

# Fly with winners.



When it comes to travel-handling skills, Air New Zealand is in touch with the play.

Wherever your Touch team is destined to go with future tournaments, our team of professionals can smooth the way ahead of you, getting everyone to the game on time with minimum hassle.



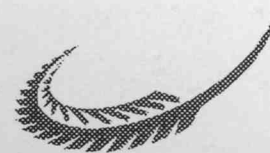
AIR NEW ZEALAND

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.



## *Progressive Drills To Develop Catch and Pass Skills*



## 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.

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## INTRODUCTION

The game of Touch has developed rapidly since its inception with more and more people of all ages and both sexes being attracted to the sport. It is important that coaches keep up to date and provide meaningful and challenging training sessions for the participants.

A good training session will encompass some if not all of the following components: Pre-training discussion, warm-up and stretching, grids, individual skills, sub-unit skills, team skills, pressure training, warm down and stretching and post training discussion. The basic catch and pass is fundamental to individual, sub-unit and team skills. This booklet aims to provide drills, from simple to complex, to improve the basic catch and pass of all players.

Dr Paul Webb  
January 1987

### PROGRESSIVE DRILLS TO DEVELOP THE BASIC CATCH AND PASS IN TOUCH

Dr. Paul Webb & Cary Thompson

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# KEY TO DRILLS

The following symbols and signs are used:

Players X Y

Players in possession (X) (y)

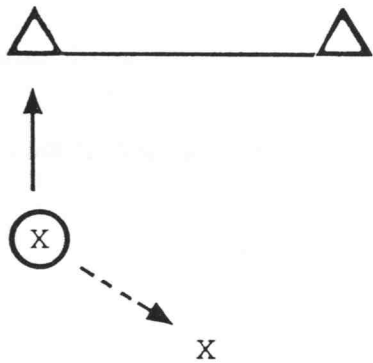
Lines \_\_\_\_\_

Movement of players X → y →

Movement of ball ○ - - - - - →

Witches hats △

e.g. The following drill denotes two players running to a line and back passing the touch ball.



## GUIDE TO SPACING OF WITCHES HATS

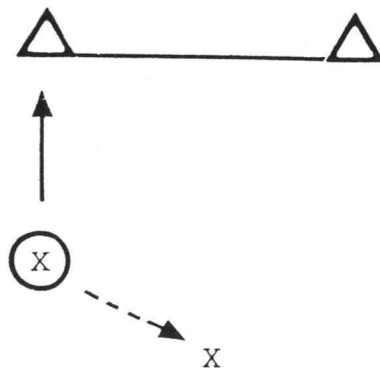
When the witches hats are used to mark a line they should be spaced 10 to 20 metres apart. Most of the drills give suggested spacing for the witches hats. These are guides only, the distance will depend upon the age and ability of the players, e.g. advanced or older players could run and pass the ball to a line (marked by witches hats) 20 metres away whereas beginners or younger players might only run 10 metres.

# NAME OF SKILL: Basic Catch and Pass

## Teaching Factors

- Eyes on the ball
- Hands out with fingers spread, pointing in the direction of the ball
- 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, usually on the opposite foot (National Coaching Manual, p.33)

## 1. Name: Pair Passing



### Objective:

To develop the basic catch and pass.

### Explanation:

Divide the players into pairs with one ball between each pair. The object is to pass the ball back and forth between the two players to the witches hats and back. For beginners, you could start them at a walking pace, then jogging pace and finally building up to full speed. The player who receives the ball must be behind the passer.

### Teaching Points:

Emphasise the teaching factors.  
Accurate passes. Specify an aiming point as the catcher's hands.  
Always look to where you are passing the ball.  
Each player should be about 2m apart. Widen the distance as they become competent.

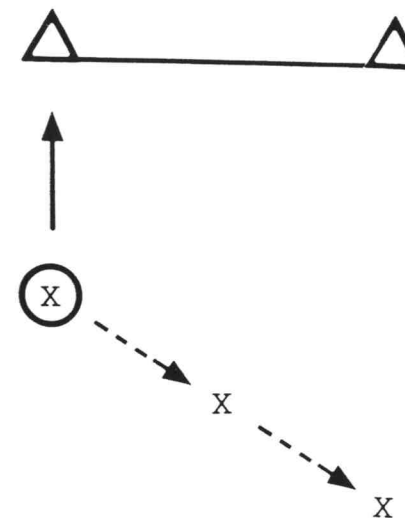
### Equipment:

1 ball per pair.  
Witches hats.

### Witches Hats:

10m away to begin with. Increase distance as skill improves.

## 2. Name: Threes Passing



### Objective:

To develop the basic catch and pass.

### Explanation:

Divide the players into threes with one ball to each group of three. The ball is passed down the line and back. They go down to the witches hats and back. The hats can be anywhere from 10-30m away. Start at walking pace or slow speed and gradually build up the pace.

### Teaching Points:

Accurate passes. Aim for the receiver's hands.  
Look to where you are passing.  
Start the players 2m apart and gradually widen the distance.

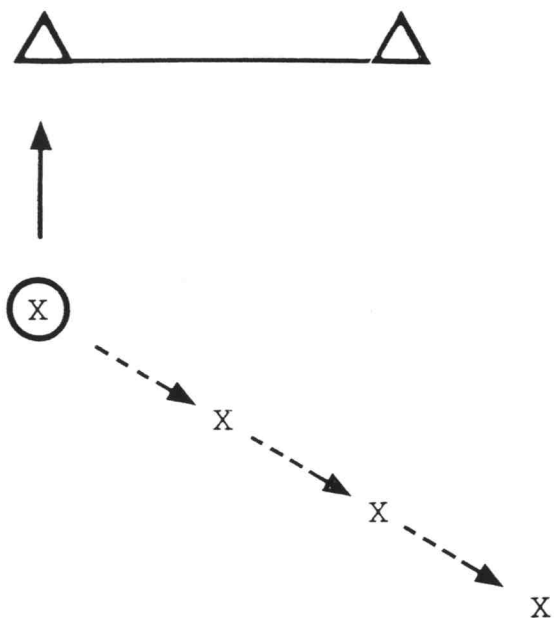
### Equipment:

1 ball for three players.  
Witches hats.

### Witches Hats:

10m away to start with.  
Increase distance as skill improves.

### 3. Name: Fours Passing



**Objective:**

To develop the basic catch and pass.

**Explanation:**

Divide the players into fours with one ball to each group. As with pairs and threes passing, the ball is passed amongst the players to the witches hats and back. Start at walking pace, then jogging and build up to full speed.

