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We are the fast-forward airline who consistently scores top marks for organising. Our fares have a competitive edge too! If your Touch Club means to be a real winner, then travel with winners. Try us, fly us.

Air New Zealand are keen supporters of Touch, the "fastest growing" Sport of the 90's.



## *A Basic Guide To Touch*



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Alan Satchell  
Reg Hart

### AN OVERVIEW OF TOUCH NEW ZEALAND

Welcome to Touch New Zealand. Touch New Zealand is a non-profit incorporated society responsible for the promotion, administration and development of the sport of Touch. Founded in 1986, Touch New Zealand has 75,000 members in 20 provinces. Its aim is to ensure the long-term sustainability of the sport. This aim is achieved through:

- A comprehensive referee development programme from elementary to international level, supported by tutor and referee coach training.
- A comprehensive coach education programme from Junior to international level that compliments the Coaching New Zealand courses. This programme is also being supported by tutor training and development.
- Opportunities for competition above module level including a wide variety of regional and national inter-provincial tournaments and internationals including World Cups, Trans Tasman and South Pacific International Series.
- A comprehensive secondary schools competition structure launched in 1998/99, along with the Junior Touch development programme which includes Kiwi Touch as an official KiwiSport.
- Resource provision to modules including free scorecards and pocket-sized player rulecards.
- Management support and advice to provincial executives to assist in high quality module servicing, promotion, administration and delivery of Touch New Zealand technical and Junior development programmes and competitions.
- A marketing programme that includes media and TV promotion for the sport.

# Basic Guide To Touch

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## SIMPLIFIED RULES OF TOUCH

- 1 SCORING: A touchdown will be awarded when a player places the ball on or over the scoreline prior to being touched. A touchdown will be worth one point. The Dummy Half is not permitted to score touchdowns.
- 2 SUBSTITUTION BOX: Teams may interchange players at any time. Players coming on to the field may not do so until the player being replaced has come off. Substitutions must occur at or within the team's substitution box.
- 3 POSSESSION: Change of possession shall occur when:
  - The ball goes to the ground
  - The Dummy half is touched while in possession (refer No.10)
  - The Dummy half places the ball in the Touchdown zone
  - The sixth (6) touch occurs
  - The player in possession steps on or over the boundary of the field of play (refer No.14)
  - The rollball is performed incorrectly (refer No.7)
  - A tap is performed incorrectly
  - At a change of possession play is restarted with a rollball.
- 4 PASSING: A player may pass, knock, throw or otherwise deliver the ball to any onside player in the attacking team. Passing forward is NOT permitted.
- 5 THE TAP: The tap is taken by placing the ball on the ground on the mark, releasing the ball from both hands, tapping the ball with the foot a distance of not more than one (1) metre and retrieving the ball cleanly. Any player from the attacking team may take the tap.
- 6 THE PENALTY: When a player/team is penalised the non-offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire ten (10) metres from the mark until the ball has been tapped.
 

Play restarts with a tap when the following infringements occur:-

  - Forward Pass
  - Touch and Pass
  - Rollball performed off the mark
  - Performing a rollball prior to a touch being made
  - Falsely claiming a touch
  - Using more than the minimum force to make a touch
  - Deliberately delaying play
  - More than six players on the field
  - Incorrect substitution
  - Defenders offside at the rollball (5 metres)
  - Defenders offside at tap (10 metres)
  - Misconduct
- 7 ROLLBALL: A means of restarting play. Players must perform the rollball on the mark while facing their opponent's defending scoreline and rolling the ball backwards between their legs a distance of not more than one(1) metre. Players must not delay performing the rollball.
- 8 THE TOUCH: Players from both teams are permitted to effect the touch. A touch is contact with any part of the body, ball clothing or hair. A minimum of force is to be used at all times. The team in possession is entitled to six (6) touches.
- 9 TOUCH AND PASS: A player is not to pass the ball after a touch has been made.
- 10 THE DUMMY HALF: The dummy half is the person who picks up the ball after a team-mate has performed a rollball.
- 11 OFFSIDE/ONSIDE: After a touch has been made, all defending players must retire five (5) metres from the mark. Defenders cannot move forward until the dummy half has touched the ball.

- 12 **SIDELINE:** If a player with the ball touches or crosses the sideline, s/he is deemed to be out of play and a change of possession occurs. Play restarts with a rollball five (5) metres in from where the player went out. If a touch is made before the player goes out, the touch counts.
- 13 **OBSTRUCTION:** Players of the attacking team are not to obstruct defending players from attempting to effect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier.
- 14 **THE FIELD OF PLAY:** The field is 70m long (scoreline to scoreline) and 50m wide. Substitution boxes measuring 20m in length shall be situated on both sides of the field at halfway. The Touchdown zone is the area beyond the scoreline.
- 15 **TEAM COMPOSITION:** A team may consist of up to 14 players. A maximum of six (6) are allowed on the field at any one time. A minimum of four (4) are required for the match to be played.
- 16 **THE TOSS:** The captain winning the toss shall receive possession of the ball and a choice of direction and substitution box for the first half. The Referee will supervise the toss.
- 17 **DURATION:** The match at Touch New Zealand Tournament level shall be 20 minutes each way with a 3 minute break at half time. Associations may alter the duration of matches to suit their particular requirements.
- 18 **EXTRA TIME AND THE DROP OFF:** When a match is drawn and a single winner is required, extra time is played and teams drop off players every two minutes until down to 3. The first team to score a Touchdown wins the match.
- 19 **PLAYER ATTIRE:** All team members must be correctly attired in team uniforms. Footwear with moulded soles are permitted. Bare feet, spikes and footwear with screw-in studs are not permitted. Players are not to wear any item of jewellery that might be dangerous.
- 20 **THE REFEREE:** The referee is the sole judge on matters of fact and is required to adjudicate on the rules of the game during play. The referee may impose any sanction necessary to control the match. All officials, players and coaches involved in the match are under the control of the referee.
- 21 **FOUL PLAY WILL NOT BE TOLERATED:** Any foul play (the referee being the sole judge) will result in the offending player being penalised, sent to the sin bin for a period of time, or being sent from the field for the remainder of the match, depending on the severity of the offence.
- 22 **MIXED TEAMS:** A mixed team is made up of a ratio of male/female players. The team is not permitted to field more than three (3) male players or not less than one (1) male player at any time.

## Definitions and Terminology

- **Decoy** — Player running without the ball so as to draw a defender.
- **Dummy-half** — is the player who receives the ball behind the player in possession at the roll-ball.
- **Ruck** — Players involved in the rollball area.
- **Sub-unit Skill** — Involving more than one player in a particular skill.

