

Alternative Activities for Introducing Touch

Key to diagrams:



= marker

= run



= player

= pass



= ball

WARM UP GAMES

Tag Ball (all ages)

Equipment

1 ball

At least four markers

Bibs if available

The Game

Divide into two teams in a square (about 8m x 8m). This square is the field of play, and all players (unless eliminated) should remain within the square.

Attacking Team: The team in possession must tag players from the other team to eliminate them. The player in possession is the only player in the game not allowed to move, but can only pivot. They must move the ball to corner their opponents, but each dropped ball brings one eliminated player back into the game. The team with the ball has a 3 minute time limit (this can be changed).

Non Attacking team: An opposing player is out if they're tagged by a player in possession of the ball, or if they run out of the square.

Don't attempt to steal the ball, just stay away from where the ball is. Your turn is next.

Notes

Point out the difference between this activity & a normal game of Touch.

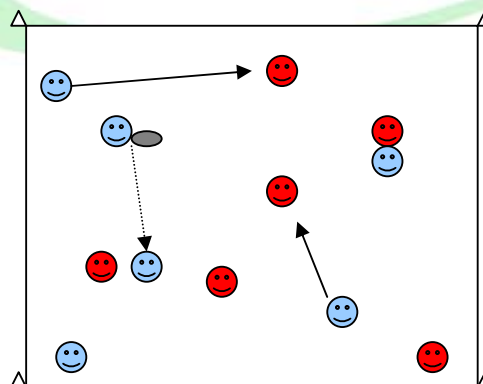
Eg. Shouldn't pass forward,

& should run with the ball are important.

Also note that usually players in possession

Attempt to evade their opposition.

Players should be encouraged to move around.



Relay & Pass (8 – 12 yrs)

Equipment

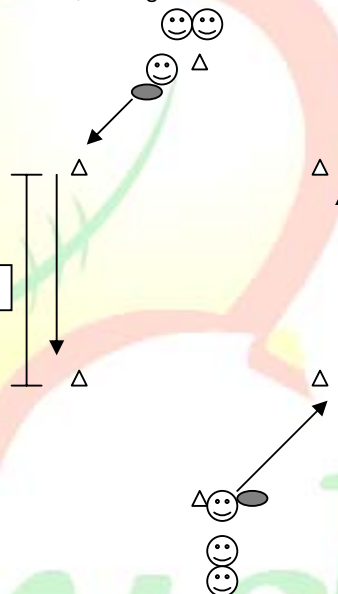
2 balls
6 markers

The Game

Divided into two teams, the first player from each team runs from the starting position and around the square, facing their team all the way. This means running backwards, sideways and forward, all common in Touch. The player carrying the ball can pass when they reach the last marker, then go to the end of the line. The object is to get all your team through first.

Notes

Players line up at opposite sides of the square.
When the player reaches the last corner of the Square, they pass the ball to the next team member.
Players should always face their team.
Encourage players to run with the ball in 2 hands rather than under 1 arm.



Take Two (6 – 12 yrs)

Equipment

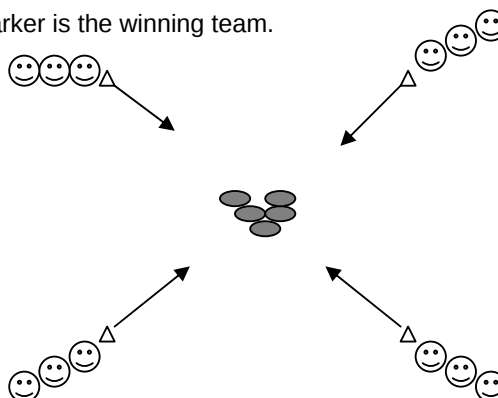
5 balls
4 markers

The Game

Divide the group into four teams with the balls in the middle. On go, the first player in each team runs to the middle, grabs a ball and places it at his/her teams marker. Once the ball is on the ground, the second player in the group can go for the remaining ball, or take a ball from another group. The first group to have two balls on the ground at their marker is the winning team.

Notes

Players can only pick up one ball at a time.
Players can't prevent another team from stealing
The ball they have at their marker.



