



Level 1 Grids and Drills

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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
1998*

WHAT GRIDS ARE ALL ABOUT

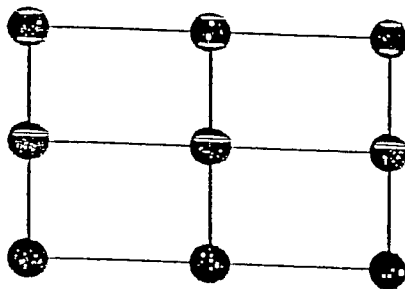
Have you ever seen some statistics of the game which show who makes the most passes and which players drop the ball? Well if you did, you would probably realize that of the 480 passes (average) made during a normal match, the three middle players complete 76% and the links about another 21%. This means 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, hopeless 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 practiced 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 sessions 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 make 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.

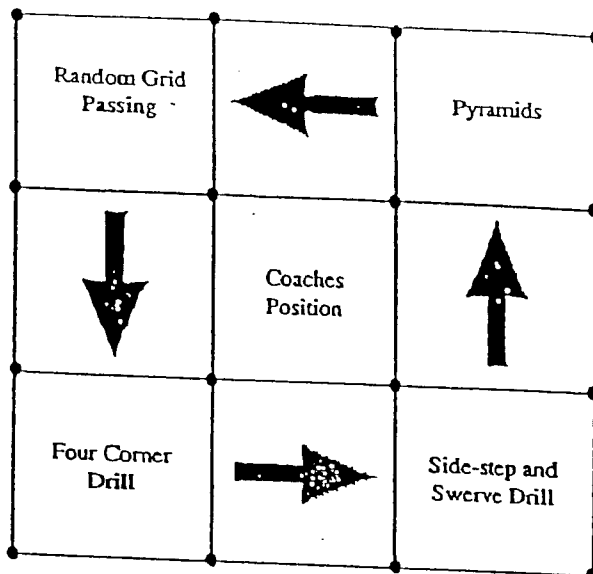


The grids can be used as one specific part of the session, or for the majority of the training run, depending on the individual and team requirements and the particular time of the season. Variety and flexibility are the keys and the coach should be careful not to fall into the trap of using the same 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.

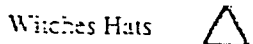
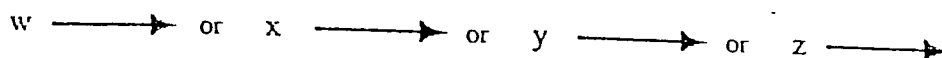


KEY TO DRILLS

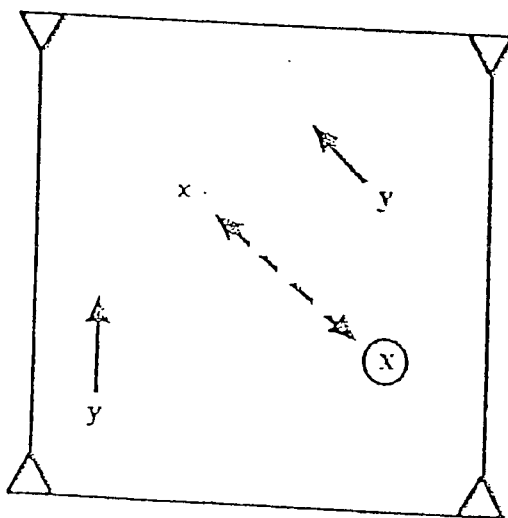
The following symbols and signs are used:

- Players w x y z
- Players in Possession (w) (x) (y) (z)
- Lines _____

Movement of players



For example, the following grid depicts two players of one group moving around within a grid, while two players of another group stand still and pass the ball.



CIRCLE PASSING

PLAYERS: 4 to 8 increasing to 12

DESCRIPTION:

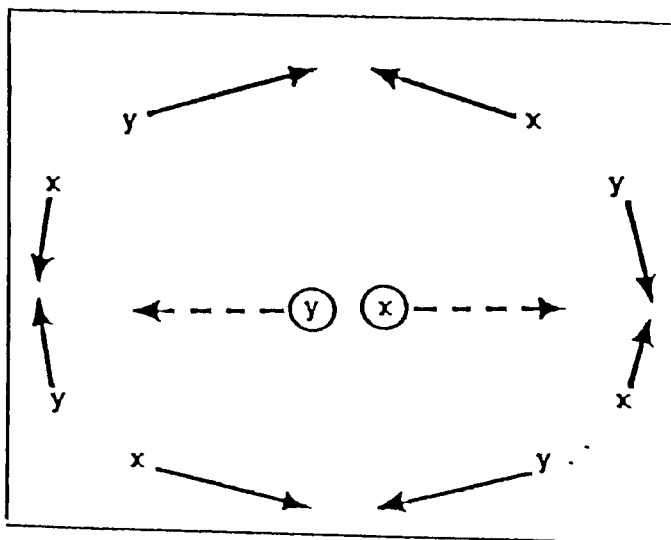
The ball is passed from the middle players to an outside player, who then returns the ball to the middle player. Once the players have mastered the skill of anticipation without error, the groups are divided into two, and the second ball is introduced. Each sub-group passes amongst itself, and the object is to train players to pass to their own team-mates under pressure. Vary the direction of the circling players so that the sub-groups are running in opposite and same directions.

COACHING POINTS:

Identification of team-mates. Communication.

EQUIPMENT:

Initially one ball, then two.



CIRCLE FOLLOW

PLAYERS:

Minimum 5, maximum about the full team

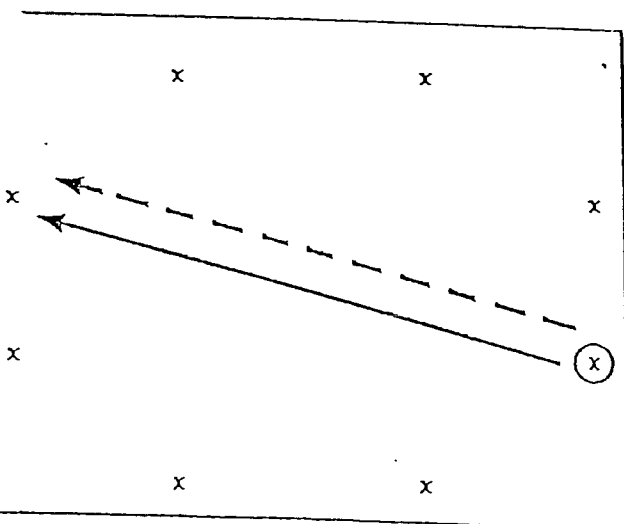
DESCRIPTION:

Players stand in a circle formation and pass the ball across the circle, but not to the player either side of them or the player who passed them the ball. Once passed, the player is to follow the pass and run to the position, (recently vacated), of the player to whom they passed the ball to. Passing must occur from the stationary position, followed by a short sprint across the circle. Once players have achieved a level of proficiency with one ball, a second or even third ball can be introduced.

COACHING POINTS:

Accurate and quick passing
Following the ball in support
Acceleration and deceleration (and speed)
Total alertness and communication
Use of peripheral vision

EQUIPMENT: Initially one ball, then two or three



SCORING

PLAYERS:

6 to 8 per grid

DESCRIPTION:

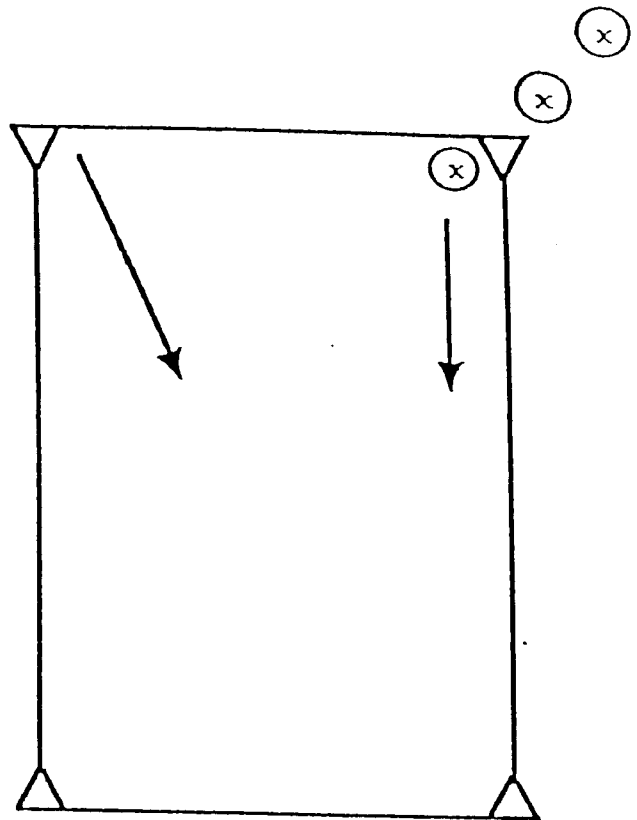
Position half the players at each of two corners of one end of a 20m x 10m grid, with each of the players in one group with a ball. The object is for the first player to run to the far end of the grid and score a touchdown without being touched by the first player in the other group. After each attempt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

COACHING POINTS:

Carrying the ball in two hands
Decelerating to score
Diving when necessary (apply teaching factors)
Out-maneuvering a faster opponent

EQUIPMENT:

Three or four balls per grid
Grid markers



ACTING HALF DRILL I

PLAYERS:

8 per grid

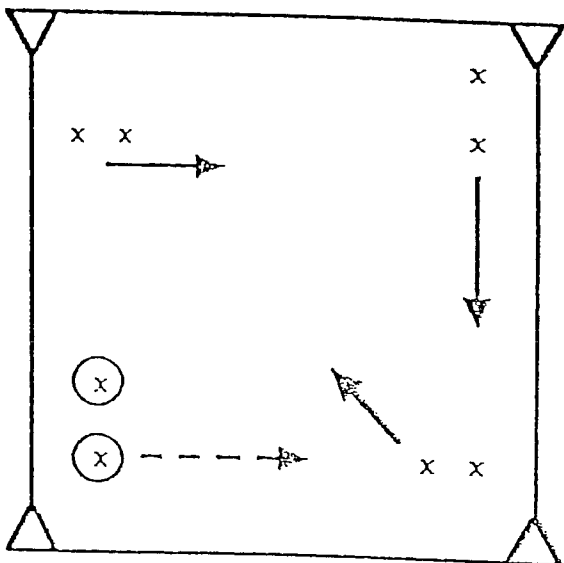
DESCRIPTION:

Players stand in pairs near the four corners of the grid, one behind the 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 actinghalf, 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
Introduce competition with other grid groups
Increase distance between pairs progressively
Opposite foot forward and widening the base

EQUIPMENT: One ball per grid. Grid markers.



