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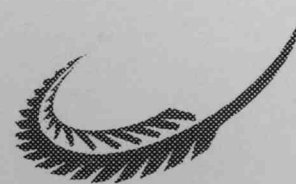
AIR NEW ZEALAND

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
Individual 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

This booklet follows a previous one titled: "Progressive Drills to Develop the Basic Catch and Pass in Touch". The knowledge base of Touch is growing at a very rapid rate. It is important that coaches keep up to date with this knowledge base by providing their players with meaningful drills which are "specific" to the game of Touch. Remember Touch is played with a ball. Too often coaches give their players drills which do not have a ball involved. This book aims to develop all those individual skills which are required in Touch with the exception of the Basic Catch and Pass which was the basis of the previous book. This book is not all encompassing. Coaches, through their own imagination or by asking players, can come up with many more drills to develop individual skills. This book should only be used in the beginning. Happy Coaching!

Dr Paul Webb
January 1987

PROGRESSIVE DRILLS TO DEVELOP INDIVIDUAL SKILLS 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)

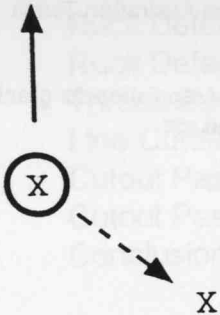
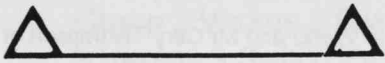
Lines _____

Movement of players X → or Y →

Movement of ball ○ - - - - - →

Witches hats △

e.g. The following drill denotes two players running to a line (marked by two witches hats) 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.

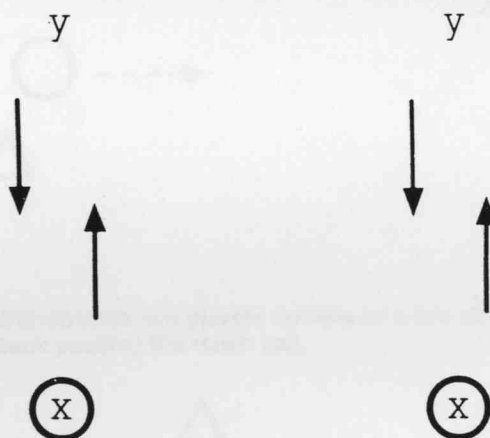


NAME OF SKILL: Effecting a Touch

Teaching Factors

1. Position yourself on the inside of the player
 2. Look at the waist or lower trunk area of player
 3. Close in on the ball runner at a steady pace
 4. Decelerate slightly
 5. Lean towards ball runner, arm flexed, cocked backwards
 6. Touch the ball runner and decelerate
 7. Stop and avoid body contact
- (National Coaching Manual, p.45)

1. Name: Pair Defending Player Touch



Objective:

To effect a touch.

Explanation:

In pairs, one player being the attacking player with the ball, while the other acts as a defender. The two players should be ten metres apart. The attacker runs towards the defender who then effect the touch. Change over.

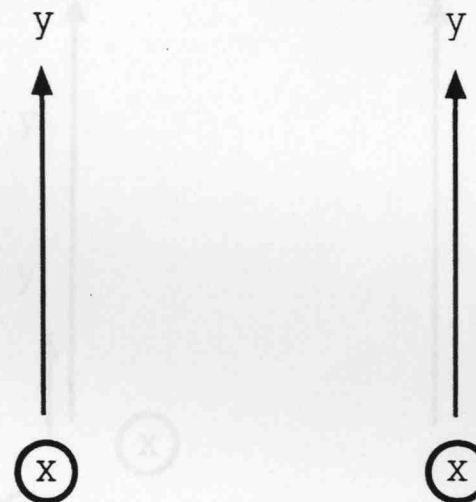
Teaching Points:

Make sure the defending player keeps looking at the opponent at all times. Start at a jogging pace or even walking until the skill has been mastered.

Equipment:

1 ball per pair.

2. Name: Pair Attacking Player Touch 1



Objective:

To develop an attacking player touch and rollball.

Explanation:

The attacking player runs towards the defender. The attacking player effects a touch with one hand and at the same time places the ball on the ground for a rollball. Begin with a stationary defender and progress to a faster pace.

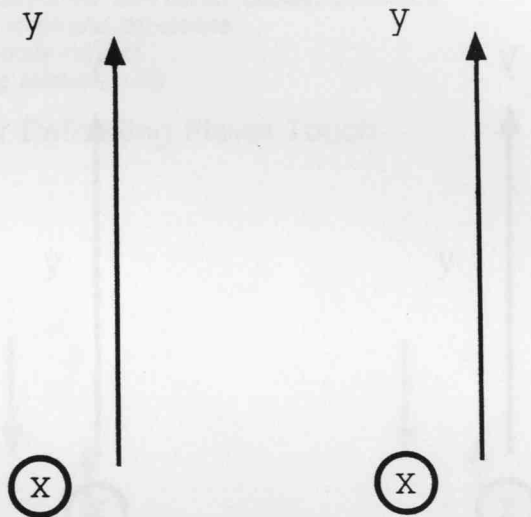
Teaching Points:

Start at a walking pace and gradually work up to full pace. As the attacker touches defender, the rollball should be started.

Equipment:

1 ball per pair.

3. Name: Pair Attacking Player Touch II



Objective:

To develop an attacking player touch.

Explanation:

Same as for Pair Attacking Player Touch I except that this time the attacker keeps the ball in two hands and makes contact on the defender with the ball. After contact has been made, the attacker places the ball on the ground for a rollball.

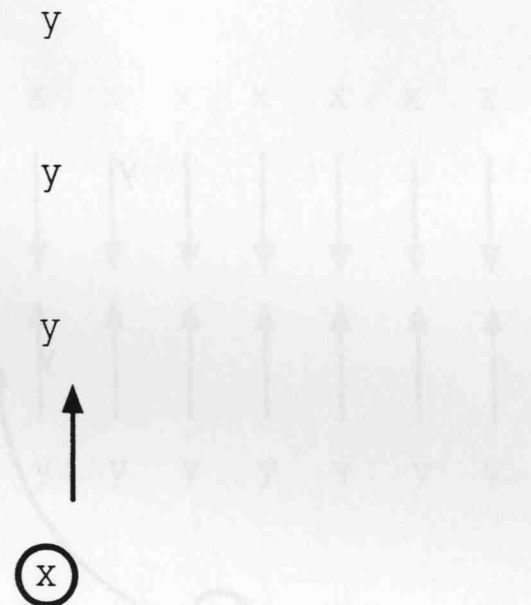
Teaching Points:

The attacker must run with the ball in two hands.
The defender must always look at the waist or lower trunk area of the attacker.
Start at walking pace and gradually increase the speed.

