

Alternative Activities Session Plans – Level 4

Key to diagrams:



= marker

= run



= player

= pass



= ball

Lesson 1

OBJECTIVES OF THE LESSON

1. To teach the spiral pass (a longer and accurate pass)

INTRODUCTION (5-10 minutes)

1. *Name: Backwards Circle Pass*

Objective:

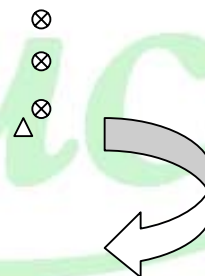
To revise a backwards catch and pass

Explanation:

Players stand at a cone facing clockwise. They walk in that direction passing the ball behind them to the next receiver. X1 passes to X2 who passes to X3 etc. They can turn left or right while they walk. When competent add more touch balls / jog / run/ change direction.

Teaching Points:

Normal catching and passing teaching points.
Pivot trunk to look at receiver



FOCUS OF LESSON (20-25 minutes)

2. Name: Ball Spinning

Objective:

To teach the spinning action required for a spiral pass

Explanation:

Have players form pairs with one ball between each. One at a time they are to position the ball so one hand is on top and spin the ball in the air and recatch it themselves. Do both sides so alternate hands are on top. The top hand should rotate towards the body to ensure the spin is in the right direction.

Teaching Points:

Use top hand to perform spin
Rotate top hand towards body

2. Name: Pairs Spiral Passing (stationary)

Objective:

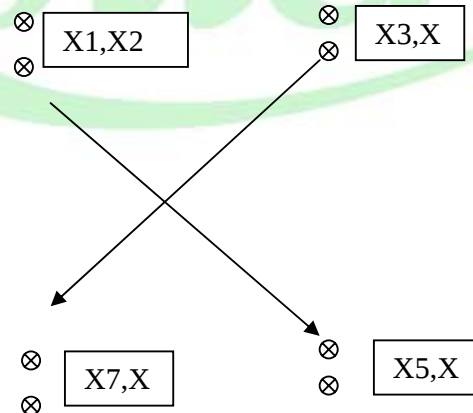
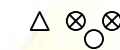
To teach the spiral pass

Explanation:

Four pairs of players to form a square as per diagram and spiral pass to their partner. Eg X1 passes to X2, X3 passes to X4 etc. When whistle is blown they pass to their opposite partner. Eg X1, X2 pass to X6, X5 while X4 and X3 pass to X7 and X8.

Teaching Points:

All normal catch and pass points
Use wrist and fingers of hand furthest from receiver to spin ball towards the body of the passer.
Top of ball pointed towards receiver
Do both directions



3. Name: Pairs Spiral Passing 1

Objective:

To develop spiral catch and pass on the run

Explanation:

Players jog down the alley in pairs, spiral passing to each other. When they get to the end of the cones the player with the ball scores a touchdown. The players then jog around the outside of the alley and change line to start again.

Teaching Points:

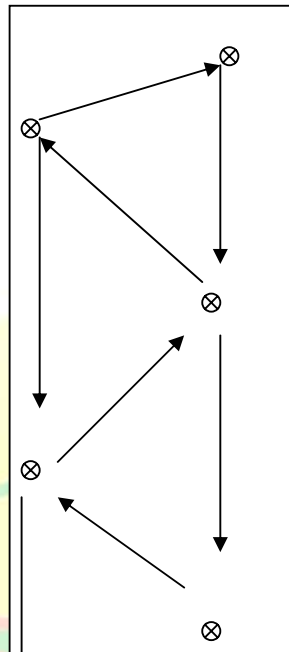
All normal catch and pass points

Emphasise feet position and hip rotation

Use wrist and fingers of hand furthest from receiver to spin ball towards the body of the passer.

