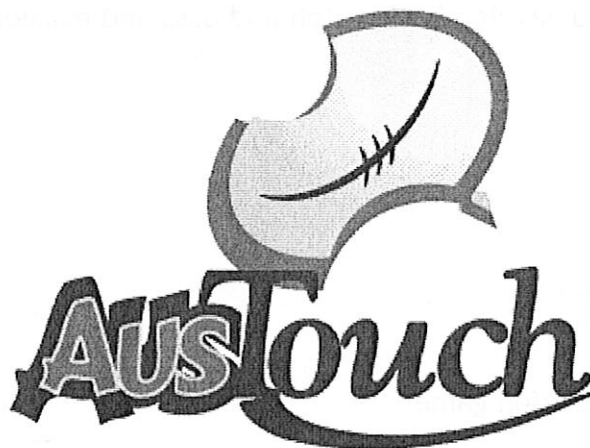


Australian Touch Association



AUSTOUCH PROGRAM

SESSION OUTLINES

Session 1

Objectives:

- To introduce the AusTouch concept and 8 week program to participants and parents.
- To excite participants and parents about their involvement in the program.
- For participants to develop basic catch and pass and evasion skills

Introduction

Duration: (10 mins)

- Safety rules
- Size of playing area
- Ball familiarization
- Catch and pass
- 5 minute demonstration game

Warm-up

moderate intensity

Duration: (5 mins)

Select a warm up game from the attached list.

Activity 1

Piggy in the Middle

Duration: (10 mins)

- 3 on 1 piggy in the middle
- 3 on 2 piggy in the middle
- 4 on 3 piggy in the middle

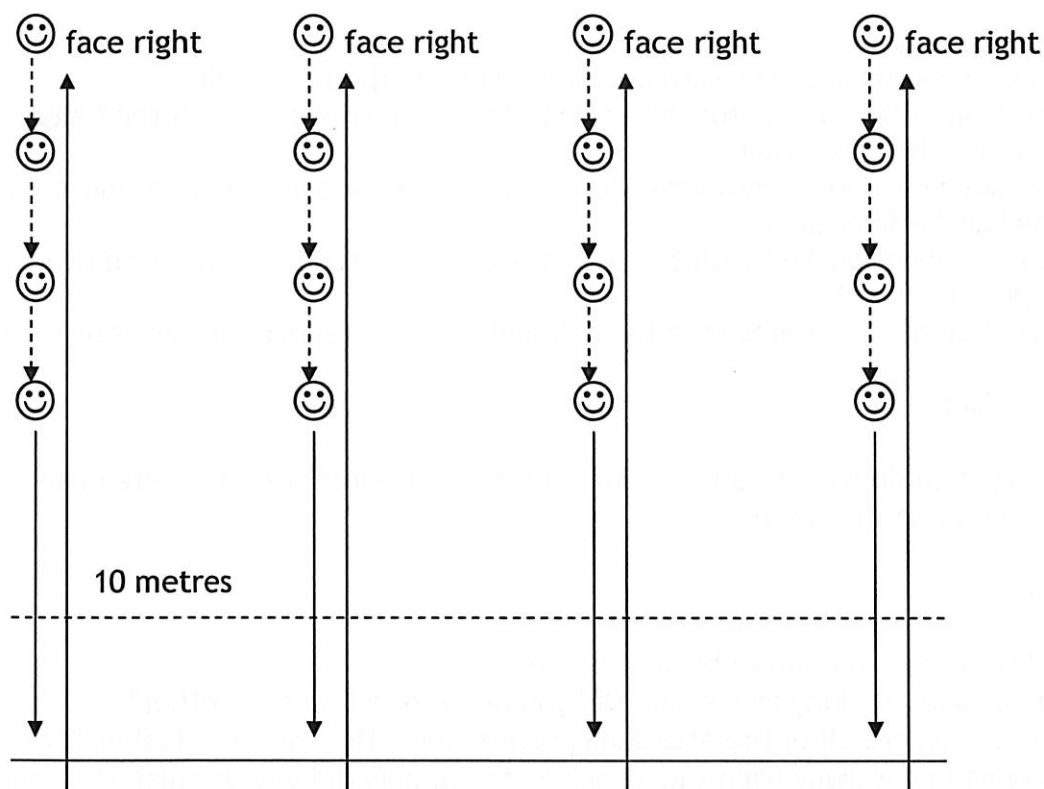
Instructor Questions:

- What did you have to think about if you were trying to pass the ball to your buddy?
- Why was it harder to pass the ball when there were 2 or 3 defenders?
- How did you decide which person to pass the ball to?