**Teaching Points:**

Quick accurate passes aiming at the receiver's hands.  
Look to where you are passing  
Start 1m apart and gradually widen the distance up to 5m.

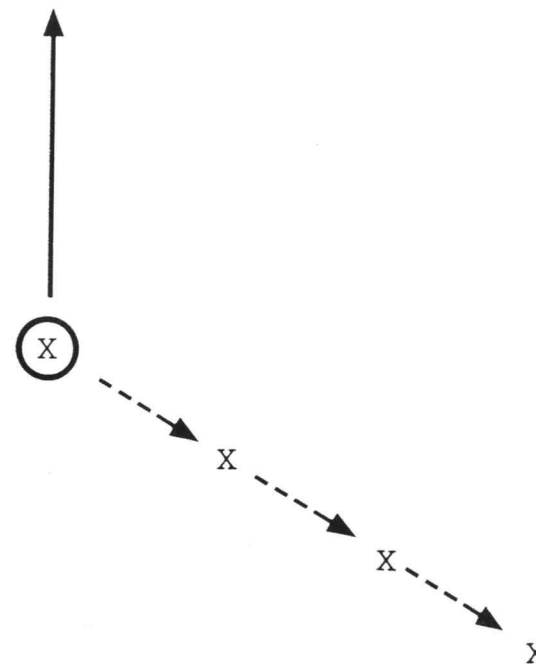
**Equipment:**

1 ball per group.  
Witches hats.

**Witches Hats:**

10m away to start with.  
Increase distance as skill improves.

### 4. Name: Team Line Passing I



**Objective:**

To develop the basic catch and pass and player alignment.

**Explanation:**

Whole team passing at walking pace. When the ball gets to the end of the line players should realign and the ball is passed back down the line. Rotate outside players to the centre each time through.

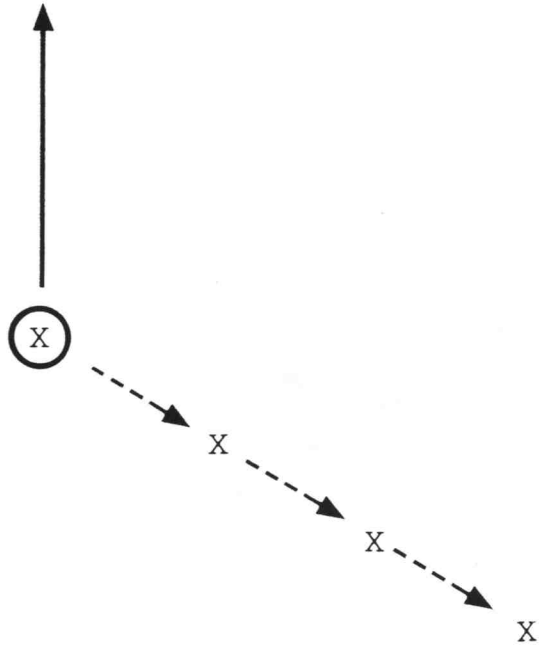
**Teaching Points:**

Emphasise quick hands.  
Accurate passes to the receiver's hands.  
Correct alignment. "Straight line or slight depth alignment."

**Equipment:**

1 ball per team.

## 5. Name: Team Line Passing II



### Objective:

To develop the basic catch and pass and player alignment.

### Explanation:

Repeat the straight line passing but this time the players are at jogging pace. Rotate the outside players to the centre each time through.

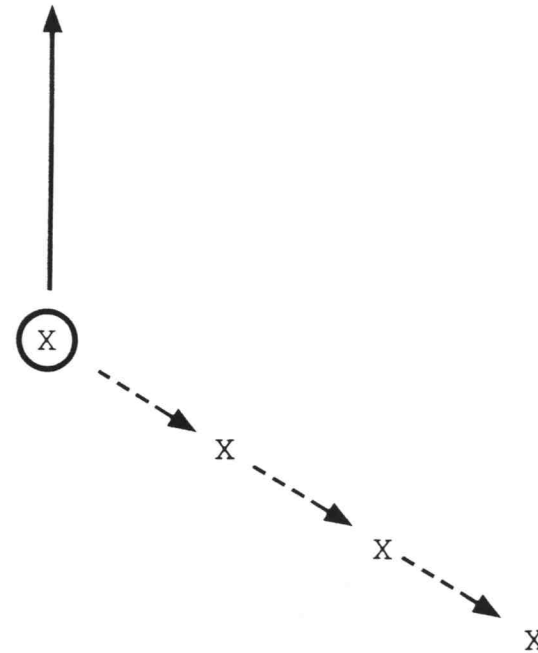
### Teaching Points:

Quick hands.  
Accurate passes to the receiver's hands.  
Passers look to where they are passing.

### Equipment:

1 ball per team.

## 6. Name: Team Line Passing III



### Objective:

To develop the basic catch and pass and player alignment.

### Explanation:

Speed up the pace of the straight line passing. Rotate the outside players to the centre each time through. Pressure can be added by timing the players over a certain distance and counting the number of completed passes.

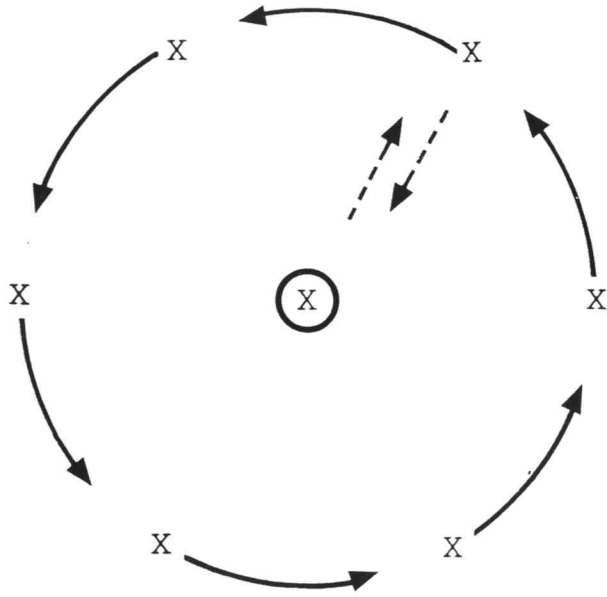
### Teaching Points:

Quick hands.  
Accurate passes.  
Correct alignment.  
Passers look to where they are passing.

### Equipment:

1 ball per team.

## 7. Name: Circle Passing I



### Objective:

To develop the basic catch and pass and running onto the ball.

### Explanation:

Players jogging in a counter clockwise direction in a circle with one player in the centre. The centre player passes to each individual player who in turn pass the ball back. Give each player a turn in the middle and frequently change the direction that the players are running.

