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



*Progressive Drills To  
Develop Sub-Unit  
Skills in Touch*



## 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 is the third in the series, the two previous publications being on drills to develop the basic catch and pass and individual skills. It is the purpose of all three booklets to give the coach a repertoire of drills so that training sessions for the players will be meaningful and develop the concept of 'specificity', i.e. teaching skills that are relevant to the game situation.

Touch is a popular and rapidly developing sport. Coaches must keep up to date and there are many ways they can do so. Reading books such as this provide one medium. There are many others such as attending Coaching Clinics and observing other coaches and players.

I hope this book is of benefit to you.

Dr Paul Webb  
January 1987

## PROGRESSIVE DRILLS TO DEVELOP SUB-UNIT 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)

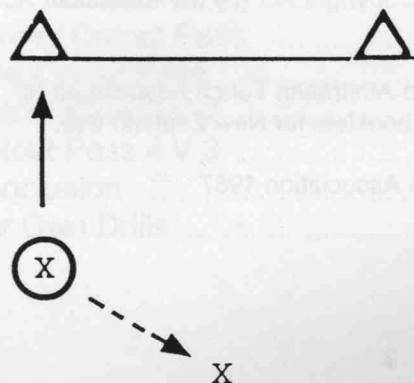
Lines \_\_\_\_\_

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: The Wrap

### Teaching Factors

Runner delivering a quick and accurate pass.

Receiver running straight.

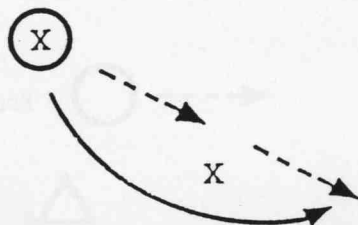
Outside support drifting wide and deep.

Acceleration around the receiver.

Straightening through the gap.

(National Coaching Manual, p.55)

### 1. Name: Dummy-half Wrap



### Objective:

To develop the dummy-half pass and wrap.

### Explanation:

The player does a dummy-half pass to the next player and then wraps round the player. The "wrapping" player runs about five metres before placing the ball on the ground and then repeats the drill. The sequence is PASS and WRAP. Change over after a few times.

### Teaching points:

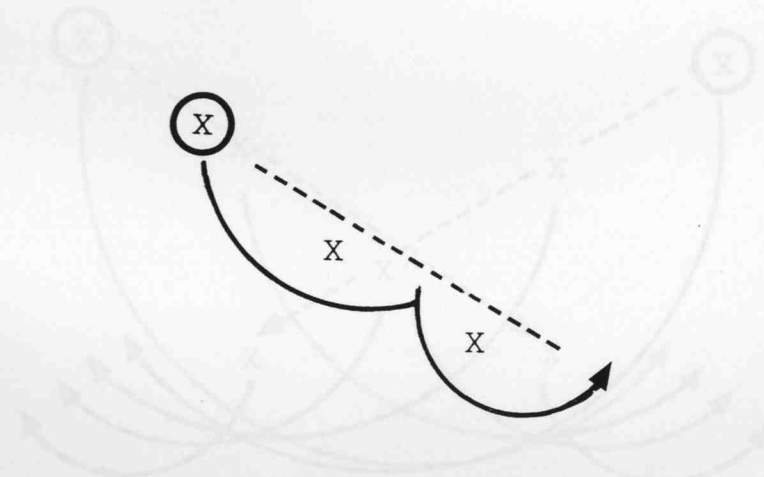
Communication between the two players.

Straightening up after the wrap.

### Equipment:

1 ball per pair.

## 2. Name: Threes Individual Wrap



### Objective:

To develop the wrap.

### Explanation:

The player passes the ball and then wraps around each of the players. When the player has received the ball from the end player the player runs five metres and stops. The players then realign and another player does the wrap.

Variation to the drill can be given by making the first player do a dummy-half pass. The drill can also be used with 4-5 players in each group.