BASIC TOUCH SPECIFIC SKILLS

Catch and Pass #1 (10+ yrs)

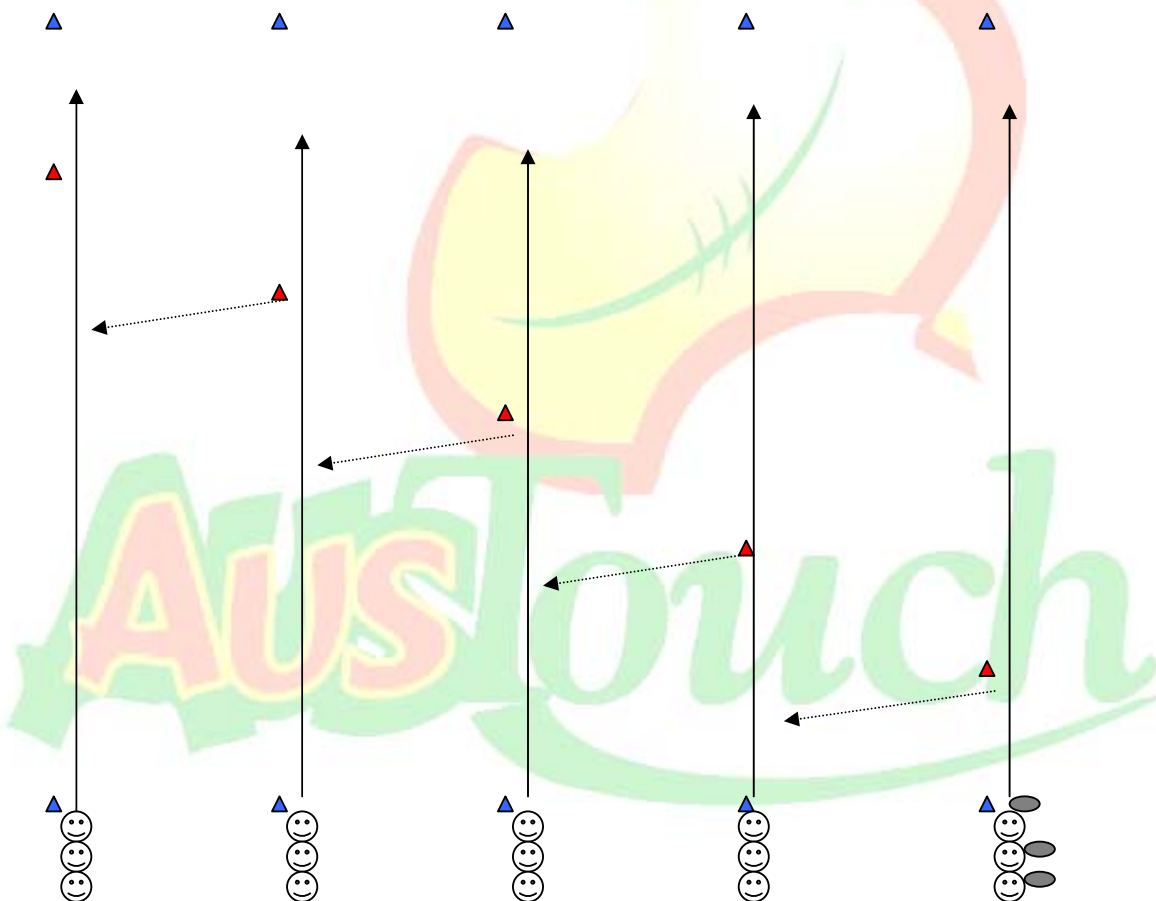
Equipment

6 balls (if 30 students in groups of 6)

15 markers

The Activity

Players are divided into five groups of the same size. In the diagram, assume the ball starts at bottom right. Players run straight up the field, and pass the ball to the player on their left when they run past a marker.



Notes

You can vary the distance between each group, depending on the age and ability of the group to pass the ball. It may be 2 – 3m for 10 – 12 yrs, or up to 6 – 10m for 15+ yrs.

Players should be encouraged to stay behind the ball carrier at all times.

Most Touch players naturally prefer to pass the ball right to left across their body. You may wish to change the direction of the pass in future sessions.