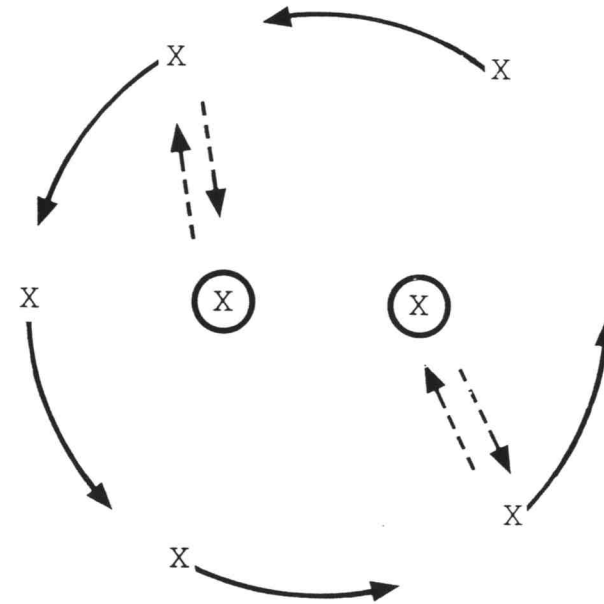
### Teaching Points:

Centre player must pass the ball in front of the players as they are running onto the ball.

### Equipment:

1 ball.

## 8. Name: Circle Passing II



### Objective:

To develop the basic catch and pass and running onto the ball.

### Explanation:

Players jogging in a counter clockwise direction in a circle with two players in the centre. The two centre players pass to the individual player who pass the ball back to the centre players. Change the centre players and the direction that the players are running.

### Teaching Points:

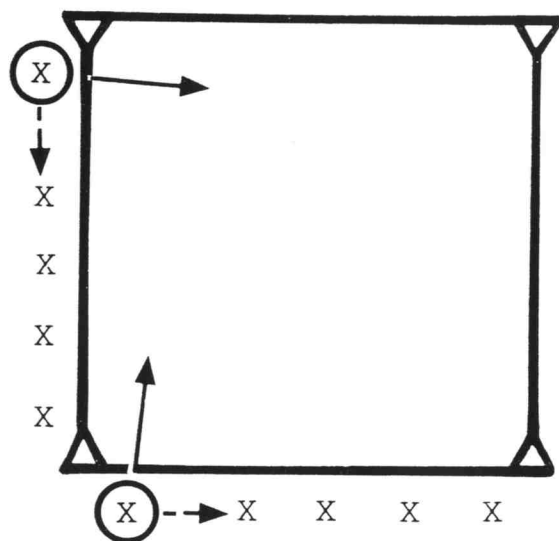
Centre players must pass the ball in front of the receiving players.

### Equipment:

2 balls.



## 9. Name: Pattern Passing I



### Objective:

To develop the basic catch and pass and peripheral vision.

### Explanation:

Two lines of players placed on different lines with one ball each line. The purpose of the drill is for each line to run and pass the ball along the line to the witches hats opposite and back. In effect, the two lines will be running through each other whilst passing the ball.

### Teaching Points:

Be aware of other players. This develops peripheral vision while watching the ball.

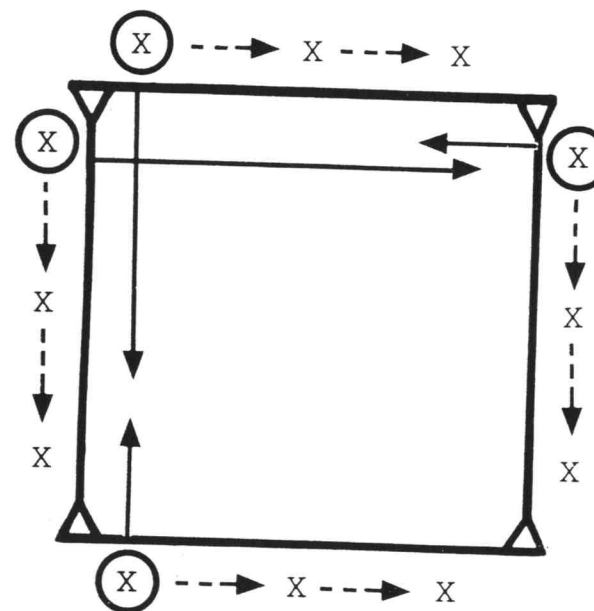
### Equipment:

2 balls.  
4 Witches hats.

### Witches Hats:

A 10m square for beginners. Increase up to 15m for advanced players.

## 10. Name: Pattern Passing II



### Objective:

To develop the basic catch and pass and peripheral vision.

### Explanation:

Four lines of players placed on different lines with one ball each line. The purpose of the drill is for each line to run and pass the ball along the line to the witches hats opposite and back. In effect, the four lines will be running and passing the ball whilst running through each other.

### Teaching Points:

Be aware of other players. This develops peripheral vision while watching the ball.

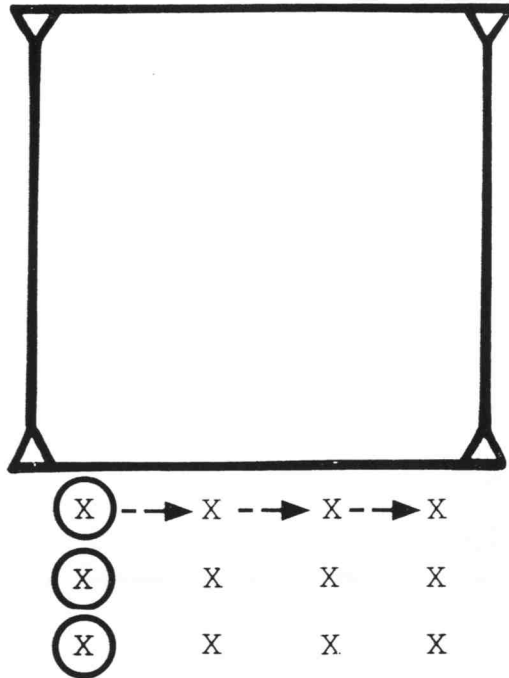
### Equipment:

4 balls.  
4 Witches hats.

### Witches Hats:

A 10m square for beginners. Increase up to 15m for advanced players.

## 11. Name: Lines Running Through Each Other



### Objective:

To develop the basic catch and pass and peripheral vision.

### Explanation:

For this drill you can have from two to four lines one behind each other. Each line of players runs and passes the ball to the opposite witch hats and back. Once the first line has started and has gone about 5m the next line can start. The lines continue back and forth until the coach calls "Stop!".

