

## Alternative Activities – Explanation

This section of the AusTouch Leader CD is provided to give alternative examples of session plans. They are categorized into levels allowing a leader to assess the group they have, and find activities to suit the appropriate skill level. The levels are progressively harder or require more skills.

It is recommended that the Lesson Plans within each Session Plan are used by an AusTouch Leader, Coach or Teacher who has become familiar with the other areas of the AusTouch Resource, which is more beginner-based. These Session Plans and alternative activities do require some base knowledge and experience in the sport.

These Session Plans are ideal for participants that maybe older or more skilled as they start to go towards teaching technique used in the sport. This allows the overall resource to become a beginner to intermediate resource.

These Session Plans have been provided by Matthew Bamford and TouchWest and they are thanked for their contribution.

Further examples and information is available from the AusTouch section of the Touch Football Australia website at [www.austouch.com.au](http://www.austouch.com.au).

Finally, if you would like to contribute by providing Activities that we have not yet included in this resource, they would be welcomed. For them to be displayed on the website contact the National AusTouch Coordinator on the contact information provided with this resource.