Activity 2

Catch and Pass & scoring touchdown

Duration: 15 minutes



Scoreline

Ball starts at the end of the line. On go ball is passed to front, last person runs to scoreline and scores touchdown. Player then takes the ball to the end of line, everyone moves forward one position and waits for signal to go again.



Activity 3

Touch Ball

Duration: (15 mins)

- 2 teams of approximately 5
- 1 team has possession (attacking team) and one team is without the ball
- The attacking team attempts to “touch” an opposition team member with the ball (not pass the ball to hit the opposition)
- The attacking team can move anywhere within the grid, but a person cannot move once they have the ball (as in netball)
- Once a player has been touched with the ball, the attacking team receive 1 point / or the touched player sits out
- The attacking team has 2 minutes with the ball and then the teams roles are reversed

Advanced progression:

- If the attacking team drops the ball, a point is taken off their score, or a defending team player returns to the game

Instructor Questions:

- Did you need to work as a team to be successful?
- How did you go about working as a team? Did you need to talk to each other?
- Was it hard to see where all of the attacking players were? How did you deal with this?
- As a player trying to get away from the attacking team, how did you do this? Did you need to evade them?

Warm-down

Duration : (5 mins)

- Static stretch - see attached examples

Finish:

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask why they needed to learn about passing and catching the ball and about evading defending players
- Let them know about next week’s session
- Thank them for their efforts

Session 2

Objectives:

- Evasion with the ball
- Passing backwards on the run
- Scoring a touch down

Introduction

Duration : (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

Moderate Intensity

Duration : (10 mins)

- Lines of 3, passing the ball backwards whilst running
- Catch and Pass from Angled Hats

Activity 1

Shoot-out

Duration : (10 mins)

- 2 on 1 "shoot-out" (players must place the ball to score)
- 3 on 2 "shoot-out"
- *Have a player act as a referee to make decisions in relation to forward passes and if a touch was made. Rotate the referee.*

Instructor Questions:

- How did you decide when to pass the ball
- Did you ever pass the ball forwards? Why?
- How can you make sure that the pass goes backwards?
- As a defender, what were you trying to do?

Activity 2

"Clap Clap" - Breaking The Line

Duration : (10 mins)

- 6 defenders defending the line
- 6 attackers attacking the line
- No ball involved
- The attacking team tries to confuse the defending team and get over the score line
- When an attacking player gets over the line, they clap their hands and run back into the attacking zone (10 metres into the field of play), to go again. Each attacker counts how many times they scored
- Defenders need to communicate, use peripheral vision and make a touch
- Defenders are not to move forward more than 5 metres off the line
- If a touch is made on an attacker, they are to retreat back 10 metres and then try again.

Instructor Questions

- Did you need to work as a team to be successful?
- As an attacker, how did you evade the defender?
- As a defender, was it hard to see where all of the attacking players were? How did you deal with this? Did you talk to your teammates?
- Why do Touch players need to be able to both defend and break the score line?

Warm-down

Duration: (5 mins)

- Static stretch - see attached examples

Finish

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask why they needed to learn about passing backwards, scoring a touch down and evading defenders
- Let them know about next week's session
- Thank them for their efforts

Session 3

Objectives:

- Effecting a Touch as an attacker
- Rollball
- Defending on-side

Introduction

Duration: (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

moderate intensity

Duration: (5 mins)

- 2 on 1 shoot-out
- 3 on 2 shoot-out

Activity 1

Angled Rucking

Duration: (10 mins)

- Groups of three angled rucking (acting half takes the next ruck), no defence
- As above with 1 defender
- Groups of 4 rucking (alternate sides of the roll ball) - no defence
- As above with 1 defender

Instructor Questions

- Once you had passed the ball, what did you do next?
- Why did you angle back in front of the roll ball?
- Why did you place the ball, and not roll it?

Activity 2

5 On 5 Touch

Duration: (15 mins)

- Teams get 6 touches with the ball
- The defending team cannot “run up” to make a touch
- If the attacking team drops the ball, they retain possession and the dropped ball counts as a touch
- *Have a player fill the roll as referee to make basic rulings. Rotate the referee.*

Instructor Questions:

- How did you decide who went to acting half?
- What happened if your teammates were in front of the acting half?
- What happened in your team did not ruck the ball forward?
- Once you made a touch, what did you have to do?