This coaching guide should be read in conjunction with the NZTA Official Playing Rules of Touch for further definition of actions, terminology and conditions of play.

## Communication

Touch is a sport which requires lots of communication. In most cases communication could be considered to be the key to the game. Players should be taught to communicate whether on attack or on defence.

A team that communicates well will play well

Below are two games that may be used to teach players to communicate. Games are only limited by your own imagination.

### 1. Blindfold Game

- Divide team into pairs.
- One player to be blindfolded.
- Place one Cone, per pair, 50 metres away.
- Blindfolded player runs on instructions from partner to Cone and around it.
- First team back wins.
- Swap and repeat until Players are doing it at speed.

### Teaching Points

- (a) Encourages talking skills.
- (b) Creates trust.
- (c) Teaches listening skills.

## 2. Refereeing Game

- Divide players into groups of three
- Set cones — 10m x 5m

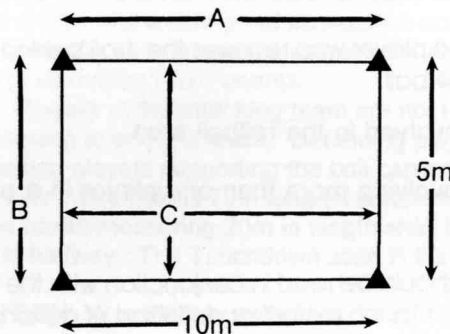


Fig 1.

- A = Referee
- B = Attacker
- C = Defender

Referee (A) runs backwards and forwards along the line indicated. Referee must be talking all the time to the defender (C).

(B) Attacker runs backwards and forwards along the line indicated.

(C) The Defender must move all the time to keep in line with the referee (A) and attacker (B).

The Defender (C) can from time to time be allowed to touch attacker (B).

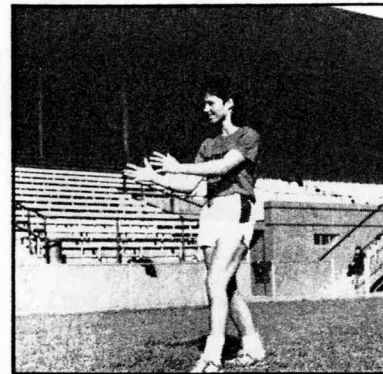
Talk amongst all three should be encouraged.

### Teaching Points

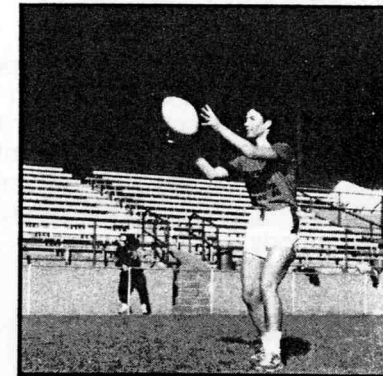
- Encourages communication amongst trio.
- Teaches defender to keep peripheral vision with referee.
- Teaches defender to align two people i.e. referee and attacker.

## Basic Individual Skills

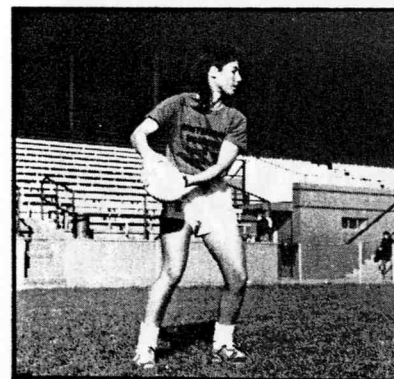
### (A) The Basic Catch and Pass



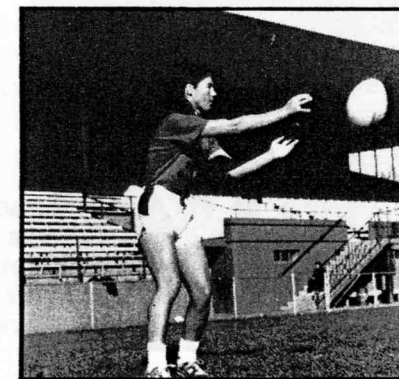
*While running straight ahead, keep the eyes on the ball and reach out the hands with the fingers spread.*



*Guide the ball into control — do not grab at the ball.*



*Look towards the receiver and swing the ball across the body.*



*As the upper body turns, release the ball directly towards the hands of the receiver.*

## Skill — Basic Catch and Pass

The basic catch and pass is perhaps the most common skill in touch. The skill requires the individual to receive the ball passed from a team mate and then pass the ball to another team mate positioned on the far side. Players must develop an ability to pass to either side at any stage of the running stride.

### Teaching Factors for Coaching

- **Eyes** looking towards the ball.
- **Hands** out with fingers spread, pointing in the direction of the ball.
- **Guide** the ball into control — do not grab.
- **Look** towards the receiver, after the ball is in control.
- **Swing** the ball across the front of the body in two hands.
- **Release** the ball as the upper body turns and the arms extend.
- **Direct** the ball towards the receiver's hands in front of the receiver's body.
- **Balanced** delivery.
- **Support** after passing.

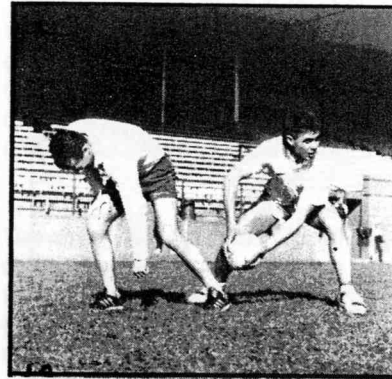
### (B) Dummy-half Pass



*Position the forward foot close to the ball.*



*Secure the ball with both hands.*



*Look towards the receiver after securing the ball while widening the base of the feet with the rearmost foot.*



*Swing the ball from the ground and transfer body weight rearwards in the direction of receiver.*

### Skill —

The Dummy-half pass differs from the basic pass in that the ball is retrieved from the roll-ball and is on the ground. The ball is secured and then passed to a team-mate in the shortest time possible.