ACTING HALF DRILL II

PLAYERS:

3 per grid

DESCRIPTION:

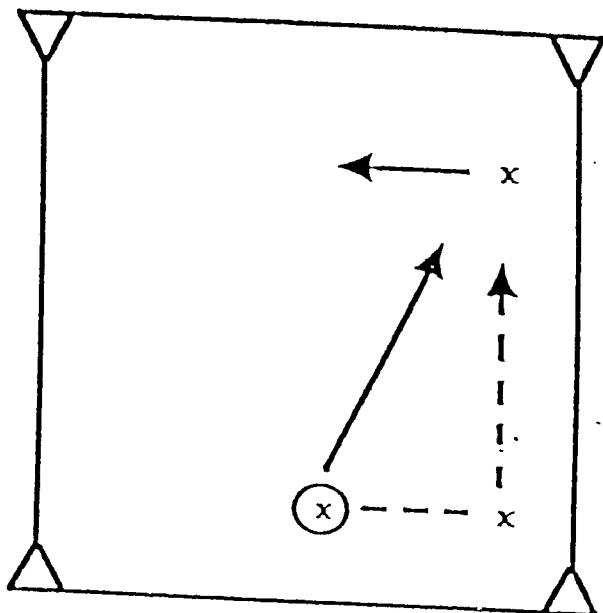
A player in possession stands near one side of the grid with an actinghalf in position just behind them, and another player about five metres off to one side. Following the rollball and actinghalf pass, the player who performed the rollball runs across to become the actinghalf to the player who received the initial pass. That player should take a step or two forward before performing the next rollball. The object is for players to practice moving into position and performing the actinghalf pass correctly. Ensure that you nominate a minimum distance for the pass and that the receivers move straight forward.

COACHING POINTS:

- Eyes looking at the ball for securing
- Moving into position from the rear
- Acceleration and deceleration with agility
- Good wide base with accurate pass

EQUIPMENT:

One ball. Grid markers



SIDE-STEP & SWERVE DRILL

PLAYERS:

minimum 4, maximum 12 per grid

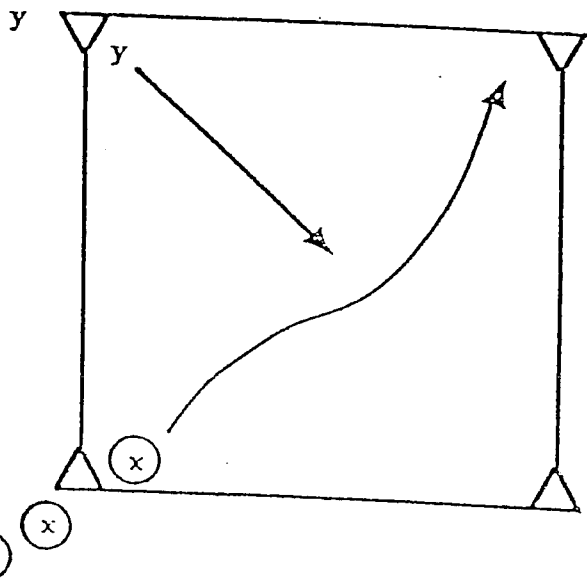
DESCRIPTION:

Position half the players at the top left corner of a 10m, x 10m grid and the other half at the lower left corner, the leader of which has the ball. The object is for the lower group, one at a time, to run to the top right corner while the individuals from the top left corner move out slowly to effect a touch at about the centre of the grid. The players are to use either the side-step or swerve to evade the touch. Once the players have reached the top right corner, they move to the end of the line at the top left side. The "defenders" move to the end of the attacking line with the ball. If there are insufficient balls for all, make sure that players hold their hands together. Change corners when proficient.

COACHING POINTS:

- Balanced running
- Move initially into "the opponent and then away"
- Slight deceleration followed by acceleration
- Body twisting and rotation as necessary

EQUIPMENT: One ball per attacker. Grid makers



RANDOM GRID PASSING

PLAYERS:

3 to 5 per grid

DESCRIPTION:

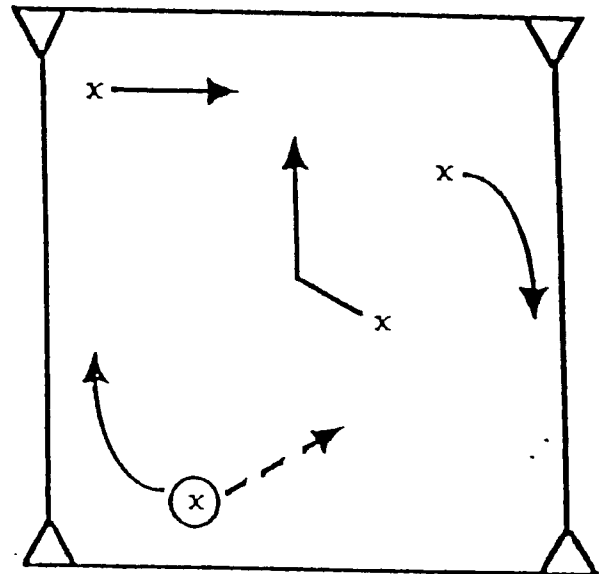
The group passes the ball randomly amongst each other while firstly walking, then jogging and running in a random fashion within the confines of the grid. The size of the grid can be varied from about 5m x 5m for three players to 10m x 10m for 5 players. The minimum passing distance can also be varied 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

EQUIPMENT:

One ball per grid. Grid markers



RANDOM DEFENDER I

PLAYERS:

4 to 5 per grid

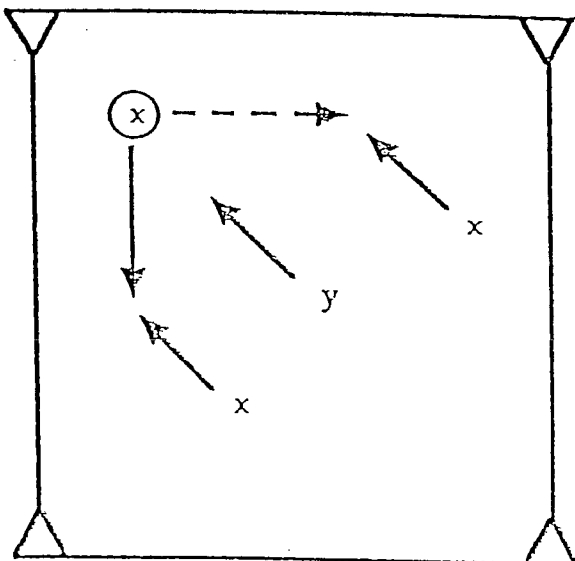
DESCRIPTION:

With either 3 or 4 players in a grid performing random passing, introduce one defender with hands behind the back. The defender is allowed to knock the ball to the ground but must not move closer than one metre to the player in possession. The player in possession cannot run with the ball. The object is for the two (or three) remaining players to move into an effective supporting position and receive a pass. Once the group becomes proficient allow the defender to use the hands. 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 work rate while not in possession
- Introduce the dummy pass option

EQUIPMENT: One ball per grid. Grid makers



RANDOM DEFENDER II

PLAYERS:

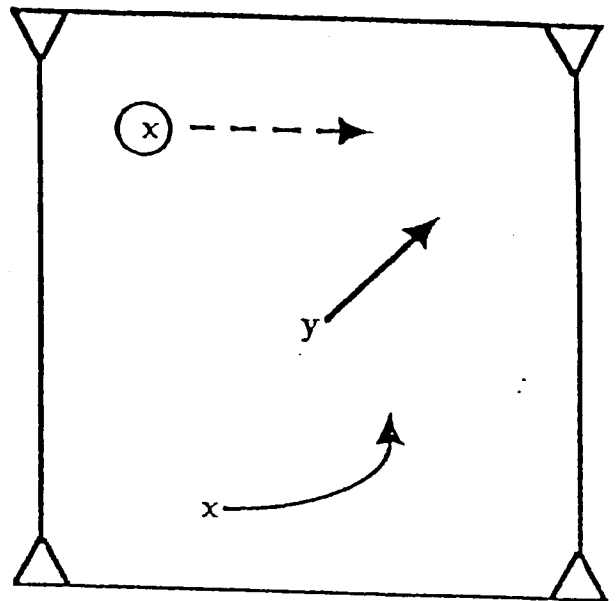
5 to 6 per grid

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 for the defender to practice making touches and develop anticipation skills, 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 after the ball
Pressure on both attacking players (light) and defender



EQUIPMENT:

One ball per grid. Grid markers

RANDOM DEFENDER III

PLAYERS:

4 to 5 per grid

DESCRIPTION:

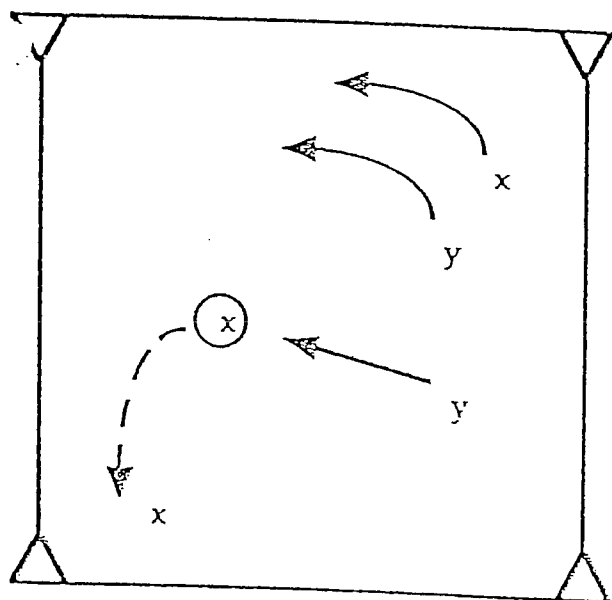
Begin with Random Defender I and when all players are proficient at that drill, increase the number of defenders (progressively) to one less than the number of attacking players. To ensure the increase is progressive the coach may have to use one defender who cannot use hands with another defender who is unrestricted. To allow this drill to work properly the number of defenders should be one less than the number of attackers. The object of the drill is to deny the attacking players time and space in which to make the correct decisions.