Top of ball pointed towards receiver

Do both directions



5. Name: Pairs Spiral Passing 2

Objective:

To develop the spiral catch and pass on the run

Explanation:

As for spiral pass 1, but when the players get to the end of the markers they go around the outside of the cones passing across the grids to each other avoiding the next pair passing down the inside of the alley. They change lines when they get back to the start

Teaching Points:

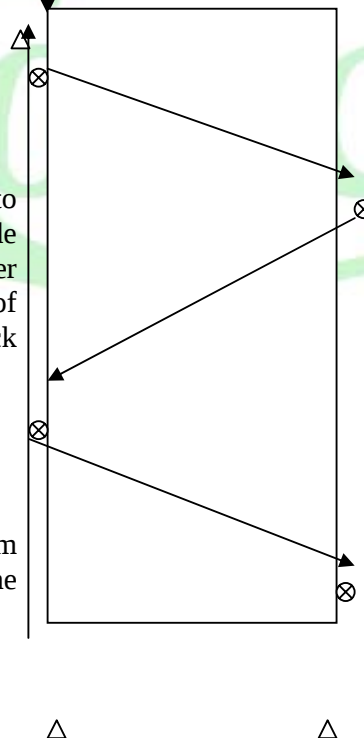
All normal catch and pass points

Emphasise feet position and hip rotation

Use wrist and fingers of hand furthest from receiver to spin ball towards the body of the passer.

Top of ball pointed towards receiver

Do both directions



CONCLUSION / MINOR GAME (10-15 minutes)

6. Name: Spiral Pass Softball

Objective:

To practice the spiral pass

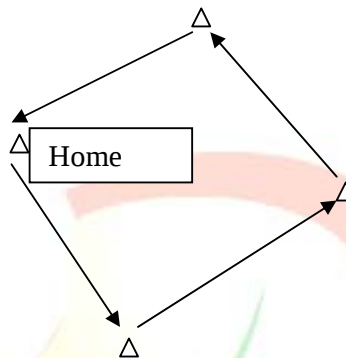
Explanation:

Divide the players into 2 teams. Batter stands at home plate and spiral passes the ball into fair territory (inside diamond plus outfield). He/she then attempts to run around as many cones as he/she can. If they make it around once they can continue for a second time if the ball is not home.

Once a fielder has caught or retrieved the ball they are to pass it to the first base person who spiral passes to second base, who spiral passes to third base and then to home. The total number of cones the batter makes in this time is the score.

Teaching Points:

As for spiral pass
Communication



Lesson 2

OBJECTIVES OF THE LESSON

1. To revise the wrap
2. To teach wrap defence
3. Revise the acting half wrap

INTRODUCTION (5-10 minutes)

1. Name: Posts

Objective:

To revise the catch and pass

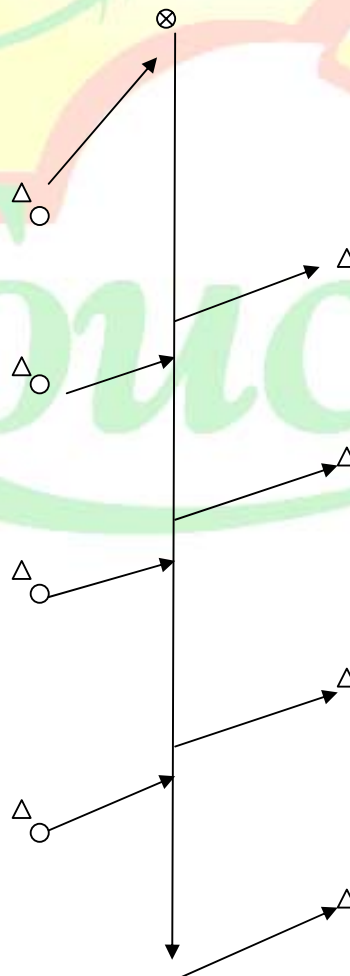
Explanation:

Have a player stand at each marker (post) with the players on the left side having a ball. The remaining players line up at one end of the alley. One at a time the players run through receiving a pass from one side of the posts and passing to the other until they reach the end. Swap players over so they have a turn as a runner and as a post. Posts can be set up as wide as ability level allows.

Teaching Points:

All catch and pass points

Emphasise feet position and hip rotation



FOCUS OF LESSON (20-25 minutes)

2. Name: Wrap Pass 2

Objective:

To revise the wrap pass

Explanation:

Form 2 lines with half of each line to go to the opposite end of the grid. The first player in each line works together. The player who starts with the ball wraps the partner. All run through rejoining the line they end up in front of, while passing the ball to the next group who repeats the activity.