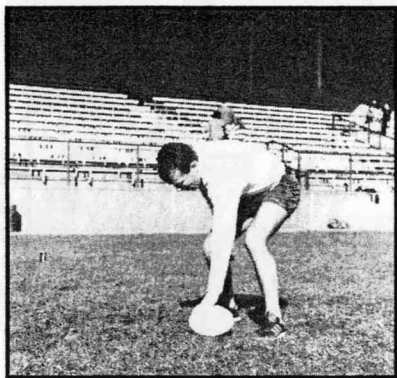
### Teaching Factors for Coaching

- **Listen** for the support call.
- **Position** the forward foot near the ball.
- **Secure** the ball with both hands and then widen the base of the feet with the rearmost foot towards the receiver.
- **Look** towards the receiver after securing the ball.
- **Swing** the ball from the ground in a single movement towards the receiver.
- **Recover** and support the ballcarrier.

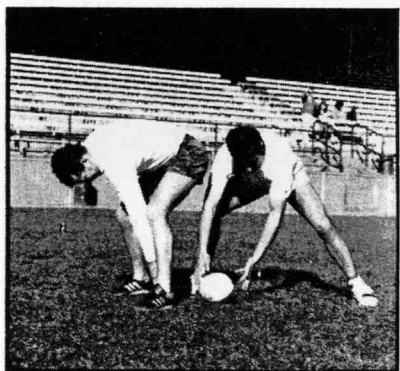
### (C) The Rollball



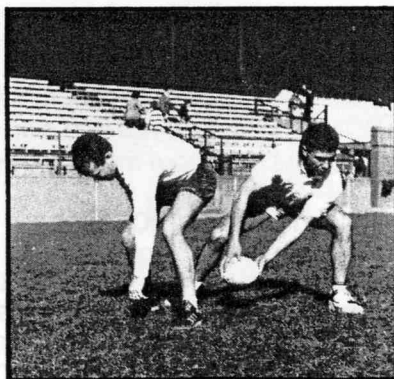
*Return to the mark where the touch occurred.*



*Face the opponent's scoreline and lower the ball under control onto the ground.*



*Gently roll the ball backwards between the legs.*



*Ensure that the ball does not roll more than one (1) metre.*

### Skill — Rollball

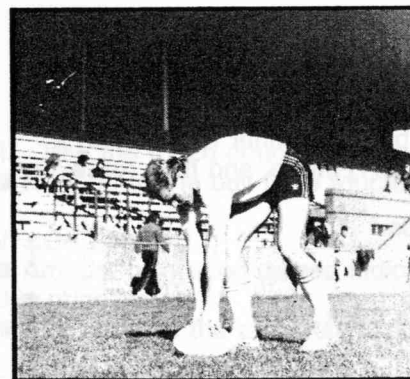
The requirements of this skill are contained in the rules of Touch and are as follows:

- Face the opponent's defending scoreline.
- Stand parallel to the sidelines.
- Place the ball on the ground between the feet.
- Roll the ball gently along the ground between the legs a distance of not more than one (1) metre.

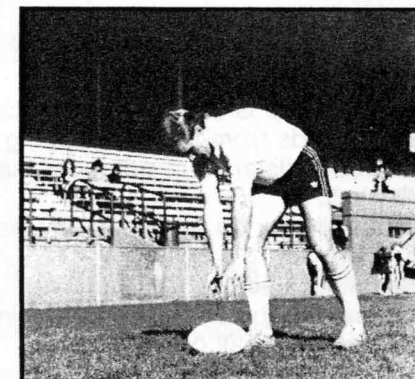
### Teaching Factors for Coaching

- **Position** the player at the mark.
- **Face** the opponent's scoreline.
- **Lower** the ball to the ground under control.
- **Gently** roll the ball no further than one (1) metre.

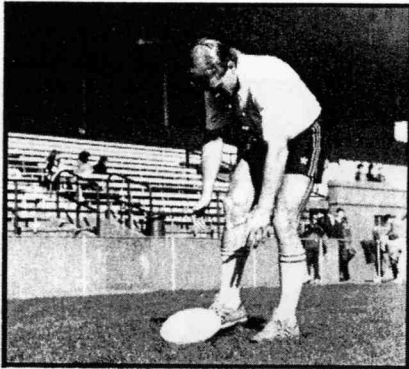
### (D) Taking a Tap



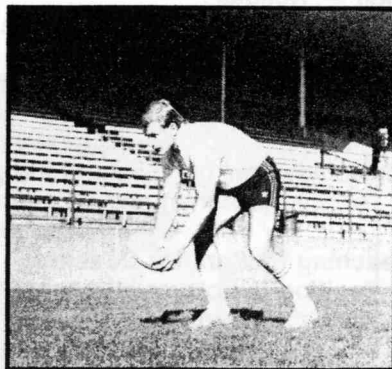
*Position at or behind the mark and place the ball on the ground.*



*Release both hands from the ball.*



While looking at the ball tap it with either foot a distance of not more than one (1) metre.



Retrieve the ball cleanly with two hands and play on.

### Skill — Taking a Tap

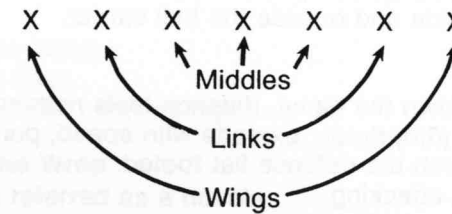
Taking a tap is described as placing the ball on the ground, releasing both hands from the ball, tapping the ball with either foot so that it moves a distance of not more than one (1) metre, and then retrieving the ball.

The ball may be tapped in any direction.

### Teaching Factors for Coaching

- **Position** the players at or behind the mark.
- **Place** the ball on the ground.
- **Release** the hands from the ball.
- **Look** at the ball.
- **Tap** the ball with either foot (any direction), preferably with inside sole.
- **Retrieve** the ball with both hands.

## Team Formation



### Team Positions

In most cases players in competitive teams will find themselves playing in a utility role i.e. Link/Wing or Middle/Link.

Standardisation — refer to the following team positions.

- **Wingers** — usually the fastest players in the team.
- **Links** — usually the most adept ball handlers and the most deceptive runners.
- **Middles** — usually the most consistent and the fittest players.

## Principles of Attack

1. Use the touch count.
  - Hold on to the ball for 6 touches.
2. Go Forward.
  - Amount of ground gained indicates how well a team is applying this principle.
  - Aim to cross the advantage line before caught in possession.
3. Create Confusion
  - Players running without the ball as decoys so as to achieve pulling defenders off their line so as to create a gap for the ball carrier.
4. Pressure
  - Entails all the principles.

### 5. Support the Ball Carrier

- Run without the ball to receive a pass.
- Run without the ball after you pass it.
- Provide options inside and outside the ball carrier.