### Teaching Points:

Be aware of other players.  
Concentrate on the ball as well as other players.

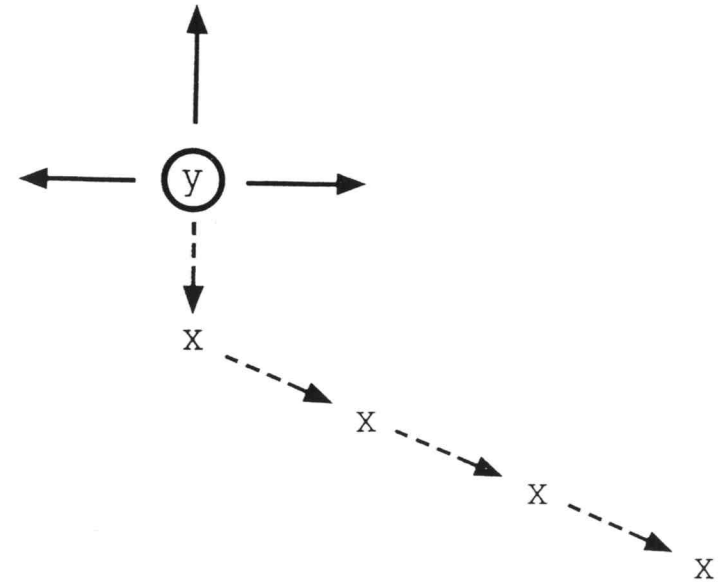
### Equipment:

4 balls  
4 Witches hats.

### Witches Hats:

A 10m square for beginners. Increase up to 15m for advanced players.

## 12. Name: Moving Line Drill



### Objective:

To develop correct attacking and defensive alignment.

### Explanation:

Player Y acts as an opposition player. With a ball in the hands, the player can jog either laterally or up and down. The line should follow Y's movements but still keep in position. If Y stops and turns his/her back to the dummy-half, then it means that the opposition have possession and the line has to move up quickly into a defensive position. If Y stops and rollballs, then the ball is passed quickly along the line to the wing. Once the wing has the ball, it is then returned to Y to start over.

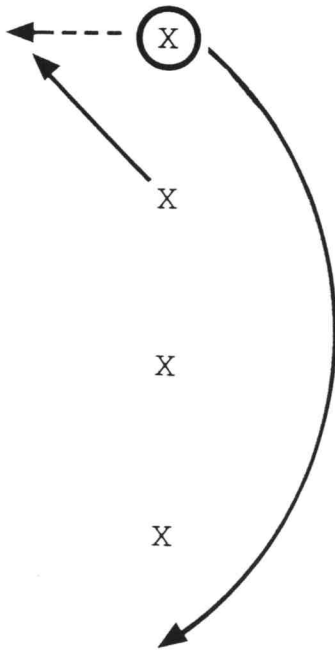
### Teaching Points:

Always keep correct alignment and distance between the players.  
Move up quickly on defence.  
Pass the ball quickly through the hands on attack.

### Equipment:

1 ball.

### 13. Name: Delayed or 'Pop' Passing



#### Objective:

To develop the delayed or 'pop' pass.

#### Explanation:

Players are lined up in a straight line behind each other about 2m apart. The front player has the ball. All players in the line commence jogging. The second player then sprints and calls "left" or "right". The front player 'pop' passes the ball to the second player. The front player then drops off to the back of the line. The second player has now become the front player and 'pop' passes to the next player sprinting past and so on. Each player sprinting onto the ball should wait until the new front player calls "left" or "right".

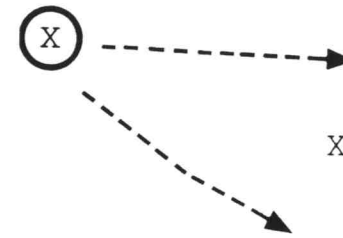
#### Teaching Points:

A soft pass should be made to the player sprinting onto the ball.

#### Equipment:

1 ball for each line.

### 14. Name: Backward and Forward Pass



#### Objective:

To refine catching skills.

#### Explanation:

In pairs. The ball is deliberately passed behind the player who has to stop and reach (dive) backwards to catch it. The next pass is made well forward of the player who has to reach forward to prevent it from going to ground. The object of this drill is to simulate game conditions (specificity). Often in a game players have to reach forwards and backwards to catch a ball.

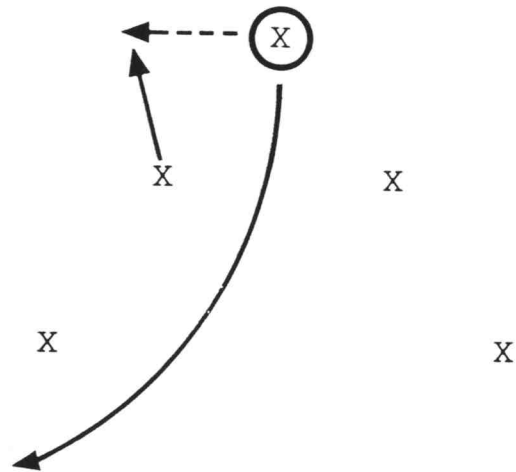
#### Teaching Points:

Emphasise eyes on the ball.  
Hands ready to receive the ball.

#### Equipment:

1 ball for each pair.

## 15. Name: V Runner



### Objective:

To develop the 'pop' pass.

### Explanation:

Players are lined up in an inverted V formation about 2m apart. The front player has the ball. All players in the line commence jogging. The front player calls 'left' or 'right' and the respective player on the left or right of the V sprints forward to take the 'pop' pass from the front player. That player then becomes the top of the V. The former player drops back to the side of the V where the new front player came from.

### Teaching Points:

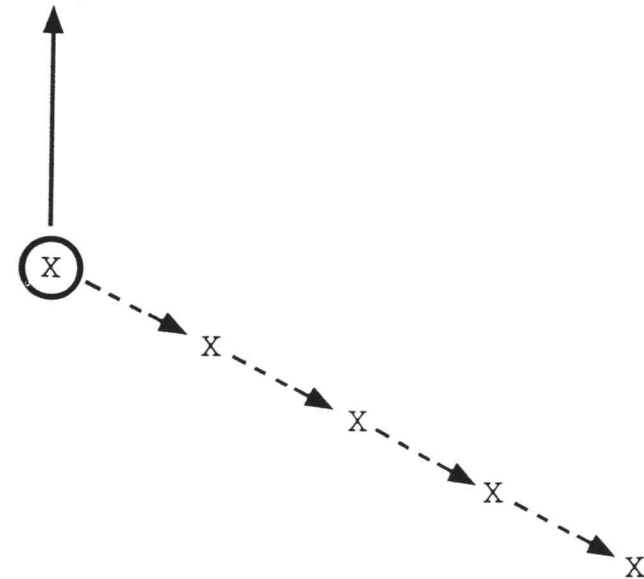
Once the player has received the pass and becomes the new front player the player should slow down to a jog.