Warm-down

Duration: (5 mins)

- Static stretching - see attached examples

Finish

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask why they needed to learn about rucking the ball and getting on-side
- Let them know about next week's session
- Thank them for their efforts

Session 4

Objective:

- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions

Introduction

Duration: (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

moderate intensity

Duration: (5 mins)

- Choose from Warm up Games list

Remember to remind “frequent drink breaks”

Activity 1

Chain Tag

Duration: (15 mins)

- ‘It’ chases the free players within a clearly defined space.
- When a player is tagged they join hands with ‘It’ and with their hands joined they continue to chase the free players.
- As more players are tagged they join on forming a chain. The chain must stay intact.
- Only the players on the ends of the chain can tag with their free hand.
- The game continues until all the free players are caught or until the leader calls a halt.

Activity 2

Scoring a Touchdown

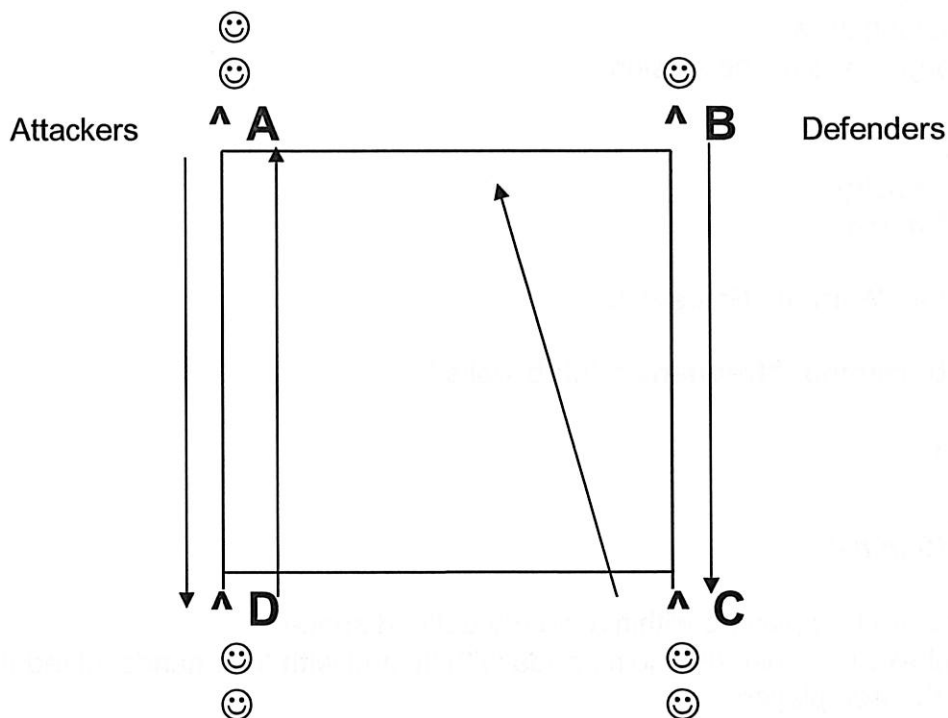
Duration : (10 mins)

Grid & Equipment – 15 metres x 15 metres, 4 cones, 1 ball

Divide the group into two teams at each of the marker hats A & B.

An attacker starts with the ball at A and a defender starts at B. The objective of the attacker is to run the length of the grid to D then return and score a touchdown, using evasion skills and speed. The objective of the defender is to run to marker hat C and effect a touch after running around the marker. The defender cannot make a touch before both players have run around the markers at D and C.

On the sound of "go" both the attacker A and defender B start to run. Each team should have at least one opportunity to finish the task. The attackers and defenders then change. ie A with D and C with D.



Activity 3 **Beach Touch**

Duration : (15 mins)

- Beach touch (3 on 2), however, if the attacking team drops the ball or commits an infringement, they retain possession and the touch is counted
- Have a player fill the role of referee. Rotate the referee.
- Progress to 4 on 3.

Instructor Questions

- Once you had passed the ball, what did you do next?
- What happened if a player was touched with no acting half nearby?
- How did your team score touch-downs?