COACHING POINTS:

As for Random Defender I
Highlight decision-making process and options

EQUIPMENT:

One ball per grid. Grid markers



SWITCH DRILL I

PLAYERS:

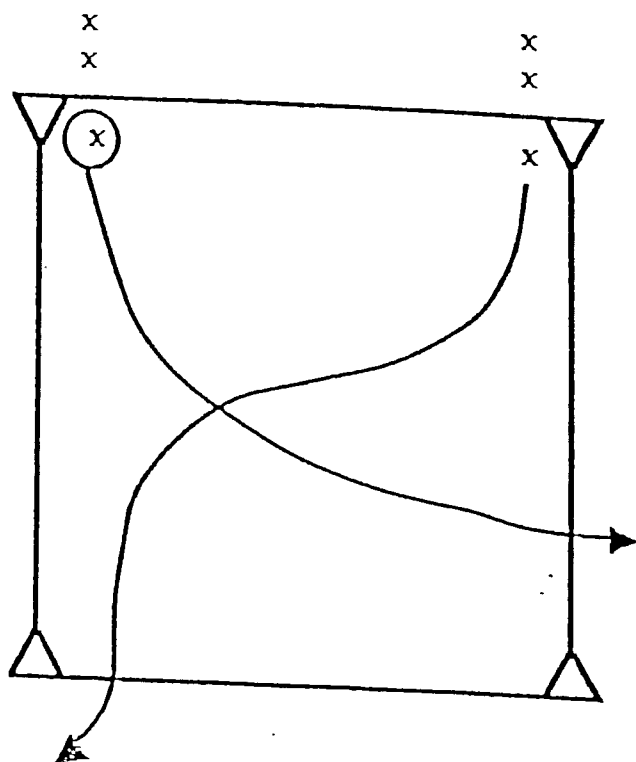
minimum 4, maximum about 10 per grid

DESCRIPTION:

Players position in two lines at the two top corners of a 10m x 10m grid. One group of players should have a ball and move out across the grid and perform a switch with the leading players in the other group. Following the switch pass the first players should return to the second line and the receivers return to the first line with the ball. Commence initially at a slow walk concentrating on the various teaching factors. After some proficiency the players should jog, and then run through the drill.

COACHING POINTS:

Runner widening the angle.
Receiver staying deep and delaying the S-run
Begin with an inside pass initially
Ball carried in two hands initially
Acceleration "through the gap" by receiver



EQUIPMENT:

One ball for each pair. Grid markers

SWITCH DRILL II

PLAYERS:

6 per 20m x 10m grid

DESCRIPTION:

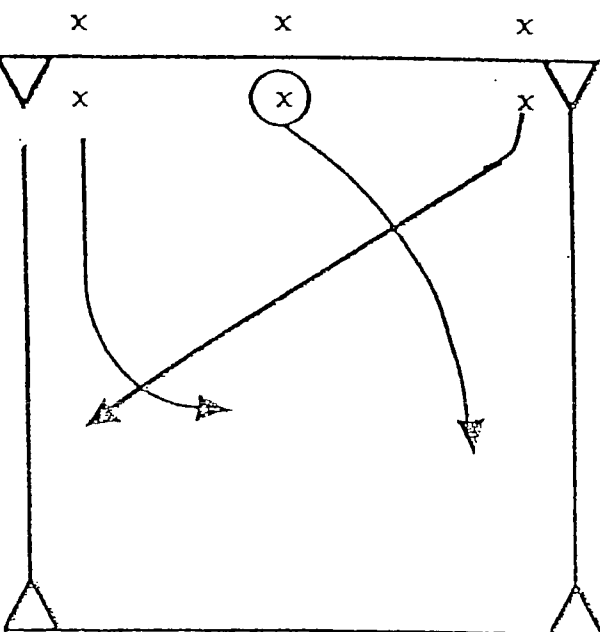
Position three players equally along the end of the grid with the player in the middle in possession. The player with the ball performs a switch with the player on the left who is then in the middle and performs a switch with the player on the right. The actions are repeated the length of the grid and the group turns around and completes the drill on the way back. Initially, walk through the drill before increasing the pace. When the first group of three returns to the starting point they rest while the second group of three completes the drill.

COACHING POINTS:

Accurate and soft passing
Widening the angle by the ball-carrier
Delayed movement by the receivers
Keeping players apart

EQUIPMENT:

One ball per grid. Grid markers



SWITCH DRILL III

PLAYERS:

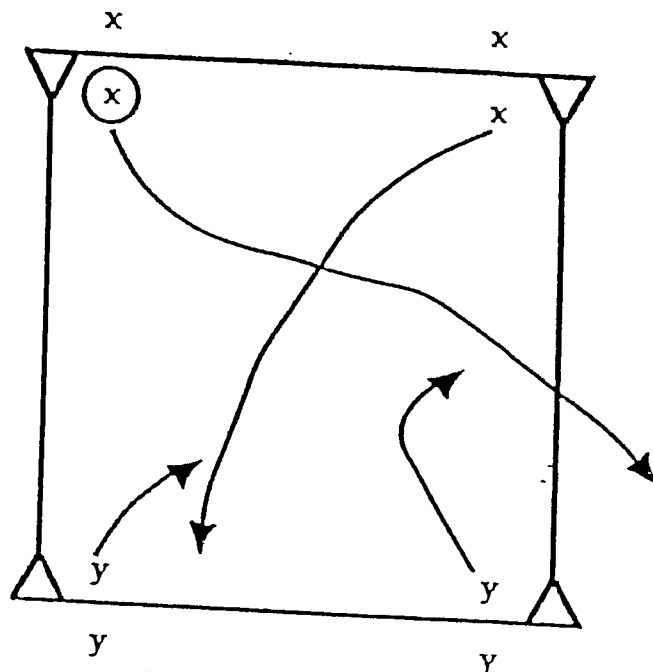
minimum 4, maximum the whole team

DESCRIPTION:

Once players are proficient at performing the basic technique of the switch pass, have a third and fourth group stand at opposite ends of a 20m x 10m grid as defenders. Once the technique has been demonstrated and understood, players can match each other with pairs switching and opposite pairs switch defending. Make sure they change after performing one action. Let attackers attempt the dummy switch.

COACHING POINTS:

All teaching factors for the switch pass
Communication by the defenders
Zone defence principle
Not moving too far across
Receivers going for the zone boundary



EQUIPMENT:

One ball per pair of attackers. Grid markers

DRAWING OPPONENT I

PLAYERS:

5 to 7 per 20m x 20m grid

DESCRIPTION:

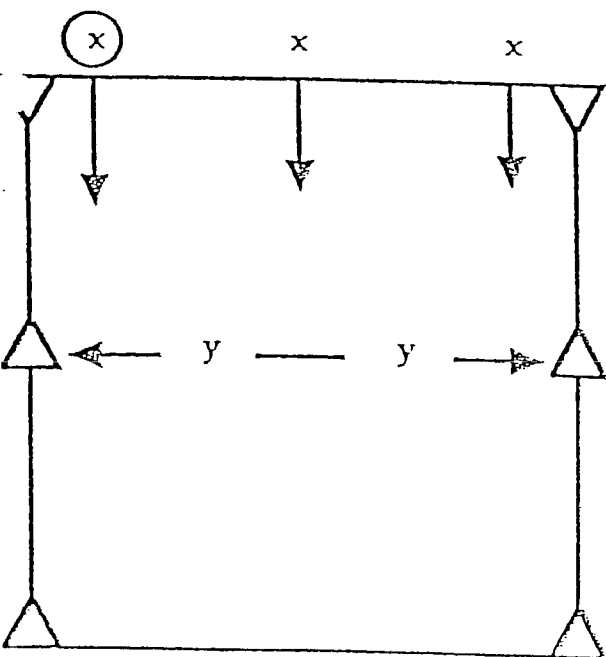
The running group has either three or four players, and the defending group has only two or three players respectively. The object is for the mini-team of three or four players to get past the two or three defenders, who are initially restricted to sideways movement. A simple rotation can be worked out so that the player who scores on the 20m line joins the defenders and one of the defending players takes that position on the attacking group. The size of the grid can be varied depending on whether the attacking or defending skills are being exercised. Use the thumb rule that any width more than 7m per defender will really exercise the defence.

COACHING POINTS:

Communication by defenders and attackers
Make the players score

EQUIPMENT:

One ball per grid. Grid markers



DRAWING OPPONENT II

PLAYERS:

5 per elongated grid

DESCRIPTION:

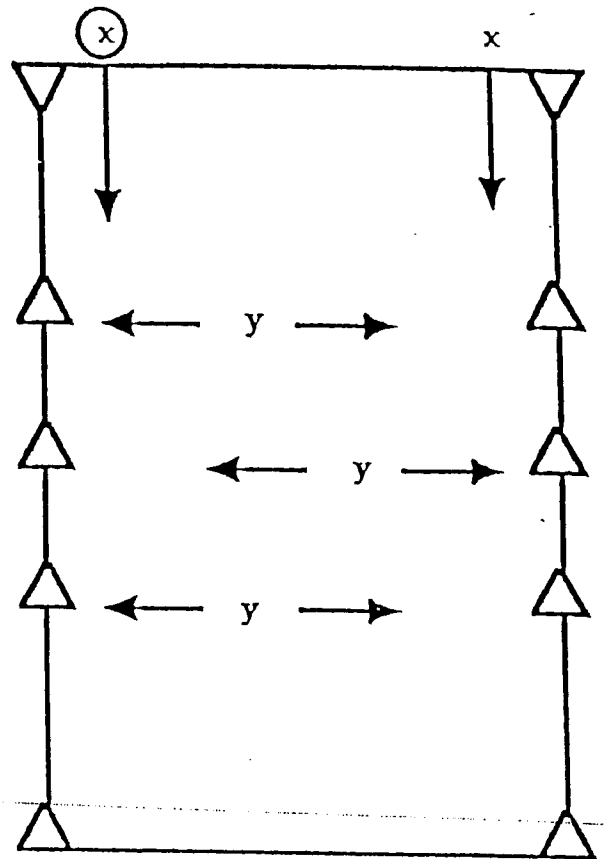
Position two players at the end of a 40m x 10m grid with one player in possession. Position three (more as they get better) defenders at 10m inter-vals down the grid. The attacking players have to pass by the single defenders in quick succession and score at the far end of the grid. They may use passing, dummies, or any individual evasion skill to deceive or beat the defenders. When the players get to the other end, have them turn around and try the same on the way back. Give those players several goes and swap players around.

