

Alternative Activities Session Plans – Level 5

Key to diagrams:



= marker



= run



= player



= pass



= ball

Lesson 1

OBJECTIVES OF THE LESSON

1. Revise making a touch
2. Teach diving touch, sideways and forwards

INTRODUCTION (5-10 minutes)

1. Name: Red Rover in pairs

Objective:

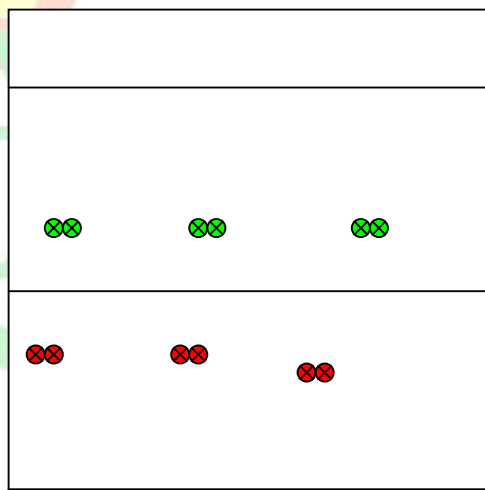
To revise making a touch, running with the ball, evasive skills

Explanation:

One ball between a pair. Pairs attempt to score by either running or passing. Defenders must tag the players in possession of the ball. Passes can go in any direction to the receiver in a pair. If a pair gets across the area, they must score a touchdown to be safe. The player who is touched becomes the defender, the other partner either runs solo or teams up with another single player.

Teaching Points:

Two hand underarm pass only. A dropped ball or bad pass results in the player becoming a defender.



SCORE

FOCUS OF LESSON (20-25 minutes)

2. Name: *Knees dive to side*

Objective:

To teach a sideways dive

Explanation:

Start on your knees on the mat – dive left or right on command.

Teaching Points:

Avoid landing on joints eg. Elbows

The defender should land on the whole side in a relaxed position

Keep your eyes open

Extension – No mats, use grass

3. Name: *Knees dive to side 2*

Objective:

Knees dive at walking attacker

Explanation:

Groups of 4. The back player walks down past the mat edge while the defender dives making touches. The attacker walks past the other edge of the mat. The defender dives to the other side to make a touch. The next player repeats. Swap the defender after all attackers have walked past.

Teaching Points:

Avoid landing on joints eg. Elbows

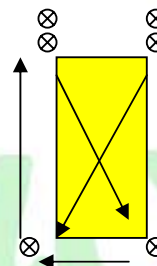
The defender should land on the whole side in a relaxed position

Keep your eyes open

Extension –

No mats, use grass

Attackers jog



4. Name: *Knees dive forward*

Objective:

To teach dive forward

Explanation:

Groups 3-4. On command players fall forward onto mat, quickly recovering to knees.

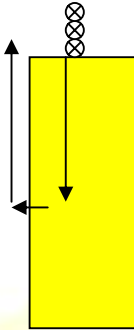
Teaching Points:

Avoid landing on joints

Arms stretched out, palms down

Land on front

Relax and have eyes open



5. Name: *Squat – Standing dive*

Objective:

To teach the sideways and forward dive

Explanation:

Repeat above drills with the defender going from knees to squat to standing to defender running

Teaching Points:

As for previous drills

CONCLUSION / MINOR GAME (10-15 minutes)

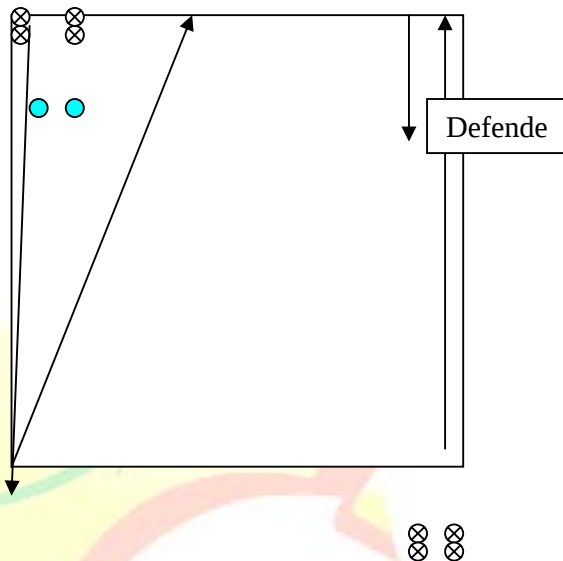
1. Name: *Scoring Competition 2*

Objective:

To revise taking a tap, running with the ball, evasive skills, scoring touchdowns and the dive touch if needed.

