

Touch Football Australia



Level 0 Grids and Drills
For Touch Players

Beginners and Juniors

Dennis Coffey and Dr. Paul Webb

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INTRODUCTION

The original booklet "Fifty-one Grids and Drills for Touch" has now been divided into "Level 0 Grids and Drills for Touch Players" and "Level 1 Grids and Drills for Touch Players".

The latter booklet contains grids and drills for the intermediate and advanced players, and represent an extension of the Level 0 booklet which is for beginners and novices.

It is essential that coaches provide meaningful training sessions for their players. The material in this booklet is intended to help coaches accomplish this as well as provide variety to maintain players interest. Grids develop skills in a confined area which makes it easy for the coach to supervise and control.

The content is meant to be a guide only. It should be a stimulus for creative and innovative thinking as both players and coaches can design their own grids. Only the limits of one's imagination places a restriction on original alternatives.

National Coaching Panel.
1993.

WHAT GRIDS ARE ALL ABOUT

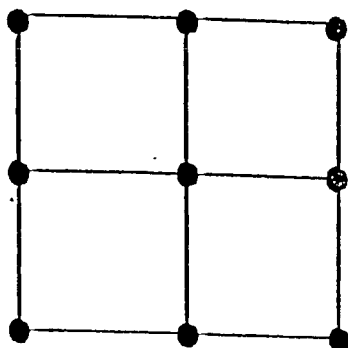
Have you ever seen some statistics of the game which show who makes the most passes and which players drop the ball? Well if you did, you would probably realize that of the 480 passes (average) made during a normal match, the three middle players complete 76% and the links about another 21%. This means that the wingers, who are usually required to be "on hand" at the right time, only make (and take) about half-a-dozen passes in each game. It is during the game that most wingers are actually getting their training. Is it any wonder that many wingers are given the doubtful tag of "fast, gutless and bad hands!"

And have you been to a training session where the team plays a game and the middles and links get all the ball play, and wondered why the winger drops so many balls in the competition? It is most probably a result of the winger not getting the opportunity to practice the catching and passing skills during the training session. But it is not just the training session make-up which is at fault. Often the reason behind poor skills (and there are many others than wingers with bad hands), is that the particular technique is not practised enough at training so that it evolves into a proven skill. Grids provide the coach with the opportunity to work everyone at an appropriate rate commensurate with the objectives and goals of the team. But moreover, they are fun and keep all players fairly close together, making the coach's job easier; they provide specific opportunities for players to use their skills and provide enough motivation for players of all ages. The use of grids as part of any training session should be mandatory. Not only are they necessary to allow all players to practice individual skills, but they are most suitable for sub-unit and fitness drills alike. Grids are all about making training sessions an enjoyable and learning activity.

THE COACH'S OPTIONS

Grids can be defined as areas of training between five and twenty metres square. However, even these dimensions are suggestions as the facility lends itself to much variation.

The corners of the grids should be clearly defined with markers. Witches hats, cones, clothing or even milk cartons (no bottles please!) can be used to mark the corner boundaries. Grids are usually set side by side to allow conjoint boundaries and to permit easier control by a coach. The most common form is a group of four grids using nine corner markers as shown below.

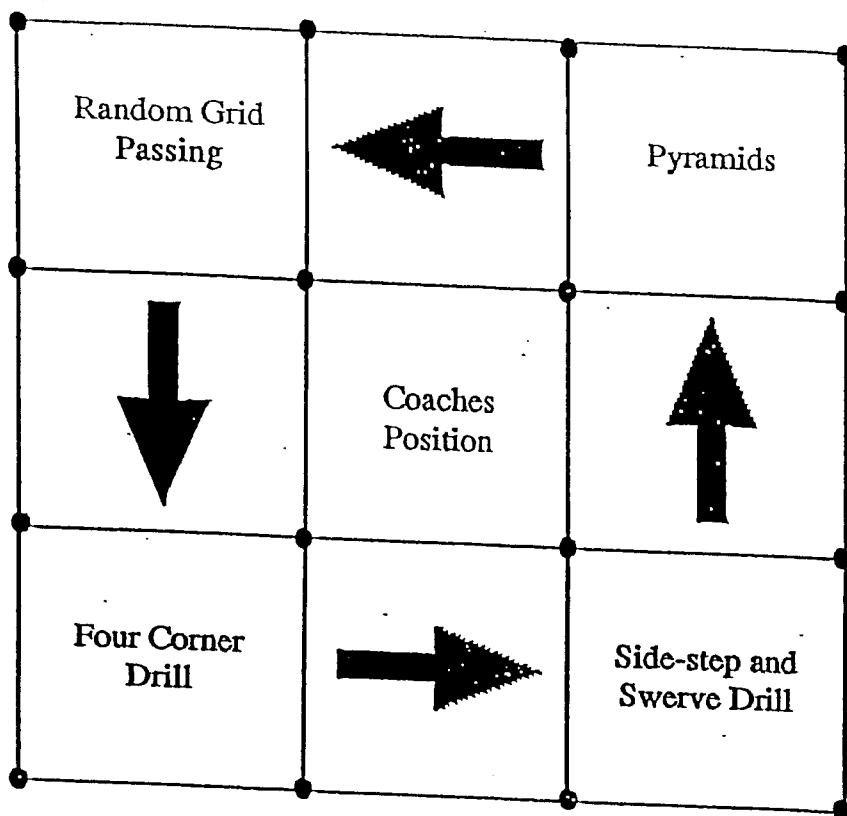


The grids can be used as one specific part of the session, or for the majority of the training run, depending on the individual and team requirements and the particular time of the season. Variety and flexibility are the keys and the coach should be careful not to fall into the trap of using the same old grids time and time again. Another useful activity allows the coach to combine a series of drills in a grid circuit, allowing for a variety of activities, some for fitness and others for skills learning. One example of such a circuit is shown over the page.

In this example the coach has, say, sixteen players to work with. Having planned the session to incorporate skills and fitness, the coach divides the group into fours and positions each group at a corner. Working at the particular drill for, say, three minutes each, the various groups will train, before moving onto the next drill for another three minutes.

While the players are performing the coach can provide feedback and comments from an ideal position in the centre of the grids.

In about fifteen minutes work, (four activities of three minutes with a break of about 45 seconds in between grids), the players have performed a large amount of work and experienced a range of activities and skills.



KEY TO DRILLS

The following symbols and signs are used:

Players

x y

Players in Possession

(x) (y)

Lines

—————

Movement of players

x → or y →

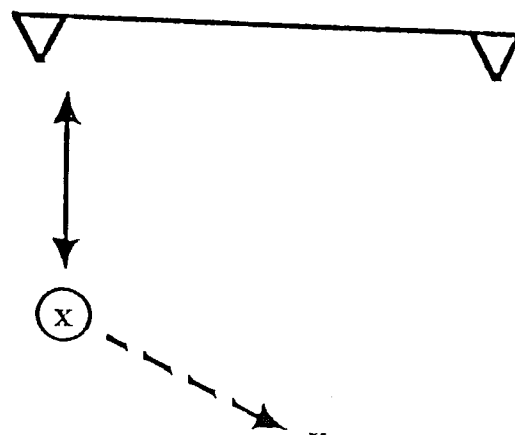
Movement of Ball

○ - - - - - →

Witches Hats

△

The following drill denotes two players running to a line (marked by two witches hats) and back, passing the touchball.



SEMI CIRCLE PASSING I

PLAYERS:

4 to 8 per grid.

DESCRIPTION:

Players position in a semi-circle with one player in the centre. Players are to turn side-on with either shoulder pointing at the centre player. Feet should be shoulder-width apart and players pass the ball across the body backwards and forwards to the player in the middle. Rotate players frequently and as proficiency improves increase the speed and distance apart.

COACHING POINTS:

Eyes always on the ball.

Hands always ready for the ball.

Receiving and passing across the body.

Nominate "aiming point" for passes.

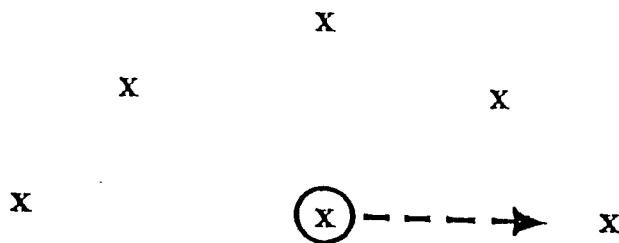
Nominate "hand position" for receiving.

Introduce calling for the ball.

Ensure equal time passing "left" and "right".

EQUIPMENT:

One ball.



SEMI CIRCLE PASSING II

PLAYERS:

4 to 8 per grid.

DESCRIPTION:

Players position in a semi-circle with one player in the centre. Players should turn side-on with either shoulder pointing at the centre player. Feet should be shoulder-width apart and players pass backwards and forwards between the middle player and any other player in the semi-circle. The object of the drill is for players to time their returning pass to the middle player so that it arrives an instant after the previous pass has been thrown. Rotate as necessary.

COACHING POINTS:

Eyes always on the ball.

Hands always ready to receive the ball.

Receiving and passing across the body.

Nominate "aiming point" for passes.

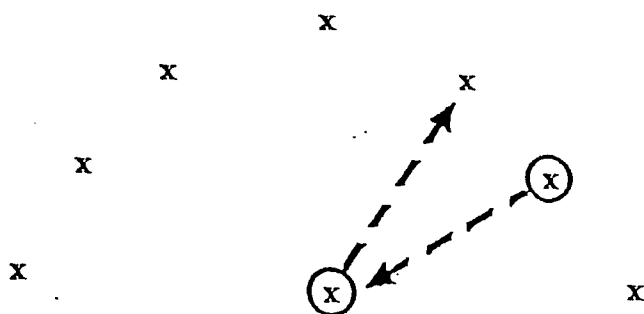
Ensure players communicate.

Total awareness by all, particularly the middle player.

Use of peripheral vision (i.e. "side viewing")

EQUIPMENT:

Two balls.



CIRCLE PASSING I

PLAYERS:

6 or 7 per grid.

DESCRIPTION:

Players position in an approximate circle within a grid and pass a ball around the circle either to the left or right as required. Once the group is proficient at using one ball, introduce a second ball (starting from the opposite side of the circle). Initially the players will time the passing, however, once they have adapted have them try to make the second ball catch up with the first one. See how many passes they can make without dropping a ball.

COACHING POINTS:

Eyes looking towards the ball.