The 'pop' pass must be soft and well timed.

### Equipment:

1 ball per group.

## 16. Name: Crouched Line Passing



### Objective:

To refine catching and passing skills.

### Explanation:

Players standing in a line in a crouched position, with their hands between knees and ankle height. The ball is passed along the line whilst players are standing still. The purpose of the drill is to have players catching the ball close to the ground. In a game players will often have to bend to catch the ball close to the ground thus reinforcing the concept of 'specificity'. Once players are doing this competently while standing still, develop the drill to jogging pace and gradually increase the pace.

### Teaching Points:

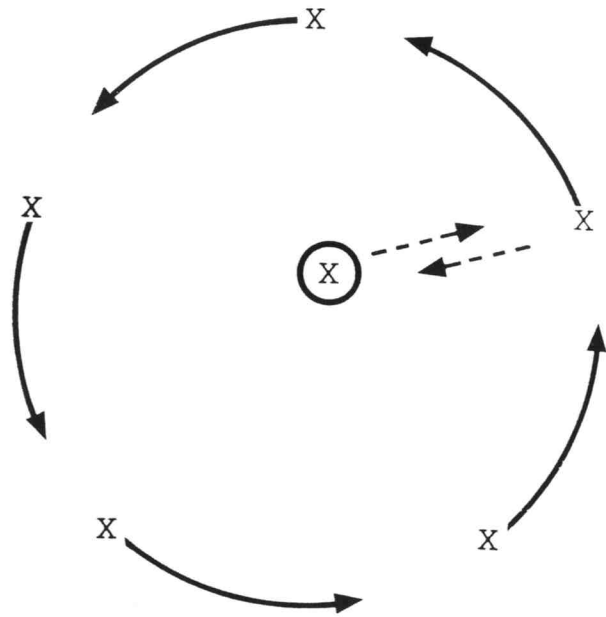
Soft, accurate passes.

Start with players 1m apart and gradually increase the distance.

### Equipment:

1 ball per line.

### 17. Name: Crouched Circle Passing I



**Objective:**

To refine catching and passing skills.

**Explanation:**

Players in a circle with one player in the centre. Players jog in a counter clockwise formation, in a crouched position, with their hands between knee and ankle height. The centre player directs the pass between the players knees and ankles. The player then passes the ball back to the centre player who then passes to the next player and so on. As players progress the pace can be increased and the ball can also be passed to any player rather than in order.

**Teaching Points:**

Players remain in a crouched position.

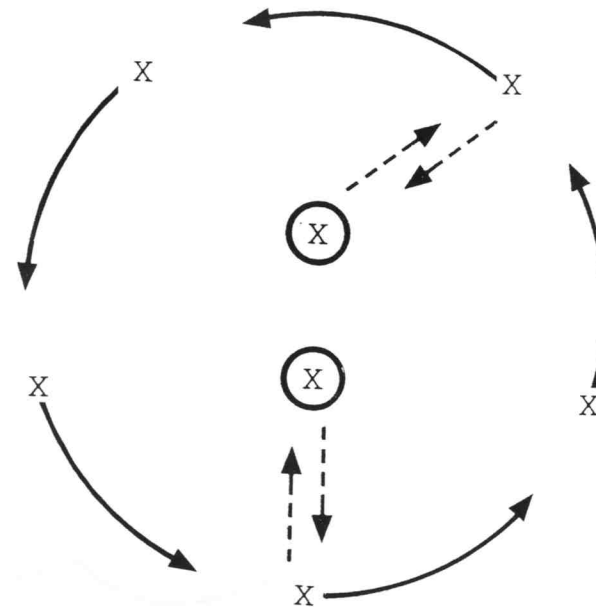
Eyes on the ball at all times.

Change direction for variation.

**Equipment:**

1 ball per circle.

### 18. Name: Crouched Circle Passing II



**Objective:**

To refine catching and passing skills.

**Explanation:**

Players in a circle formation with two players in the centre. Players jog in a counter clockwise formation, in a crouched position, with their hands between knee and ankle height. The two centre players direct the passes between the players knees and ankles. The players pass the ball back to the centre players who then pass to the next player and so on. As players progress the pace can be increased.

**Teaching Points:**

Players remain in a crouched position.

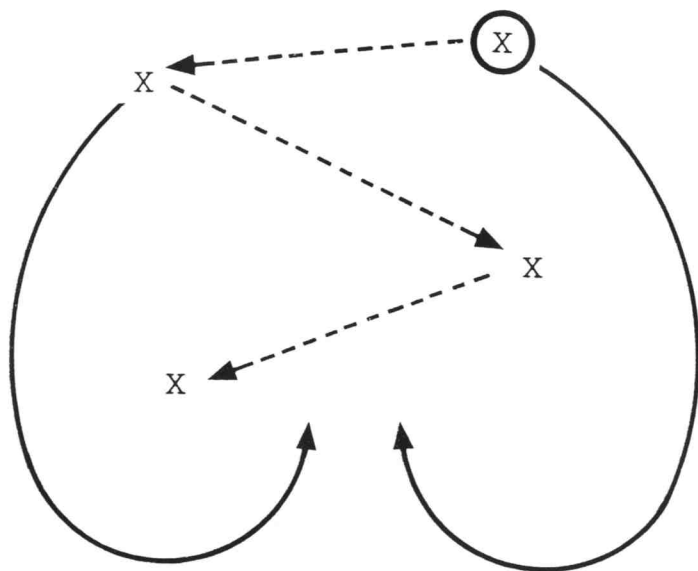
Eyes on the ball at all times.

Change direction for variation.

**Equipment:**

2 balls per circle.

## 19. Name: Inside Passing Drill



### Objective:

To develop the inside pass.

### Explanation:

Teams of four players about three metres apart. In Touch, players often just get used to passing the ball out wide and forget about passing inside. This drill emphasises passing inside. The player passes inside and then drops back and comes through the centre ready to receive another inside pass. Every player must pass inside at all times.

### Teaching Points:

Look inside to pass the ball.