COACHING POINTS:

Quick recovery after beating one opponent
Continuity of attack through support

EQUIPMENT:

One ball per group. Grid markers



PATTERN RUNNING I

PLAYERS:

8 or 10 per grid

DESCRIPTION:

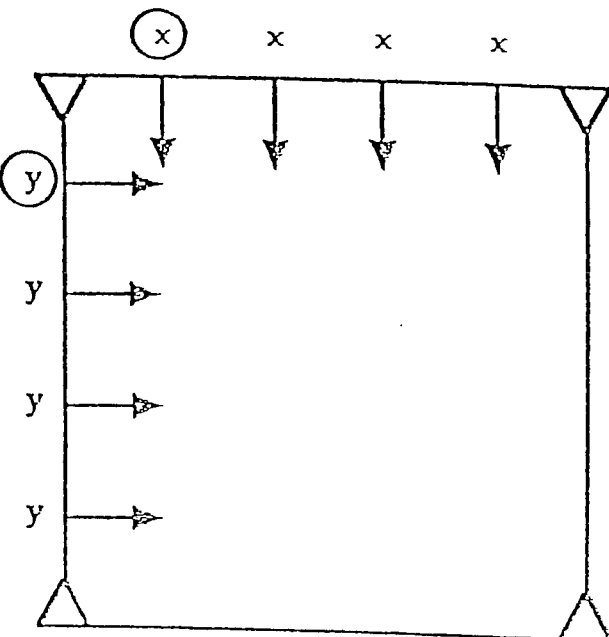
The players divide into two groups of four or five and stand along one side and end of a grid. Each group has a ball and is required to run backwards and forwards across the grid while passing a nominated number of times each lap. The object is for each group to succeed while mixing with the other group. Initially the players should commence at a slow walk and gradually they can progress to a jog and run. Introduce the competitive aspect once the players become somewhat proficient.

COACHING POINTS:

Use of peripheral vision
Total awareness

EQUIPMENT:

Two balls per grid. Grid markers



PATTERN RUNNING II

PLAYERS:

12 to 16 per grid

DESCRIPTION:

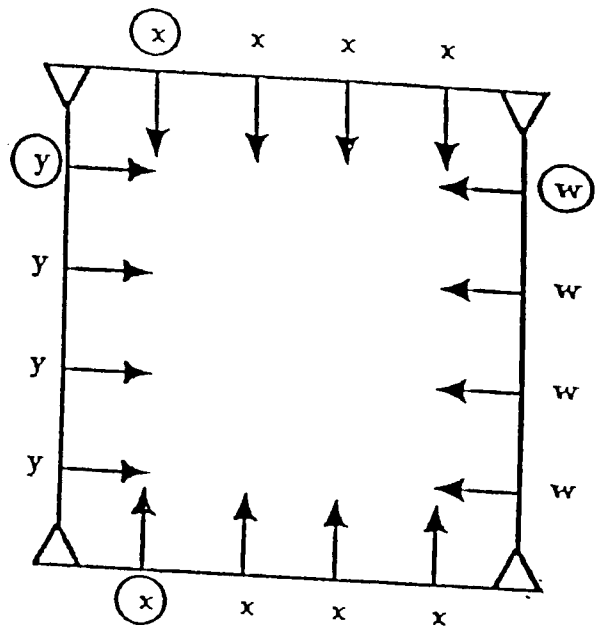
Divide the players into four groups and stand along the sides of the grid facing the centre. Each group has a ball and the object is to move across the grid and return while passing. The initial confusion can be overcome by starting the groups in turn and progressing from a slow walk to a run. Vary the pace of two groups for variety.

COACHING POINTS:

Use of peripheral vision
Total awareness
All catching and passing techniques

EQUIPMENT:

Four balls per grid. Grid markers



PASSING CROSSOVER I

PLAYERS:

2 per grid

DESCRIPTION:

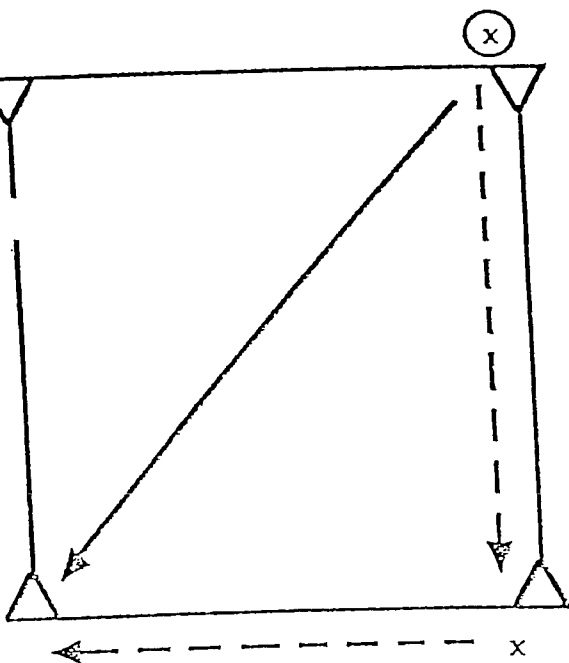
Stand one player with the ball at any corner of the grid and position the other player at another corner (but not opposite). The player passes the ball to the team-mate and then runs across the grid to the other (diagonal) corner. The receiving player passes the ball to arrive at the same corner at the same time as the first player. The first player then passes the ball back to the second player and returns to the starting corner. The object is to practice deceleration, catching and passing and acceleration for one player and improve the timing of the passes for the second player. Change roles after a nominated number of passes has been achieved. Vary the size of grids progressively.

COACHING POINTS:

Accurate passing and running to support
Timing the pass to arrive when the player is positioned
All passes to be made while stationary

EQUIPMENT:

One ball per grid. Grid markers



PASSING CROSSOVER II

PLAYERS:

4 per grid

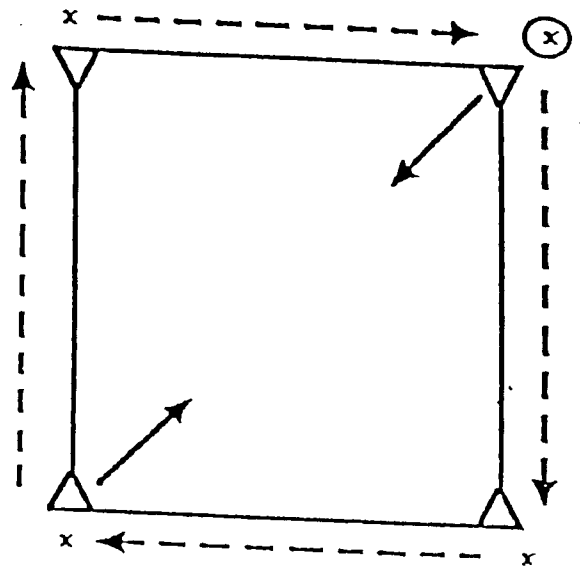
DESCRIPTION:

Position players at the corners of a grid with one pair of opposites each with a ball. The player to the left of the ball-carrier is the other member of the pair for this drill. As for Passing Crossover I the players pass the ball to their respective team-mates on their left and then run across the grid to the opposite corner, dodging the other player by means of a swerve or side-step. By the time they arrive the ball should be arriving also, having been passed by the other member of the pair. The players then repeat the action a nominated number of times before swapping roles with the other members of the groups. Start the drill at a walk and progress to full competitive pressure. Vary the size of the grids.

COACHING POINTS:

As for Passing Crossover I

Use of peripheral vision and agility skills



EQUIPMENT:

Two balls per grid. Grid markers

PASSING CROSSOVER III

PLAYERS:

6 per grid

DESCRIPTION:

Stand the six players at the four corners and half-way along two sides of the grid as shown in the diagram. Players at opposite corners start with a ball each. Both of these players pass the ball to their left and then run diagonally across the grid to the other player's position. Meanwhile, the next two players with the ball pass it to the left and then run straight across the grid to take the other's position. The next players receive the ball they pass to the left and then run diagonally across the grid to swap positions. It is important to point out that corner players run diagonally while middle players run straight across the grid. Begin the drill at a slow walk and develop until 3-5 sets of one minute at full pace can be completely satisfactory. Remember to vary the direction (but don't be surprised if it doesn't work first time) of the passes.

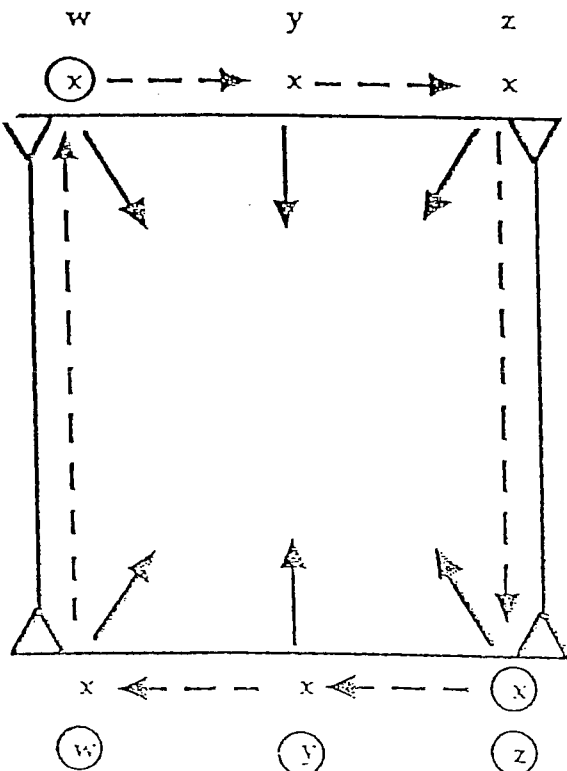
COACHING POINTS:

As for Passing Crossover II

Total awareness and quick-thinking

EQUIPMENT:

Two balls per grid. Grid markers



PASSING CROSSOVER IV

PLAYERS:
8 per grid

DESCRIPTION:

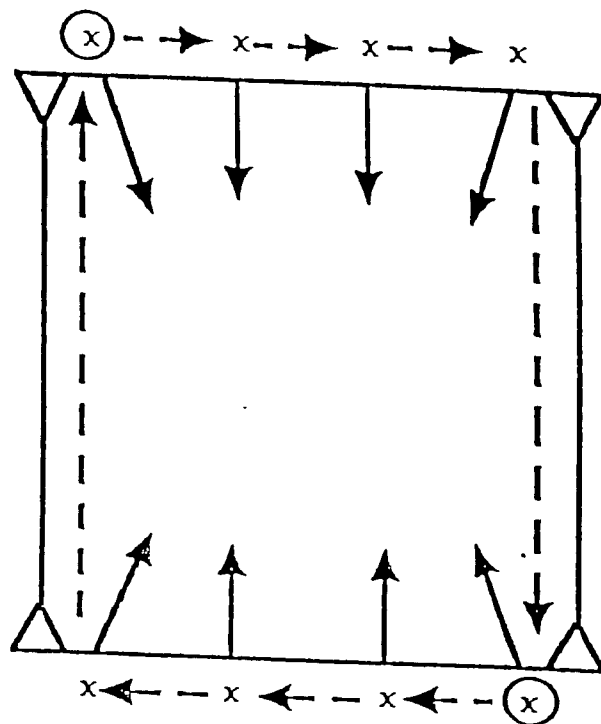
Stand with the eight players at the four corners and at points one third along opposite sides of a grid as shown in the diagram. Players at opposite corners start with the ball and pass to their left and then run diagonally across the grid to swap positions. Each player passes to the left and runs directly across the grid to swap positions. It must be pointed out that corner players run diagonally across the grid while the side players run straight across. Vary the pace and direction of the passing. Work up to sets of about 5 or 6, each of one minute duration.