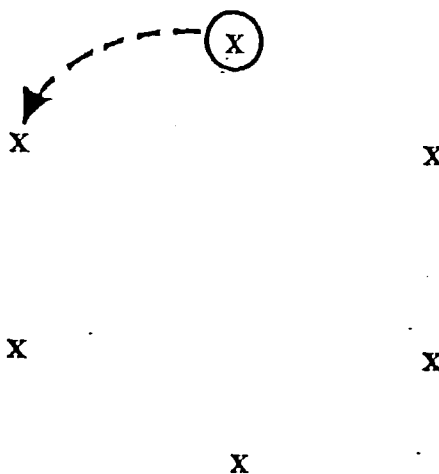
Hands always ready for the ball.

Alertness and peripheral vision.

Speedy movement across the body.

EQUIPMENT:

Two balls per grid.



CIRCLE PASSING II

PLAYERS:

4 to 8 per grid.

DESCRIPTION:

Players walk around in a circle with another player in the middle. The object of the drill is to encourage players to anticipate the position of supporting players at the time of the pass. The ball is passed from the player in the middle to a player on the outside who then returns the ball to the middle player. After the group has mastered the walk, increase the pace, firstly to a slow jog and then progressively to full pace. Rotate players as required.

COACHING POINTS:

Passing to where the receiver will be.

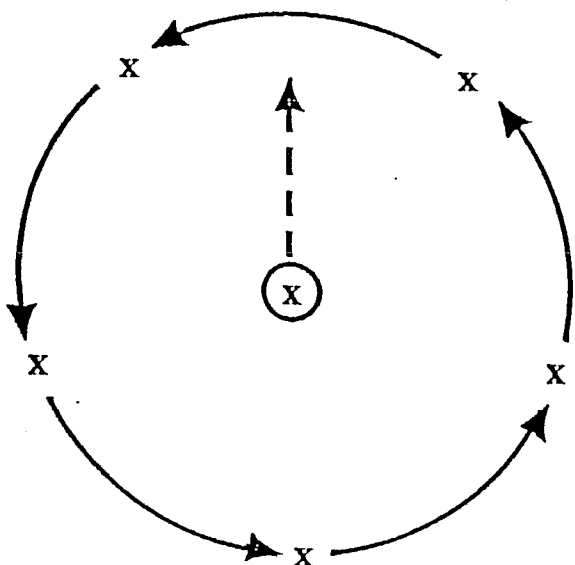
Return passing to a stationary player.

Ensure passing occurs to both sides.

Coaching points from Semi-Circle Passing.

EQUIPMENT:

One ball per grid.



CIRCLE PASS & CHASE

PLAYERS:

6 to 8 per grid.

DESCRIPTION:

Players form a circle in a grid. 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.

COACHING POINTS:

Eyes look towards ball.

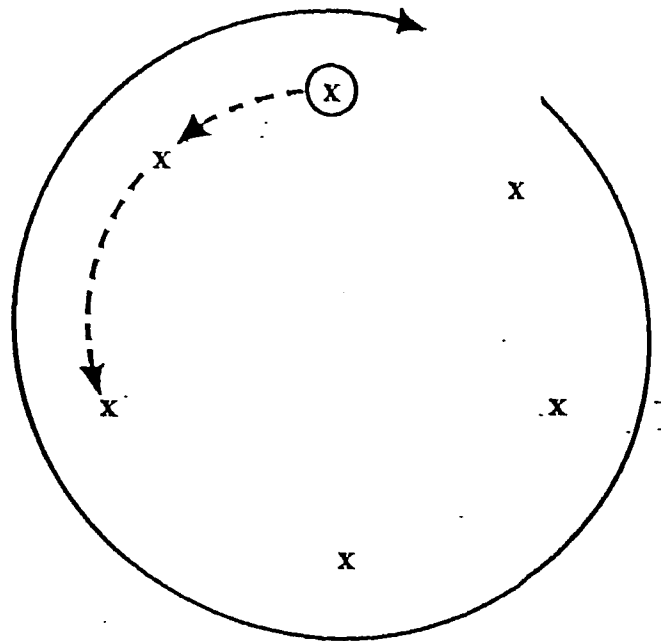
Hands ready for ball.

Alertness peripheral vision.

Fast passing under pressure

EQUIPMENT:

One ball per grid.



ZIG ZAG PASSING

PLAYERS:

6 to 8 per grid.

DESCRIPTION:

Players stand in parallel lines 5-8m apart. Player (x) stands with the ball and passes to x and so on down the line. All players are stationary. When ball gets to the end reverse the ball up the line.

COACHING POINTS:

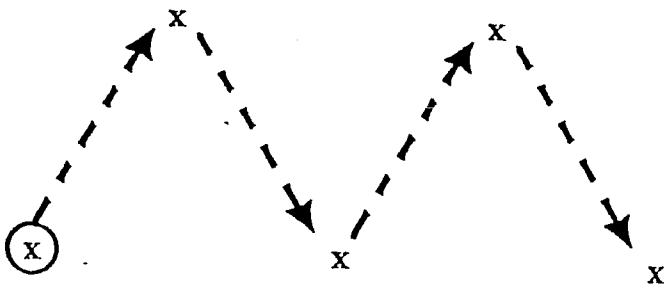
Accurate Passing.

Passing to Left/Right.

Eyes watching receiver.

EQUIPMENT:

One ball.



ZIG ZAG PASSING II

PLAYERS:

6 to 8 per grid.

DESCRIPTION:

Same as Zig Zag I but players pass and then run to the next spot. The end player runs to the top of the line.

COACHING POINTS:

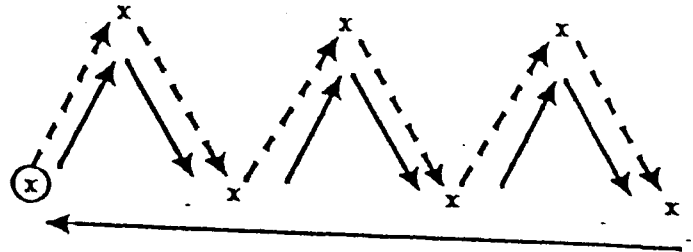
Accurate Passing.
Acceleration/Deceleration.

Passing on the run.

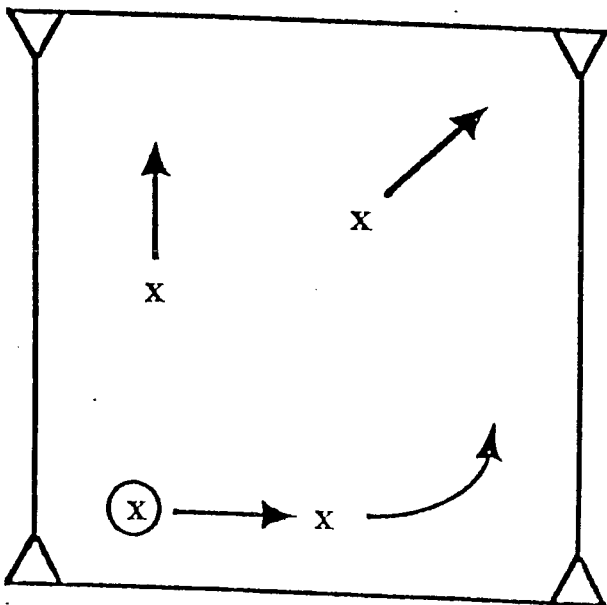
Peripheral vision.

EQUIPMENT:

One ball.



RUNNING WITH THE BALL



PLAYERS:

3 or 4 per grid.

DESCRIPTION:

One of three or four players in a 10m x 10m grid has a ball and runs with the ball held in two hands in front of body at about chest height. The object is for the players to avoid being touched with the ball. The ball carrier aims to touch the ball on any part of other players and still control possession and becomes the chaser. The skill can be developed to touch the ball on e.g., the back of another player.

COACHING POINTS:

Ball held in two hands under control.

Balanced and agile running.

Total awareness.

EQUIPMENT:

One ball per grid.

Grid markers.

SCORING

PLAYERS:

6 or 8 per grid.

DESCRIPTION:

Position half the players at each of two corners of one end of a 20m x 10m grid with each of the players in one group with a ball. The object is for the first player to run to the far end of the grid and score a touchdown without being touched by the first player in the other group. After each attempt the players swap groups. The defender starts after the ball-carrier begins running.

COACHING POINTS:

Carrying the ball in two hands.

Reduced speed to score.

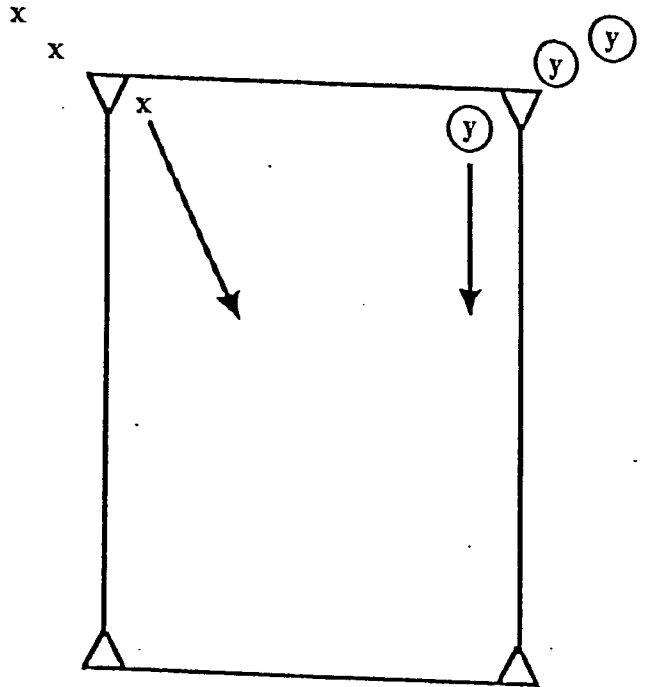
Diving when necessary (apply teaching factors).

Out-manoeuvering a faster opponent.

EQUIPMENT:

Three or four balls per grid.

Grid markers.



ROLLBALL DRILL I

PLAYERS:

6 or 9 per grid.

DESCRIPTION:

Players stand in groups of three with one player acting as an opponent, the ball-carrier and an actinghalf. The two "attacking" players alternatively rollball and act as actinghalf while the other player acts as a defender and progressively moves backwards across the grid. Once the group reaches the other side change positions and repeat the actions. The object is for the player in possession to either be touched or effect a touch before performing the rollball. The actinghalf, once in possession moves around in front of the player who completed the rollball and so on. Commence the drill at a slow walk and then progress to a walk, slow jog, jog, half-pace, full pace etc.