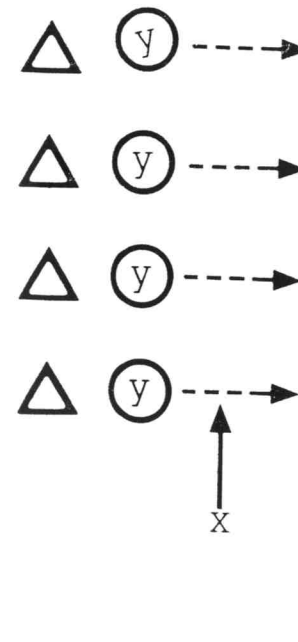
Pass inside.

Drop back and come through the centre.

### Equipment:

1 ball per group of four.

## 20. Name: Quick Hands Drill



### Objective:

To develop quick movement of the ball through the hands.

### Explanation:

Witches hats are placed in a straight line approximately 5-10 metres apart. A player stands at each witches hat with a ball in the hands. A line of four players will then jog to the first witches hat and receive a pass from the first player Y. Then they pass the ball quickly through the hands to the end player who places it on the ground as if scoring a touchdown. The players continue jogging to the next witches hat where they will receive another ball and once more "quick hands" it down to the end. When they have gone through all four stations change over.

### Teaching Points:

Players must pass the ball quickly through the hands so that they are ready for the next ball.

Soft and accurate passes to the receiver's hands.

### Equipment:

4 balls per group.

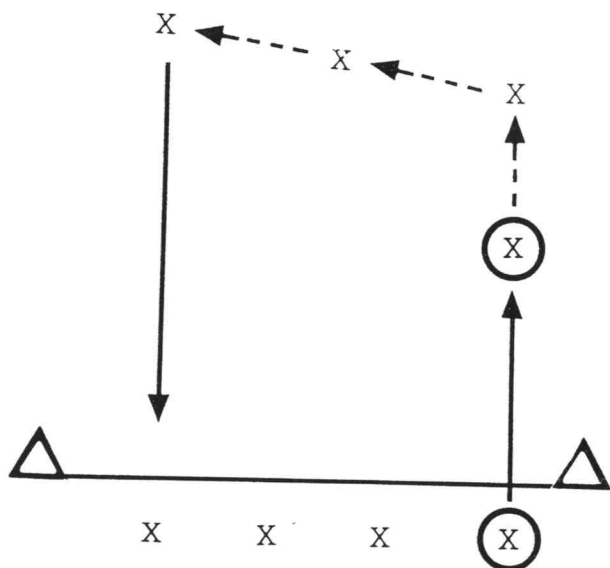
4 Witches hats per group.

### Witches Hats:

For beginners, spaced 10m apart.

For advanced players, 5m apart.

## 21. Name: Realignment Drill



### Objective:

To develop rapid and correct realignment.

### Explanation:

Players line up in a straight line between two witches' hats. One of the players rolls the ball a distance of 10 to 20m from the line. All players run out in a straight line to where the ball is. They then turn and face back to the witches' hats, which are now the scoreline. The first player to pick up the ball rollballs to the next player, who is the dummy-half. The ball is passed quickly through the hands of the players in the line, and the first player who crosses the scoreline with the ball in hand scores a touchdown. The drill continues with another player rolling the ball out.

### Teaching Points:

In realignment the players must move quickly into the correct position. Slight depth in alignment.

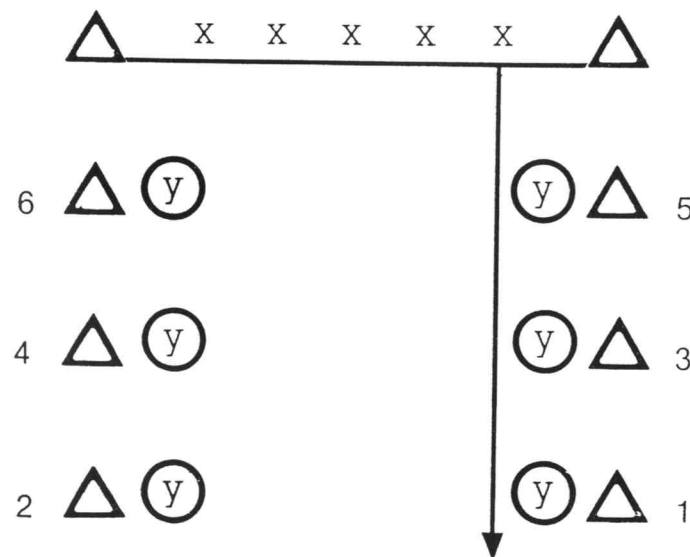
### Equipment:

- 1 ball.
- 2 Witches hats.

### Witches Hats:

20m apart.

## 22. Name: Retrieve and Realignment Drill



### Objective:

To develop correct realignment skills and aerobic fitness.

### Explanation:

At each witches hats 1 to 6 is a player Y with ball in hand. The line of X's run down to Station 1 and then turn around and face back the way they have come. As soon as Y sees they are in correct alignment he/she rollballs and the ball is passed through the hands and a touchdown is scored when they pass over the original line. The players then run to Station 2, 3, 4, 5 and 6. At the completion X's and Y's change position.

### Teaching Points:

This is a good aerobic drill so make sure players work hard. Emphasise correct alignment.

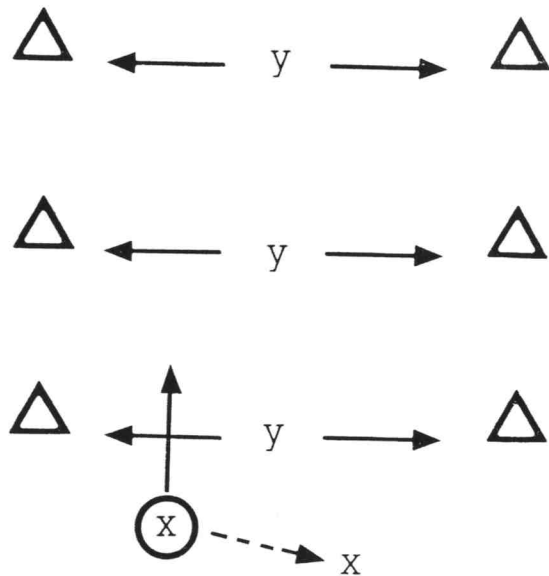
### Equipment:

- 6 balls.
- 8 Witches hats.

### Witches Hats:

20m apart in width. 5-10m apart lengthways.

### 23. Name: 2 Versus 1



#### Objective:

To develop the basic catch and pass with the pressure of one defender.

#### Explanation:

Place the opposition players Y between the witches hats. Y can only move laterally between the hats and not up and down. The object is for the two players to run and pass the ball and not get touched in possession by a Y player. Each Y player should be 10m apart. As players become more skillful allow the Y's to move up and down and laterally.