Equipment:

1 ball per pair.

4. Name: Column Touch



Objective:

To develop a defending player touch.

Explanation:

X running with the ball in two hands. Each Y player executes the touch on X. Start at walking pace and then gradually build up speed. When the players (defenders) are skillful at making the touch you can then allow X to sidestep, feint, etc. Only allow Y players to move laterally.

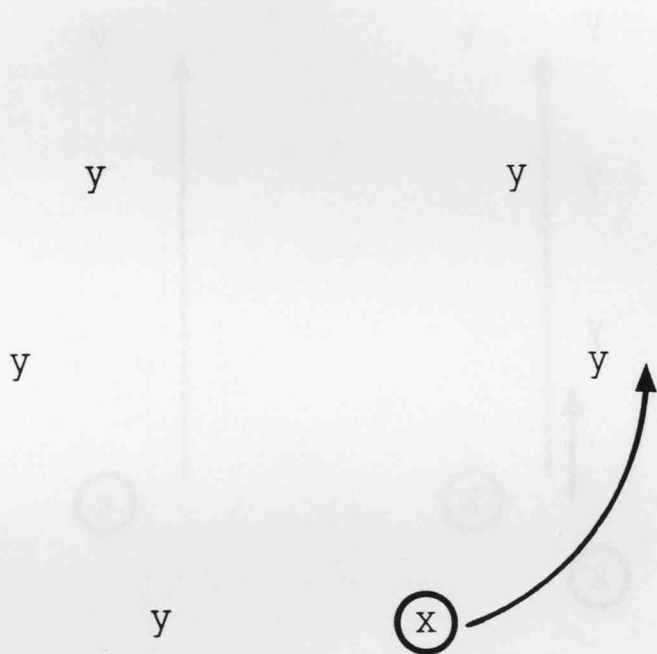
Teaching Points:

X must run with the ball in two hands.
Y cannot move forward, only laterally.
After defenders touch change to attacking touch.

Equipment:

1 ball per group.

5. Name: Circle Touch



Objective:

To develop a defending player touch.

Explanation:

The attacking player, with the ball in two hands, runs around the circle while the defenders effect the touches. Beginners could start at a walking or jogging pace while advanced players could do the drill at full pace trying to elude the defenders with sidesteps, etc. Each player should have a turn as the attacker.

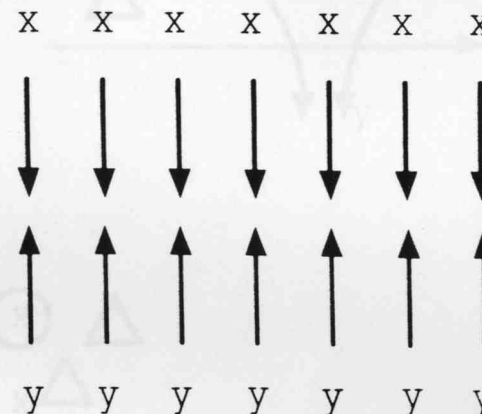
Teaching Points:

Emphasise concentration.

Equipment:

1 ball per group.

6. Name: Team Touch



Objective:

To effect a touch and defensive patterns.

Explanation:

Two groups in a line face each other ten metres apart. They move forward in a straight line and effect a touch on each other. This is repeated many times (several minutes) and can be used to aid in communication and straight line defence. It is an excellent conditioner and teaches running backwards.

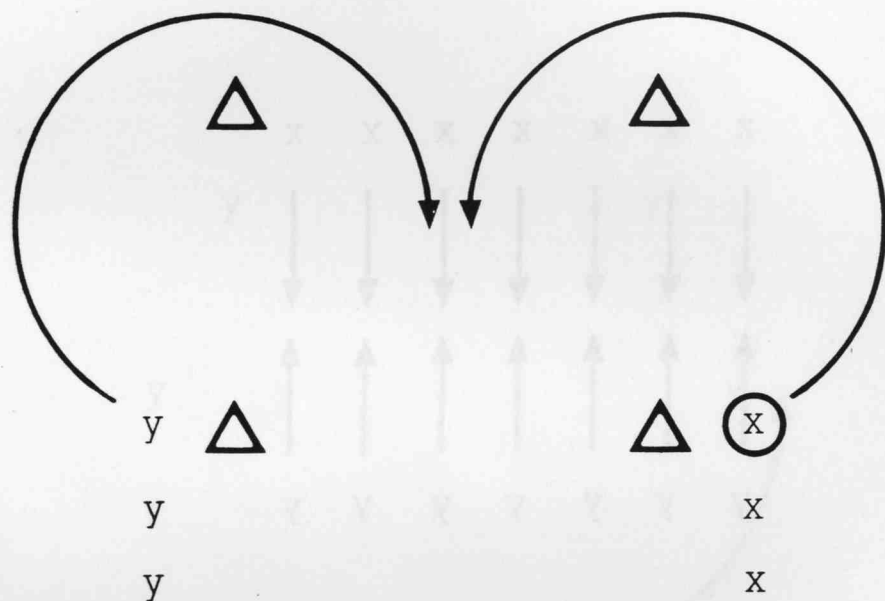
Teaching Points:

Encourage communication amongst players.
Move up in a straight line.

Equipment:

No equipment required.

7. Name: Dive Touch



Objective:

To develop the defending touch and diving touch.

Explanation:

On the command "Go" the X player, with ball in hand has to run around the witches hats about 10-15 metres away and back to score a touchdown before Y effects a touch. The Y player will have to effect the touch from the side or behind and often a diving touch is required. Let each X player go through and count how many touchdowns are scored. Change over and let Y become the attacking player. This drill can be competitive. The highest number of touchdowns wins.

Teaching Points:

The defender must never take the eyes off the attacking player.

Equipment:

1 ball per group.
4 witches hats.

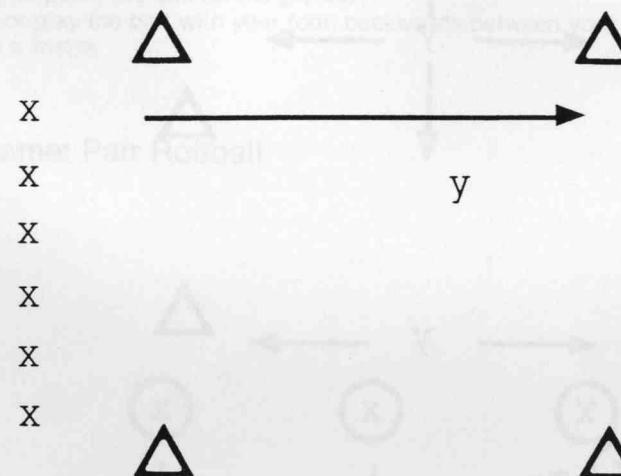
Witches Hats:

10-15m apart.