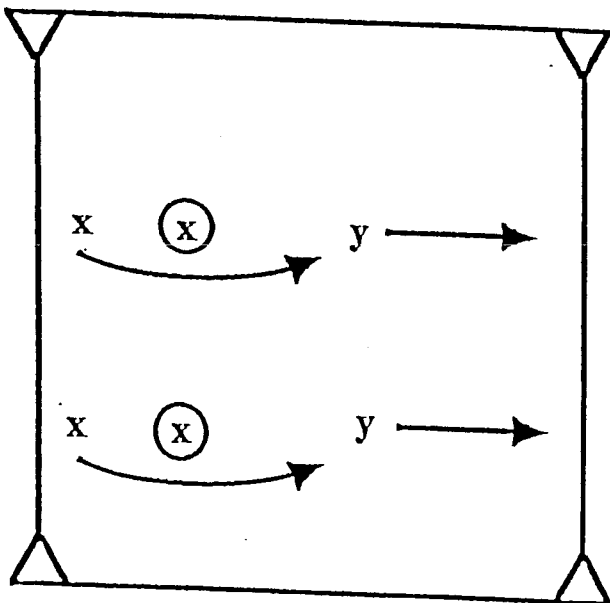
COACHING POINTS:

Players performing the rollball after a touch.
All the teaching factors of the rollball.
Picking up the ball correctly as the actinghalf.

EQUIPMENT:

One ball per group of three.

Grid markers.



ROLLBALL DRILL II

PLAYERS:

3 to 10 per grid.

DESCRIPTION:

Players are divided into two groups and stand single file facing each other at opposite sides of the grid. The first player in one group has the ball and runs over to the front of the second group, turns around 180 degrees and performs a rollball. That player then moves to the end of the line. The player who receives the ball runs over to the first group and repeats the actions and so on. The object is to ensure that players rollball correctly and face the required direction.

COACHING POINTS:

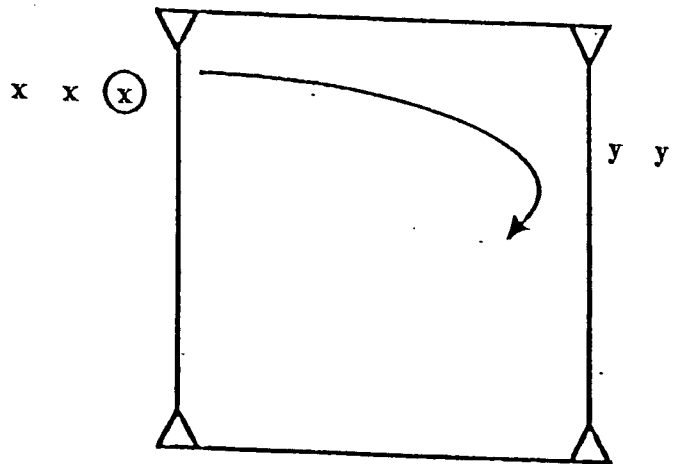
All the teaching factors of the rollball.

Introduce relays and competitions against other groups.

EQUIPMENT:

One ball per grid.

Grid markers.



ACTINGHALF DRILL I

PLAYERS:

4 per grid.

DESCRIPTION:

Divide the players into groups of four per grid and then into pairs about five metres apart. The first player performs the rollball and the second player performs the actinghalf pass to the front player in the other pair who moves forward a few metres and then performs a rollball and the sequence is repeated. As each player passes that player then moves to the front of the pair. The length of the grid may be extended to allow sufficient room for several passes before turning back. Make sure all players pass to both the left side and the right side.

COACHING POINTS:

Eyes watching the ball and securing it with two hands.

Opposite foot forward and widening the base.

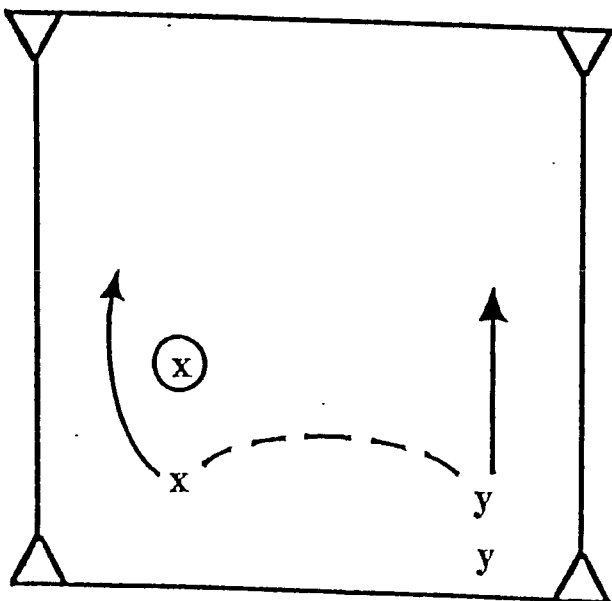
Passing from the ground and looking first.

Encourage spiral passing for long distance accuracy.

EQUIPMENT:

One ball per grid.

Grid markers.



ACTINGHALF DRILL II

PLAYERS:
8 per grid.

DESCRIPTION:

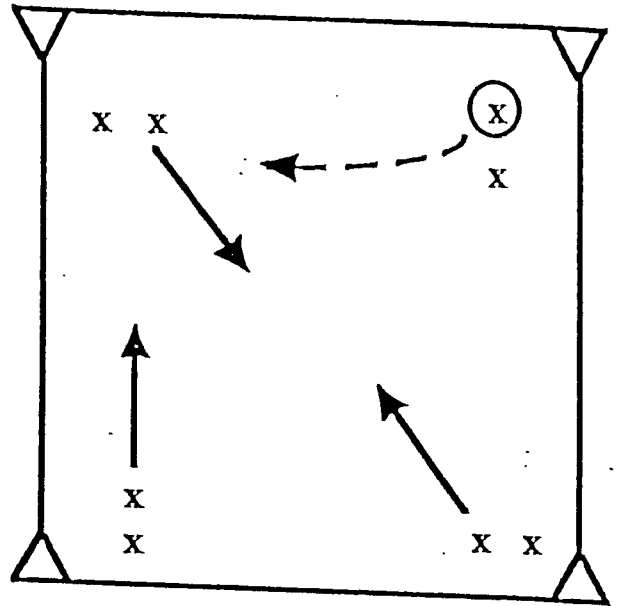
Players stand in pairs near the four corners of the grid, one behind each other facing the centre of the grid for the beginning. The first pair with the ball has one player who faces the group to the left and performs a rollball. The pass is made to the group on the right. The player who receives the ball takes a pace forward and turns to the left and performs a rollball. The actinghalf in that group also passes to the right and the actions are repeated. When a player has been the acting half that player becomes the player who performs the rollball next time around.

COACHING POINTS:

- Facing the scoreline to rollball.
- Eyes watching the ball and securing with two hands.
- Passing from the ground and looking at receiver.
- Opposite foot forward and widening the base.
- Introduce competition with other grid groups.
- Increase distance between pairs progressively.

EQUIPMENT:

One ball per grid. Grid markers.



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SHUFFLE AGILITY

PLAYERS:
2, 4 or 6 per grid.

DESCRIPTION:

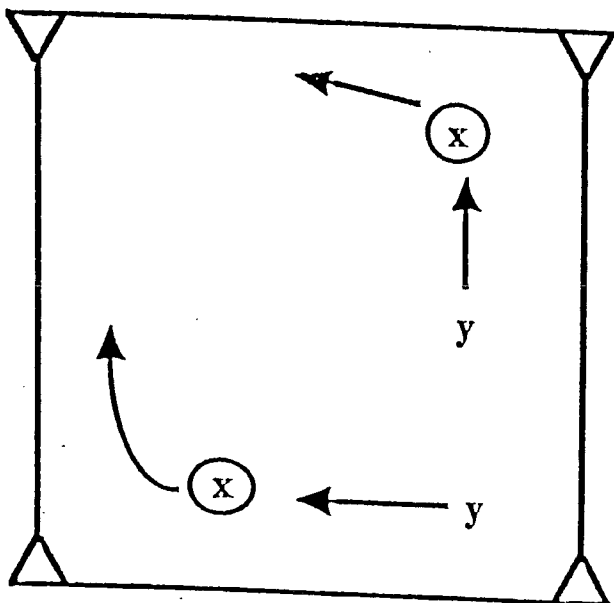
Players work in pairs within the boundaries of the grid. One player holds the ball at arms length and at eye height for the player at about 30-40cm in front of the second player. (Should sufficient balls not be available, the open palms of the first player will suffice). The object is for the first player to move about the grid with the ball held out towards the other player. The first player should shuffle, side-step and dummy in an effort to lose the direct gaze of the second player. The ball-carrier should avoid large turns which position the ball away from the second player and should increase the difficulty progressively. The performing "follower" must attempt to match the movements of the first player. (i.e. Touch Shadow Boxing).

COACHING POINTS:

- Total alertness and physical readiness.
- Teaching factors for side-step etc.

EQUIPMENT:

One ball per pair of players.
Grid markers.



SIDE STEP DRILL

PLAYERS:

2 to 8 per grid.

DESCRIPTION:

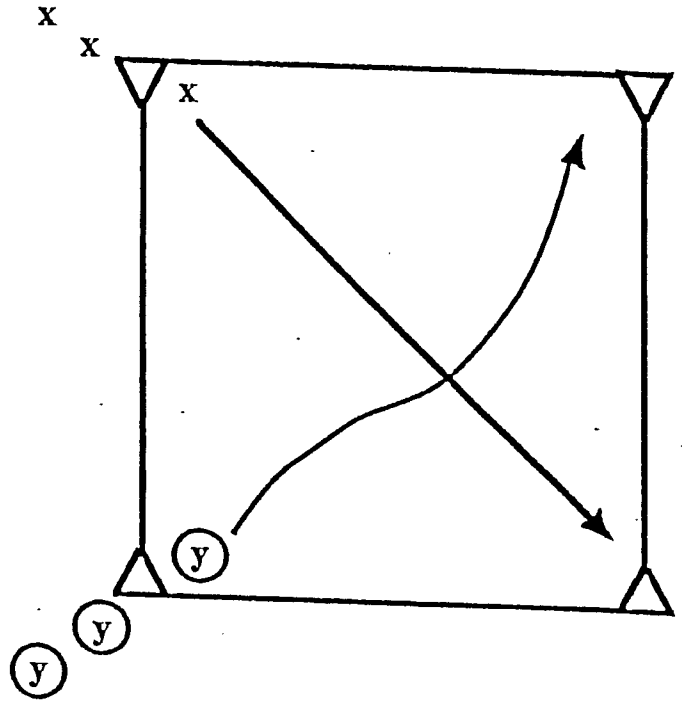
Once the players have had the demonstration and attempted the side-step they are divided into two groups and positioned at diagonal corners of the grid about 10m x 10m in size. The players of one group jog slowly across the grid to the opposite corner and then move quickly to the rear of the other group. As each player begins the run the leading player in the other group moves out and performs a side-step to the rear of the player in the first group. Following the performance, that player then takes up a position at the end of the line of the first group. The pace can be increased progressively. Make sure the players performing the side-step do so either with a ball or with their hands held together.