Explanation:

Have half the students stand at one corner of the square in 2 lines and the other half on the opposite corner in 2 lines. Place 2 balls 5 metres out from 2 of the lines. On go the first players in the attacking line are to run forward 5m, tap the ball run to the top corner marker, go around it and run back towards the other end of the square to attempt to score on the end of the squares. The other 2 lines go once contact has been made with the foot in the tap and must attempt to touch them (dive if necessary) before they do so. Players change lines once they have had a go.



Teaching Points:

Ball must still be in hands when placed on the ground.

Evasion skills can be utilised

Loudly call 'touch' when touch is made

Defender must not push attacker from behind

Lesson 2

OBJECTIVES OF THE LESSON

1. To revise diving touch
2. To revise acting half scoop
3. To teach four person settling
4. Revise ruck defence

INTRODUCTION (5-10 minutes)

2. *Name: Scoring Competition 2*

Objective:

To revise the diving touch

Explanation:

Have half the students stand at one corner of the square in 2 lines and the other half on the opposite corner in 2 lines. Place 2 balls 5 metres out from 2 of the lines. On go the first players in the attacking line are to run forward 3m, tap the ball run to the top corner marker, go around it and run back towards the other end of the square to attempt to score on the end of the squares. The other 2 lines go once contact has been made with the foot in the tap and must attempt to touch them (dive if necessary) before they do so. Players change lines once they have had a go.

As Above

Teaching Points:

Ball must still be in hands when placed on the ground.

Evasion skills can be utilised

Loudly call 'touch' when touch is made

Defender must not push attacker from behind

FOCUS OF LESSON (20-25 minutes)

2. Name: Scoop

Objective:

To revise the scoop and running by acting half

Explanation:

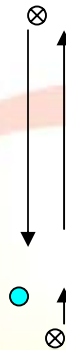
Groups divide into 4-6. The ball on the ground is in front of the first player. On go the first player scoops the ball, runs to the other end, placing the ball in front of the next player. They then repeat the process

Teaching Points:

Body to one side of ball

Palm up as fingers slide under ball

The other hand supports ball if necessary



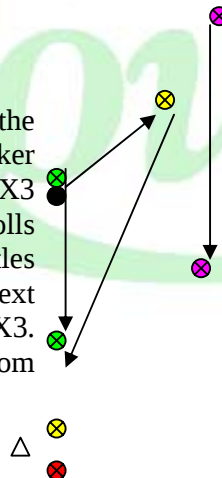
3. Name: Player Settling

Objective:

To teach 4 player settling

Explanation:

Groups of 4 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 and X4 start on either side of the ruck. 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. X4 is ready in position to take the next settle from the other side.



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

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

4. *Name: Player Settling plus 2 defenders*

Objective:

To revise settling with defence

Explanation:

Same as above but 2 defenders try to restrict the attackers advance by alternating who makes the touch.

As Above but with two defenders

Teaching Points:

Attackers run onto ball, initiating the touch and quickly dumping.

Defenders make every second touch - communicate

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.

Lesson 3

OBJECTIVES OF THE LESSON

1. To revise spiral passing
2. To teach reverse wrap
3. Teach double wrap
4. Teach defence of reverse wrap / double wrap

INTRODUCTION (5-10 minutes)

Name: Pass and Run

Objective:

To develop quick accurate passing and deep running onto ball

To develop the spiral pass

Explanation:

Form groups of 5-6 players and have them stand at a marker. The ball starts with the player on the end who has the marker farthest away from them. They are to take one step and pass to the next player who does the same. The ball should reach the last player before they reach the marker in front of them. When the last player has the ball and are at their marker they are to turn around and pass it back along the line. Once the others had passed the ball initially, they are to make it to the marker in front of them, turn around and be ready to run onto the ball coming back.