### 6. Speed of Play

- Tactic of slowing down the game, defence feels nothing.
- Fifth (5th) or Sixth (6th) Settle, explode with speed, perform late Wrap, Switch etc. Catch the defence flat footed.
- Speed — effective attacking.

### 7. Communication

- Refer Communication Section.

## Symbols Used In Diagrams

Players

x

y

Players in possession

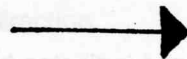


Lines

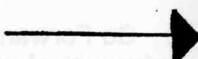


Movement of players

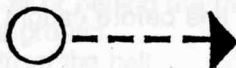
x



y



Movement of ball



Witches hats

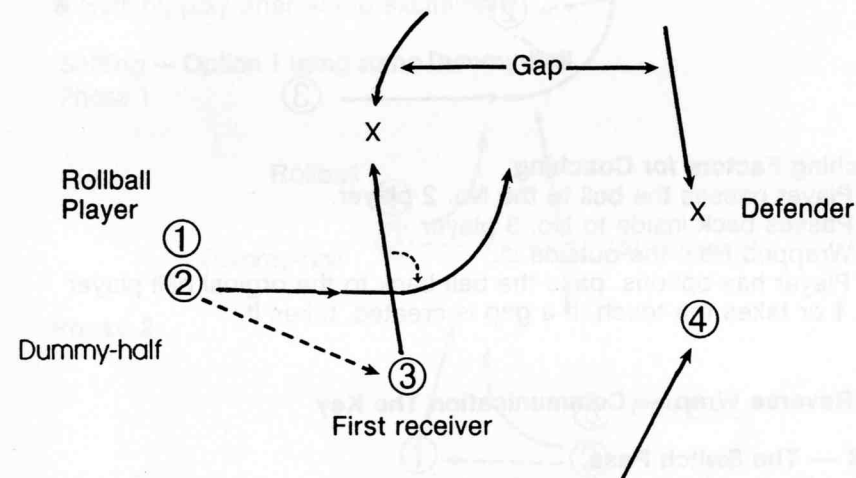


## Sub-unit Skills Relating to Attack

- The Wrap.
- The Reverse Wrap.
- The Switch Pass.
- Running the Ball Up (Settling).

### (A) Skill — The Wrap

- Sometimes referred as a double.
- Create an overlap.
- Especially used against a defending team that move up quickly on a one-for-one policy.
- Most frequently used between Dummy-half and first receiver.



### Teaching Factors for Coaching

- 2. Dummy-half delivering a quick and accurate pass.
- 3. First receiver running straight or slight angle towards rollball.
- 4. Outside support drifting wide and deep.
- 2. Dummy-half accelerates around first receiver.

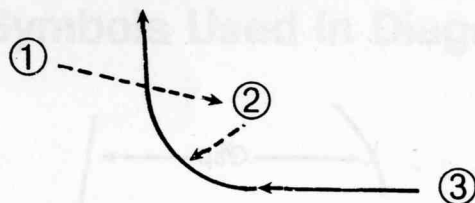
- 2. Dummy-half straightens through gap.

- If the Dummy-half is touched, first receiver player becomes new Dummy-half.
- The wrap should create a gap by the 1st receiver and outside support committing the defenders marking them.
- The wrap skill can be used by any 2 players not involved in the rollball area (ruck). The same factors apply.

### Wrap — Communication The Key

#### (B) Skill — The Reverse Wrap

- Changes the Direction of The Attack.



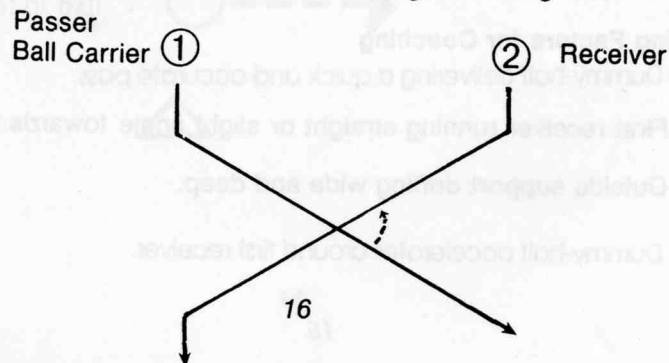
### Teaching Factors for Coaching

1. Player passes the ball to the No. 2 player.
2. Passes back inside to No. 3 player.
3. Wrapped from the outside in.
3. Player has options, pass the ball back to the original ball player No. 1 or takes the touch, if a gap is created, takes it.

#### (C) Reverse Wrap — Communication The Key

##### Skill — The Switch Pass

- Used to break up routine defensive patterns.
- Can be used near sideline when the winger is being forced out of room.



### Teaching Factors for Coaching

1. Passer communicates the move with the receiver.
2. Receiver runs parallel with the passer initially.
1. Passer runs across field to widen the attack angle.
1. Passer three-quarters distance covered.
2. Receiver steps in.
1. Direct pass to (2) receivers arms.
2. Receiver eyes on ball.
2. Straighten attack and accelerate through the gap.

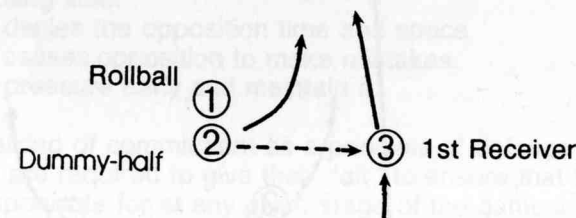
### The Switch Pass — Communication The Key

#### (D) Skill — Running the Ball Up (Settlers)

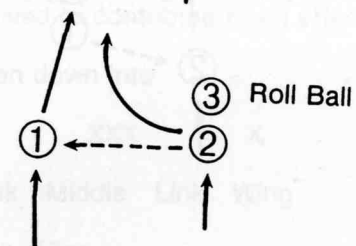
- Basis of gaining ground.
- Settle play or when under pressure.
- May be used as many times as necessary depending on the situation.
- Two or three are normally sufficient to break up the defence if that is the aim.
- Settling play after some excitement.

#### Settling — Option 1 using same Dummy-half

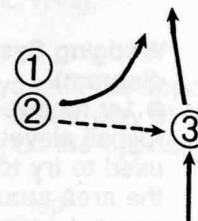
##### Phase 1



##### Phase 2



##### Phase 3



## Teaching Factors for Coaching

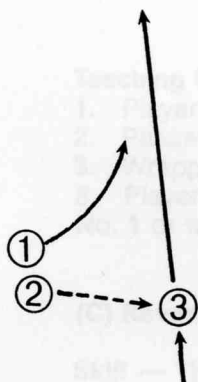
- 3-1. First receiver in shallow alignment when receiving ball from (2) Dummy-half.
2. Correct Dummy-half pass from the ground.
- 3-1. Accelerate, and straight or slight angle towards rollball player by 1st receiver.
- 3-1. Deceleration when nearing defence.
- 3-1. Take the touch.
- 3-1. Quick rollball.
2. Supported by Dummy-half.