COACHING POINTS:

Normal teaching points for side-step.
Change direction to cover both sides.

EQUIPMENT:

Lots of balls.
Grid markers.



RANDOM GRID PASSING

PLAYERS:

3 to 5 per grid.

DESCRIPTION:

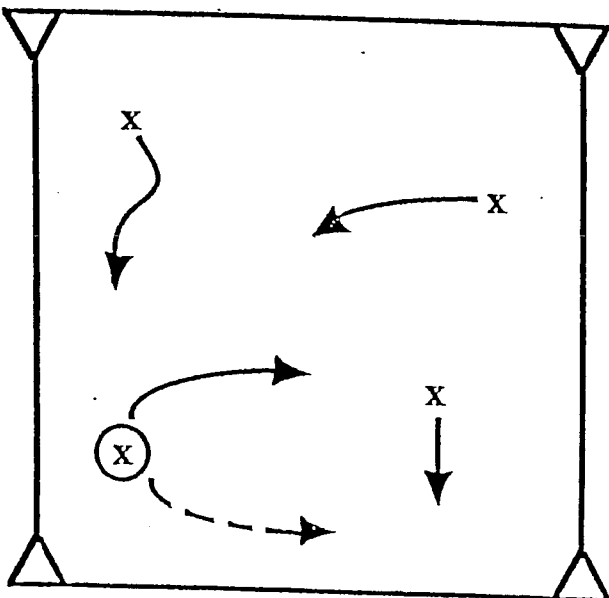
The group passes the ball randomly amongst each other while firstly walking, then jogging and running in a random fashion within the confines of the grid. The size of the grid can be varied from about 5m x 5m for three players to 10m x 10m for 5 players. The minimum passing distance can also be varied depending on player proficiency (e.g. no passes less than 2m allowed). The type of pass can also be nominated (e.g. all passes to be spiral passes to the right).

COACHING POINTS:

All normal catching and passing points.
Ensure the passing order is random.
Ensure players use all parts of the grid.
Apply pressure through other group competition or time limits.

EQUIPMENT:

One ball per grid.
Grid markers.



RANDOM DEFENDER I

PLAYERS:

4 or 5 per grid.

DESCRIPTION:

With either 3 or 4 players in a grid perform random passing and introduce one defender. The defender is allowed to knock the ball to the ground but must not move closer than one metre to the player in possession. Players in possession cannot run with the ball. The object is for the remaining players to move into an effective supporting position and receive a pass. Should the defender knock the ball to the ground or intercept a pass, the player responsible takes the place of the defender. Do not encourage overhead passing.

COACHING POINTS:

Normal catching and passing points.

Normal total awareness and communication.

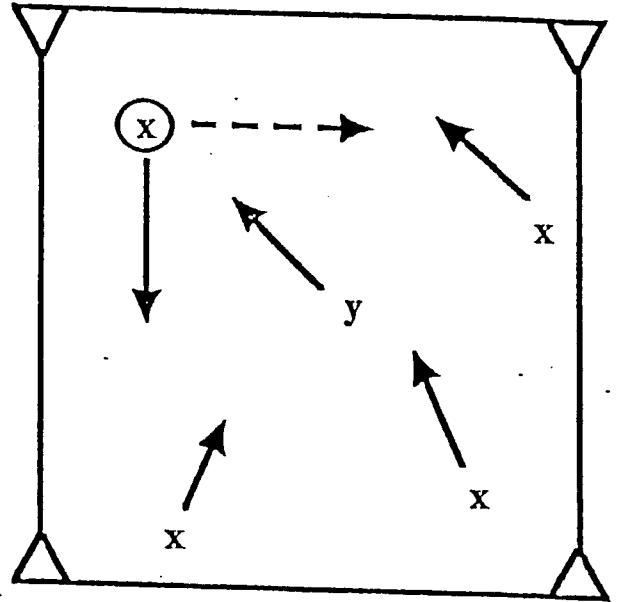
Increased workrate while not in possession.

Introduce dummy pass and Decision to pass, dummy, changing options.

EQUIPMENT:

One ball per group.

Grid markers.



RANDOM DEFENDER II

PLAYERS:

5 or 6 per grid.

DESCRIPTION:

Have several players running and passing inside a 10m x 10m grid with one defender trying to effect a touch on any player while that player is in possession. The object is to practise the defender in making touches and anticipation, however, the other players will gain some benefit as well. Should the defender touch the ball or touch a player in possession, the players are swapped. This drill encourages the defender to anticipate a pass and to move into an attacking player as the pass is being made.

COACHING POINTS:

As for Random Defender I points.

Defender not wasting energy chasing the ball.

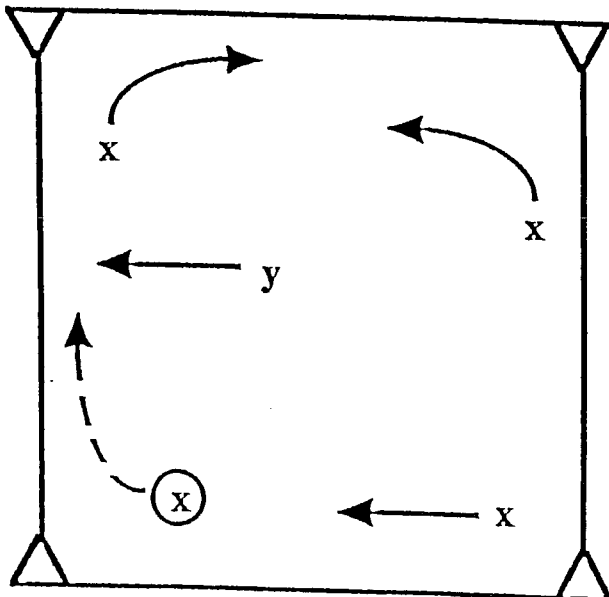
Pressure on both attacking and defending players.

All catching and passing teaching factors.

EQUIPMENT:

Two balls per grid.

Grid markers



DRAWING OPPONENT I

PLAYERS:

5 to 9 per grid

DESCRIPTION:

Two players position themselves at the corners of the end of a double grid (approx. 20m x 10m) and one player has the ball. The "opposition" defender positions themselves at any point on the "halfway" grid line facing the other two players. The object is for the two players to always beat the single player - using any method chosen by the coach. For example, initially use the simple drawing of the opponent and an appropriate pass, progressing to the use of a dummy, a sidestep, swerve, etc. The defending player should initially be restricted to moving sideways across the line. Later the player may move forwards and backwards as required.

COACHING POINTS:

Player in possession running straight.

Player in support - starting "deep".

Timing of pass.

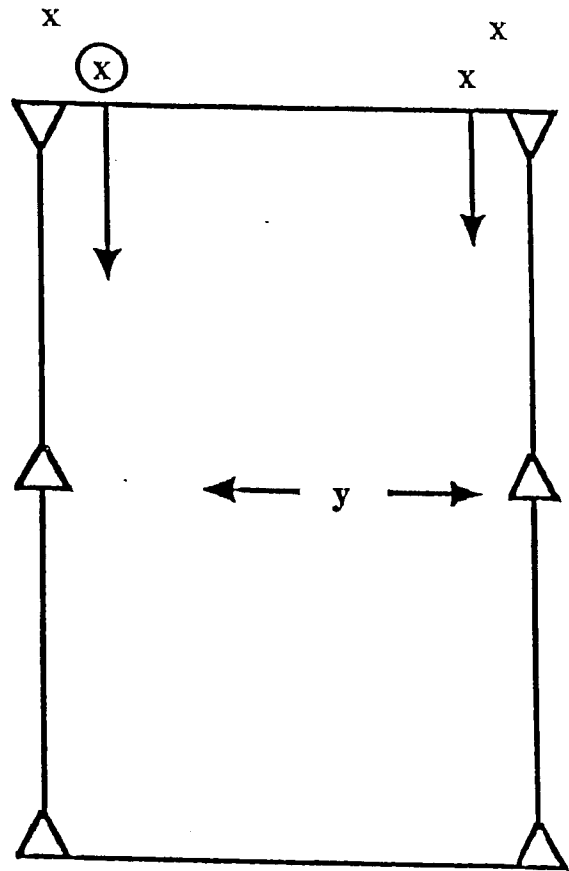
Communication and all passing teaching factors.

All evasion skills and supporting position points.

EQUIPMENT:

One ball per grid.

Grid markers.



PAIR PASSING

PLAYERS:

4 to 6 per grid.

DESCRIPTION:

Initially in pairs then in groups of three the players walk across the grid to the opposite side while passing the ball backwards and forwards to each other. The second group repeats the drill when the first group returns to the starting point. Make sure the players turn around at the far side so that they pass both ways. Once simple passing is perfected, increase either the rate of movement across the grids, the number of passes required on each trip, or both. If you use groups of three remember to change the middle player around. This drill allows one group to rest while the other group is working.

COACHING POINTS:

All teaching factors for catching and passing.

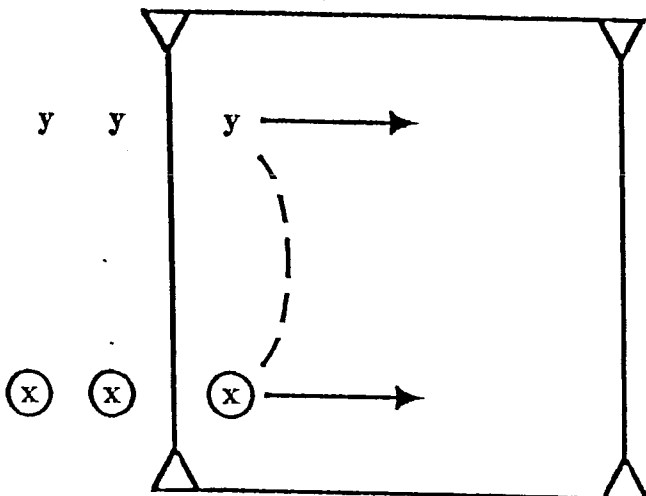
Passes side-ways or slightly backwards (not forward).

Concentrate on finger-tip control of the ball.

EQUIPMENT:

One ball per grid.

Grid markers.



LINE PASSING

PLAYERS:

Minimum 4, Maximum 7 per grid.

DESCRIPTION:

The players stand in line on the edge of the grid and the player on one end has the ball. The object is for the group to move across the grid in straight line formation and for the ball to have been passed between all the players before the group reaches the other side. The group then does the same thing on the way back, ensuring all players pass to the left and right. Repeat the drill as necessary and increase the requirements for speedy and accurate passing, either through reducing the distance across the grid or by increasing the number of players in each group.

COACHING POINTS:

Accurate passing to the receivers hands.