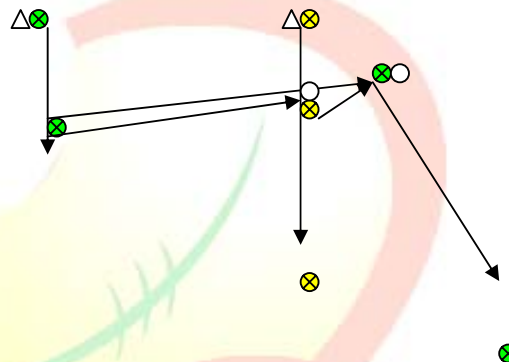
Extension: Can introduce a third line for a support player. As above but the wrapper passes off to support player.

Teaching Points:

As with the wrap pass

Run with ball in two hands

Communication



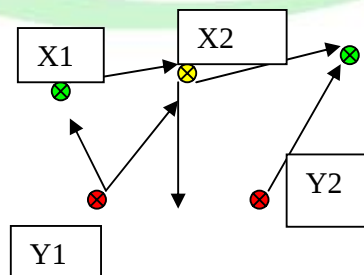
3. Name: Wrap Defence

Objective:

To teach wrap defence

Explanation:

Set up as for Wrap Pass 2 activity. Groups of 2 to be attackers and defenders. Attackers walk doing a wrap – X1 passes to X2. X2 moves forward and in towards gap between Y1 and Y2. X2 passes to X1 wrapping, Y1 and Y2 change responsibility – that is who they are marking. Attackers walk through and pass ball to next pair of attackers. Give each pair a turn at defending. Work up into a run.



Teaching Points:

Defender Y1 changes from attacker X1 to X2

Defender Y2 changes from attacker X2 to X1

Communication – early call to change defence on attackers so as to keep a straight line of defence

Y1 was defending against X1 but changes to defend X2 (the pivot) and Y2 changes to defend Y1.

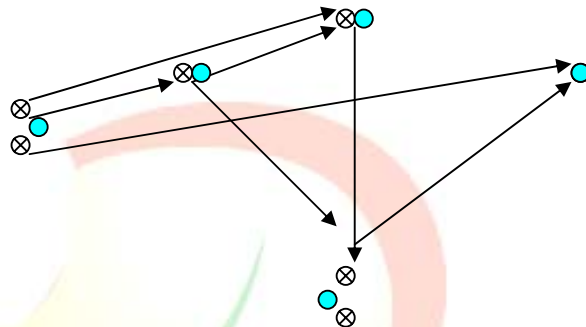
4. Name: Acting Half Wrap

Objective:

To revise acting half wrap

Explanation:

Form groups of three. Have one as a rollball, one as acting half and one as the pivot. Ruck players (rollball and acting half) perform a rollball – acting half wraps pivot and runs 5 metres forward and rolls the ball. Last pivot is now acting half and they wrap the initial rollball. This can be continued down the field.



Teaching Points:

The receiver must run forward and angle slightly in toward the passer so the wrapper can get around the pivot and it makes the defender chase in

Communication between the two players

Straighten up after the wrap

CONCLUSION / MINOR GAME (10-15 minutes)



5. Name: End Ball

Objective:

To develop the spiral catch and passing under pressure

Explanation:

Divide players into 2-4 teams. Have an area approximately 40m x 20 m. Object of the game is to get the ball to your team goalie in the end zone with spiral passes.