## Settling — Option 2 (As indicated by the diagram)

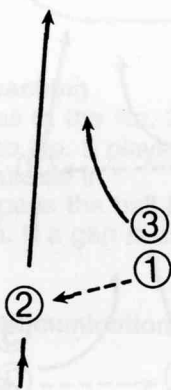
Roll-ball player to Dummy-half.

- Player after performing roll-ball supports receiver and takes up the position as Dummy-half.
- Player who has just been Dummy-half becomes next receiver.

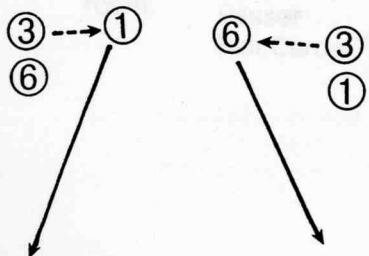
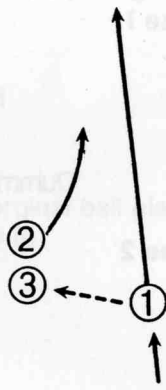
Phase 1



Phase 2



Phase 3



## Wedging System (As indicated in the diagram)

- 1st receivers cutting back in front of rollball player. This type of Settling is used to try to draw the defenders into the area around the ruck and create a gap out wide.

# Principle of Defence

A sound defensive pattern is the platform upon which successful teams are built.

## Principles of Defence:

1. Communication.
2. Pressure.
3. Commitment.

1. If causing confusion is the major principle of attack the communication must be considered to be the over-riding component of any defence. Every player in a defensive role must be encouraged to nominate the attacking player they are marking at each and every rollball (referred to as numbering off). Communication is especially critical when defending wraps, switches and set moves as each defender's responsibility may exchange between three or four attacking players and it is important that at no time are two defenders committed to the one attacking player.

2. The best type of defensive pattern is one that can exert pressure on the attacking side.

- Pressure denies the opposition time and space.
- Pressure causes opposition to make mistakes.
- Establish pressure early and maintain it.

3. When talking of commitment as a principle of defence it means that players are required to give their "all" to ensure that the player they are responsible for at any given stage of the game is placed under pressure and not allowed to contribute to an effective attack.

The defensive team is broken down into

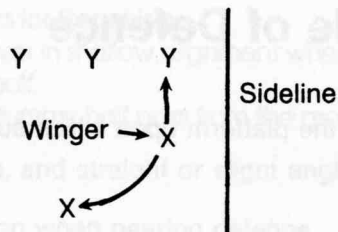
X      X      XXX      X      X  
Wing   Link   Middle   Link   Wing

The Policies are Middle, Link, Wing.

## Wing defence

Normally the wing will always take his opponent only. In the event of an overlap he should try to cut off play at the opposing link. When the opposition are attacking on the opposite side the winger should drop back in cover.

Refer to diagram page 20 — top.



### Link defence

Normally occurs when the opposite link gives an inside pass to the winger cutting back (switch) or middle wrapping the link on the outside.

Link defending must communicate with his/her own players by yelling 'switch' or 'wrap' depending on the skill used by the attacking players.

Refer to section ● Wrap Defence below.

● Switch Pass Defence page 21.

### Middles

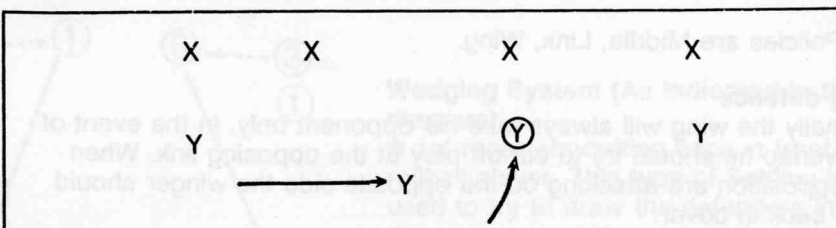
Ruck — probably the most important area of defence as this is where 75% of play is centred. The ruck policy is normally worked out by the three middles. (Refer to Ruck Defence Section).

## The Basic Sub-unit Skills Relating to Defence

- Wrap Defence.
- The Switch Pass Defence.
- Ruck Defence (Defending a Settle).

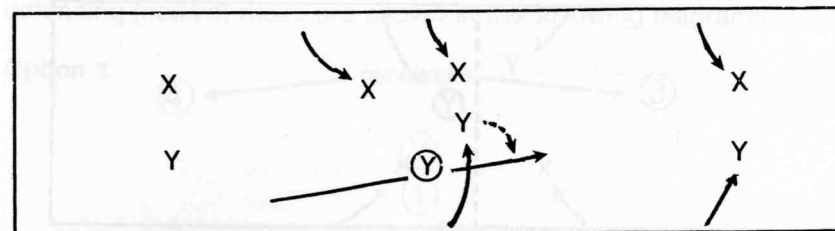
### (A) Skill — Wrap Defence

#### Phase 1



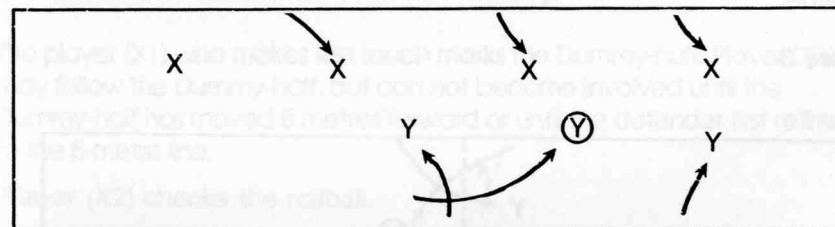
1. Irrespective of the chosen option for ruck defence, two defenders must be committed to the rollball player and acting half.