COACHING POINTS:

As for Passing Crossover III
Team-work and fitness motivation

EQUIPMENT:

Two balls per grid. Grid markers



SWINGING GATE

PLAYERS:
4 to 7 per grid

DESCRIPTION:

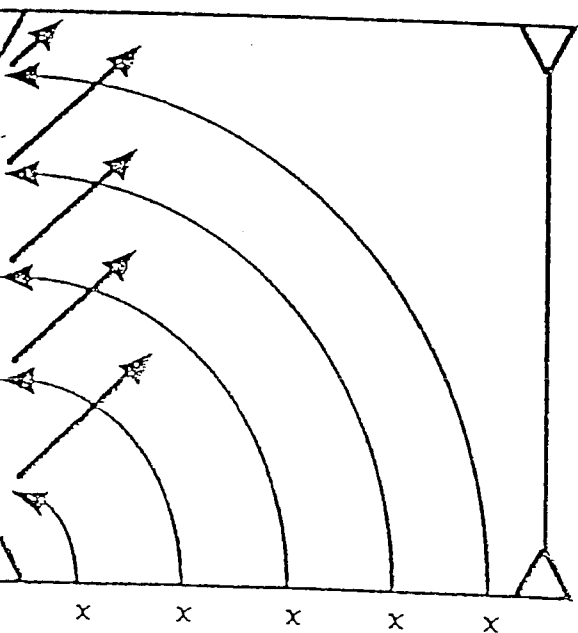
As for Line Passing the group positions on one edge of the grid with the player on the "inside" in possession. The player passes while moving slowly to the side of grid and the other players move at increased rates keeping the line straight as for a closing or swinging gate until the last player has the ball. The group then turns around, the last player becoming the first and the action is repeated until the group returns to the original starting point. The pace can be varied and competition between grid groups can be introduced.

COACHING POINTS:

Thinking while moving
All catching and passing points
Agility, alertness and total awareness

EQUIPMENT:

One ball per grid. Grid markers



FOUR CORNER DRILL

PLAYERS:

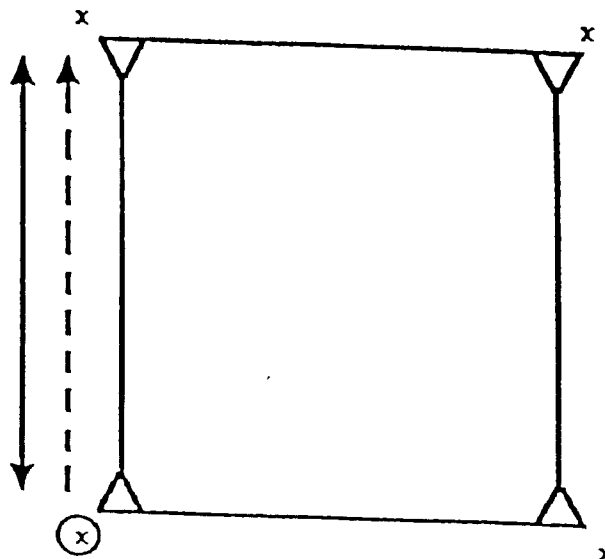
4 players per grid

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 traveled 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 sec's break between activities. 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 players per grid

DESCRIPTION:

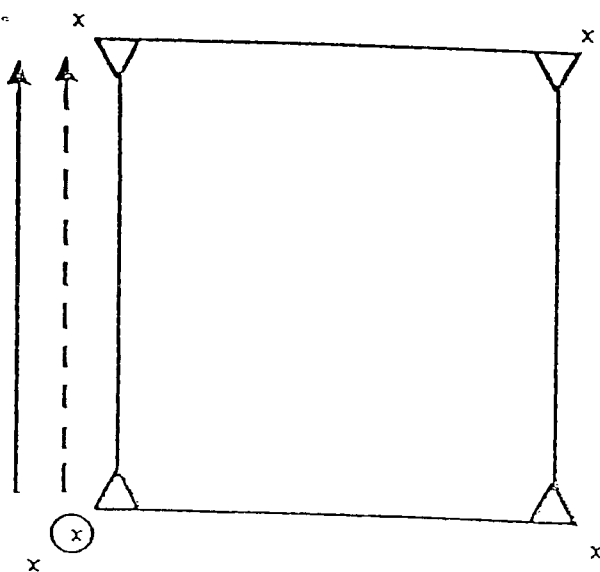
One player stands at each of three corners of a 10m x 10m grid and a player in possession and the fifth player stand at the other corner. The first player passes along the side of the grid and then runs to take up the position of the next player at the next corner. The second player does likewise and the ball moves around the grid in advance of the players. Continue drill for four/five 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 grid. Grid markers (conjoint markers not recommended)



MIXED GROUP PASSING

PLAYERS:

4 to 12 per grid

DESCRIPTION:

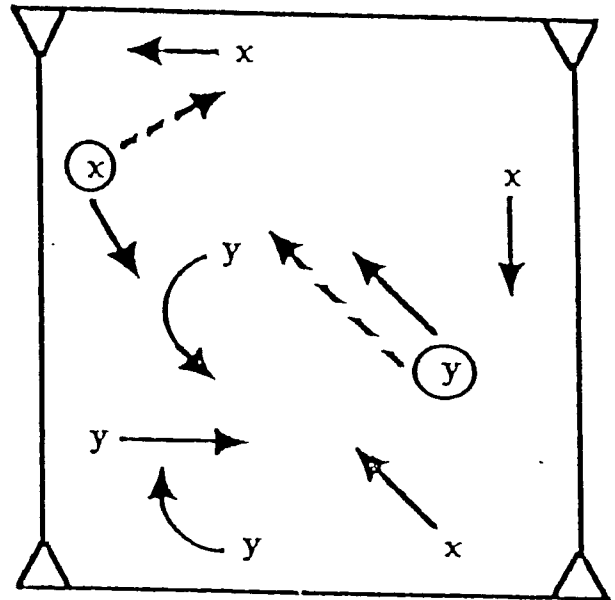
Two groups of players, each with their own ball, move and pass within the confines of the grid boundaries. When possible identify each group by coloured shirts or similar clothing design, however, communication and player identification play an important part in this drill. Increase rate from walking to full pace and numbers can be varied from, for example, two groups of six to three groups of four.

COACHING POINTS:

Normal, passing and communication points
Increase activity through competition either against the clock or with other groups
Decision-making; to pass or not to pass
Vary minimum pass distance and controlled strength of pass

EQUIPMENT:

One ball per group in the grid. Grid markers.



TRIANGLE RELAY

PLAYERS:

6 to 10 per grid

DESCRIPTION:

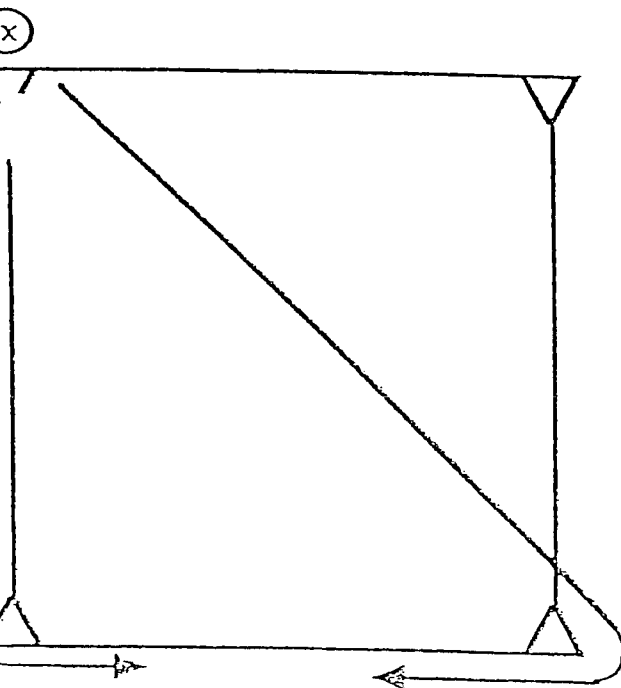
Position two groups or teams of players at one corner of a 10m x 10m grid with the leading players in possession of a ball. On starting each player runs the first leg of a relay, the team on one side running around the grid to the far (diagonal) marker before returning, while the other player runs straight across the grid and the long way home. Balls must be handed to the next player who repeats the run and so on. Have the groups run through varying numbers of times or have them compete against the clock. Any dropped balls should be treated accordingly.

COACHING POINTS:

Ball carried in two hands
Acceleration, agility and deceleration
Team-work, motivation and communication

EQUIPMENT:

Two balls per grid. Grid markers



AGILITY RELAY

PLAYERS:

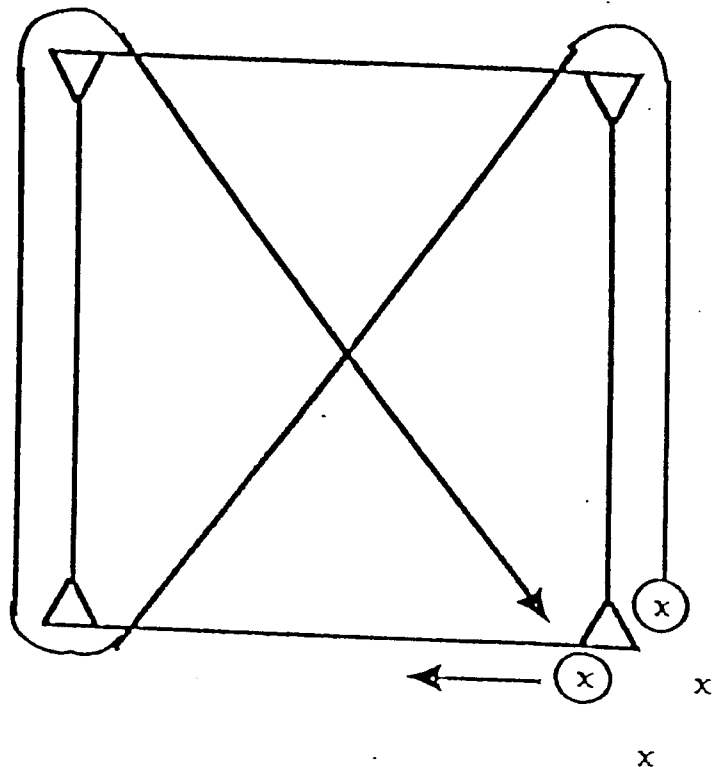
6 to 10 per grid

DESCRIPTION:

Position two groups or teams of players at one corner of a 10m x 10m grid with the leading player in each group with a ball. The first players run along the side of the grid (each to their own side), around the first cone, across the grid diagonally to the opposite cone, around that cone to the far cone opposite the starting point, and then back to the original point. The route can be changed for variety. The object is to compete either against an opponent or the clock around a set circuit of not more than 50 metres in length, with necessary turns involving agility, acceleration, deceleration and ball control.