Rules

No running with the ball

Three seconds only with ball in possession

Must spiral pass or change possession

Dropped ball goes to other team

Intercept is play on

Defenders must guard no closer than 1 metre

No player allowed in end zone except goalie

Extension

Allow running with the ball but if

touched possession goes to the other team

May limit players running distance

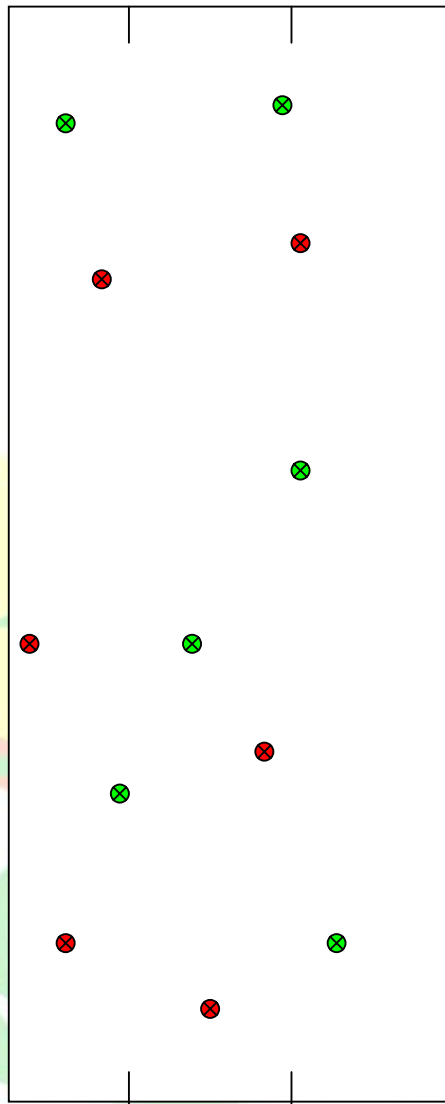
Have set number of passes before ball goes to goalie

Teaching Points:

As for the spiral pass

Communication

Peripheral vision



Lesson 3

OBJECTIVES OF THE LESSON

1. To revise the switch
2. To teach switch defence

INTRODUCTION (5-10 minutes)

1. Name: Wrap Pass 2

Objective:

To revise the wrap pass

Explanation:

Form 2 lines with half of each line to go to the opposite end of the grid. The first player in each line works together. The player who starts with the ball wraps the partner. All run through rejoining the line they end up in front of, while passing the ball to the next group who repeats the activity.

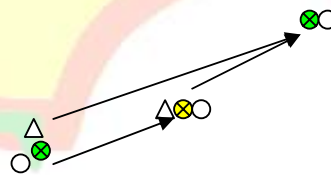
Extension: Can introduce a third line for a support player. As above but the wrapper passes off to support player.

Teaching Points:

As with the wrap pass

Run with ball in two hands

Communication



FOCUS OF LESSON (20-25 minutes)

2. Name: Switch Pass 2

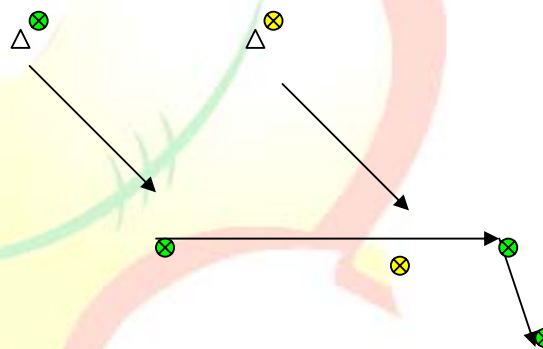
Objective:

To revise the switch pass

Explanation:

Form 2 lines with half of each line to go to the opposite end of the grid. The first player in each line works together. The player who starts with the ball switches with the outside person. All run through rejoining the line they end up in front of, while passing the ball to the next group who repeats the activity.

Extension: Can introduce a third line for a support player. The middle player switches with the outside player who passes back to inside support player.



Teaching Points:

As with the switch pass
Run with ball in two hands
Communication

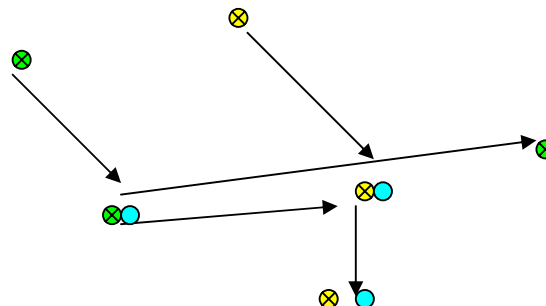
3. Name: Switch with a dummy pass

Objective:

To teach a dummy switch

Explanation:

As for switch but ball is not released



Teaching Points:

As the player approaches the crossover the ball is extended to the receiver. At the point of crossing the ball is retained and held close to the body.

