind the player who has to reach backwards to catch it. The next pass is made well forward of the player who has to reach forward to prevent it from going to ground. The object of drill is to simulate game conditions where players have to reach forward and backwards to catch a ball.

Teaching Points:

Emphasise eyes on ball
Hands ready to receive ball.



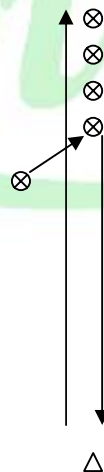
3. Name: Catching and Running onto the Ball Relay 1

Objective:

To develop and catch and pass skill while running onto the ball

Explanation:

Have players form groups of 4-5. Stand one player (the leader) out in front with the ball, a few metres to the left of the group. The player with the ball passes to the first player in the line who is running. The player with the ball runs around the marker 5 metres away and passes the ball back to the leader and then goes to the end of the line. Each player has a turn and then switch leaders. You can add another skill by making the ball carrier score a touchdown before returning.



Teaching Points:

As for the basic catch and pass ensuring they don't stop their movement to catch the ball

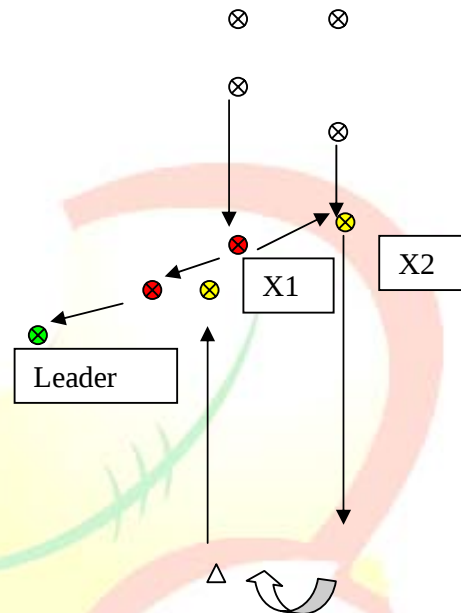
4. Name: *Catching and Running onto the Ball Relay 2*

Objective:

To develop and catch and pass skill while running onto the ball

Explanation:

Have players form groups of 5. Stand one player (the leader) out in front with the ball, a few metres to the left of the group. The other players are divided into pairs. The player with the ball passes to x1, on the run who passes to x2. Both x1 and x2 run around the marker. They need to both pass the leader before x2 passes backwards to x1 who passes backwards to the leader. Change the leader out front after a few turns.



Teaching Points:

As for the basic catch and pass ensuring they don't stop their movement to catch the ball

CONCLUSION / MINOR GAME (10-15 minutes)

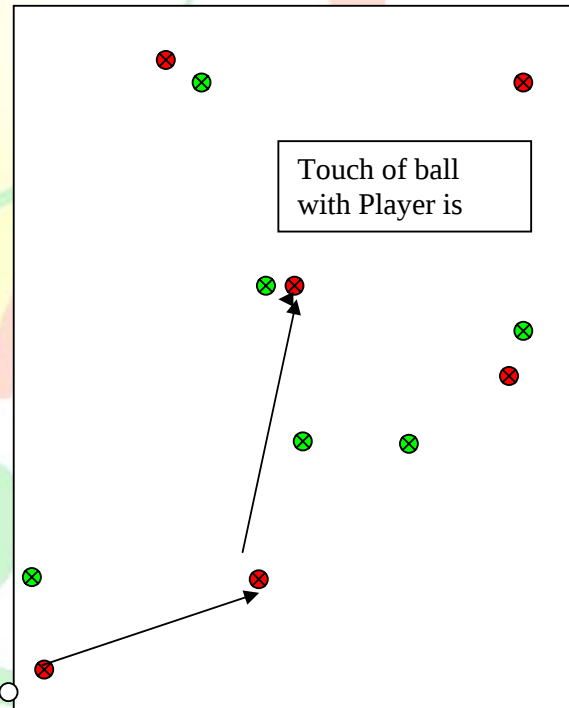
5. *Name: Elimination*

Objective:

To develop the skill of the catch and pass, evasion and effecting a touch skills

Explanation:

4 to 12 players per grid. The players in the grid are divided into 2 equal teams and preferably identified with bibs. One of the teams has possession and attempt to touch the ball on the other group without dropping the ball. The player in possession cannot run and other players in the group are forced to move around and get into a better position to receive a pass and effect a touch. Through communication and team work the players are eventually eliminated. Swap groups around to see if second group can beat time taken by first group. You may choose not to eliminate players to keep them all involved. To achieve this count how many touches were made by each team instead with all players participating until time is up.