8. Name: Red Rover

Teaching Points:

1. Return to the original stationary
2. Face the opposite direction
3. Stand parallel with the line
4. Encourage the ball on the ground
5. Tap away from the ball



Objective:

To effect a touch.

Explanation:

Use the witches hats to mark lines. The object is for the X players to run across to the opposite line (about 20 metres) without being touched by the Y player. If touched the X player joins Y. Once all the players are through then they attempt to return to their original line without being touched. The game continues until there is only one player left who has not been touched. This player is the winner. This drill can also be used with players carrying a ball.

Teaching Points:

Players in the centre should communicate with each other in deciding who they are going to touch.

Encourage attackers to use running skills - sidestepping, feinting, etc.
Encourage defenders to try to touch several players in each run.

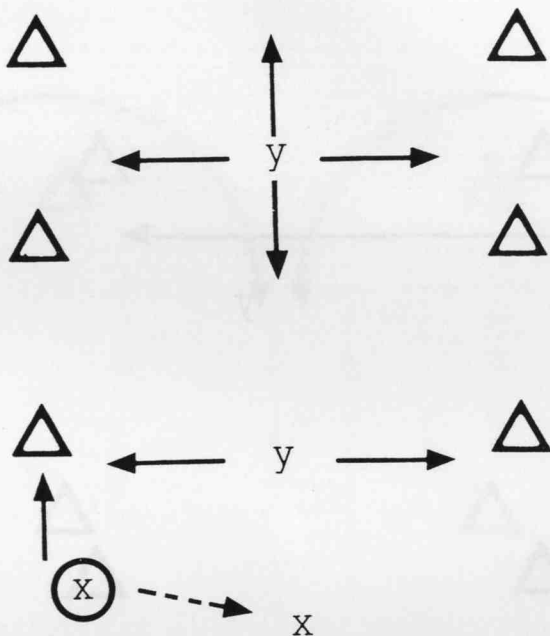
Equipment:

4 witches hats.

Witches Hats:

Approximately 20m apart.

9. Name: Shootout



Objective:

To develop effecting a touch and passing skills with opposition players.

Explanation:

Place each witches hats eight metres apart. The object is for the two attacking X players to score a touchdown by beating the two defenders. The first Y defender can only move laterally between the witches hats. The second Y defender can move anywhere within the square marked by the witches hats. The two attackers should attempt to draw their opponent before passing the ball. A touchdown is scored if the X players cross the end line and place the ball without being touched by a Y defender.

Teaching Points:

Draw your opponent before passing the ball.
If the defender drifts towards your support player use the "dummy" pass.

Equipment:

1 ball
6 witches hats

Witches Hats:

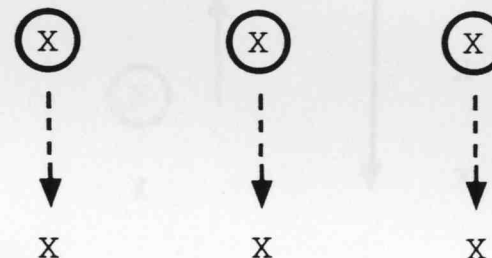
Approximately 8m apart.
Wider apart for better defenders.
Closer for better attackers.

NAME OF SKILL: Rollball

Teaching Factors

1. Return to the mark if necessary
2. Face the opponents scoreline
3. Stand parallel with the sidelines
4. Drop or place the ball on the ground
5. Roll or play the ball with your foot, backwards between your legs no further than a metre.

10. Name: Pair Rollball



Objective:

To develop rollball skills.

Explanation:

Place the players in pairs one behind the other. The first player rollballs. The second player picks up the ball, turns around 180° and rollballs. Continue until the skill has been mastered.

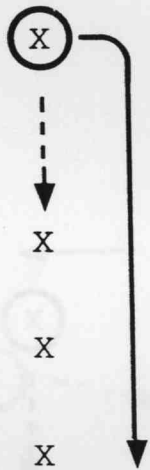
Teaching Points:

Emphasise doing the rollball with both the left and right hand.

Equipment:

1 ball for each pair.

11. Name: Line Rollball



Objective:

To develop rollball skills.

Explanation:

Players in a line behind each other. The first player rollballs and then moves to the end of the line. The second player then rollballs and joins the end of the line, etc.

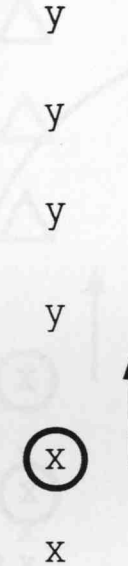
Teaching Points:

On receiving the ball each player should move a couple of metres forward before doing the rollball.

Equipment:

1 ball per group.

12. Name: Running Rollball



Objective:

To develop rollball and picking up the ball skills.

Explanation:

The X player runs towards the first defender, effects the touch or is touched by the defender (the coach stipulates which one). The player then rollballs and the second player picks up the ball and runs to the second defender. This player now effects the touch and rollballs. Continue to the end of the line.

Teaching Points:

Emphasise communication between the two attacking players.

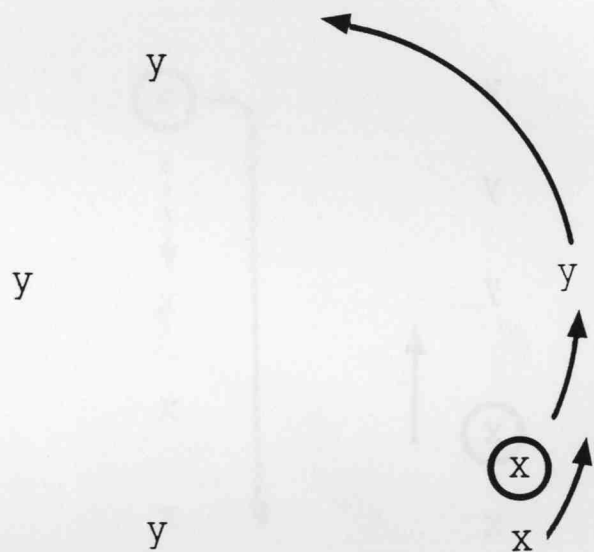
The second X player should be approximately two metres behind the first player to allow room to pick up the ball.

In picking up the ball emphasise approach from the side, bending the knees and 'scooping' or 'sweeping' up the ball.

Equipment:

1 ball per group.

13. Name: Circular Rollball



Objective:

To develop rollball and picking up the ball skills.

Explanation:

Same as for Running Rollball except the defenders are in a circle. Player X runs to the Y players, effects the touch and rollballs. The second X player picks up the ball and runs to the next Y player and rollballs, etc.