#### Teaching Points:

- Draw the opposition player before passing the ball.
- Do not get too close to the opponent before passing the ball.
- Look at the player you are passing to.
- Watch the ball when receiving.
- Use the drummy pass.

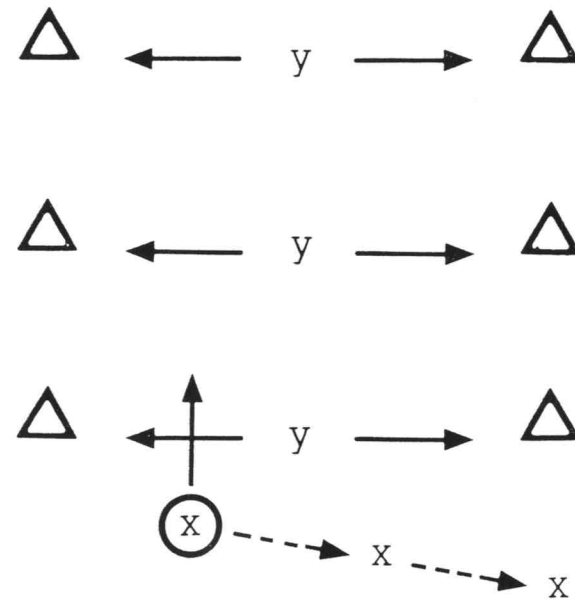
#### Equipment:

- 1 ball.
- 6 Witches hats.

#### Witches Hats:

10m apart in length and width.

### 24. Name: 3 Versus 1



#### Objective:

To develop the basic catch and pass with the pressure of one defender.

#### Explanation:

Place the opposition players Y between the witches hats. Y can only move laterally between the hats and not up and down. The object is for the three players to run and pass the ball and not get touched in possession by a Y player. Each Y player should be 10m apart. As players become more skillful allow the Y's to move up and down and laterally, same as 2 versus 1.

#### Teaching Points:

- Draw the opposition player before passing the ball.
- Do not get too close to the opponent before passing the ball.
- Look before passing.
- Watch the ball when receiving.
- Use the drummy pass.

#### Equipment:

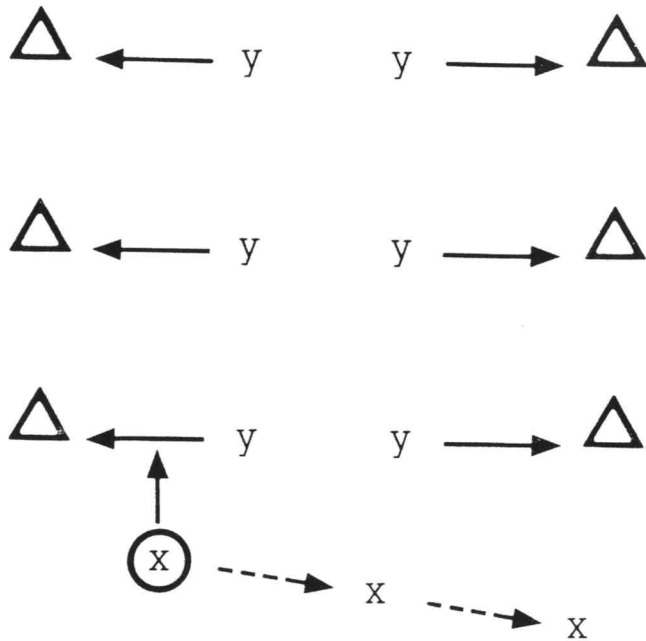
- 1 ball.
- 6 Witches hats.

#### Witches Hats:

10m apart in length and width.



25. Name: 3 Versus 2



**Objective:**

To develop the basic catch and pass under pressure.

**Explanation:**

The three X players have to beat 2 Y players at each set of witch hats. The witch hats should be spaced 15m wide and 15m lengthways. Y players can move laterally but not up and down. The object is for the X players not to be touched while in possession. As players become more skillful allow the Y's to move up and down and laterally.

**Teaching Points:**

Encourage the three attacking players to work out a strategy before they start. Similarly the two Y players should work out a defensive policy. Encourage communication between players. Attackers should be looking for the overlap and gap. Introduce the dummy pass, wraps or switches.

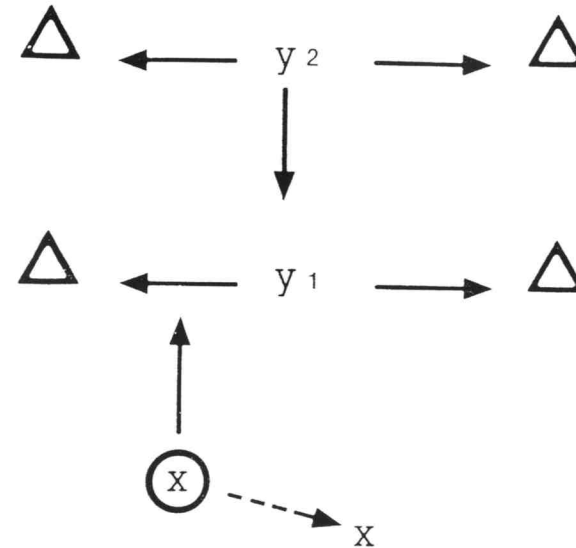
**Equipment:**

1 ball.  
6 Witch hats.

**Witches Hats:**

15m apart in length and width.

26. Name: Combination 2 Versus 1



**Objective:**

To develop catching and passing skills under pressure.

**Explanation:**

The purpose of this drill is for the 2 X players to run and pass the ball and not be touched while in possession by a Y player. Y1 can only move laterally between the witch hats while Y2 can move up and down between the witch hats as well as laterally.

**Teaching Points:**

Draw the opponent before passing. Look for the "dummy" if Y moves prematurely towards your support player.

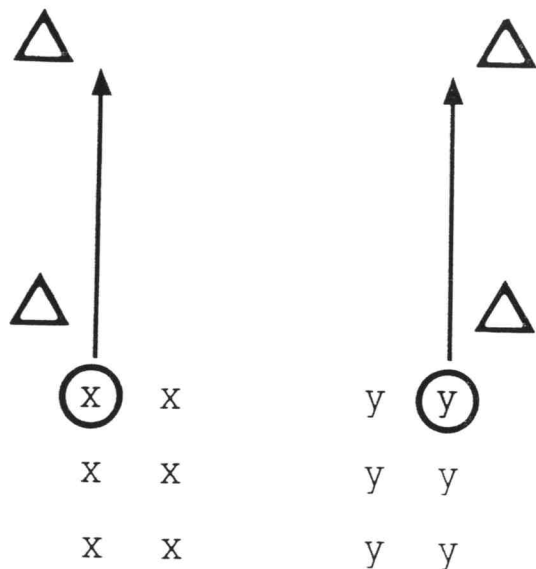
**Equipment:**

1 ball.  
4 Witch hats.