This can be varied by increasing the passing distance or increasing the running distance for fitness



Teaching Points:

Accurate and long spiral passes

Players must not stop to catch the ball

FOCUS OF LESSON (20-25 minutes)

3. Name: Option

Objective:

To teach the option

Explanation:

Ball carrier X1 runs across the field, slightly backwards in front of receiver X2. The player switch passes the ball and continues to run past. The ball carrier runs forward then passes the ball to the original ball carrier.

Extension

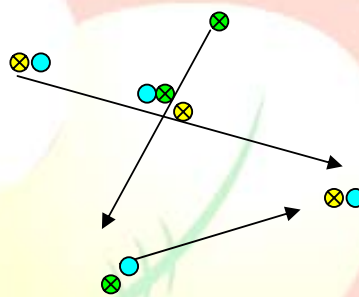
Add 2 defenders to apply pressure

Teaching Points:

Gentle pass from X1 to X2

Both players try to run outside their defenders

Ensure second pass is not forward



3. Name: Ruck double wrap

Objective:

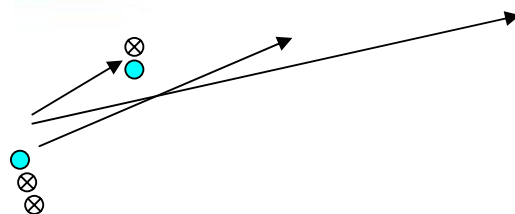
To teach the ruck double wrap

Explanation:

A group of 3 players. Player X1 rolls the ball, X2 is acting half and passes to X3. Both X1 and X2 wrap X3 – X2 runs widest. Ball is passed from X3 to X1 to X2.

Extension

Add 3 defenders. Toucher slides over to first off, behind slides to first wrapper, first receiver slides to take second wrapper.



Making sure that X1 and X2 run behind X3.

Teaching Points:

Normal wrap points

Communication

Straight line defence sliding across

CONCLUSION / MINOR GAME (10-15 minutes)

6. *Name: 3 v 2 Continuous touch*

Objective:

To practice wrap, switch, double wrap and option against defence

Explanation: Form two groups of 3 and 2, using the three attackers utilize the key skills learned in the lessons before into a minor game with two defenders. Making sure that each skill is completed in the first 6 touches before the ball is handed over. Normal rules apply.

Teaching Points:

Revise wrap, switch, double wrap points

Communication

Switch attacking and defending players after 6 touches



Lesson 4

OBJECTIVES OF THE LESSON

1. To revise drawing an opponent
2. To teach switch variations
3. To teach switch variations defence

INTRODUCTION (5-10 minutes)

1. Name: 3 v 2 shootout

Objective:

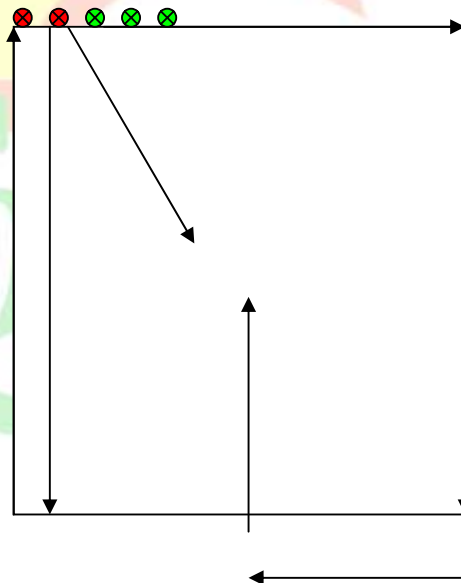
To revise drawing an opponent, catch and pass, effecting a touch
To practice communication in attack and defence

Explanation:

Form groups of 5 – 3 attackers, 2 defenders. Have them all start at one end of the grid. On go, the 3 attackers (2 one way and 3 the other) run to the corners, up the sides and back through the middle in an attempt to score by drawing and passing. The 2 defenders complete an up and back before moving up to make a touch.