Teaching Points:

Communication between the two attacking players.
The second X player should be approximately two metres behind the first player to allow room to pick up the ball.

Equipment:

1 ball per group.

14. Name: Relay Rollball



Objective:

To develop rollball and picking up the ball skills in a relay formation.

Explanation:

Divide players into pairs. Place four witches hats in front of each team about five metres apart. The first player runs to the witches hats, touches it with the hand and rollballs. The second player runs to the next witches hat and rollballs, etc. They continue to the end of the witches hats and then do the same on the way back. They then give the ball to the next pair. The team has finished when each pair has gone through.

Teaching Points:

Emphasise correct technique even though the drill is to be completed at fast pace.

Equipment:

1 ball and 4 witches hats per team.

Witches Hats:

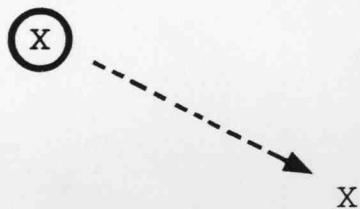
Approximately 5 m apart.

NAME OF SKILL: Dummy-half Pass

Teaching Factors

1. Position the forward foot near the ball
2. At the same time, secure the ball and spread the back foot towards the receiver
3. Look to the receiver
4. Swing the ball from the ground in a single movement
5. Transfer body weight, recover and support
(National Coaching Manual, p.35)

15. Name: Pair Dummy-half Pass



Objective:

To develop the dummy-half pass.

Explanation:

Players divided into pairs. The first player does a dummy-half pass to the second player who runs five metres and places the ball on the ground. This player then completes a dummy-half pass back to the original player and so on.

Teaching points:

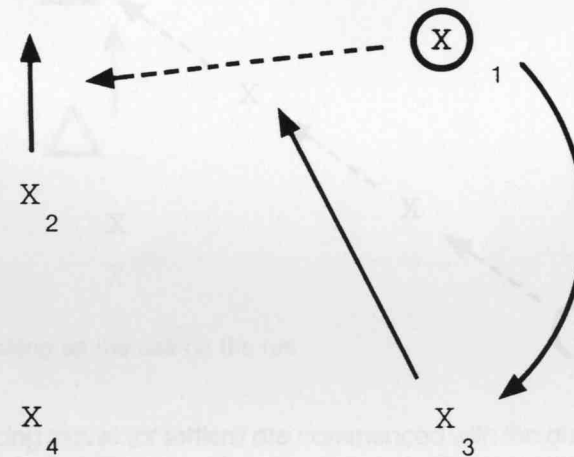
Change players over after a while so they learn to pass to both their right and left sides.

Start with a "stationary" ball, then have the player roll the ball so they practise dummy-half passes with a "moving" ball.

Equipment:

1 ball per pair.

16. Name: Fours Dummy-half Pass



Objective:

To develop the dummy-half pass.

Explanation:

X_1 dummy-half passes the ball to X_2 who runs five metres and places the ball on the ground. X_2 then passes to X_3 while X_1 is going behind. X_3 then passes to X_4 and so on. Continue for a set distance, then turn round and return.

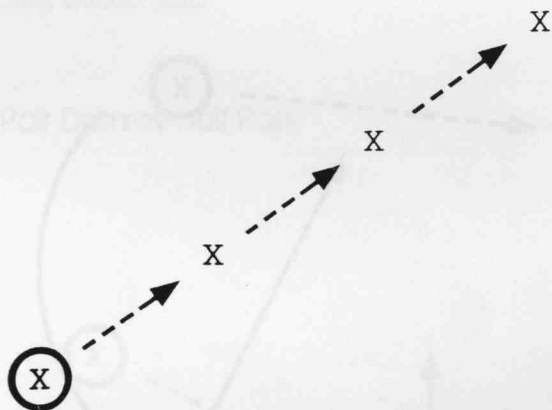
Teaching Points:

Make sure the back player runs on the inside of the player who is dropping back.

Equipment:

1 ball per group of 4.

17. Name: Chain Dummy-half Pass



Objective:

To develop the dummy-half pass.

Explanation:

Players are lined out in an attacking alignment. The dummy-half pass is made from the first player to the next, who places it on the ground. This player completes a dummy-half pass to the next player, who places the ball on the ground, and so on. When the ball gets to the end player, they turn around and start passing the ball back. After a few turns, rotate the outside players into the centre.

Teaching Points:

Emphasise quick, accurate passes.
Pass direct from the ground.
Pass to the receiver's hands.
Learn to pass both ways.

Equipment:

1 ball per group.

18. Name: Dummy-half Picking up the Ball on the Run



Objective:

To develop picking up the ball on the run.

Explanation:

Many attacking moves (or settlers) are commenced with the dummy-half picking up the ball on the run and moving forward, either towards the retiring player who effected the touch, or in a straight direction.

Place two witches hats ten metres apart. Place a ball at the first hat. The first player runs, decelerates, picks up the ball and runs the ten metres and places the ball at the second witches hat. The player then touches the next player's hand at the other end who runs, picks up the ball and places it at the next witches hat and so on. This drill can also be used as a relay — one team against the other.

Teaching Points:

For picking up the ball:

Approach alongside the ball so you don't kick it or fall over your own feet.
Bend the knees.

Once properly positioned, pick up the ball in one of the following ways:

- Spread the fingers and arms underneath the ball.
- Spread the fingers and apply downward pressure on top of the ball.
- Scoop with one hand behind the ball with the other acting as a guide in front.

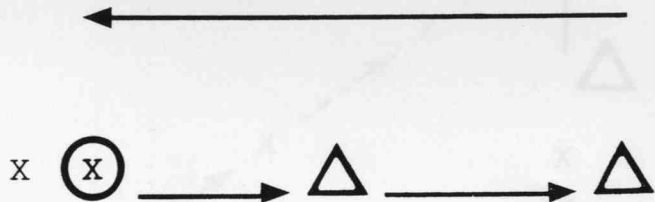
Equipment:

1 ball per group.
2 witches hats per group.

Witches Hats:

10m apart.

19. Name: Combination Dummy-half Pick up on the Run, Effecting a Touch, Rollball, Defence Retreat Practice



Objective:

To develop combination skills.

Explanation:

Place two witch hats ten metres apart. Players work in pairs. The first player, with the ball, runs and places it on the ground at the first witch hat. The second player following about two metres behind picks up the ball on the run and continues on to the next witch hat, effects a touch on the witch hat and rollballs. The first player picks up the ball and then both players retreat running backwards back to the original starting position and give the ball to the next pair.

Teaching Points:

Correct technique in all skills is needed. Therefore, start at a slow pace before increasing the speed of the activity.