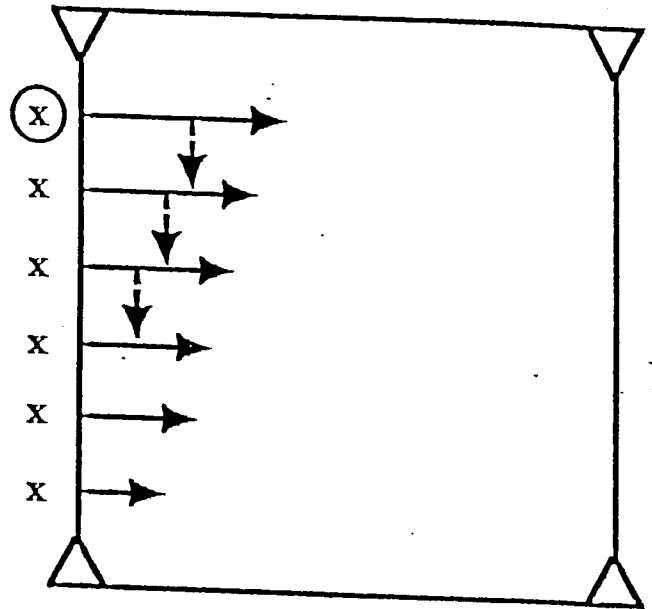
Passes of appropriate strength for distance apart.

Aim for smooth movements with speed.

EQUIPMENT:

One ball per grid.

Grid markers.



INTERCEPT PASSING

PLAYERS:

3 to 5 per grid.

DESCRIPTION:

Position one player on each side of the grid and the other players anywhere inside the grid. The object is for the two players on the sides to pass the ball between each other and for the remaining players to try to intercept the ball. The coach should nominate the type of pass to be used, e.g. spiral left, etc. and all passes are to be below head height. The passing players may move anywhere along the sides when they don't have the ball and the players inside the grid should not be restricted. Swap players regularly and establish a scoring system.

COACHING POINTS:

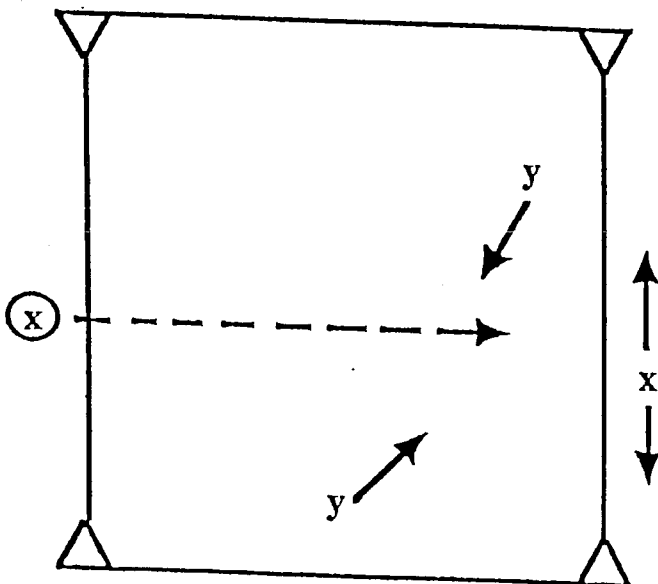
All catching and passing teaching factors.

Alertness and anticipation.

EQUIPMENT:

One ball per grid.

Grid markers.



FOUR CORNER DRILL

PLAYERS:

4 per grid.

DESCRIPTION:

One player stands at each corner of a 10m x 10m grid. The player with the ball passes the ball to another player along the side of the grid and then runs to that player's position and returns to the original position. By the time the player returns to the original position the ball should have travelled the full boundary of the grid and arrive at the original starting position the same time as the first player. The drill can be done in sets of about one minute with 10-15 seconds break between activity. Three to five sets will usually be sufficient.

COACHING POINTS:

Pass only when the receiver is ready.

Normal catching and passing points.

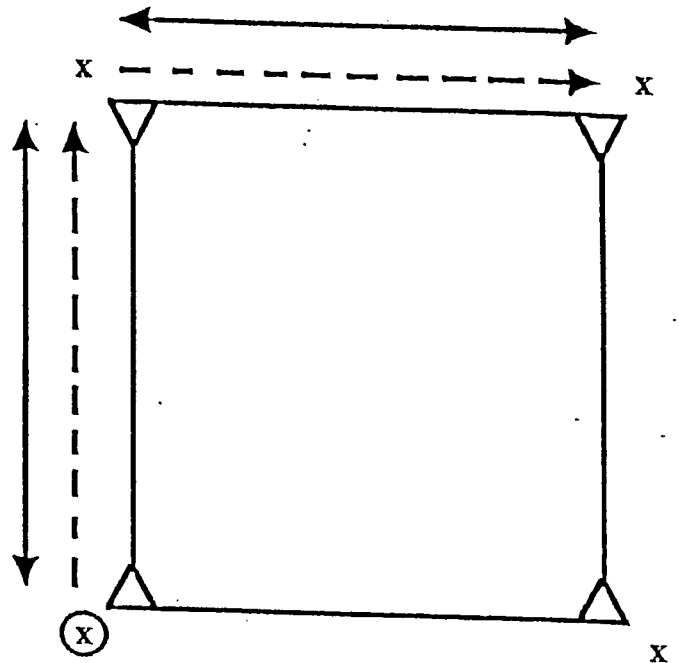
Total awareness, communication and decision-making.

Complete pass before commencing run.

EQUIPMENT:

One ball per grid.

Grid markers (conjoint markers not recommended).



NEXT POSITION CORNER DRILL

PLAYERS:

5 per grid.

DESCRIPTION:

One player stands at each of three corners of a 10m x 10m grid and a player in possession and the fifth player stand at the other corner. The first player passes along the side of the grid and then runs to take up the position of the next player at the next corner. The second player does likewise and the ball moves around the grid in advance of the players. Continue drill for 4-5 minutes.

COACHING POINTS:

Pass as soon as the ball is received.

Normal catching and passing points.

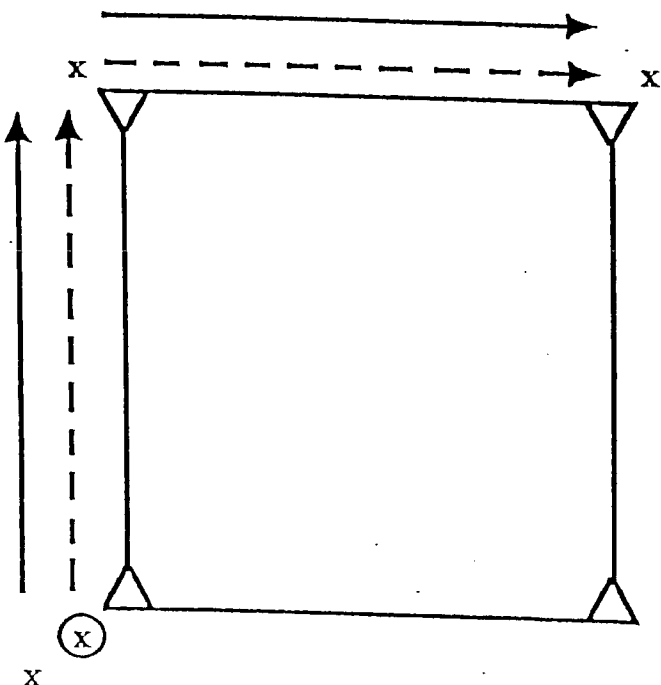
Total awareness, communication and decision-making.

Pass before running.

EQUIPMENT:

One ball per group.

Grid markers (conjoint markers not recommended).



REACTION SPRINTS

PLAYERS:

6 per grid.

DESCRIPTION:

The players are divided into about 6 per 10m x 10m grid and they stand along one side at about a one metre interval. The object is to sprint from one side of the grid to the other and return as quickly as possible at the initiation of one of the players. Starting with (for example) the player on the left, and moving along after the previous sprint. The other players have to try to catch the starter. Set a minimum time of approximately ten seconds between sprints and progress from one set of six sprints to three or four sets.

COACHING POINTS:

Acceleration and deceleration techniques.
Complete with ball held in both or with hands together.

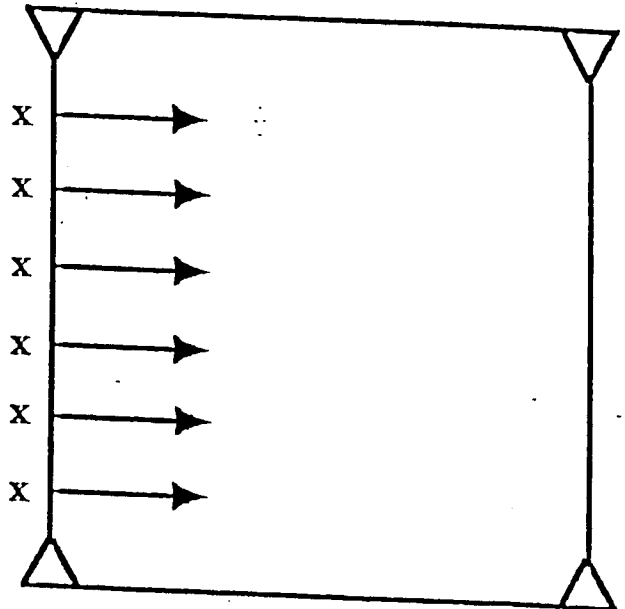
Standing still or jogging recovery.

Variation in direction.

EQUIPMENT:

One ball per player.

Grid markers.



ELIMINATION I

PLAYERS:

Minimum 4, Maximum 12 per grid.

DESCRIPTION:

The players in the grid are divided into two equal teams and preferably identified with shirt colours. One of the teams has possession and attempts 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, team-work and quick thinking the players are eventually eliminated. Swap the groups around and see if the second group can beat the time taken by the first group.

COACHING POINTS:

Players not in possession must support the ball-carrier.

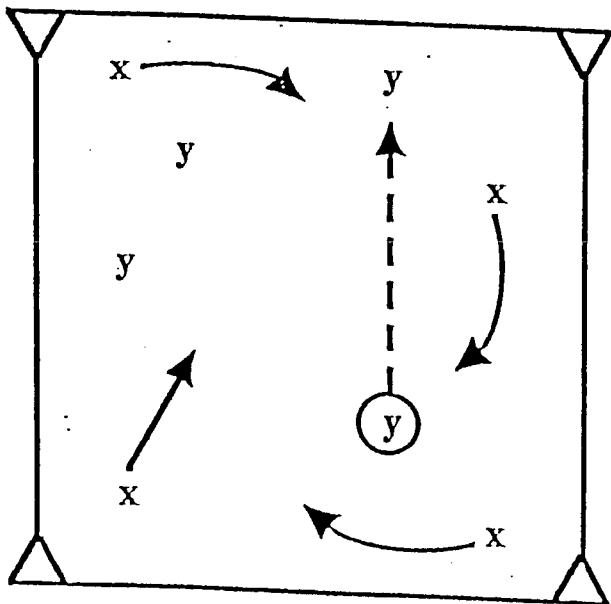
Communication.