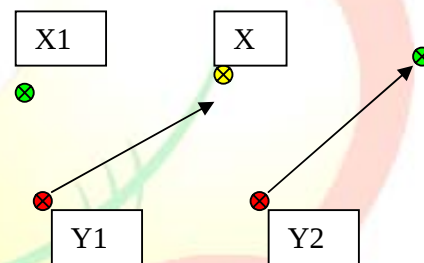
4. Name: Pairs Switch Defence

Objective:

To teach switch defence

Explanation:

Set up as for Switch Pass 2 activity. Groups of 2 to be attackers and defenders. Attackers walk doing a switch. Defenders move towards attackers 1 on 1. As the attackers change positions, the defenders call switch and change who they are marking. Defender Y1 changes from attacker X1 to X2. Defender Y2 changes from attacker X2 to X1. Attackers walk through and pass ball to next pair of attackers. Give each pair a turn at defending. Work up into a run.



Teaching Points:

Defender Y1 changes from attacker X1 to X2

Defender Y2 changes from attacker X2 to X1

Communication – early call to change defence on attackers so as to keep a straight line of defence

CONCLUSION / MINOR GAME (10-15 minutes)

6. Name: Confusion Ball

Objective:

Revise keeping line in defence, communication, running with a ball, agility, making a touch, switch attack / defence

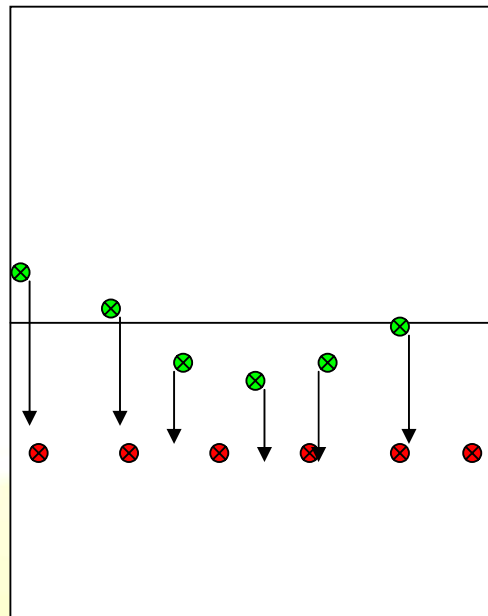
Explanation:

Divide group into 2 teams. Each attacker has a ball or hands held together to simulate holding a ball. Attackers line up on opposite side of grid to defenders. On go the attackers run to score a touchdown on the other side of the grid. The defender tries to touch them before they score. Count the number of touchdowns and then swap the teams around. The winning team is the team with the most touchdowns.

Teaching Points:

Defenders to keep line and not cross over

Attackers to cross over and use agility to beat defenders.



Lesson 4

OBJECTIVES OF THE LESSON

1. To revise the switch defence
2. To teach 3 player settle

INTRODUCTION (5-10 minutes)

1. Name: Pairs Switch Defence

Objective:

To teach switch defence

Explanation:

Set up as for Switch Pass 2 activity. Groups of 2 to be attackers and defenders. Attackers walk doing a switch. Defenders move towards attackers 1 on 1. As the attackers change positions, the defenders call switch and change who they are marking. Defender Y1 changes from attacker X1 to X2. Defender Y2 changes from attacker X2 to X1. Attackers walk through and pass ball to next pair of attackers. Give each pair a turn at defending. Work up into a run.

As Above

Teaching Points:

Defender Y1 changes from attacker X1 to X2

Defender Y2 changes from attacker X2 to X1

Communication – early call to change defence on attackers so as to keep a straight line of defence

FOCUS OF LESSON (20-25 minutes)

2. Name: Dump Rollball

Objective:

To teach a fast rollball

Revise effecting a touch

Explanation:

Attacker runs at defender and initiates a touch. A quick rollball is made while the defender retires 5 metres backwards. When the defender has got back 5 metres the attacker picks up the ball and runs at the advancing defender again initiating the touch and doing a quick rollball. Repeat 6 times then swap the pairs around.



Teaching Points:

Attacker must make touch on defender before rollball is performed

Lead arm makes contact with the defender while the arm holding the ball prepares to rollball as soon as the touch is made.

Make touch to side of body – ball should be in hand furthest away from defender

Make touch on hip area so low to ground at point of contact

3. Name: Person settling (pop pass)

Objective:

To teach 3 person settling

Explanation:

Groups of 3 with a ball facing the same the direction. Two players start at the first marker and form a ruck – X1 rollball, X2 acting half. X3 starts at the other marker. X1 rolls the ball, X2 passes to X3 on the run who settles and takes a touch in front of X1 at the next marker. X2 runs like they are going to wrap X3, ready to be in position to take the next settle.