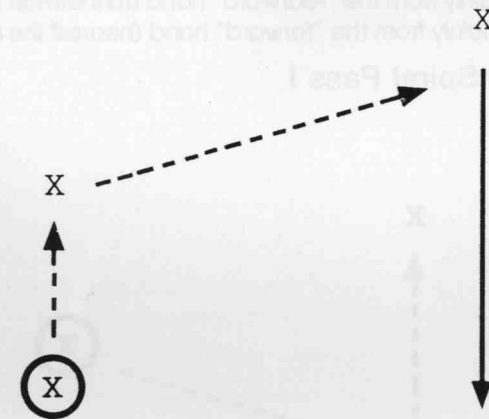
Equipment:

1 ball per group.

Witches Hats:

10m apart.

20. Name: Combination Dummy-half, Rollball, Effecting a Touch.



Objective:

To develop rollball, dummy-half pass and effecting a touch skills.

Explanation:

Three players are needed. The first player rollballs, the second player dummy-half passes to the receiver, who runs 10 metres. The receiver now effects a touch by placing a hand out on an imaginary opponent and then rollballs. The dummy-half has run over to be dummy-half again. The original rollball player is now the new receiver.

Variation to this drill can be used:

The person who rollballs can go into dummy-half.

The dummy-half who passes then becomes the receiver.

The receiver effects a touch at a mark and then rollballs.

Once the receiver rollballs, he/she becomes dummy-half and the cycle goes on.

Teaching Points:

Encourage communication between players.

Equipment:

1 ball for three players.

NAME OF SKILL: The Spiral Pass

Teaching Factors

1. Same first four teaching factors for the basic catch and pass; or
2. Same first three teaching factors for the dummy-half pass and then:
Fingers positioned around the ball, thumbs uppermost.
Spin the wrists and fingers to impart the spinning action as the ball is delivered.
Point the uppermost end of the ball towards the receiver (slightly higher).
Power comes mainly from the "rearward" hand (furthest from the receiver).
Control comes mainly from the "forward" hand (nearest the receiver).

21. Name: Pair Spiral Pass I



Objective:

To develop the spiral pass.

Explanation:

Divide the players into pairs. They stand and spiral pass the ball backwards and forwards to each other. For younger children they would stand about 3-5 metres. For adults start at about 5-7 metres and gradually increase the distance as the players become more skillful.

Teaching Points:

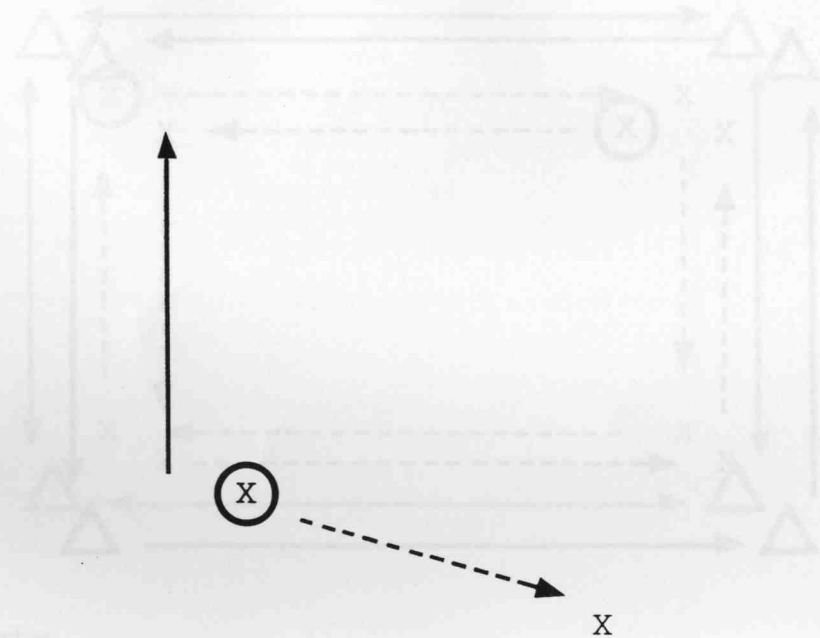
Emphasise the wrist action.

Make sure the players use both their left and right hands.

Equipment:

1 ball for two players.

22. Name: Pair Spiral Pass II



Objective:

To develop the spiral pass.

Explanation:

Divide the players into pairs. The two players run and spiral pass the ball to each other for a certain distance. They then turn around and return to their original position passing the ball. They will therefore be using both their left and right hands in passing the ball.

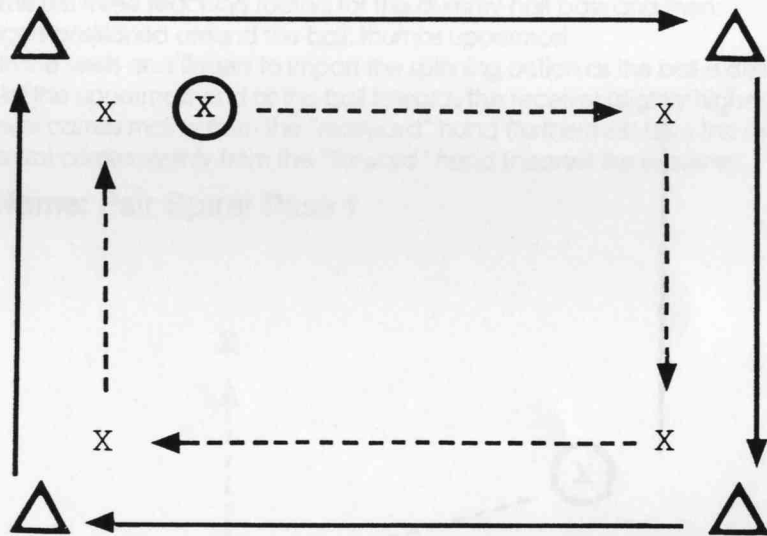
Teaching Points:

The player receiving the ball should be running onto the ball. Once the player has passed the ball they should slow down so as to be in position to receive the next pass.

Equipment:

1 ball for each pair.

23. Name: Next Position Spiral Pass



Objective:

To develop the spiral pass.

Explanation:

Divide the players into groups of five. Place four witch hats in a square about 5-10 metres apart. Two players stand at the first witch hat and place one player at each of the other witch hats. The player with the ball spiral passes to the left to the next player and then runs to the same hat as the ball has been thrown and back to the original position. The player who receives the ball does exactly the same, spiral passes to the left, runs to the witch hat and back. This drill is also a good conditioning drill as they will just be returning to position when the ball arrives. One to two minutes work and then rest before going again. After 2-3 turns of passing to the left change over and do the same passing to the right.