Evasion.

EQUIPMENT:

One ball per grid.

Grid markers (conjoint markers not recommended)



RED ROVER PASSING

PLAYERS:

6 to the whole team.

DESCRIPTION:

Position two players along the sides of the grid with a ball each and the remainder of the players at one end. The object is for the players at the sides to try to hit the other players (stipulate clearly "below the waist") with the ball as they run from one end of the grid to the other. As a player is hit with the ball, that player joins the players on the passing side. The object is to identify a winner.

COACHING POINTS:

All passing teaching factors.

Accuracy and anticipation.

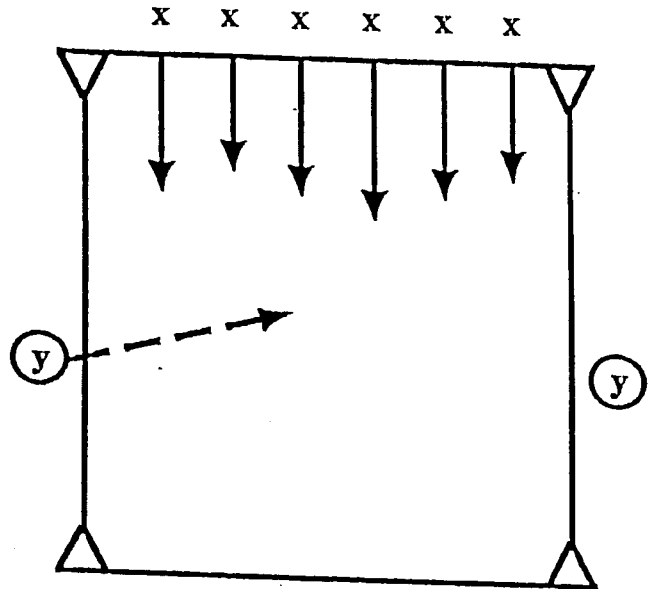
Agility and evasion.

Ensure safety is emphasised.

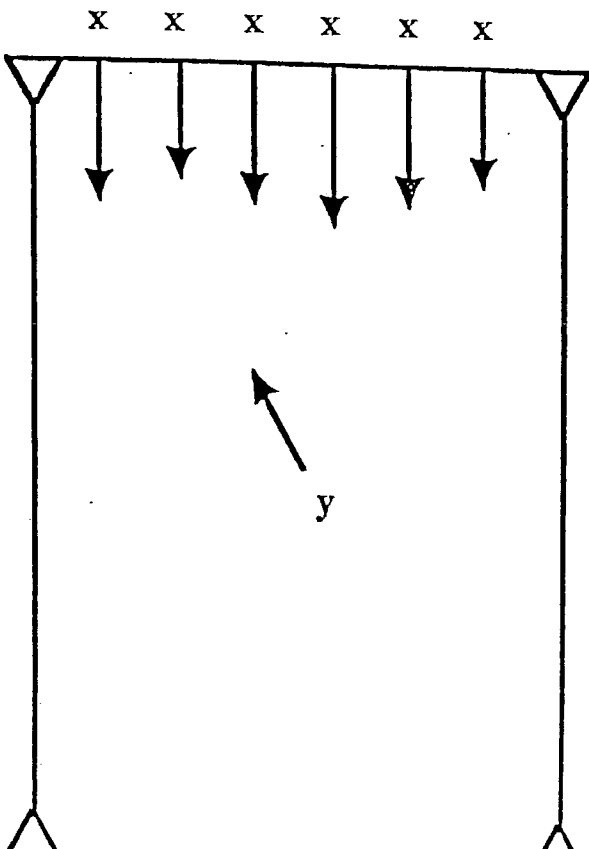
EQUIPMENT:

One ball per group in the grid.

Grid markers.



RED ROVER TOUCHING



PLAYERS:

5 to the whole team.

DESCRIPTION:

Position all but one of the players at one end of a 20m x 10m grid. The object is for the players to move from one end of the grid to the other and return as many times as possible without being touched by the "defender" in the middle. The coach should vary the type of touch e.g.: two hands or only on the left arm and make the last player touched begin in the middle for the next drill.

COACHING POINTS:

All teaching factors for effecting a touch.

Positioning the opponent.

EQUIPMENT:

Grid markers.

A ball can be used as a variation of the type of touch.

RED ROVER II

PLAYERS:

6 to 10 per grid.

DESCRIPTION:

Position all but one player at the end of a 10m x 20m grid with one ball each. The object is for the players to move from one end to the other without being touched by the opponent or dropping the ball.

COACHING POINTS:

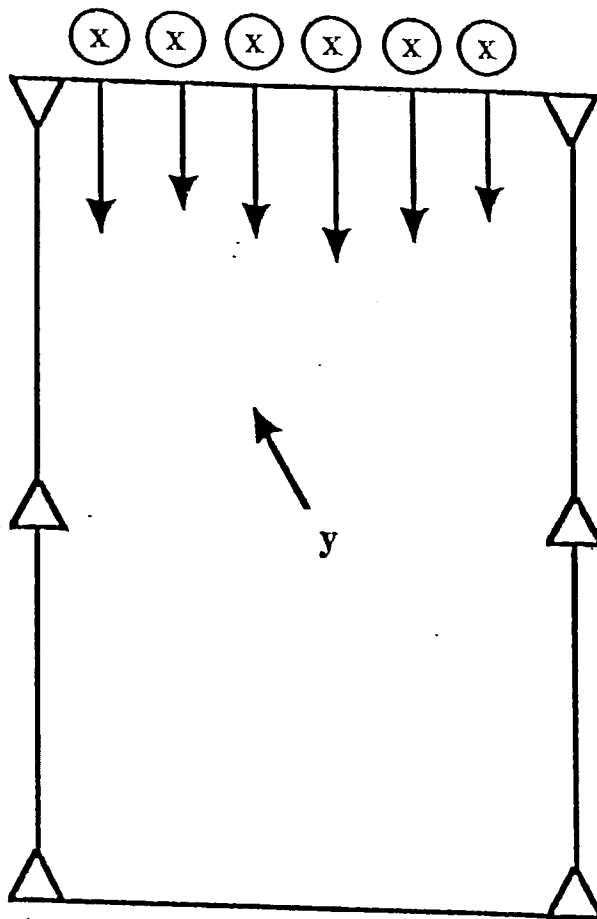
Teaching factors for effecting a touch running with the ball in two hands.

Agility while running with the ball.

EQUIPMENT:

6 to 10 Touchballs.

Grid markers.



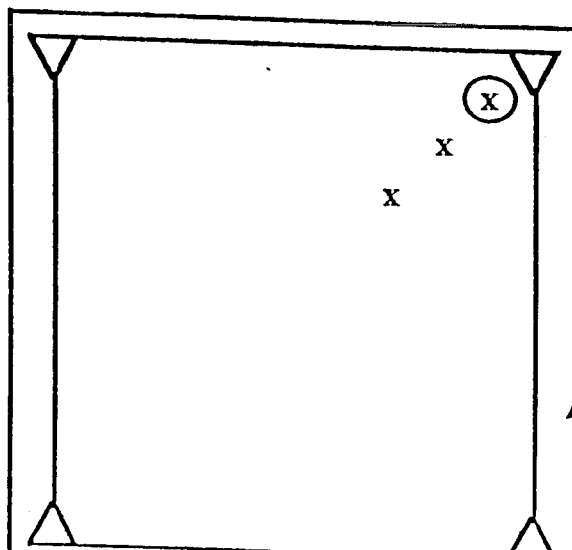
SAMPLE COACHING SESSIONS USING GRIDS

The example sessions outlined below contain both skill practices and skill games. For a 15 minute session choose 4 or 5 of the activities and perform for 2-3 minutes each, with a break to rotate on to the next activity. All of the grids in this booklet could be used in coaching sessions in the same manner.

SESSION A

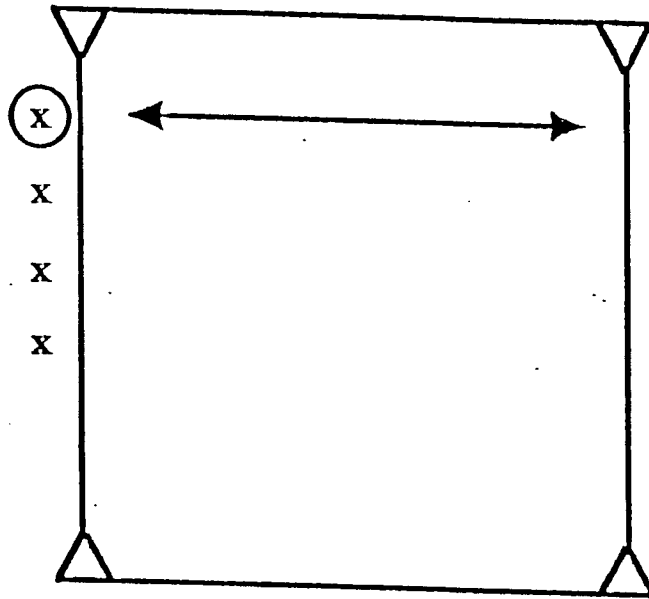
1. Running with the ball relay

Use a 10m x 10m grid with a cone in each corner. Players are lined up on the inside of one corner with the leader with the ball. This player runs around the outside of the cones carrying the ball and hand it to the next player. Continue.



2. Pepper

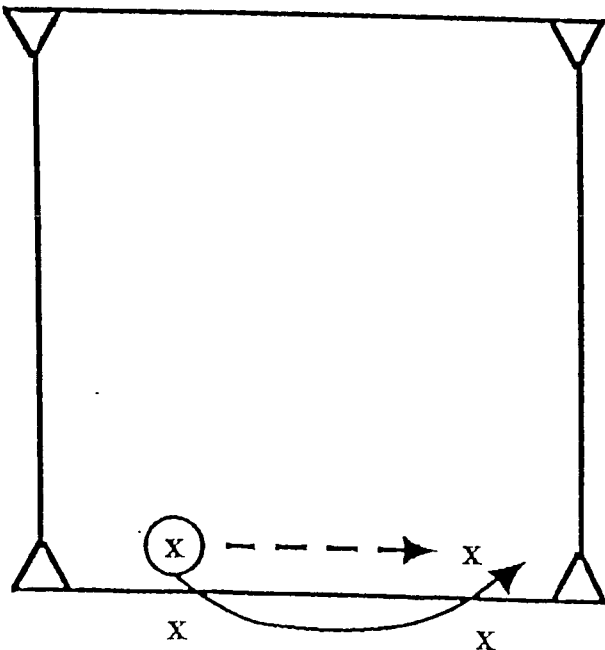
Use a 10m x 10m grid for up to 4 players (20m x 20m for more than 4). Players stand along one line and run to the other line interpassing the ball. Turn quickly and run back turning each time they reach the line. End players swap in each change of direction. (Could count the number of passes in a specified period of time).