### Phase 2



2. The first defender is marking the first receiver until the wrapping Dummy-half passes behind the first receiver.

### Phase 3



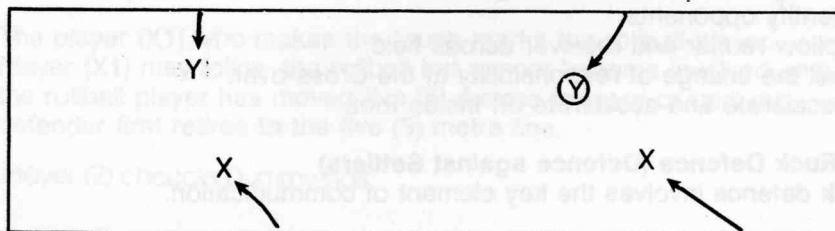
3. The first defender then marks the wrapping player and ensures one-for-one defence.

● The skill wrap defence requires effective communication between two players so that a one-on-one situation is retained and the straight line defensive policy is followed.

### (B) Skill — Switch Pass Defence

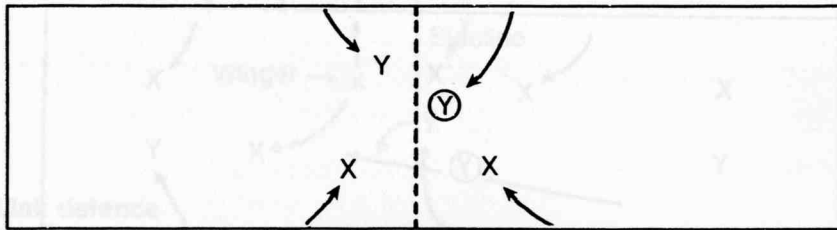
Players must move with attacking players until the switch defence is called and then change their responsibility to the player who intends moving into their area of defence.

### Phase 1



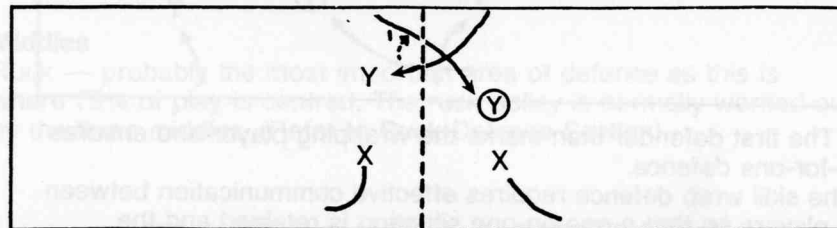
1. Defenders follow attacking players as they move across the field, keeping defenders between attackers and scoreline.

## Phase 2



After anticipation of the switch move, defending players change responsibility of attacking players at the instant the attackers cross. The dotted line depicts the imaginary area of responsibility of each defender.

## Phase 3



Defenders move in opposite directions following the crossing of attacking players. Defenders maintain responsibility for their own "Zone of Responsibility" and must anticipate the change in direction required.

### Teaching Factors for Coaching

- Identify opponents.
- Follow runner and receiver across field.
- Call the change of responsibility at the Cross-over.
- Decelerate and accelerate off inside foot.

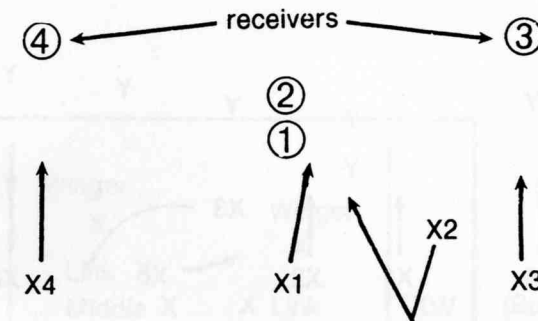
### (C) Ruck Defence (Defence against Settlers)

Ruck defence involves the key element of communication.

Rule of thumb concerning the above skill requires player to identify and nominate the attacking players with whom they are responsible for in the ruck area, i.e. Roll-ball, Dummy-half, Receivers left or right.

The ruck defence skills are used at every rollball. The options of defending (settles) rucks are shown in the following diagrams.

### Option 1

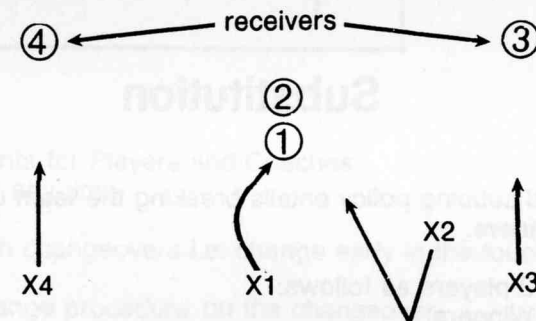


The player (X1) who makes the touch marks the Dummy-half. Player (X1) may follow the Dummy-half, but can not become involved until the Dummy-half has moved 5 metres forward or until the defender first retires to the 5-metre line.

Player (X2) checks the rollball.

Defenders (X4) and (X3) mark opposite players (left and right receivers).

### Ruck Defence Option 2

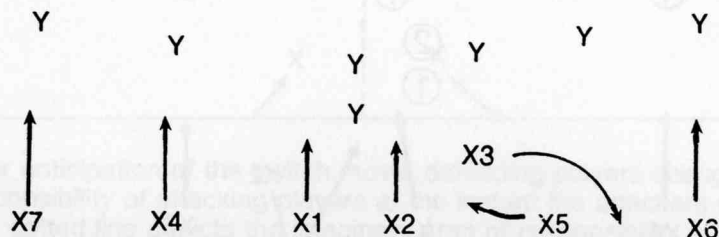


The player (X1) who makes the touch marks the rollball player. Player (X1) may follow the rollball but cannot become involved until the rollball player has moved five (5) metres forward or until the defender first retires to the five (5) metre line.

Player (2) checks Dummy-half.

Defenders (X4) and (X3) mark opposite players (left and right receivers).

### Option 3



The player who makes the touch moves sideways and retires to take up a defensive position outside the link player. (This option may include wingers.) Two other defending players (X1) and (X2) nominate to mark the roll-ball player and Dummy-half, and the other defending players rotate inwards.

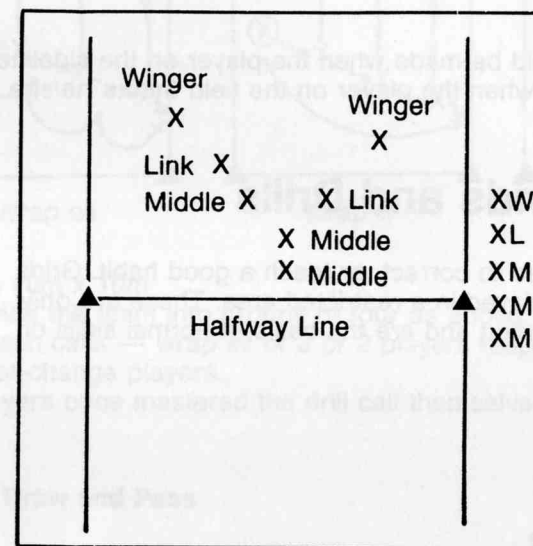
## Substitution

The adopted subbing policy entails breaking the team up into groups i.e. **Sub Partners**.