Warm-down

Duration : (5 mins)

- Static stretching

Finish

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session
- Thank them for their efforts

Session 5

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions

Introduction

Duration : (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

moderate intensity

Duration: (5 mins)

- Cross over hand-off grid
 - 10 x 10m grid
 - Players on each corner hat
 - 1 ball being handed off between opposite corners and 1 on the other side of the grid.
This allows players to “cross over” in the middle of the grid

Activity 1

Duration : (15 mins)

Remind “frequent drink breaks”

- Skill circuit (2 minutes at each station with 1 minute recovery between stations). Each station to have 6 participants.

Number of stations will depend on the size of the group. If group is smaller choose 2 or 3 stations.

Station 1:

- 2 on 1 shoot-out (rotate defenders)

Station 2:

- 3 person angle rucking (6 rucks)

Station 3:

- 3 on 2 shoot-out

Station 4:

- Stationary catch and pass drill (recovery). Players stand at a comfortable distance away and pass the ball to their partner. Passes should be passed from the side of the body that the ball was received. I.e. if a pass was received on a player's left side, they must pass from left to right.

Activity 2

Duration : (15 mins)

- 2 x 5 minute, 6 on 6 games, with 2 minutes recovery in between each game. The following rules apply
 - No drop ball rule (THIS RULE DEPENDS ON AGE OF GROUP)
 - If an infringement occurs in attack, they retain possession and the touch counts
 - Defenders cannot run up to make a touch (they can jog)
 - Acting half cannot run
 - Use a player as a referee where possible

Warm-down

Duration : (5 mins)

- 6 attackers jog up the field (no defenders) passing the ball, performing a roll ball, inside pass, or any other skill. All players must receive the ball in the 6 touches.
- Static stretching

Finish

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session
- Thank them for their efforts

Session 6

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions
- Making subs in game like situation

Introduction

Duration : (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

moderate intensity

Duration : (5 mins)

- “Touch ball” game (as with modified game 2 in session 1)

Activity 1

Duration : (20 mins)

Remind “frequent drink breaks”:

- 5 on 4, with 3 touches (if a team drops the ball, is off-side, or passes the ball forward, they lose possession)
- 6 on 5, with 4 touches (as above)
- *Use players as referees where possible*
- *Progress to 6 on 6*

Warm-down

Duration : (5 mins)

- Static stretching

Ending

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session

Session 7

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions
- Playing full game rules

Introduction

Duration : (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

moderate intensity

Duration : (5 mins)

- Choose from Warm Up games list

Activity 1

Full Game 1

Duration : (30 mins)

Remind “frequent drink breaks”

- 6 on 6 “full game rules” (2 x 10 minute halves). The referee can stop the game to assist its progress if required. No scores are kept. 5-10 minute half time break. *Use player referees where possible.*

Warm-down

Duration : (5 mins)

- Slow jog around fields with balls being passed between all players
- Static stretch

Ending

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session
- Thank them for their efforts
- **Certificates of attendance**
- **Information about entering a local affiliated competition**

Warm Up Games

- **Introduction Warm up Game (to be played first week)**

- **'Line Up'**

Straight line or lines depending on size of the group.

The leader calls out instructions to which the group must respond as quickly as possible.

- Line up in alphabetical order using first names only
 - Line up according to birthdates, with January birthdates being at the head of the line
 - Line up according to school names alphabetically.
 - Line up according to hand size.
 - Line up according to suburb where they live.

- **Passing in a circle (1 person in the middle)**

- **Zig zag relay with ball and hand off**

- **Chain Tag**

'It' chases the free players within a clearly defined space. When a player is tagged they join hands with 'It' and with their hands joined they continue to chase the free players. As more players are tagged they join on forming a chain. The chain must stay intact. Only the players on the ends of the chain can tag with their free hand. The game continues until all the free players are caught or until the leader calls a halt.

- **Dog and the Bone**

Equipment - Ball

The participants, divided into 2 equal groups sit in two lines 3 metres apart facing each other. They number off down the line, beginning at the right hand side of each team. The bone (ball) is placed on the ground between the 2 groups. The leader calls out a number. Participants with this number on both sides dash forward and try to snatch the bone and get back to their spot without being tagged by their opponent.

- **Shadow Tag**

A set area is established in which to play the game, and a catcher is selected to chase the others. A player is caught when the catcher steps on the shadow of that player.