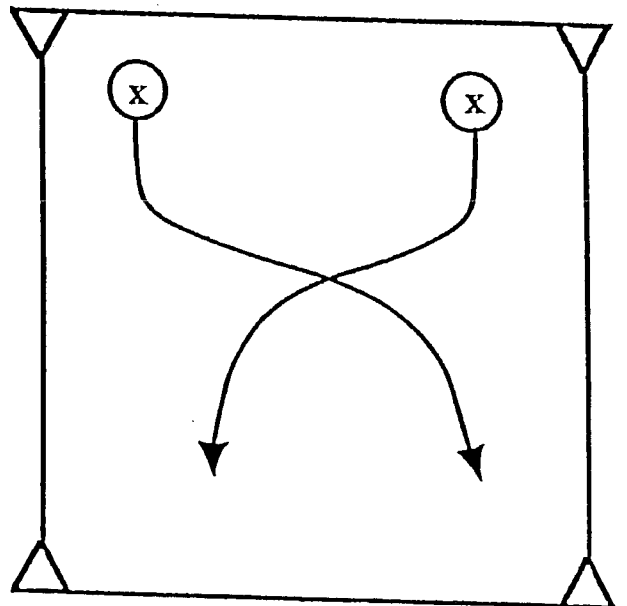
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3. Switch and wrap

Use a 10m x 10m grid. Half the players of the group in two lines facing across the grid. Perform (a) a wrap on the way across, and, (b) a switch (scissor) pass on the way back. Players swap sides and the ball is passed to the start again.



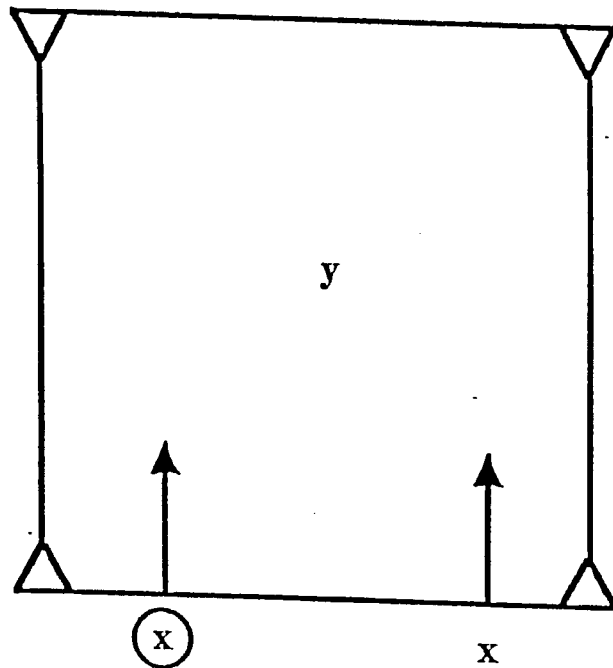
(a)



(b)

4. 2 v's 1

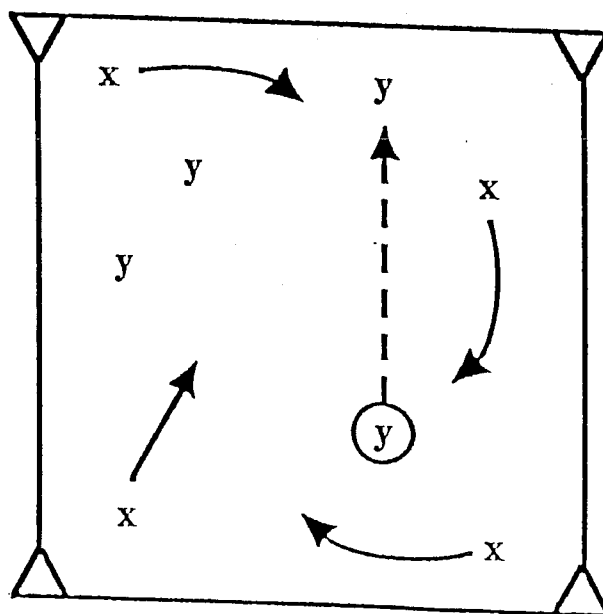
Groups of 3-6 players. Use a 20m x 10m grid. 2 Players with a ball attempt to score a touchdown. The defender attempts to effect a touch. Swap around turns as ball carrier, support player and defender/interceptors.



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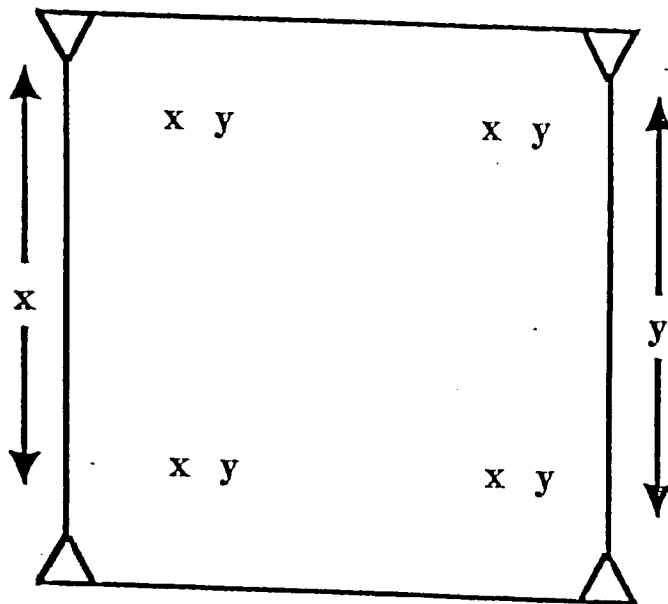
5. Elimination

Up to 4-6 players per group in a 10m x 10m grid. The object is to touch players from the opposite team with the ball. The ball can be passed by players on the same team but a player in possession of the ball cannot run with it. A player touched, or running out of the grid, is out of the game. An intercept or dropped ball becomes the other team's ball. A team wins when it can put out all the opposition players.
Variation: one eliminated player back in grid for every dropped pass.



6. Simplified netball

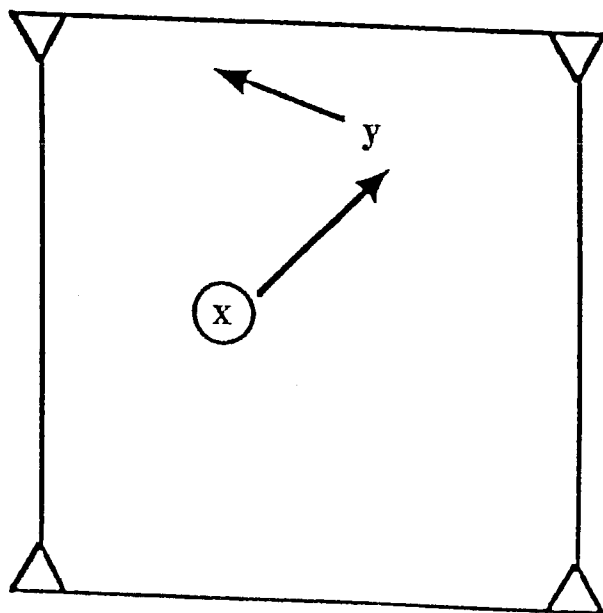
Use a 20m x 20m grid. The ball is thrown up to start and players pass to team mates who pass it to the hands of a team mate behind the scoreline to score a touchdown. Only this player is allowed to move about behind the scoreline. If the ball is held by 2 opposing players at the same time, the referee restarts play by bouncing the ball between them. No contact allowed.



SESSION B

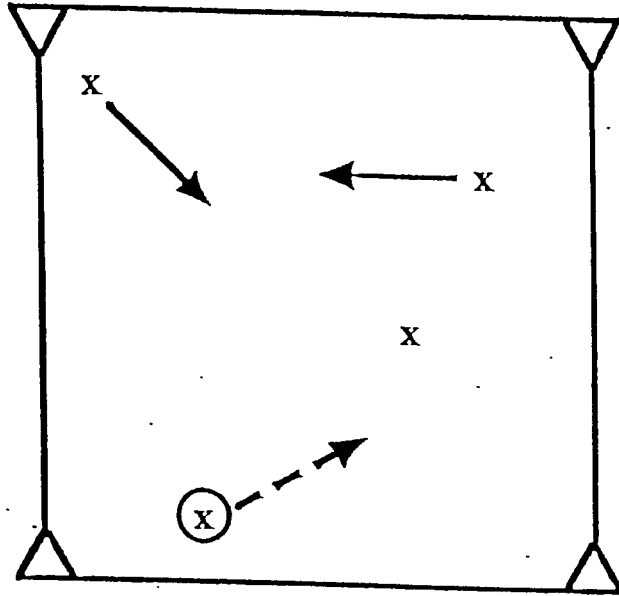
1. Running with the ball

Use a 10m x 10m grid. In groups of 2-6. Have one or more players carrying a ball and being shadowed around the grid. Swap over roles or swap players in as required. (Every 10 seconds).



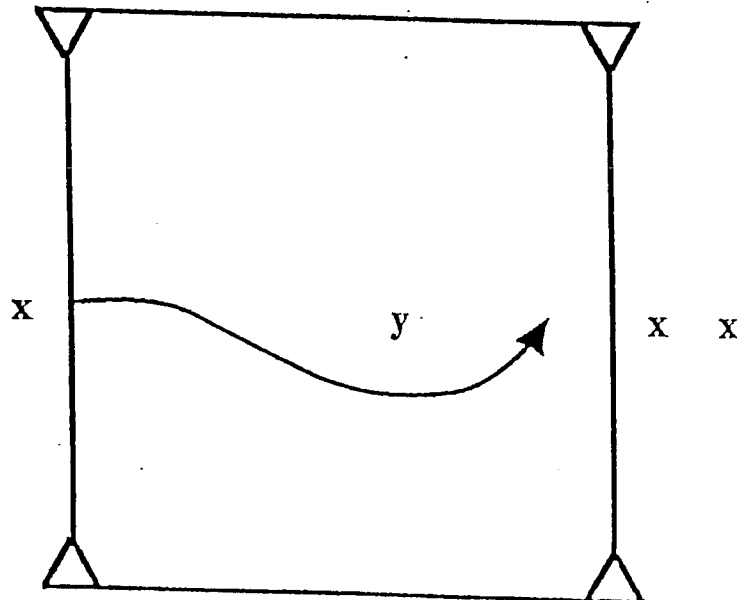
2. Random Grid Passing

Use a 10m x 10m grid. Free running and passing in group. Use of one or two balls and / or one or more groups.