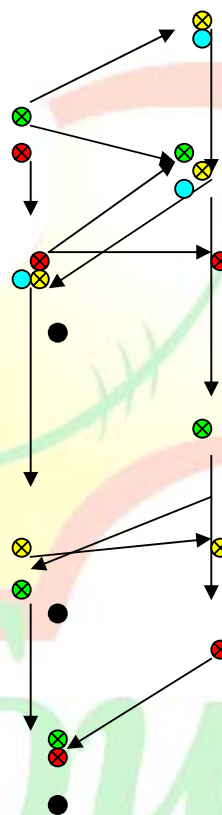
To begin you can place a marker as a target for the acting half passer to run around – this ensures they remain wide and deep for settling and not in the ruck's pocket.

Teaching Points:

Settler initiates the touch and calls left or right for the acting half to know which side to pop the ball up to

Pop pass is a soft pass into the air for the settler to run onto.

Settler starts wide to draw their defender wide but needs to be in close at the time of the pass



4. Name: Person settling (pop pass) 2

Objective:

To teach 3 person settling with a defender

Explanation:

As above but a defender starts on the second marker so the settler can make a touch on a defender. Once the defender makes a touch or is touched, they need to retreat backwards to the next marker so they are ready for the next settler.

As
Above

Teaching Points:

As for settlers above

Make touch on side and hip area of defender

CONCLUSION / MINOR GAME (10-15 minutes)

5. *Name: Mini Touch 5 v 5*

Objective:

Practice settlers in a game situation

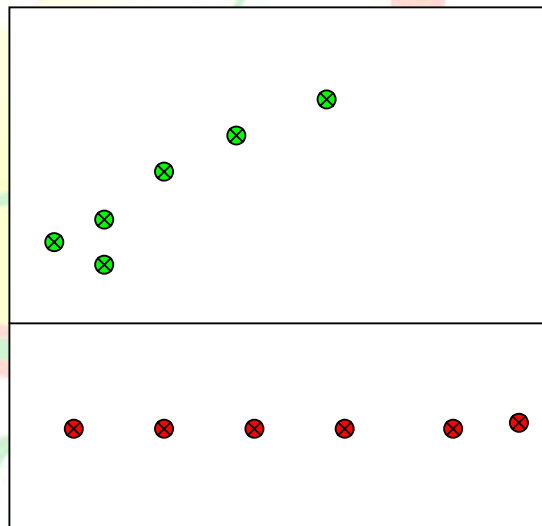
Explanation:

Divide group into 2 – 4 teams. Have them play a game using normal rules however the focus of the game is settling. Do this by setting rules such as – if they get the ball in their half they are to settle for 6 touches. If they get ball in their half they must settle for 3 touches.

Teaching Points:

As for settlers

Communication – players have to make the call as to where they are on the field



Lesson 5

OBJECTIVES OF THE LESSON

1. To revise 3 player settling
2. To teach ruck defence

INTRODUCTION (5-10 minutes)

1. Name: Confusion Ball

Objective:

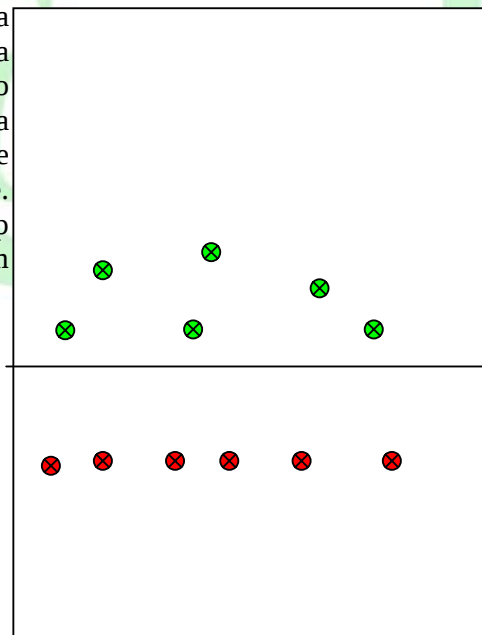
Revise keeping line in defence, communication, running with a ball, agility, making a touch, switch attack / defence

Explanation:

Divide group into 2 teams. Each attacker has a ball or hands held together to simulate holding a ball. Attackers line up on opposite side of grid to defenders. On go the attackers run to score a touchdown on the other side of the grid. The defender tries to touch them before they score. Count the number of touchdowns and then swap the teams around. The winning team is the team with the most touchdowns.