Teaching Points:

Must commit each defender before passing.
Attackers must have good alignment – deep and wide



FOCUS OF LESSON (20-25 minutes)

2. Name: Dummy switch, dump, acting half, scoop and run

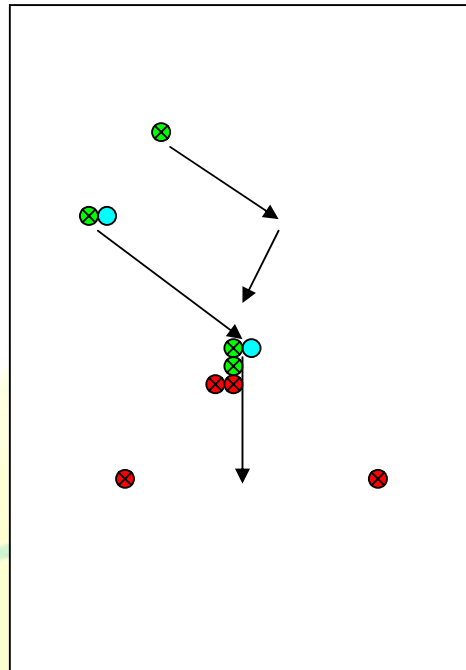
Objective:

To teach switch variations

To revise the dump and acting half scoop

Explanation:

As for the switch except the ball carrier dummies takes the touch ie. effects the touch between both defenders and dumps ie. quick rollball. Receiver X2 has moved into half and scoops the ball and runs into gap between the 2 defenders, linking up with X1 for the pass.



Teaching Points:

Attacker to communicate and effect touch

Acting half to time run so they can scoop shortly after ball hits ground

Acting half to scoop and run into gap between 2 defenders

Rollball must support half runner

3. Name: Double switch

Objective:

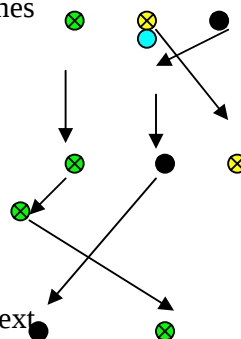
To revise switch pass

Explanation:

Three players in a line with the middle player in possession. Player X2 switches with player X3 who becomes the middle player, X3 then switches with player X1.

Extension

Add 1, 2, 3 defenders



Teaching Points:

Communication ie call switch

Ball carrier straightening before making next switch

Receivers stay wide and deep

4. Name: 2 out switch

Objective:

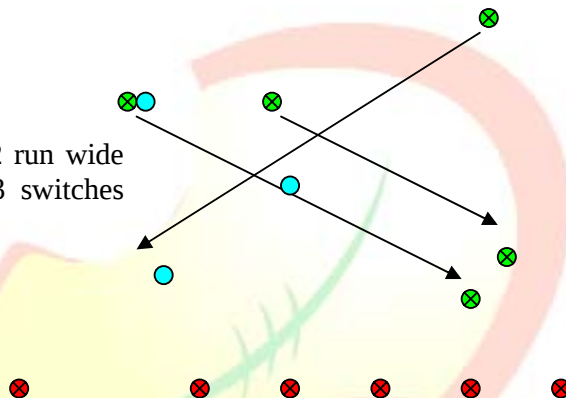
To teach switch variation

Explanation:

Form groups of 3 players. X1 and X2 run wide looking to get outside defenders. X3 switches with ball carrier.

Extension

Add defenders



Teaching Points:

First 2 receivers must run wide and parallel.

3rd receiver stays deep and wide and leaves run late

CONCLUSION / MINOR GAME (10-15 minutes)

5. Name: Walking Touch / Jogging / Running

Objective:

Revise attack and defence skills in a modified game situation

Explanation:

All players play game as normal but must be walking. This allows more time for them to practice the skills. Can move from this to a jog and full pace.