Teaching Points:

Players not in possession must support the ball carrier
Communication
Evasion

Lesson 2

OBJECTIVES OF THE LESSON

1. To revise effecting a touch
2. To revise the rollball
3. To develop the attacker effecting a touch before a rollball
4. To the develop the skill of scooping

INTRODUCTION (10 minutes)

1. Frozen Tag

Objective:

To develop the skill of effecting a touch with a partner

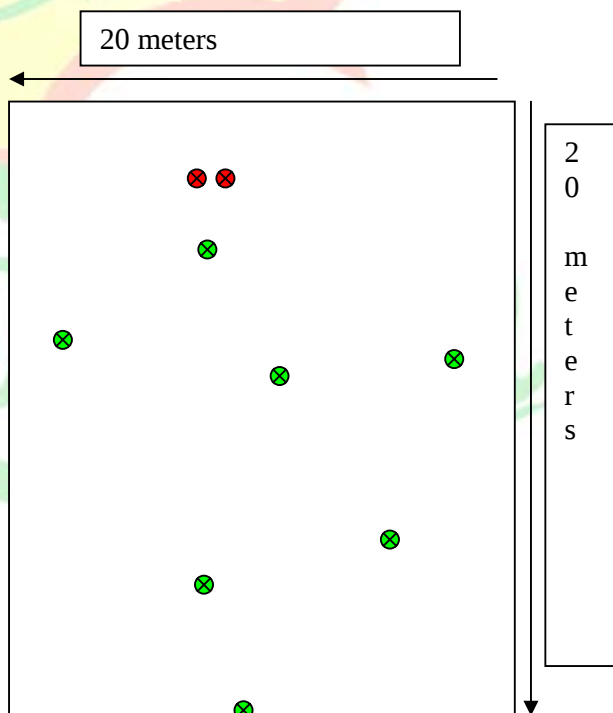
Explanation:

Have all students stand inside a 20m x 20m grid. Two pairs of students become the chasers. The chasers must have their inside hands joined at all times and try to tag any other individual. Once tagged the student waits until someone else is tagged and they become another pair of chasers. Continue until everyone has been tagged, the last person being the winner. Start a new game with two new pairs of chasers.

Teaching Points:

Communication and team work

Points for effecting a touch



FOCUS OF LESSON (20-25 minutes)

2. Name: Relays – Rollball, Scooping

Objective:

To develop the skill of performing a rollball

To develop the skill of scooping

Explanation:

Divide class into 4-6 groups and have each team line up behind a marker at one end. There will be 4-6 balls placed on markers in the centre.

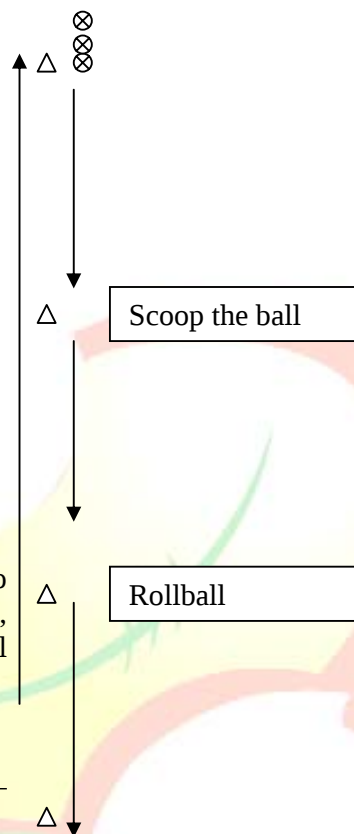
The object is on go they are one at a time in relay fashion to perform the following on -

- scoop the ball from the first marker, run to the second marker and perform a rollball, run around the end marker, scoop the ball and perform a rollball at the next marker

Teaching Points:

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

Scooping – slide fingers (palm up) under ball, using second hand to control it if necessary



3. Name: Relays – Effecting a Touch before Performing a Rollball

Objective:

To develop the skill of the attacker making the touch before performing a rollball

Explanation:

Divide class into 4-6 groups and have each team line up behind a marker at one end. Send half to the opposite end. The first player starts with the ball. The object is on go they are one at a time in relay fashion to perform the following on -

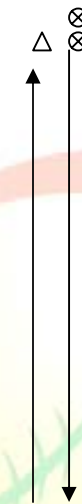
- Run to the opposite end to where their next team member is and make a touch on them, then perform a rollball

Teaching Points:

Effect touch before placing ball on ground

Effect touch to side away from ball and at hip height

Looking at person making touch on, not ball



Perform a Touch and Rollball

4. Name: Drop, Scoop and Run Backwards

Objective:

To develop the skill of the scoop

To develop running backwards

Explanation:

Have children form pairs. Have one partner start with the ball. The other partner is 6 metres back, looking towards them. The player with the ball runs 5 metres towards their partner and places the ball on the ground. Once on the ground the partner then runs and scoops the ball and attempts to beat the original runner back to 5 metres. The partner who places the ball must return to 5 m running backwards as if they were defending.