Teaching Points:

Defenders to keep line and not cross over
Attackers to cross over and use agility to beat defenders.



FOCUS OF LESSON (20-25 minutes)

2. Name: Person settling (pop pass)

Objective:

To revise 3 person settling

Explanation:

Groups of 3 with a ball facing the same the direction. Two players start at the first marker and form a ruck – X1 rollball, X2 acting half. X3 starts at the other marker. X1 rolls the ball, X2 passes to X3 on the run who settles and takes a touch in front of X1 at the next marker. X2 runs like they are going to wrap X3, ready to be in position to take the next settle.

Teaching Points:

Settler initiates the touch and calls left or right for the acting half to know which side to pop the ball up to

Pop pass is a soft pass into the air for the settler to run onto.

Settler starts wide to draw their defender wide but needs to be in close at the time of the pass

As
Above

3. Name: Pairs Ruck Defence

Objective:

To teach ruck defence

Explanation:

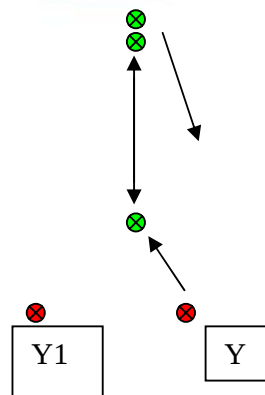
X1 – rollball, X2 acting half, Y1 toucher, Y2 behind player. The toucher Y1 makes a touch on the stationary attacker X1 with the ball. Toucher Y1 retires 5m as the attacker rollballs. The acting half X2 picks up the ball and runs to one side of the rollball, the behind player Y2 moves up to effect the touch on the acting half. Y1 now becomes the behind player and X1 the acting half. Repeat 6 times.

Teaching Points:

The player making the touch must run backwards

5m quickly and straight. This enables the onside player 'the behind' to touch acting half who has run.

The toucher is responsible for the rollball and the behind id responsible for the acting half. At all times players must communicate who they have.



The behind must be directly behind the ruck so they are ready to go in either direction.

4. *Name: 3 v 3 settling and ruck defence*

Objective:

To revise and practice settling and ruck defence

Explanation:

3 attackers settling the ball. 3 defenders stopping them from advancing to their scoreline in 6 touches.

Have players attempt the 2 variations that can be used and discuss the advantages and disadvantages of each.

Variation 1 – (Slide defence) Ruck defenders make all the touches ie. Y1 takes rollball, Y2 takes settler and Y3 takes acting half who has wrapped.

Advantages – No crossing over of players so less confusion, if they pass to acting half/wrapper Y3 easily has it covered

Disadvantage – gives away more ground as ruck players have to work hard to get onside before making next touch

Variation 2 – (Kill defence) All players rotate to take touches ie. Y1 takes rollball, Y2 takes acting half when they wrap, Y3 takes settler.

Advantages – If they pass to acting half/wrapper Y2 has to work hard to get over to make touch and will give away ground.

Disadvantage – stops attackers from making as much ground as Y3 has a better chance of being onside as they hadn't made previous touch

Teaching Points:

Communication about which defender has which attacker

Defenders must retreat 5m quickly

Attackers must run onto ball, initiate the touch and dump the ball to ensure forward progress

CONCLUSION / MINOR GAME (10-15 minutes)

5. *Name: Modified Touch*

Objective:

Practice settlers, ruck defence and communication in a game situation

Explanation:

Divide group into 2 – 4 teams. Have them play a game using normal rules however the focus of the game is settling and ruck defence. Do this by setting rules such as – if they get the ball in their half they are to settle for 6 touches. If they get ball in their half they must settle for 3 touches.

Teaching Points:

As for settlers and ruck defence

Communication – players have to make the call as to where they are on the field and who they have.