Teaching Points:

Ensure wraps, switches, settlers are used in correct parts of field

Lesson 5

OBJECTIVES OF THE LESSON

1. To revise wrap, switch, attack variation and defence
2. To teach a move

INTRODUCTION (5-10 minutes)

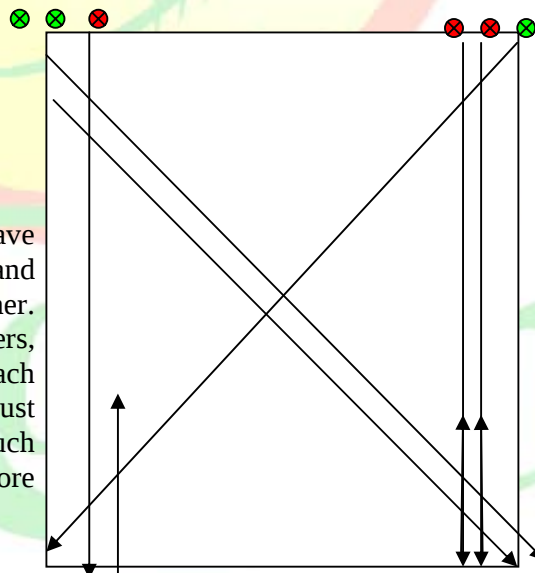
7. Name: 3 v 3 shootout

Objective:

Revise switch, wrap variations
Revise defence of variations

Explanation:

Form groups of 6 – 3 attackers, 3 defenders. Have two attackers one defender start at one corner and 2 defenders and one attacker on the other corner. The defenders run straight to the end markers, attackers run diagonally (defenders should reach end first). Once at the far end, defenders must retreat backwards 5 metres and attempt to touch the attackers. The attackers must attempt to score using switch and wrap variations



Teaching Points:

As for wrap and switch variations and defence of these

Communication is essential so players know what team is doing.

FOCUS OF LESSON (20-25 minutes)

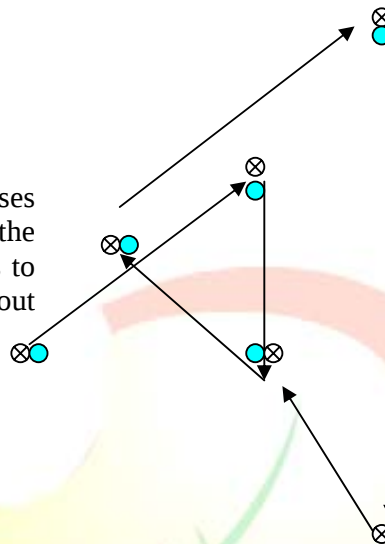
2. Name: Cut out pass 1

Objective:

To teach cut out pass

Explanation:

Form groups of five. Ball carrier X1 spiral passes to the receiver, X3 cutting out X2. X3 passes the ball back inside to X2 who does a cutout pass to X4. X4 passes back inside to X3 or does a cutout pass to X5. Repeat process on the way back.



Teaching Points:

Ball carrier communicates to receiver
Receiver must be on the run

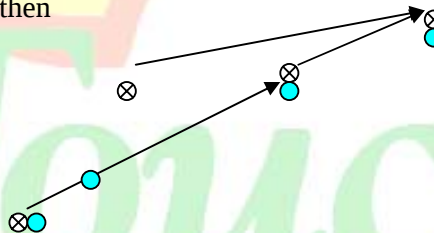
3. Cut out pass 2

Objective:

To teach cut out pass

Explanation:

Form groups of three. Ball carrier X1 spiral passes to the receiver, X3 cutting out X2. X2 then wraps X3 to receive the ball.



Teaching Points:

Ball carrier communicates to receiver
Person cut out must wrap
Receiver must be on the run

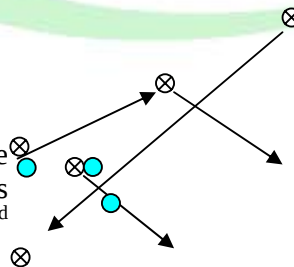
4. Name: Pass, wrap and switch

Objective:

To teach wrap and switch combination

Explanation:

Group of 3 attackers. Ball carrier X1 passes to the receiver X2 and wraps. The ball carrier dummies to wrapper X1 then passes the ball to the 3rd receiver X3, in a switch pass movement.



Extension - Add defenders

Teaching Points:

Wrapper and switch communicate

Wrapper must be quick

Switcher comes in when wrapper goes around the ball carrier

CONCLUSION / MINOR GAME (10-15 minutes)

5. *Name: Game of Touch*

Objective:

Practice all attack and defence strategies

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 to ensure forward progress.