**Witches Hats:**

10m apart in length and width.

27. Name: Relay 1



**Objective:**

To develop the basic catch and pass in a relay situation.

**Explanation:**

Two teams of 6 players. Each team is divided into three pairs. The first pair have to run and pass the ball until they reach the witches hats. They then turn around and run and pass back to their original position and give the ball to the next pair. A minimum of 5 passes each way is required. A dropped ball does not count as a pass. The winning team is the first team finished after each pair has gone through.

**Teaching Points:**

- Accurate passes.
- No "forward" passes.
- Accelerate onto the ball.
- Decelerate after you have passed.

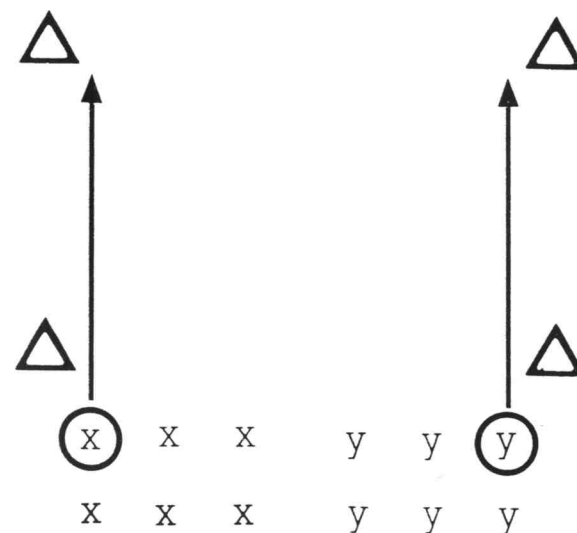
**Equipment:**

- 2 balls.
- 4 Witches hats.

**Witches Hats:**

- 10-20m apart.
- 10-30m apart lengthways.

28. Name: Relay II



**Objective:**

To develop catching and passing skills in a relay situation.

**Explanation:**

Two teams of 6 players. Each team is divided into two groups of three players. The first three have to run and pass the ball until they reach the witches hats. They then turn around and run and pass back to their original position and give the ball to the next group of three. A minimum of 5 passes each way is required. A dropped ball does not count as a pass. The winning team is the first team finished after the two groups of three have completed the drill.

**Teaching Points:**

- Accurate passes.
- No "forward" passes.
- Accelerate onto the ball.
- Decelerate after you have passed.

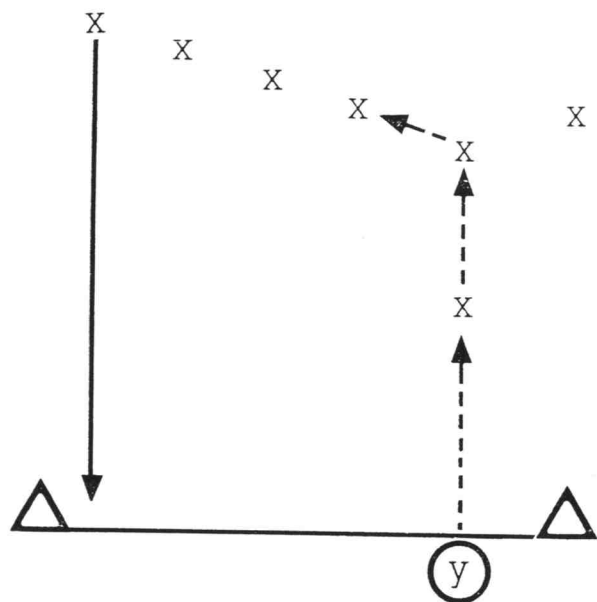
**Equipment:**

- 2 balls.
- 4 Witches hats.

**Witches Hats:**

- 10-20m apart.
- 10-30m apart lengthways.

## 29. Name: Team Fitness Drill



### Objective:

To develop the basic catch and pass, realignment and aerobic fitness.

### Explanation:

Player Y stands on the scoreline marked by two witch hats. The X players act as attackers. Y rolls the ball out. The first X player to field the ball performs a rollball and the team goes into attack. The object is to pass the ball amongst all the players and score a touchdown. As soon as the touchdown is scored Y rolls another ball out and X's have to run quickly back into position, realign, rollball pass the ball and score another touchdown. This drill develops fitness and ball handling skills.

### Teaching Points:

Quick hands.  
Accurate passes.  
Support play.

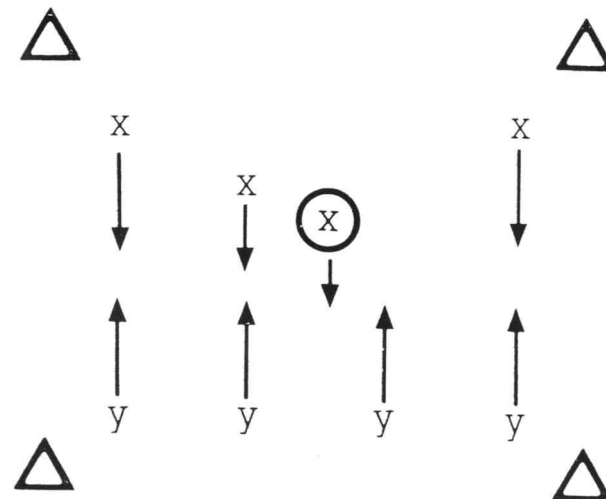
### Equipment:

2-3 balls.  
2 Witches hats.

### Witches Hats:

20m apart.

## 30. Name: Mini Touch



### Objective:

Understanding of rules.

### Explanation:

Three to seven players per team depending on the size of the field. Apply the same rules as for a regular game of Touch or modify them according to the ability of the players. Reduce and widen the field to require variation in play.

### Teaching Points:

Creation of gaps and overlaps.  
Emphasise good ball handling skills.

### Equipment:

1 ball.  
4 Witches hats.

### Witches Hats:

20-70m apart.

## CONCLUSION

The basic catch and pass is the first ball skill which all players must master. The advantages of the above drills to develop the basic catch and pass are:

- They go from simple to complex thus allowing the coach to use drills which are applicable to the abilities of the players.
- They add variety to training.
- The players find they are "fun" and enjoyable because the ball is always involved.
- They reinforce the concept of "specificity".
- The development of skills and fitness.

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