Teaching Points:

Slide fingers (palm up) under ball, using second hand to control it if necessary

Scooper to time run

Same as previous running backwards



Player running backwards 5m
To beat the partner, who will scoop the ball.

CONCLUSION / MINOR GAME (10-15 minutes)

5. Name: Gaol Ball

Objective:

To develop the skill of the catch and pass, evasion and effecting a touch skills

To develop team work and communication

Explanation:

Divide group into 2 teams. Five balls are encircled by markers in the goal area at either end. The object of the game is to steal the other teams balls and place them in your own goal. The ball may be passed among team mates but if a player is touched in possession, they must return the ball to the opposition goal.

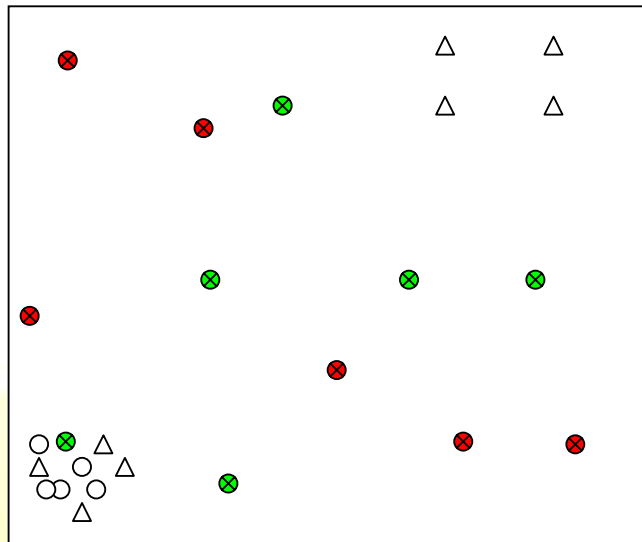
Teaching Points:

Players not in possession must support the ball carrier

Communication

Evasion

Effecting a touch



Lesson 3

OBJECTIVES OF THE LESSON

1. To improve ball control
2. To develop the sidestep

INTRODUCTION (10 minutes)

1. Activity by Number

Objective:

To develop listening skills

Explanation:

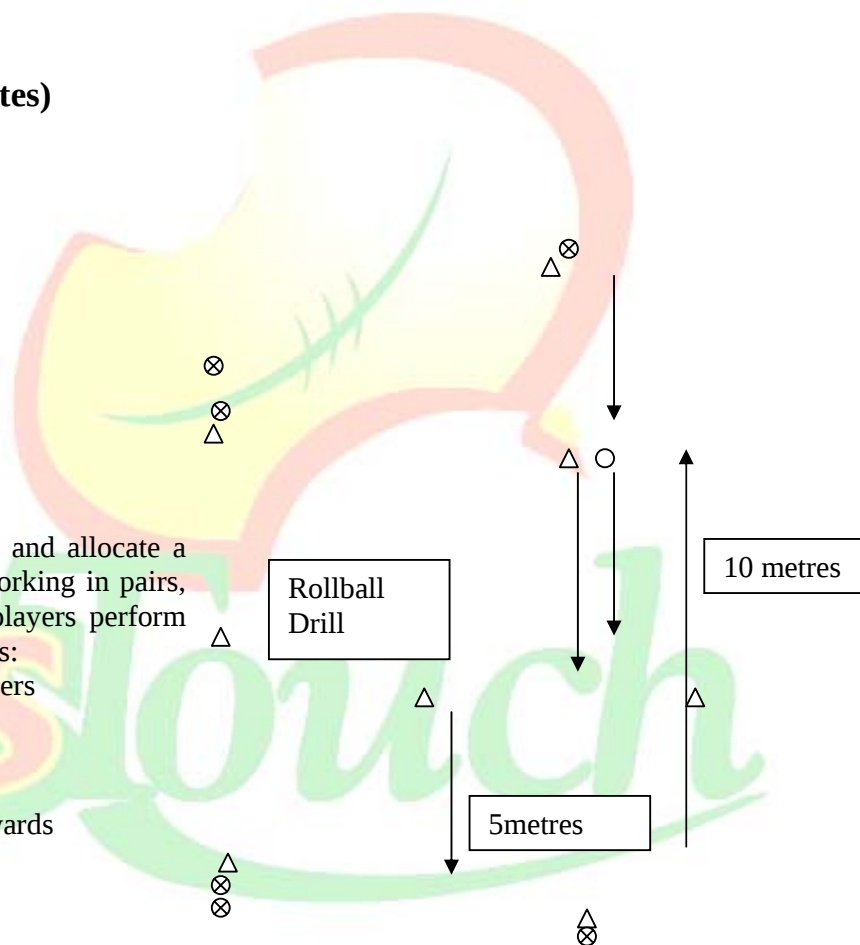
Identify and explain 3-5 activities and allocate a number for each. With players working in pairs, call out a number and have the players perform the activity. Examples for activities:

- 5 x Fig.8 between legs – both partners
- 5 x round the body – both partners
- 5 catch and passes each
- 5 acting half passes each
- 5 rollball, scooping, running backwards

Teaching Points:

Listen to calls

5. Two teams one runs through to place the ball at the first marker then runs backwards to the 5-metre marker to defend. The other team at the top, once the ball is placed on the marker they can move forward to scoop the ball and beat the defender to score. Once established this can be used to create a “real” game effect and introduce more players to enlarge the drill and skills.



FOCUS OF LESSON (20-25 minutes)

2.Name:Swerving

Objective:

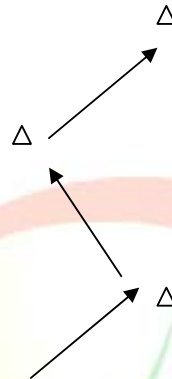
To develop the skill of swerving

Explanation:

Have players line up and run between markers. The next person doesn't start until they have passed 5 markers

Teaching Points:

Move in and out markers leaning to cater for the change in direction



3.Name:Stepping by Weight Transfer

Objective:

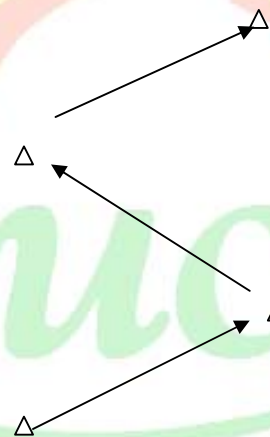
To develop the skill of transferring weight from one leg to the other

Explanation:

Have players line up and run 10-15 metres pushing off from one leg to the other. The object of the activity is for players to practice looking like their going I one direction and then changing.

Teaching Points:

Bend legs and push off to side



4.Name:Stepping to Markers by Weight Transfer

Objective:

To develop the skill of transferring weight from one leg to the other

Explanation:

Have players line up and step to markers. This will ensure they are pushing off. Can introduce ball – players should look like their going to pass one way and step towards the other.

Teaching Points:

Bend legs and push off to side

Diagram as above, but the introduction of a defender in the middle of the grid will re-enforce the step and perhaps a dummy pass.

5. Name: Stepping after Moving Opposition 1

Objective:

To develop the skill of taking the opposition in one direction before stepping in the other

Explanation:

Have players with a ball line up and run on angle towards markers. As they approach the marker, they are to dummy pass to the direction they are running and step in opposite direction. They continue to do this for every marker. Once competent, you can place a player on the marker so runners can judge the distance they need to be to step.

Teaching Points:

Taking defender in one direction first makes it more difficult for them to change direction with the step

Step at reasonable distance (approx 2m) so defender cannot make touch

Bend legs and push off to side

CONCLUSION / MINOR GAME (10-15 minutes)

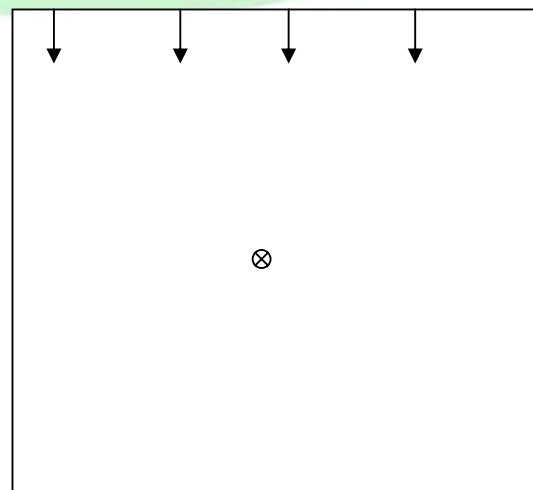
6. Name: Octopus

Objective:

To develop the skill of effecting a touch
To revise that 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.