Teaching Points:

Always follow the ball, i.e. pass and then run to where the ball has been passed. Make sure players always face towards the centre and use both directions for passing.

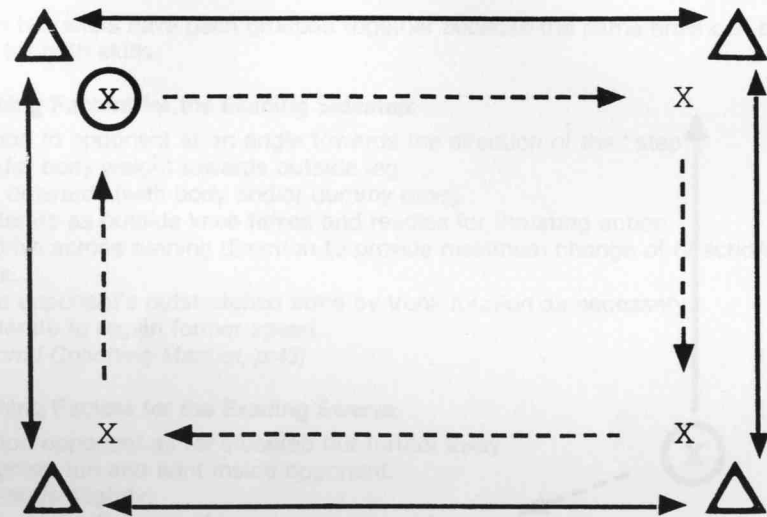
Equipment:

1 ball per group.
4 witch hats.

Witches Hats:

5-10m apart.

24. Name: Four Corner Spiral Pass



Objective:

To develop the spiral pass and aerobic fitness.

Explanation:

Place the witch hats in a square about ten metres apart. Four players, one standing at each witch hat. The player with the ball spiral passes it to the player on the left and then runs to the witch hat where the ball has been thrown and back to the original position. The player who receives the ball does exactly the same, spiral passes to the left, runs to the witch hat and back. This drill is also a good conditioning drill as they will just be returning to position when the ball arrives. One to two minutes work and then rest before going again. After 2-3 turns of passing to the left change over and do the same passing to the right.

Teaching Points:

Players must run to the hat and either touch it with hand or foot before returning. Skill must be developed first before speed.

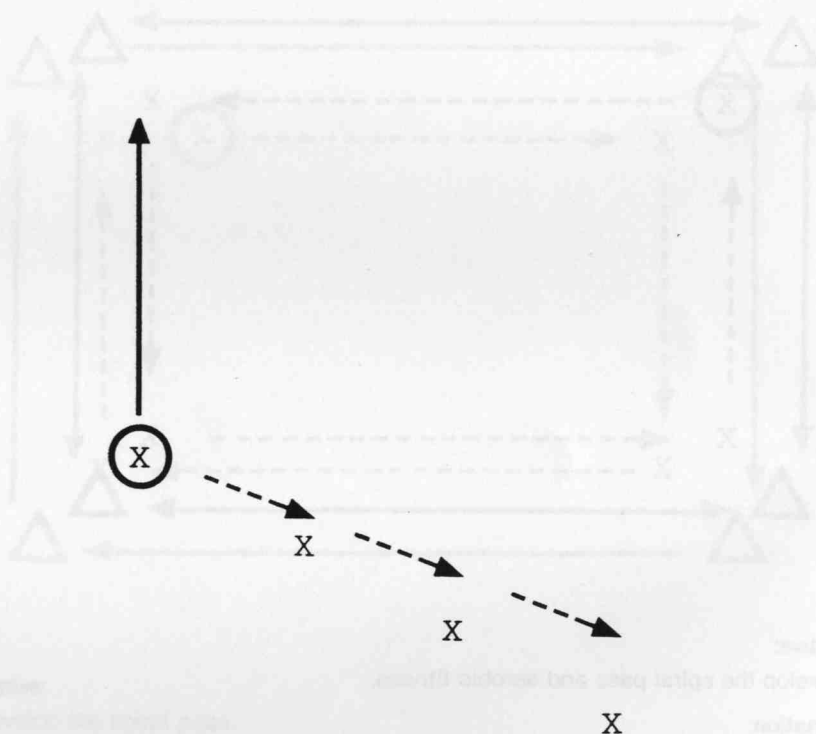
Equipment:

1 ball.
4 witch hats.

Witches Hats:

Approximately 10m apart.

25. Name: Line Spiral Pass



Objective:

To develop the spiral pass.

Explanation:

Four players spaced 5-10 metres apart. The ball is spiral passed down the line while the players are running. Start at jogging pace and gradually build up speed. The players should cover a certain distance set by the coach, e.g. 20 metres. They then turn around and come back to the original position. Each time through change the outside players with the middle players.

Teaching Points:

The distance they stand apart is determined by the skill of the players. Have players start with outside foot forward so they do not drift across field.

Equipment:

1 ball for each group.

NAME OF SKILLS: The Evading Sidestep and Evading Swerve.

These two skills have been grouped together because the same drills can be used for both skills.

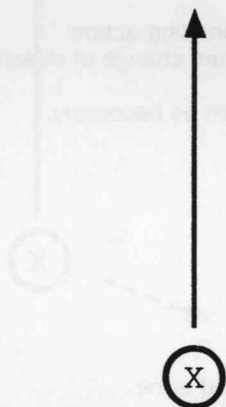
Teaching Factors for the Evading Sidestep:

Position opponent at an angle towards the direction of the "step".
Transfer body weight towards outside leg.
Feint outwards (with body and/or dummy pass).
Decelerate as outside knee flexes and readies for thrusting action.
Leg drive across running direction to provide maximum change of direction of attack.
Evade opponent's outstretched arms by trunk rotation as necessary.
Accelerate to regain former speed.
(National Coaching Manual, p.43)

Teaching Factors for the Evading Swerve:

Position opponent as for sidestep but further away.
Straighten run and feint inside opponent.
Decelerate slightly.
Rotate body slightly and lower inside shoulder.
Accelerate in a curving line outside the defender.
Body lean away from defender and avoid outstretched arms.
(National Coaching Manual, p.51)

26. Name: Individual Sidestep and Swerve.



Objective:

To develop the sidestep and swerve.

Explanation:

Give each player a ball. Have the player run and sidestep or swerve every five metres. For beginners start at walking pace and gradually work up to full pace as the players become more skillful.

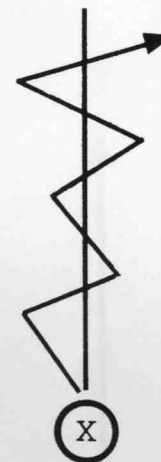
Teaching Points:

Have players sidestep and swerve both to the left and to the right. If players are finding it difficult to do the skill with the ball, have them do it without the ball.