Team with 12 players as follows:

- Three (3) Wingers.
- Three (3) Links.
- Six (6) Middles — each Middle should be paired so they substitute only their partner.

### Team composition concerning substitution Policy.



### Substitution Points for Players and Coaches

1. Changeover any time.
2. No 6th touch changeovers i.e. change early in the touch count.
3. Use interchange procedure on the changeover
4. Touch down players may interchange without using interchange procedure.
5. Do not interchange when in a vital attacking position such as dummy half running the ball out.
6. Keep eyes open when going off.
7. Sprint off, don't wait until tired. Being off the field allows you a mental as well as a physical break.

8. Players "on and off" the field need to watch their partner closely and acknowledge calls as soon as they are made.
9. No mass exodus of players at one time.
10. When defending keep alert and advise team of opposition replacements.
11. Replacements should be made when the player on the sideline is ready to come on not when the player on the field **thinks** he/she is ready to come off.

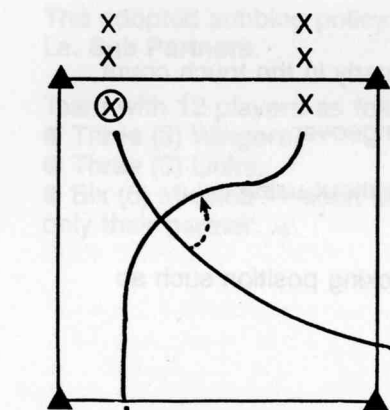
## Grids and Drills

These are games devised to correct, or teach a good habit. Grids and drills are normally played in a restricted area. These are only restricted by the imagination and are the basis of normal skills or plays in a game.

Drill samples follows

- Switch Drill
- Wrap Drill
- Draw and Pass
- Side-step and Swerve
- Defenders
- Defender 1

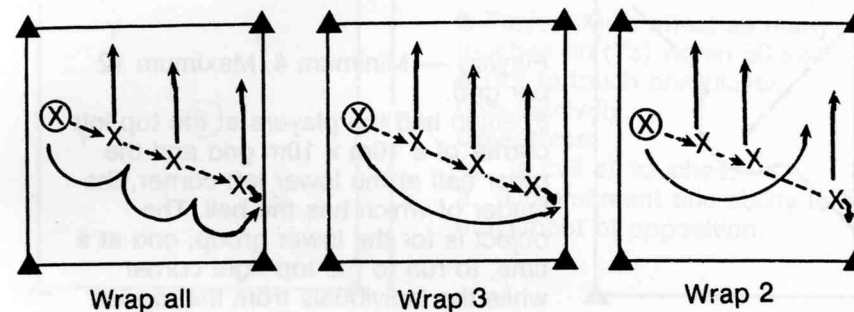
### Switch Drill



Grid size 10m x 10m.  
Players positioned in two lines at the two corners of the top of the 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 return to the second line and the receivers return to the first with the ball.  
● Slow walk first, jog, then run.

Teaching Factors as mentioned for Switch

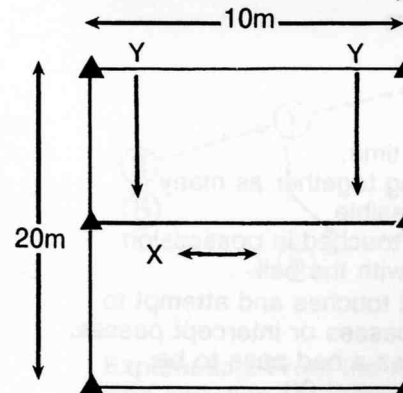
### Wrap-Drill



Grids 10m x 10m

- Divide the team into groups of four as above.
- Coach calls — wrap all or 3 or 2 players respond.
- Inter-change players.
- Players once mastered the drill call themselves.

### Drill — Draw and Pass

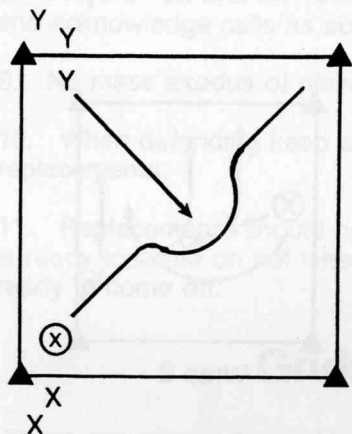


- Two players (Y) position themselves at the end of grid.
- On command (Y) with the ball attempts to draw defender (X).

#### Objectives:

1. To beat (X).
2. Timing of runner and pass.
3. Dummy and side-step or swerve.
4. Defensive practise for (X).
5. Defender moves side to side on cones marking ten metres.

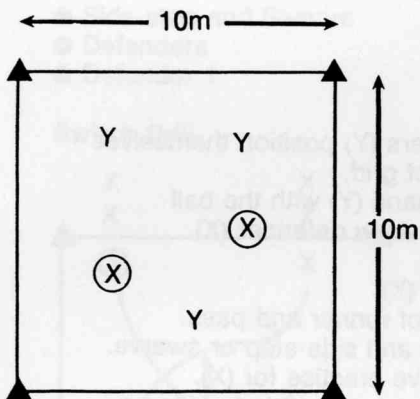
This above grid to be advanced by adding a second defender 10 metres behind first defender.



### Drill — Side-Step and Swerve

Players — Minimum 4, Maximum 12 per grid.  
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 slowly to effect a Touch 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.

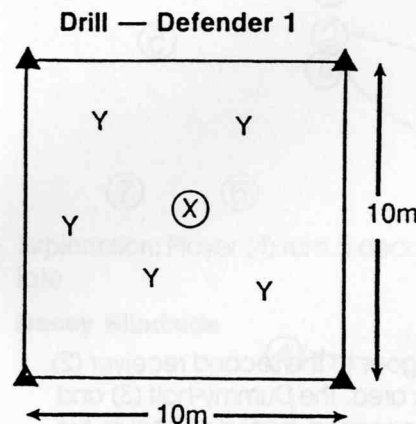


### Drill Defenders

- No allotted time.
- (Ys) to string together as many passes as possible.
- (Y) may be touched in possession and may run with the ball.
- (X) to effect touches and attempt to knock down passes or intercept passes.
- (Y) who gives a bad pass to be replaced by nearest (X).