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

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



Lesson 4

OBJECTIVES OF THE LESSON

1. To develop the draw and pass
2. To develop 2 v 1 skills

INTRODUCTION (10 minutes)

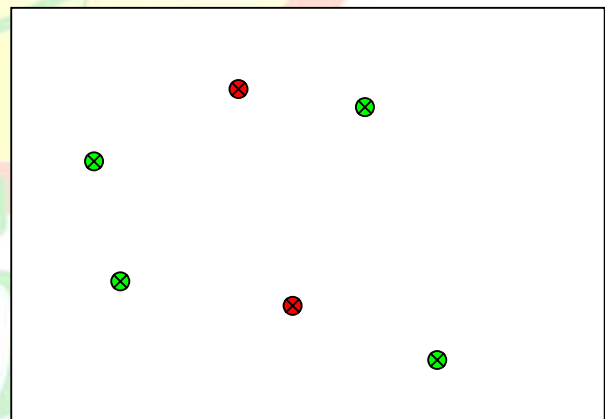
1.Name: Linking Passes

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 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.



⊗ Defenders
⊗ Attackers

Teaching Points:

All catching and passing teaching factors
Communication, teamwork and awareness skills
Decision making

FOCUS OF LESSON (20-25 minutes)

2.Name: Draw and Pass

Objective:

To develop the skill of running straight to draw a defender and passing to a support player

Explanation:

Have players form groups of 4-6. The ball starts with a player on the end. That player is to run to their marker and pass. The next player then runs to their marker and passes off to the next player and so on. Once they have passed, the players run through to the end ready to repeat from the opposite end once all groups have had a go. Once competent, stand a player on the markers and have them act as the defender so players can judge when they need to pass – approximately 2 metres away.

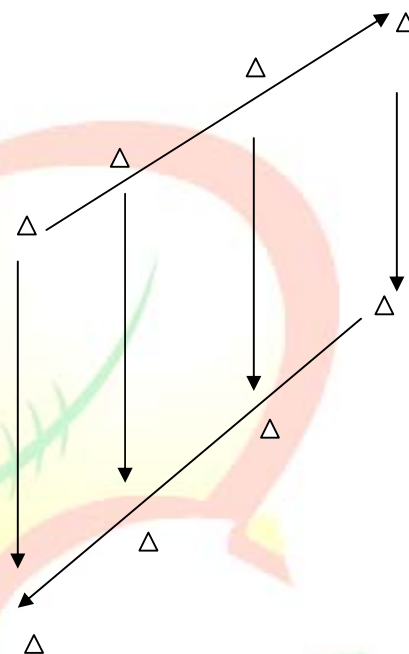
Teaching Points:

Run straight to marker

Look to marker to draw and then to player when passing

Ensure feet positioning is correct

If ball is passed too early, player is not drawn – if ball is passed late and touch and pass will be given



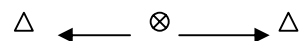
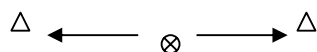
3.Name: 2 Versus 1

Objective:

To develop the basic catch and pass with one defender

Explanation:

Place the opposition players Y between the markers. Y can move only laterally between the markers and not forwards or backwards. Start with a limited area for them to move sideways and as the attackers become more competent allow them to move across the entire width. The object is for the two players to run and pass the ball and not get touched in possession by a Y player. Each Y player should be 10 metres apart.



Teaching Points:

Draw opposition before passing



Australian Government
Australian Sports Commission



Do not get too close before passing
Look to defender to draw and partner to pass
Use the dummy pass
Use width of area

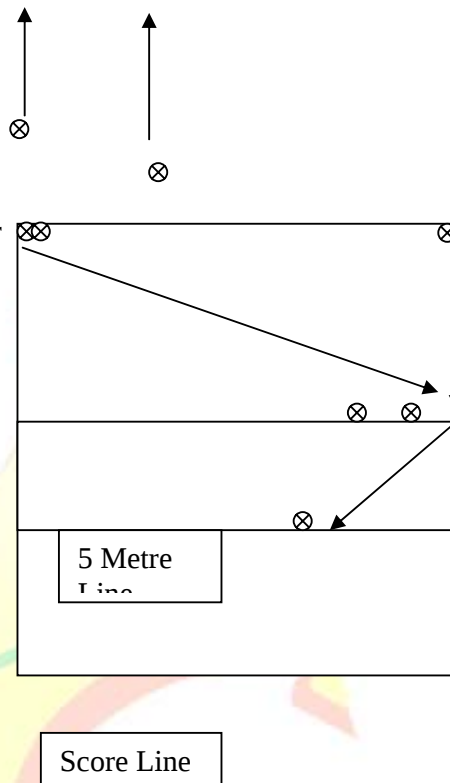
3. Name: Shootout 1

Objective:

To develop the basic catch and pass with one defender

Explanation:

Have players form groups of 3 – 2 attackers, 1 defender. The 2 attackers with a ball stand at one corner of the area and the defender on the other corner. On go the 3 players run towards the corner in front of the defender. The defender who should reach it first, is to then retreat backwards 5 metres. The attackers are to attempt to score past the defender. The defender cannot attempt a touch until the 5 metres has been reached.



Teaching Points:

Draw opposition before passing
Do not get too close before passing
Look to defender to draw and partner to pass
Use the dummy pass
Use width of area

CONCLUSION / MINOR GAME (10-15 minutes)

6. Name: Team Passing

Objective:

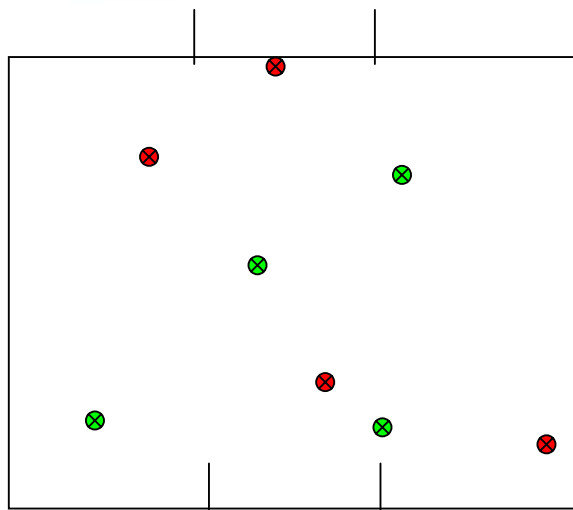
To develop the skill of the catch and pass in a game situation

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 a changeover and the defending player cannot hit the ball from the players hands.

Teaching Points:

As for draw and pass





Australian Government
Australian Sports Commission



Move to space
Call for the ball
Pass to the chest of the player
Move the ball across the body



Lesson 5

OBJECTIVES OF THE LESSON

1. To participate in a game of Touch

INTRODUCTION (10 minutes)

1. Name: Elimination

Objective:

To develop the skill of the catch and pass, evasion and effecting a touch skills

Explanation:

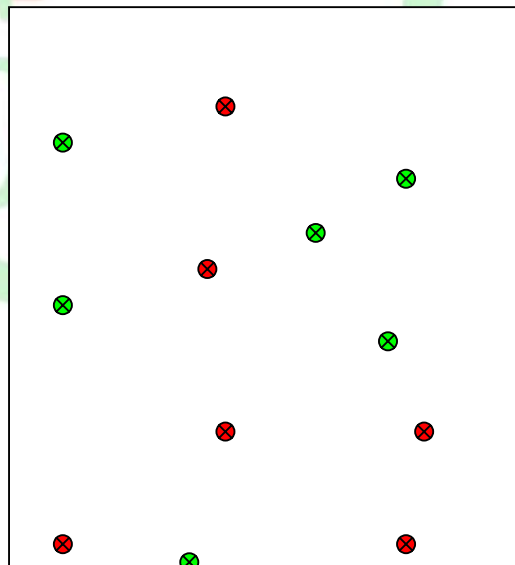
4 to 12 players per grid. The players in the grid are divided into 2 equal teams and preferably identified with bibs. One of the teams has possession and attempt to touch the ball on the other group without dropping the ball. The player in possession cannot run and other players in the group are forced to move around and get into a better position to receive a pass and effect a touch. Through communication and team work the players are eventually eliminated. Swap groups around to see if second group can beat time taken by first group. You may choose not to eliminate players to keep them all involved. To achieve this count how many touches were made by each team instead with all players participating until time is up.

Teaching Points:

Players not in possession must support the ball carrier

Communication

Evasion



CONCLUSION / MINOR GAME (15 minutes)

AusTouch Alternative Activities for Introducing Touch