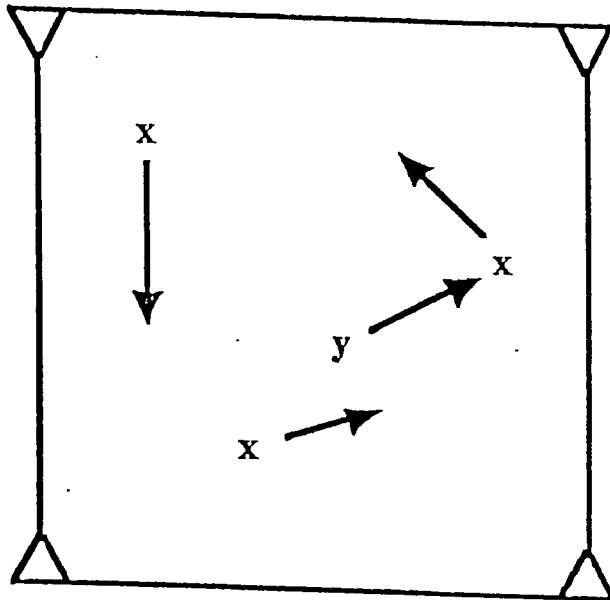
3. Sidestep and Swerve

Use a 20m x 20m grid. Players facing each other or at an angle. A player carries the ball and runs towards a defender from the other line who is moving towards them, (arms outstretched) and in a straight line. The attacker performs a side-step or swerve and continues on and hands the ball to the next player in the other line. (This practice could be extended with the defender coming at a slight angle and attempting to effect a touch). Change around angle and roles after a time.



4. Defender

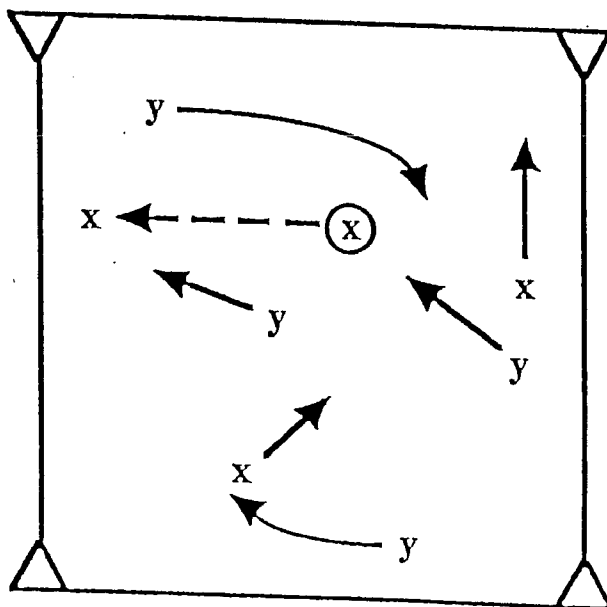
Use a 10m x 10m grid. One player is the defender, the rest moving about within the grid. The defender must make as many effective touches as possible within a time (such as thirty seconds). All players must remain within the grid at all times.



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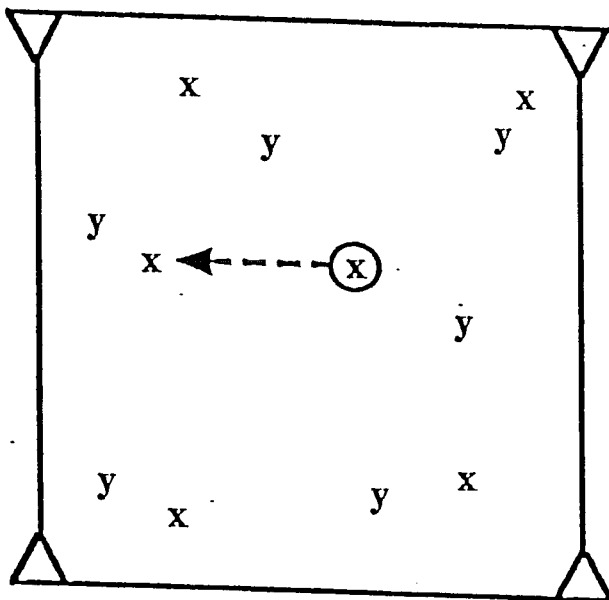
5. Ten passes

Use a 10m x 10m grid. Up to 8 players. Players in 2 teams and passing between team mates. Object of the drill is to make 10 passes to score 1 point. When a team scores a point the other team is given the ball. The opposition attempts to gain possession and pressures their opponents all the time without holding or touching. If they gain possession they attempt to make ten passes. Players must be on the move all the time. If a player is touched in possession, drops the ball, runs out of the area or has a pass knocked down the other team gains possession.



6. Passing

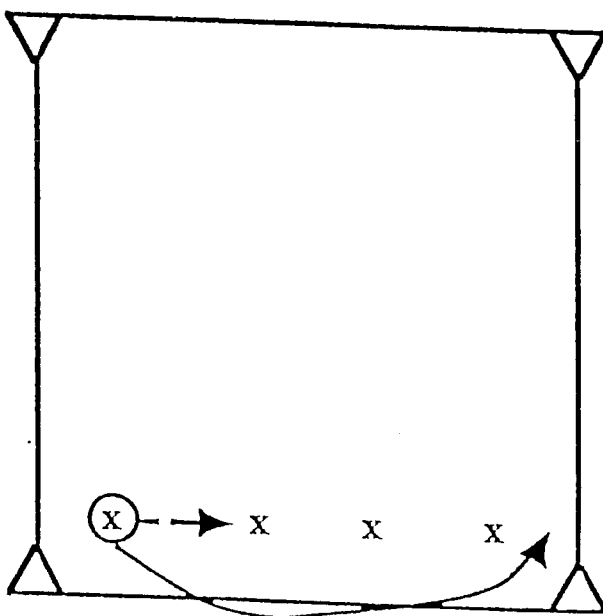
An area of approximately 40m x 40m. 6 players per team. Teams pass the ball amongst themselves as many times as possible whilst players from the other team try to intercept the ball. The ball can only be held for three seconds without passing. If the opposition intercept the ball, or the ball is dropped the opposition team takes possession and attempts to pass as many times as possible until they lose the ball. Count the number of passes. Team with the highest number of passes is declared the winner.



Additional Activities

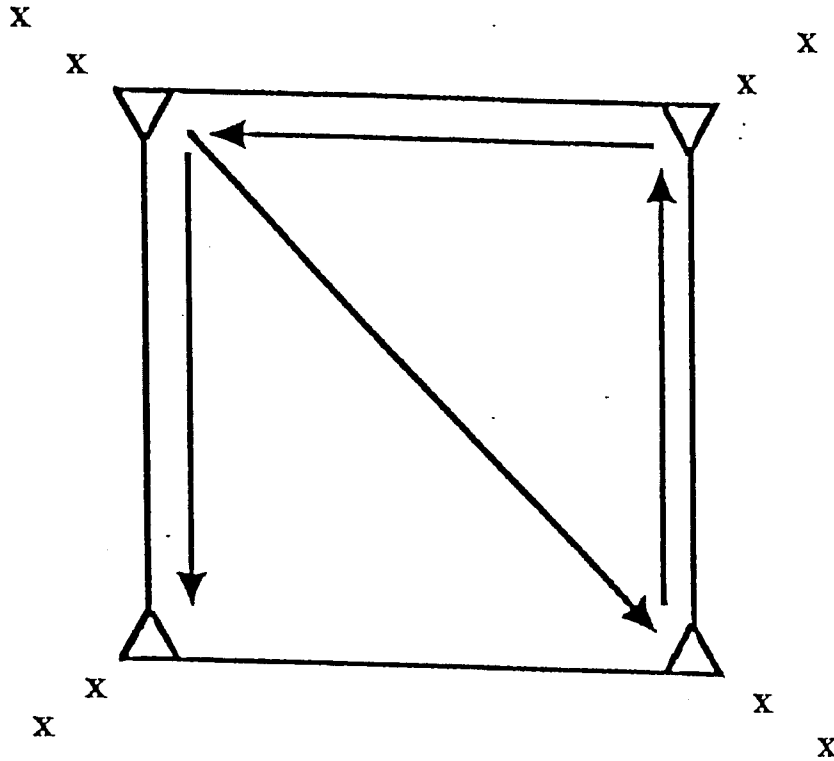
Back-up

Four players lined up next to each other on one side of a 10m x 10m grid. The first player passes to the next player in line and attempts to run behind the group and reach the end of the line to receive the ball and score a touchdown.



Steal and run

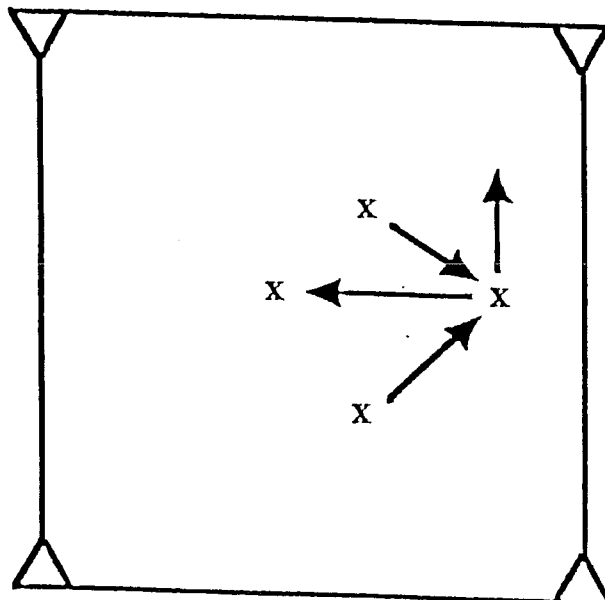
10m x 10m grid. Groups of 2-4 and a number of balls. Groups are lined up next to each in each corner and facing the middle. A number of balls are placed on the line or behind each corner. On the signal "go" groups run to another group, take a ball and return it to their group the winning group is the one with the most balls at the end of the time. (A good conditioning skill activity useful where there is at least one ball per player).



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Knee touches

Use a 10 x 10m grid. Group of 2-8. Players scattered throughout the area. Players attempt to touch (hit) opponents on the knee while evading similar action by other players on them.



Note: Grids enable small or large groups of players to undertake practices at one time and with minimal supervision.

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