COACHING POINTS:

Fitness motivation and competition
Running techniques
Introduction of pass e.g. at the last cone



EQUIPMENT:

Two balls per grid. Grid markers

REACTION SPRINTS

PLAYERS:

6 per grid

DESCRIPTION:

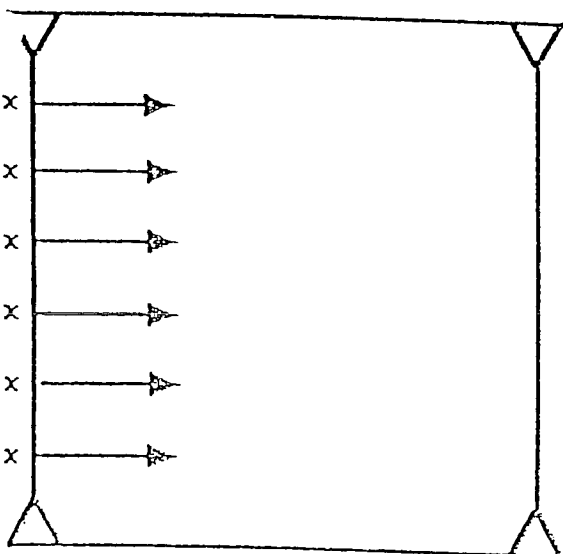
The players are divided into about 6 per 10m x 10m grid and they stand along one side at about one metre intervals. The object is to sprint from one side of the grid to the other and return as quickly as possible at the initiation of one of the players. Starting with (for example) the player on the left,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

COACHING POINTS:

Acceleration and deceleration techniques
Complete with balls or hands held together
Standing still or jogging recovery
Variation in direction

EQUIPMENT:

One ball per player is preferable. 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.

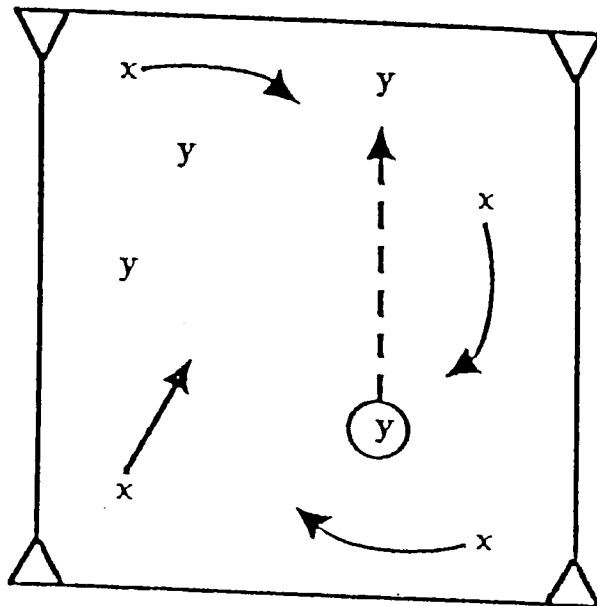
Through communication, team-work and quick thinking the players are eventually eliminated. Swap the time taken by the first group.

COACHING POINTS:

Players not in possession must support the ball-carrier
Communication
Evasion

EQUIPMENT:

One ball per grid. Grid markers



ELIMINATION II

PLAYERS:

8 to 12 per grid

DESCRIPTION:

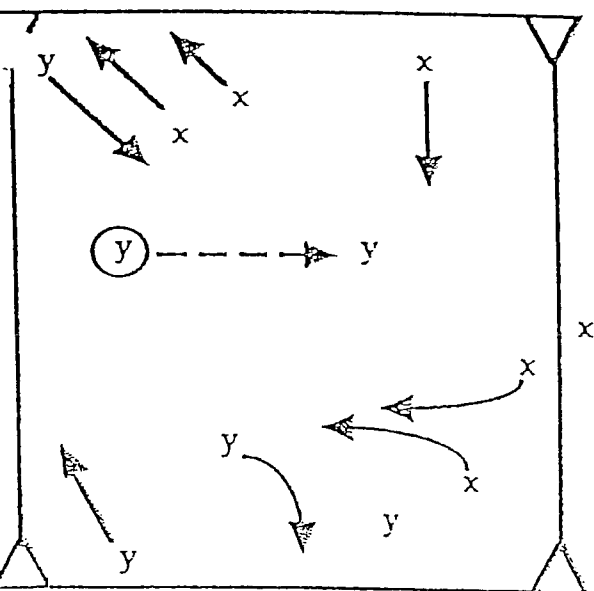
Once the players are proficient at Elimination I, further "pressure" can be added to the "attacking" group by allowing one defender to return to the grid for every dropped ball. Additionally, ensure that evading players remain within the boundaries of the marked grid. Once players are able to identify each other without colours or communication (verbally) the players should be encouraged to perform the drill without talking. In this way you can develop a better understanding between the individual players.

COACHING POINTS:

Concentrate on finger-tip ball control
Encourage speedy reactions and maneuvering
Coaching points for Elimination I!

EQUIPMENT:

One ball per grid. Grid markers



PYRAMIDS

PLAYERS:

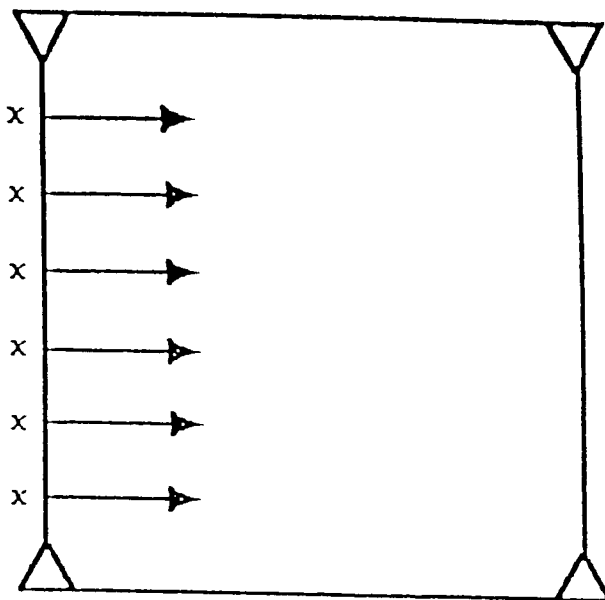
6 per grid

DESCRIPTION:

Players are divided into about 6 per 10m x 10m grid and the object is to complete a series of sprints across the grid and back, bending down to touch the line at each turn with alternate hands. The number of sprints is decided (e.g. six) and the players have to firstly sprint once across the grid and return (and have a five second break) and then complete two sprints, followed by three, four, five and six. Once the nominated number has been achieved, the players then have to reduce the number back to one (i.e. five, four, three, two and finally one, each with a five second break between the series).

COACHING POINTS:

Ensure players have reasonable level of fitness
Make sure all players reach each line
Motivation from coach, peers and individuals a must
Vary distances and timings



EQUIPMENT:

Grid markers

GRID BASKETSCORE

PLAYERS:

4 or 6 per 10m x 10m; 6, 8 or 10 per 20m x 10m

DESCRIPTION:

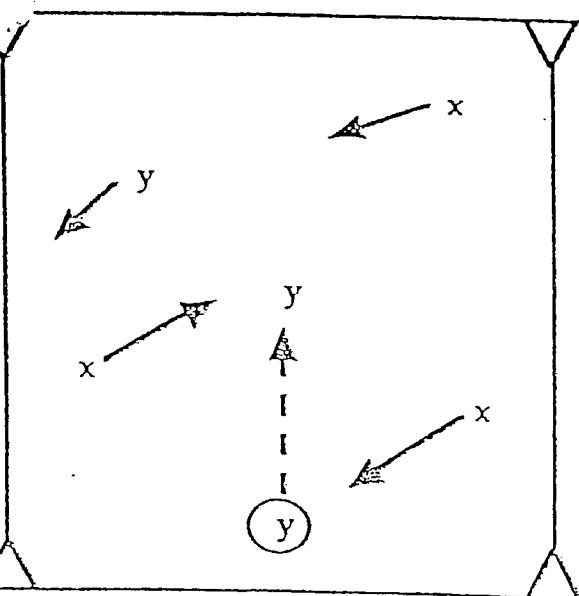
Players are divided into two teams of 2 to 5 players each, depending on the size of the grid used and one team is given the ball. The object is for the team to complete a set number of passes to score a point. The opposition team attempts to intercept or knock down the ball and gains possession whenever the ball hits the ground. A good starting number for three-a-side is ten passes. The coach should nominate whether overhead passes are acceptable, as often this may be more specific to the requirements of the game. Players with the ball cannot move so that other supporting players are required to position accordingly.

COACHING POINTS:

All catching and passing teaching factors
Communication, team-work and awareness skills
Decision-making

EQUIPMENT:

One ball per grid. Grid markers



MINI TOUCH

PLAYERS:

6 to 10 depending on size of grid

DESCRIPTION:

Players are divided into two even groups, the object is to score touchdowns in a confined space. Vary the rules as necessary however, suggested modifications are:

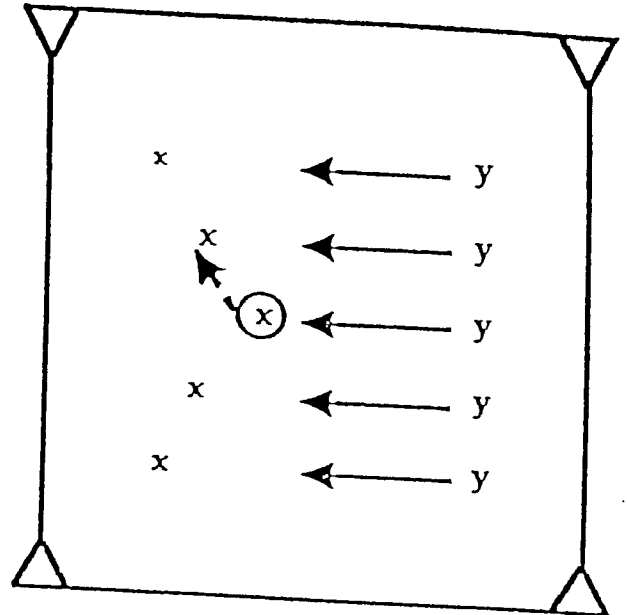
- No rollball, just touch the ball to the ground;
- Defenders retire three metres;
- No penalties, only changes of possession;
- Alternate players and referee; and
- Three touches to change possession.