Catch and Pass #2 (8+ yrs)

Equipment

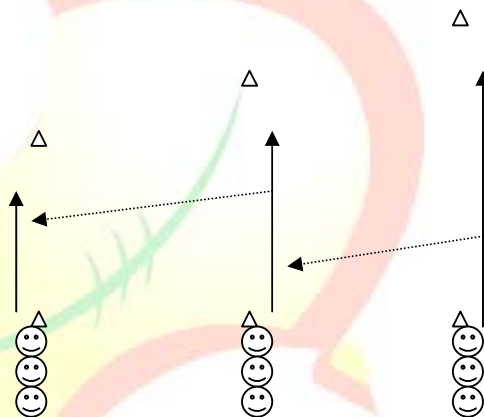
1 ball
6 markers

The Activity

Players are divided into 3 groups. Start the ball in the bottom right corner. The first player at each marker runs out, passing the ball along the line. Each of them then goes around the marker in front of their line, then passes back along the line. Hand the ball off for the next group to do the same.

Notes

As per Catch and Pass #1.



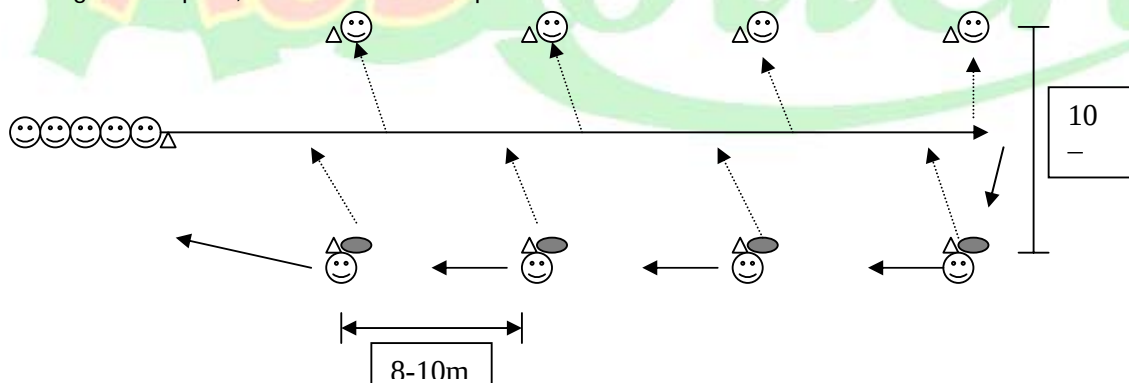
Catch and Pass #3 (13+ yrs)

Equipment

4 balls.
9 markers.

The Activity

Players from the line run through the markers, and catch the ball from one side, passing off to the other. Players standing at markers must move to the next marker ONLY when they pass the ball. The runner, after throwing the last pass, moves to where the pass came from.



Notes

Players must think quickly and move to their next position without delay. Once comfortable, pick up the speed by having the second runner from the line start once the player in front is halfway down the middle of the grid (the first player should have caught the second ball before the next player goes). The activity will break down if a ball is dropped or someone moves (or fails to move) at the wrong time, so concentration is important.

Rollball Relay (8+ yrs)

Equipment

2 balls
8 markers

The Activity

Form lines at each end of each line of four marker (can make more lines for larger groups). The first player at each marker runs through, scooping up the ball at the first marker, then playing a rollball at the second. Continue through and tag the next player to run back, doing the same thing in the reverse direction.

Notes

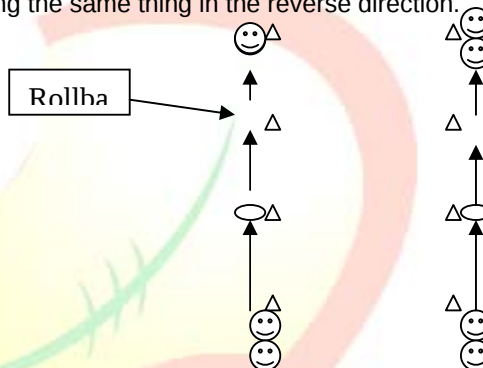
Players should place the ball and step over it.

If they roll the ball, two outcomes could occur:

1. The ball rolls more than 1 metre (turnover)
2. Acting ½ fumbles a moving ball.

The rules do allow the ball to be rolled, but not advised.

Players shouldn't drop the ball – place it on the ground.