#### Objectives:

1. Timing of pass.
2. Positioning to receive pass and running for gaps.
3. Calling for the ball (Communication).
4. Defenders reading play.



- Player (X) to effect as many touches on (Ys) within 60 sec.
- Not to touch one player consecutively.

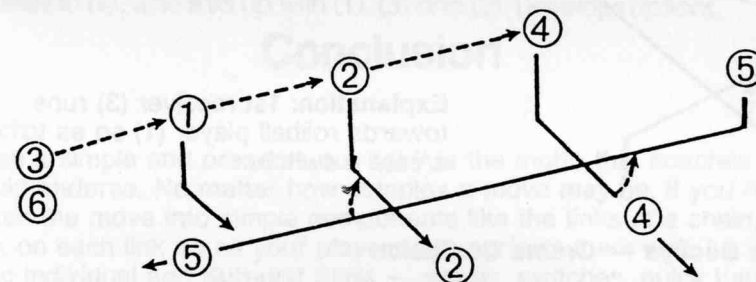
#### Objectives:

1. To call all touches.
2. Commitment and ability to read movement of opposition.

## Plays (Moves)

Listed in this section are a number of moves with wraps, switches and reverse wraps all components of the overall move. These plays represent only a few of the unlimited supply. Coaches and players can come up with many more through innovation and imagination.

### Move H

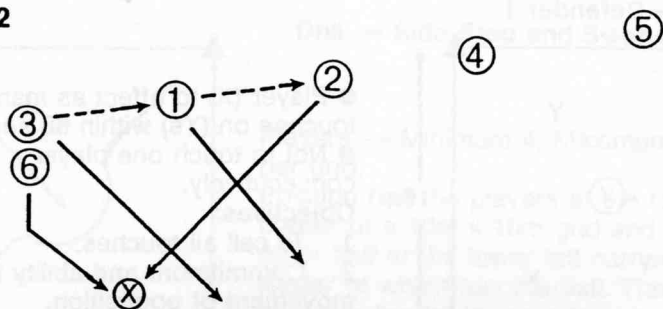


**Explanation:** From the rollball, the balls goes to attacking player (4) who switches with player (5) who continues across and switches with the second receiver (2) who links up with the player (4).

#### Options

1. Attacking player (4) dummies to (5).
2. Attacking player (5) dummies to second receiver (2) and passes to first receiver (1).

## Move H2

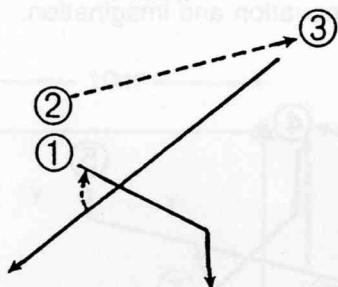


**Explanation:** From the roll-ball, the ball goes to the second receiver (2), who runs slightly back towards the ruck area. The Dummy-half (3) and the first receiver (1) wrap, and when the second receiver (2) takes the touch, the player who performs the roll-ball (6) goes as the Dummy-half.

**Options:**

The second receiver (2) switches with either the first receiver (1) or the Dummy-half (3).

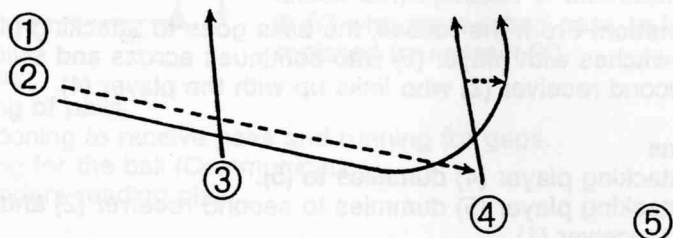
## Rollball Switch



**Explanation:** 1st receiver (3) runs towards rollball player (1) so as to create a switch.

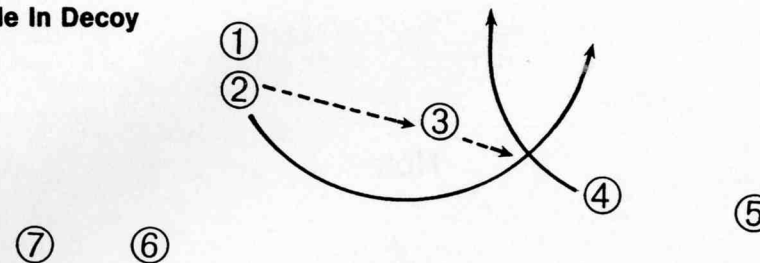
## Simple Decoys — Create Confusion

## Inside Out Decoy



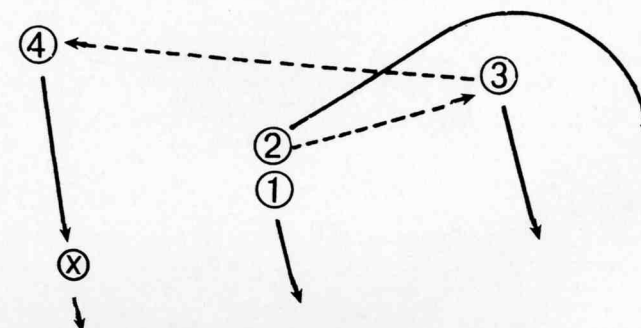
**Explanation:** Player (3) runs as a decoy. Dummy-half (2) wraps (4).

## Outside In Decoy



**Explanation:** Player (4) runs a decoy off (3). Dummy-half (2) wraps (3) late.

## Decoy Blindside



**Explanation:** Dummy-half (2) passes to receiver (3) then runs a decoy wrap round (3). Receiver (3) dummies to the Dummy-half (2), then passes to (4), who links up with (1), (3) and (2). Develops options.

## Conclusion

## Coach

**"Keep it simple and preserve our flair" is the motto that coaches should endorse. No matter how complex a move may be, if you have broken the move into simple components like the links of a chain, work on each link so as your players can perform them well. i.e. Basic individual and Sub-unit Skills — wraps, switches, quick hands, acceleration, deceleration and quick rollball — add the links together and complete skill will evolve with the correct technique.**

**Good coaches should always involve their players regarding input when formulating moves and policies. This will create better response from all individuals concerned. They have contributed to the game and as a result will make a 100% effort to make the overall skill succeed.**

Besides you might just learn a new move or two yourself.