COACHING POINTS:

Creation of gaps through penetration/deception
Creation of overlaps through support
Use of wraps and switches
All defensive sub-unit and team skills

EQUIPMENT:

One ball per grid. Grid markers



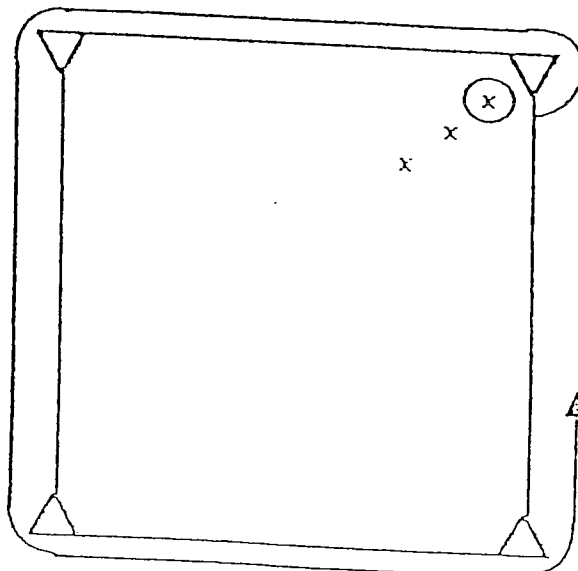
SAMPLE COACHING SESSIONS USING GRIDS

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

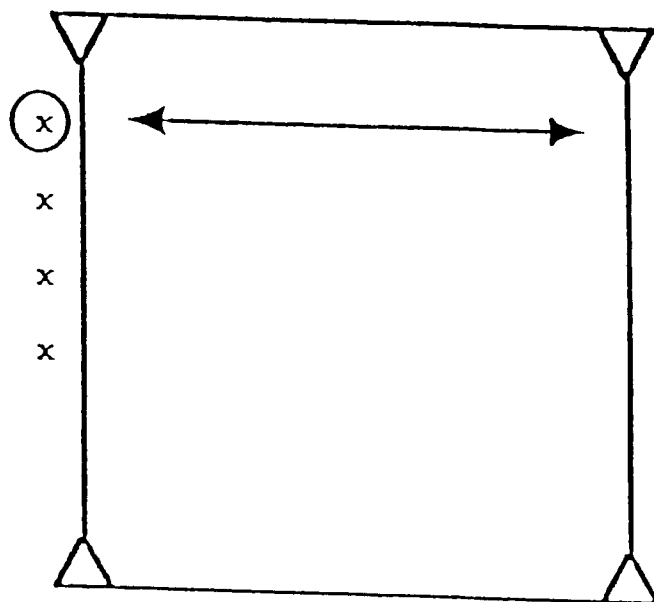
1. Running with the ball relay

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.



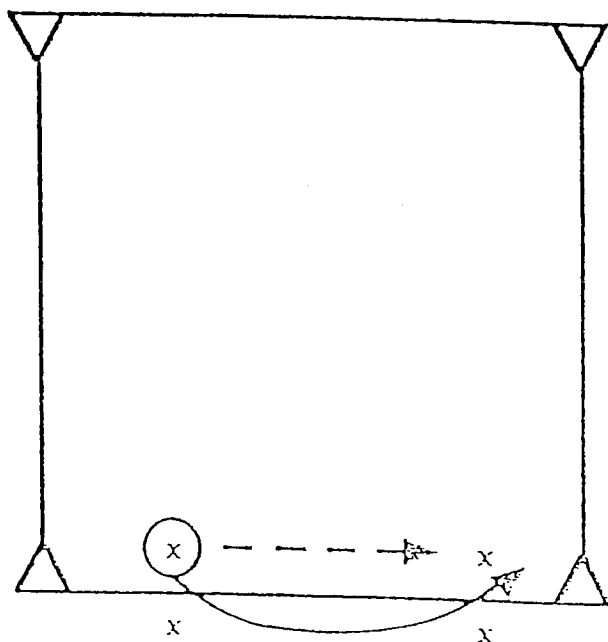
2. Pepper

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).

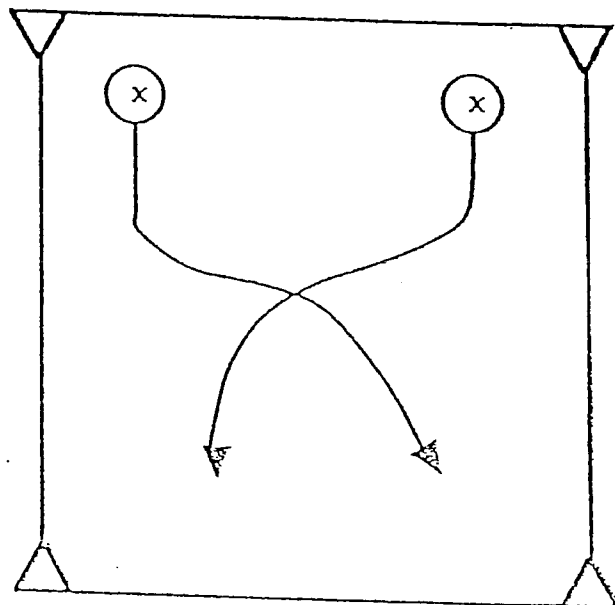


3. Switch and wrap

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 witch (scissor) pass on the way back. Players swap sides and the ball is passed to the start again.



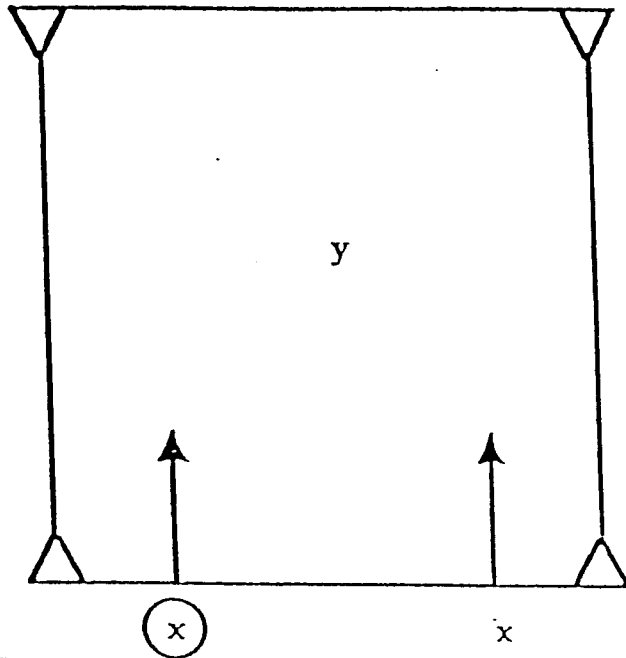
(a)



(b)

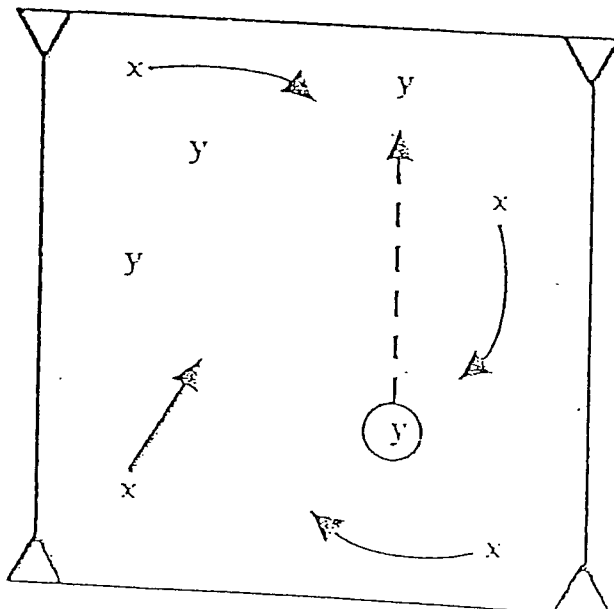
4. 2 v's 1

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.



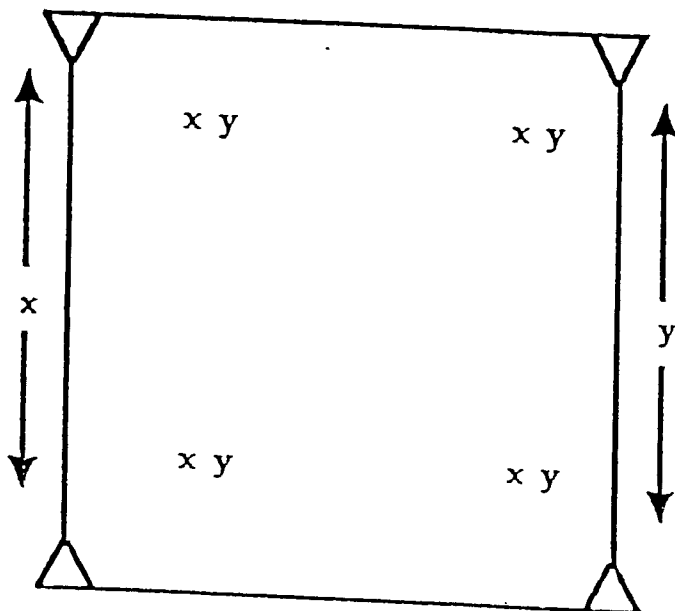
5. Elimination

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

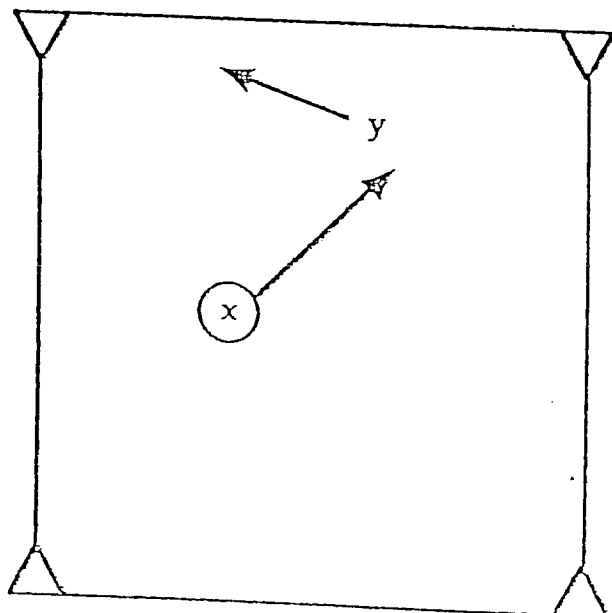
Use a 20m x 20m grid. The ball is thrown up to start and players pass to team mates who pass it to the hands of a team mate behind the scoreline to score a touchdown. Only this player is allowed to move about behind the scoreline. If the ball is held by 2 opposing players at the same time, the referee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