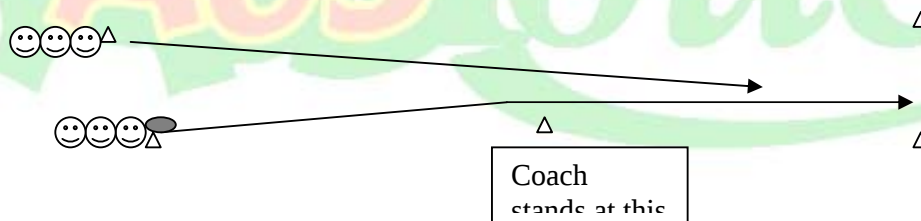
Scoring Touchdowns #1 (6+ yrs)

Equipment

A few balls
5 markers

The Activity

Players get a partner, and on the whistle, the ball carrier must try to score between the furthest markers before being touched by their partner.



Notes

The player carrying the ball must pass above the marker where the Coach is standing. Players go on the whistle. To score a touchdown, players must have the ball in one or two hands, and ground the ball under control.

Diving to score a touchdown or make a touch is permitted in the game.

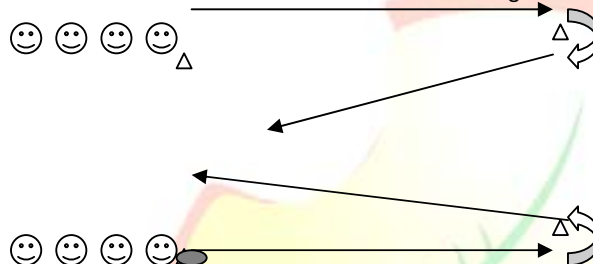
Scoring Touchdowns – 1 vs 1 (6+ yrs)

Equipment

2 balls
4 markers

The Activity

Players line up opposite their partner. The ball carrier goes when ready, and must run around the outside of the marker ahead, then get back to score before being touched. The chaser can go when the ball carrier starts, but must first go around the marker ahead of them before effecting the touch.



Notes

Players must ground the ball under control, in between the markers where the two lines are standing. Players should round the OUTSIDE of the end markers.

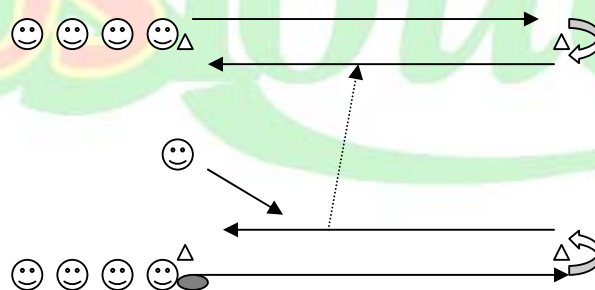
Scoring Touchdowns – 2 vs 1 (10+ yrs)

Equipment

Same as for 1 vs 1 (above)

The Activity

Same formation as for 1 vs 1, but with a defender on the scoreline. The defender lets attacking players go around the far markers, then moves forward to touch the player in possession. Attacking players should draw the defender, then pass the ball.



Notes

The attacking team should run at pace, which makes it more difficult for the defender. The support player must be behind the ball carrier.

The ball carrier should pass the ball after committing the defender to touch him/her. If the defender moves to cover the support player before the pass is thrown, a "dummy" pass is an option, where the ball carrier could score.

The attack should need no more than one pass, though more are allowable.

Change the defender around occasionally.

Game – 3 vs 2

Equipment

2 or 3 balls
6 markers

The Activity

Split the group into two teams. Three attackers (red) run down the sideline and into the field to try & score at the opposite end. At the same time, defenders (blue) run down opposite sideline in other direction and into field to stop attack from scoring. Give attack ten scoring 'shots' then change possession. Repeat if necessary.

SOME BASIC RULES CHANGE OF POSSESSION OR PENALTY?

Changeover (other team gets possession with a rollball)	Penalty (other team gets possession with a penalty tap)
➤ 6th touch. ➤ Acting ½ caught in possession. ➤ Acting ½ scoring a touchdown. ➤ Ball to ground. ➤ Player in possession runs over sideline. ➤ Incorrect rollball (not straight, not stepping over the ball)	➤ Offside (defence within 5m). ➤ Touch and pass (late pass). ➤ Overstep in the rollball. ➤ Hard touch. ➤ Voluntary rollball (play rollball without being touched). ➤ Forward pass. ➤ Intentionally kicking the ball. ➤ Verbal abuse.