Equipment:

1 ball for each player.

27. Name: Line Sidestep or Swerve



Objective:

To develop the sidestep and swerve.

Explanation:

If the field has lines on it have the players run and sidestep along the line. Begin without the ball and then have the players do the skills with the ball in their hands. Start at walking pace and gradually build up speed.

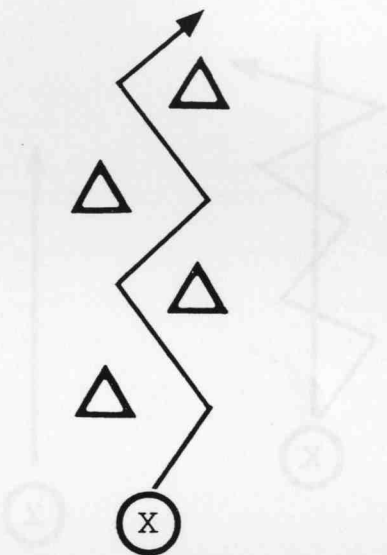
Teaching Points:

For the sidestep place the foot to the side of the line and then transfer their weight back across onto the other foot on the other side of the line.

Equipment:

1 ball for each player.

28. Name: Sidestepping or Swerving Around Objects



Objective:

To develop the sidestep and swerve.

Explanation:

Place four witch hats about five to ten metres apart. Start the player without the ball. They sidestep or swerve around the witch hats and jog back to the start. After the players have mastered the skill without the ball let them go through with the ball in two hands.

Teaching Points:

The next player starts when the previous player has reached the second witch hat.

Emphasise correct technique before introducing the ball.

Equipment:

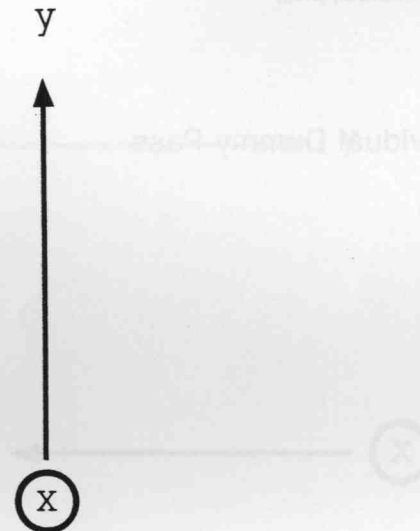
1 ball per player.

4 witch hats per group.

Witches Hats:

5 to 10 m apart.

29. Name: Sidestep or Swerve Against an Opponent



Objective:

To develop the sidestep and swerve against opposition.

Explanation:

An attacking player X with ball in hands tries to sidestep or swerve around an opponent Y. Start with Y standing still, i.e., a nonactive opponent. After a few turns Y becomes an active opponent and tries to effect a touch on X.

Teaching Points:

Encourage the players to sidestep or swerve off both the left and right foot.

Equipment:

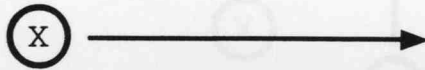
1 ball for 2 players.

NAME OF SKILL: The Dummy Pass

Teaching Factors

Look towards the receiver.
Swing the ball across the body.
Extend the arms to full extension opposite to body weight.
Hold onto the ball and return the ball to the normal central carrying position.
Accelerate and evade as necessary.
(National Coaching Manual, p.49)

30. Name: Individual Dummy Pass



Objective:

To develop the dummy pass.

Explanation:

Each player has a ball. They practise running with the ball in two hands and dummy passing against an imaginary opponent every five metres. Have the players run a certain distance and then return to their starting position.

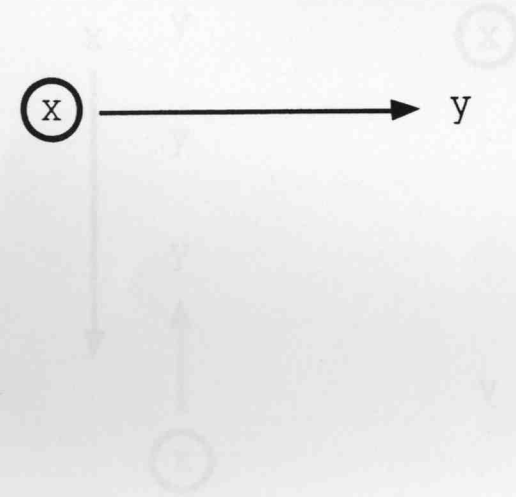
Teaching Points:

Encourage players to dummy pass to the left and right sides.

Equipment:

1 ball per player.

31. Name: Dummy Pass I Versus 1



Objective:

To develop the dummy pass against opposition.

Explanation:

One player with the ball tries to dummy pass around an opponent five metres away. Begin with the defender Y as a passive opponent. After a while allow Y to become active and attempt to effect a touch on X. Change over after a few turns.

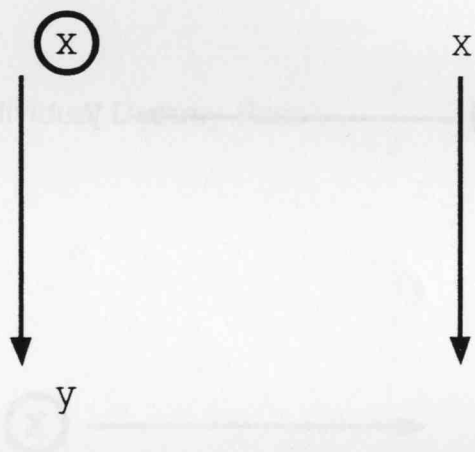
Teaching Points:

The attacker should try to use both the sidestep and the evading swerve with the dummy pass.

Equipment:

1 ball for each pair.

32. Name: Dummy Pass 2 Versus 1



Objective:

To develop the dummy pass against opposition.

Explanation:

Begin the drill with the ball carrier trying to dummy pass around Y and then passing the ball to the support player. Y is trying to effect a touch on X. Then give X the option: dummy pass around Y or pass the ball to the support player.

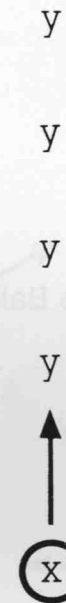
Teaching Points:

Draw the opponent before passing. Do not pass too early or too late.
 If the opponent drifts across towards your support player then dummy pass.
 Communication between players.
 As for the dummy pass.

Equipment:

1 ball for 3 players.

33. Name: Line Dummy Pass



Objective:

To develop the dummy pass against opposition.