- **Zig and Zag Circle Race**

Two teams of equal numbers form a circle, with each team making up half of the circle. Players stand 1 metre apart, and each team's players are then numbered. When the leader calls out a number, the two players that have that number run around the circle weaving in and out of the players until they reach their original places. The one who arrives home first scores a point for that team.

- **Kangaroos and Wallabies**

Children form 2 lines, 3 metres apart facing each other. Each has a home line 20 metres further back. One line is called Kangaroos and the other line is called Wallabies. The leader calls out either Kanagaroo or Wallaby and that line turns and races for home, with the other in hot pursuit. Those caught join the other line.

Warm-down

Duration : (5 mins)

- Slow jog around fields with balls being passed between all players
- Static stretch

Ending:

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session
- Thank them for their efforts

Session 8 - Afternoon Tea

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions
- Playing full game rules
- For parents to see their kids play
- For kids and parents to learn about their local affiliated competition
- To finish on a high

Introduction

Duration : (5 mins)

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

moderate intensity

Duration : (5 mins)

- Walking touch, 5 on 5
- Jogging touch, 5 on 5

Activity 1

Full Game 2

Duration : (30 mins)

Remind “frequent drink breaks”

- 6 on 6 “full game rules” round robin mini tournament. 7-minute games, to allow teams to play 3-4 games against new opposition. Teams of 10.

- **Dodge and Mark**
Participants get into pairs, one is the attack the other is the defence. At a given signal, the attackers must try to get free and the defenders must follow them closely and try to keep within an arm's distance, so that when the whistle blows they can touch their opponents. The participants then reverse the position, so that both get a turn in covering their opponent.
- **Ship / Shore / Shank**
3 parallel lines are marked out 10 metres between each. The three lines are named Ship, Shore, Shank. All participants line up on the middle line. The instructors call out either 'Ship, Shore or Shank' and participants have to sprint to the correctly named line. If they hesitate, go to the wrong line, or are the last participant to arrive at the correct line, they are all 'out'. Game continues until there is one person left.
- **Octopus**
All participants line up at one end of a marked out square (approx 20 x 20 metres) with one person in the middle who is 'It'. On 'go' the participants attempt to get to the opposite line without being tagged by 'It'. Once tagged, the participant have to remain in the position where they were tagged and are only allowed to move their arms to attempt to tag other runners. Continue until everyone is tagged.
- **Partner Tag**
Participants are divided into pairs, and numbered one and two, then spread out individually in a clearly defined space. On go every number one is 'it' and they chase the number twos around in an attempt to catch them. On the whistle everyone must stop where they are and jump in the air twice, then twos chase ones. Players who catch their partner before the whistle blows automatically change over.
- **Prisoner Tag**
Participants divide into two groups in a confined area. A large circle is drawn in the centre which becomes prison. One group is given 20 seconds to scatter after this the other group chases them. If a participant is tagged on the escaping side, the participant is escorted back to prison. The participant who is caught must remain there until released by one of their group by tagging the outstretched hand. Both groups take turn in chasing.
- **Crows and Cranes**
Two teams face each other in lines about 1 metre apart. One team is the crows, the other the cranes. A line is drawn 5 metres behind each team, to mark that team's safety zone. The leader stands at one end and calls out crrrrr...ows or crrrrr...anes. The team whos name is called dashes for its safety zone where they may not be tagged. The other team attempts to tag as many of them as possible before they reach safety.

the first thing I noticed when I stepped out of the car was the cold. It was a sharp contrast to the warm blanket I had been sitting under. I looked up at the sky, which was a deep, dark blue, and felt a sense of peace. The night was quiet, with only the occasional sound of a distant car or a bird. I took a deep breath and felt the cool air fill my lungs. It was a moment of clarity, a moment where I knew exactly who I was and what I wanted. I smiled at the thought and felt a sense of joy. The night was perfect, just the way I needed it.

I had been thinking about this for a long time. I had been thinking about the life I was living, the choices I had made, and the person I had become. I had been thinking about the future and the possibilities that lay ahead. I had been thinking about the love I had found and the happiness I had discovered. I had been thinking about the life I wanted to live and the person I wanted to be. I had been thinking about the life I was living and the person I was becoming. I had been thinking about the life I wanted to live and the person I wanted to be. I had been thinking about the life I was living and the person I was becoming. I had been thinking about the life I wanted to live and the person I wanted to be.

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