SESSION B

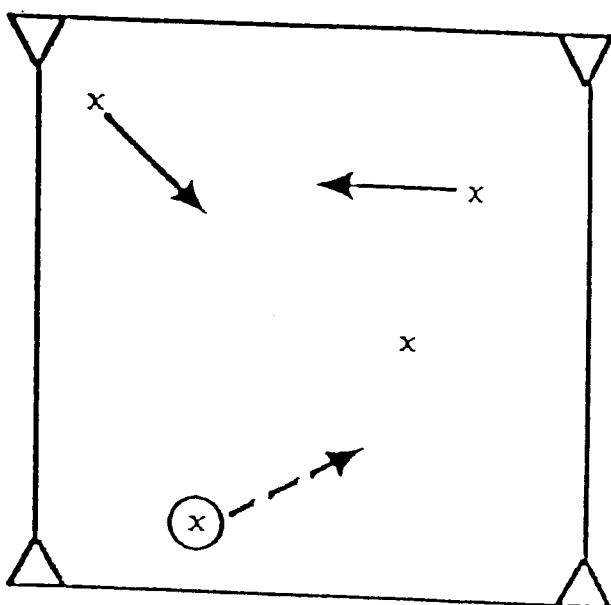
1. Running with the ball

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).



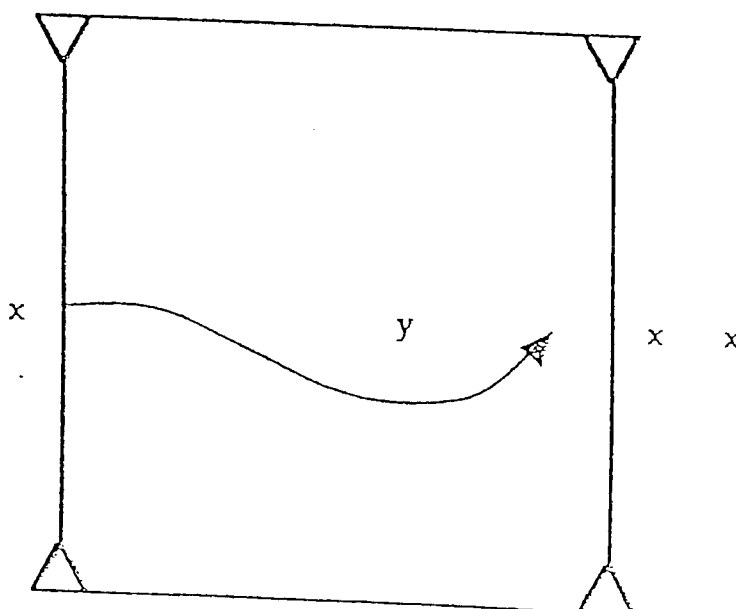
2. Random Grid Passing

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



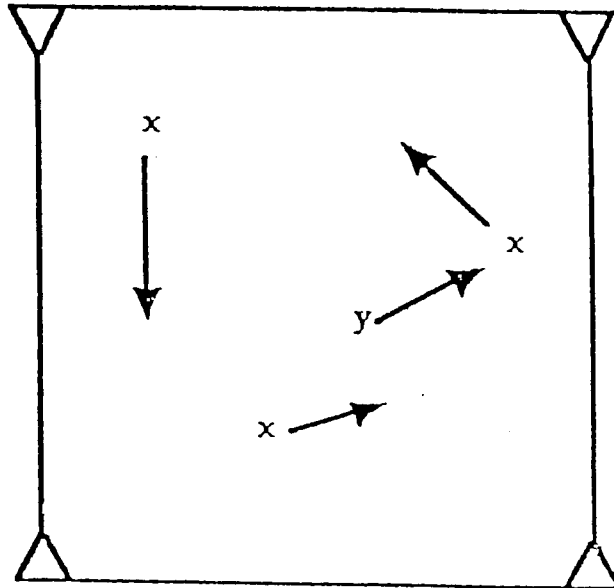
3. Sidestep and Swerve

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.



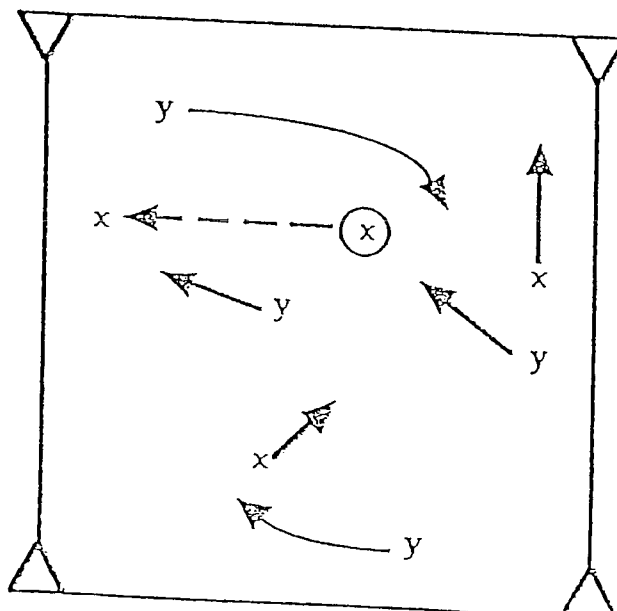
4. Defender

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.



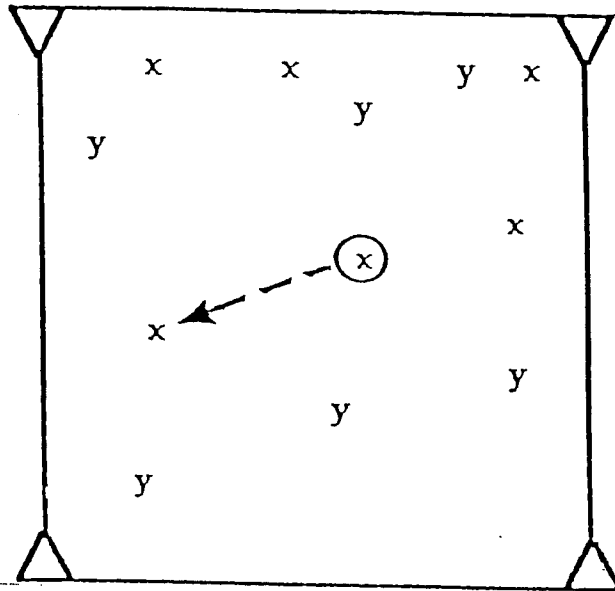
5. Ten passes

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 at 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

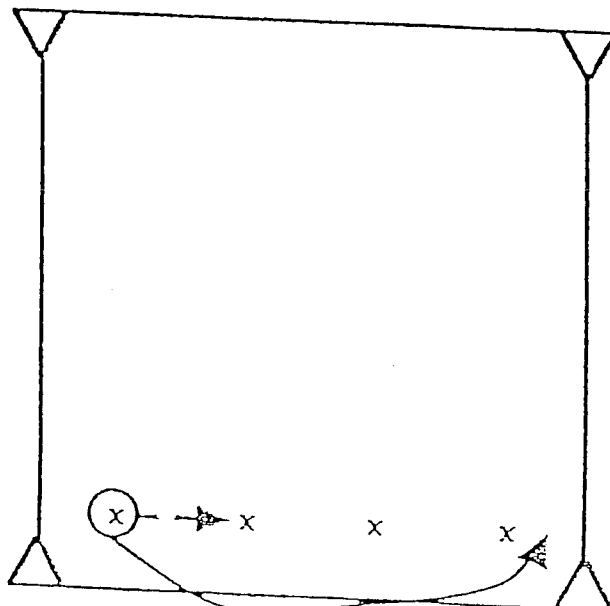
An area of approximately 40m x 40m. 6 players per team. Teams pass the ball amongst themselves as many times as possible whilst players from the other team try to intercept the ball. The ball can only be held for three seconds without passing. If the opposition intercept the ball, or the ball is dropped 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

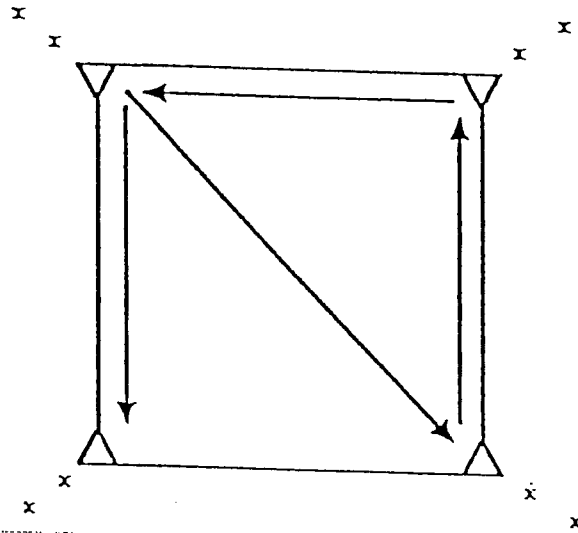
Back-up

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.



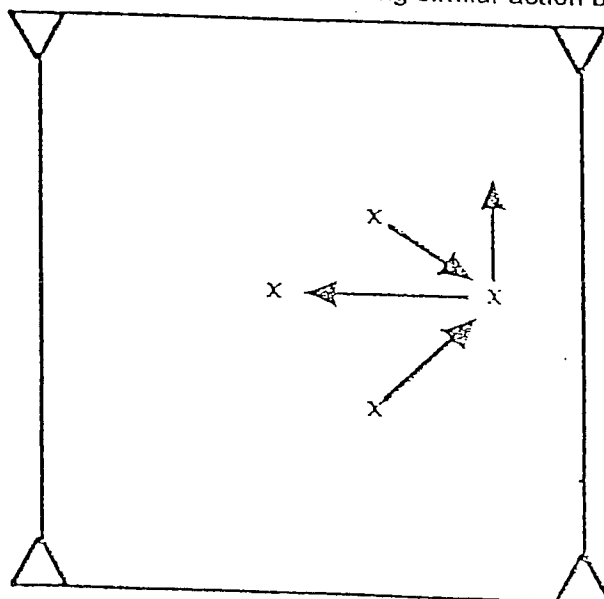
Steal and run

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 other. 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).



Knee touches

Use a 10m x 10m grid. Group of 2-8. Players scattered throughout the area. Players attempt to touch (bit) 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.