Explanation:

Place four defenders approximately 5-10 metres apart. The ball carrier has to dummy pass around the defenders. Begin with passive (non moving) defenders and then build up pressure by allowing the defenders to move laterally to effect the touch. At the end the ball carrier returns doing the same. Change over so the next player has a turn as ball carrier.

Teaching Points:

As for dummy pass.
 Encourage use of evasive skills.

Equipment:

1 ball for 5 players.

NAME OF SKILL: Running with the Ball in Two Hands

Teaching Factors

Balanced body position.
Ball carried in two hands.
Smooth striding action.
Pace variations.
Direction variations.
Peripheral vision.
Aware of support.

(National Coaching Manual, p.41)

34. Name: Individual Running With the Ball in Two Hands



Objective:

To make the players comfortable running with the ball.

Explanation:

Give each player a ball. Then begin by jogging a certain distance with the ball in two hands. Gradually build up speed. The object of this drill is to get the player to feel comfortable while running with the ball in their hands. Advanced players can do the same drill but should be encouraged to do the sidestep, swerve, etc., while running.

Teaching Points:

As for running with the ball in two hands.
Comfortable, balanced body position.

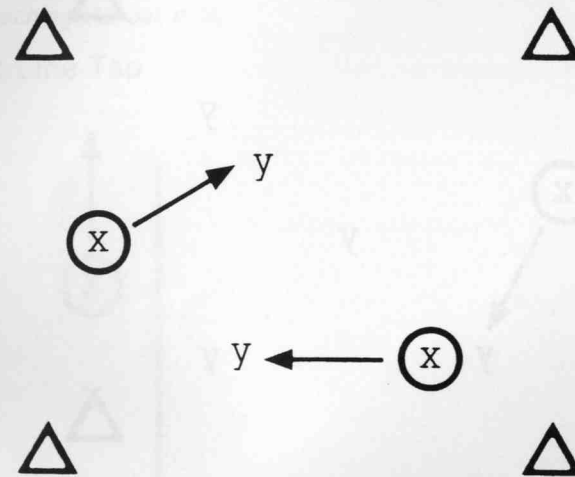
Equipment:

1 ball for each player.

35. Name: Pair Ball Tag

Teaching Points:

1. Position the player as or behind 1 mark.
2. Place the ball in the player's hands.
3. Withdraw the hands from the ball.
4. Look at the ball.
5. Tap the partner's partner (X) in the direction of the ball.
6. Pick up the ball.



Objective:

To develop the skill of running with the ball in two hands.

Explanation:

Make a square 10-20 metres wide by using the witch hats as markers. Divide the players into pairs. One player runs with the ball in two hands attempting to tag the partner. As soon as the partner is tagged anywhere on the body they change over. Three to four pairs can work within one square.

Teaching Points:

As there are many pairs operating in the square, emphasise safety factors.
Peripheral vision.
As for running with the ball in two hands.

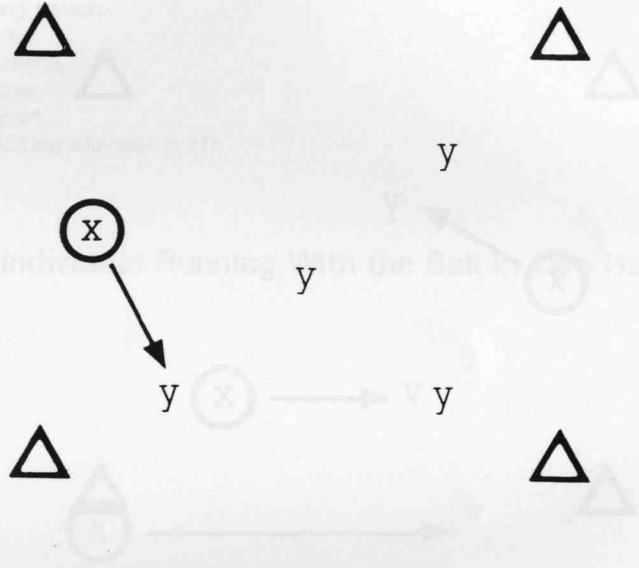
Equipment:

1 ball per pair.
4-8 witch hats

Witches Hats:

10-20m apart.

36. Name: Group Ball Tag



Objective:

To develop the skill of running with the ball in two hands.

Explanation:

Four to six players in a ten metre square. The ball carrier is "It" and tries to tag any of the other players with the ball. A player who is tagged becomes the new "It" and the game continues. The coach can stipulate rules as to legitimate tag, e.g., anywhere on the body, anywhere above the waist, etc.

Teaching Points:

Encourage players to use evasive skills.
No player is allowed to run outside the confines of the square.
As for running with the ball.

Equipment:

1 ball for 4-6 players.
4 witches hats for each 4-6 players.

Witches Hats:

10m apart.

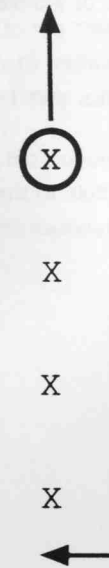
NAME OF SKILL: Taking a Tap

Teaching Factors

1. Position the player at or behind the mark.
2. Place the ball on the ground.
3. Release the hands from the ball.
4. Look at the ball.
5. Tap the ball with either foot (any direction)
6. Retrieve the ball with both hands.

(National Coaching Manual, p.39)

37. Name: Line Tap



Objective:

To develop taking the tap skill.

Explanation:

In groups of four. The ball carrier takes the tap, runs five metres and places the ball on the ground. The next player does the same. Once the player has placed the ball down they drop back to the end of the line.

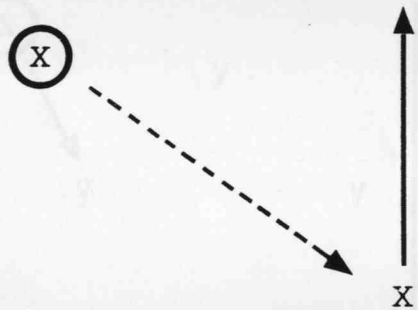
Teaching Points:

Make sure the player runs five metres after taking the tap.
As for taking the tap.

Equipment:

1 ball for each group of 4.

38. Name: Pair Tap



Objective:

To develop taking the tap skill.

Explanation:

Divide the players into pairs. The player with the ball stands and passes it to the partner who takes the tap, runs five metres and stops. The pair continue to do this up and down the field. The object of this drill is to accustom the players to taking a pass before taking the tap.

Teaching Points:

As for taking the tap.

Equipment:

1 ball for each pair.

CONCLUSION

The development of individual skills is essential and provides the foundation for later sub-unit and team skills. The advantages of the above drills in developing individuals skills are:

- They go from simple to complex thus allowing the coach to use drills which are applicable to the "state of readiness" 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.
- They provide the foundation for development of sub-unit and team skills.