### Teaching Points:

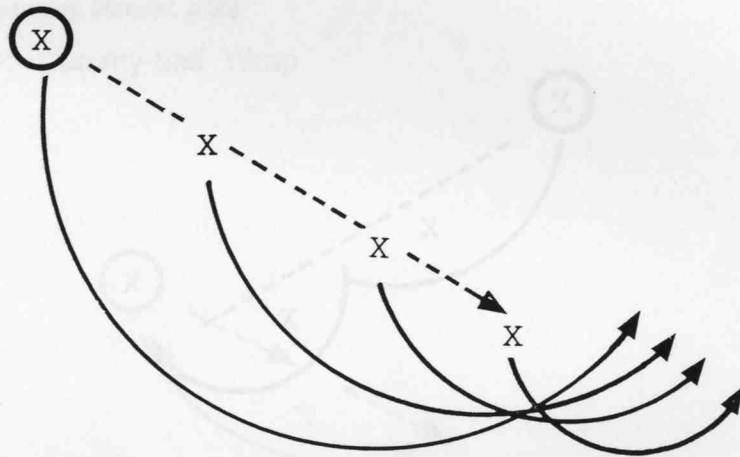
As for the wrap.

Make sure the players straighten, otherwise they will drift across field.

### Equipment:

1 ball per 3 players.

### 3. Name: Group Wrap I



#### Objective:

To develop the wrap.

#### Explanation:

The first player passes the ball and then wraps around all players. The ball is passed along the line and the first player will receive the ball from the end player. Each player passes and wraps around the end.

#### Teaching Points:

Communication

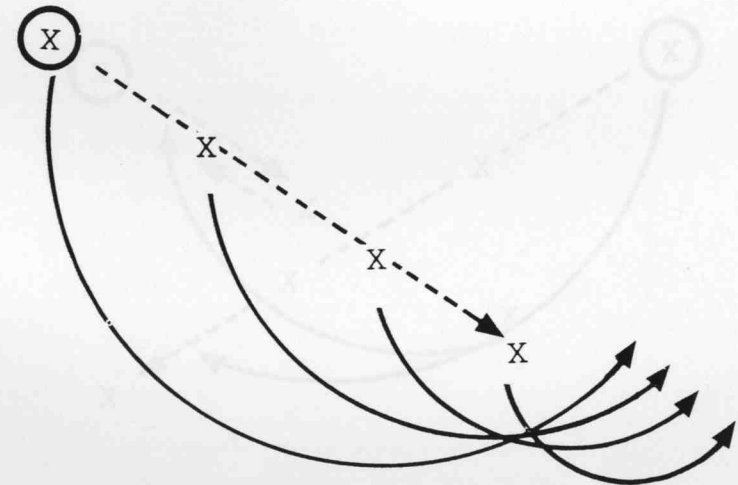
Straightening around the player to prevent drifting.

Make sure players run straight before passing.

#### Equipment:

1 ball for 4 players.

### 4. Name: Group Wrap II



#### Objective:

To develop the wrap, realignment and dummy-half pass

#### Explanation:

As for Group Wrap I. Each player wraps around the end player. After each player has completed a wrap, the ball is placed on the ground. The players should then realign and the drill starts again, with the first player doing a dummy-half pass. The dummy-half wraps the end player, etc.

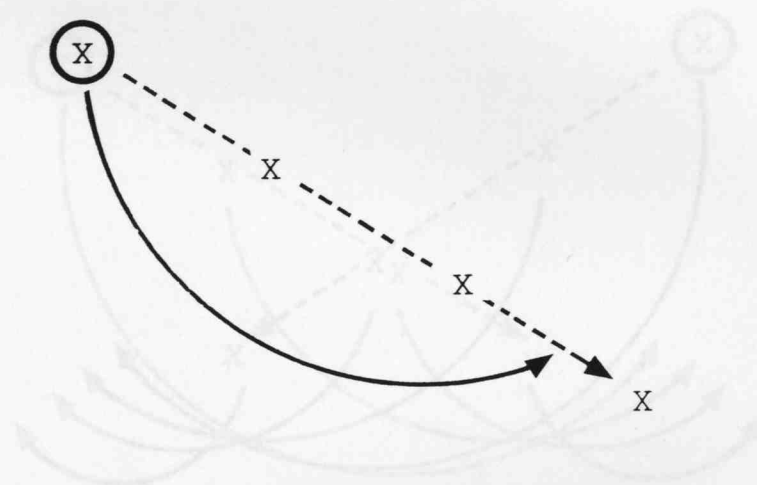
#### Teaching points:

Straighten on the wrap by taking a couple of paces infield. This prevents drifting across the field.

#### Equipment:

1 ball for 4 players.

## 5. Name: Double Wrap



### Objective:

To develop the wrap.

### Explanation:

The first player does a dummy-half pass, and the ball is passed along the line. The first player then wraps the second player. When the ball reaches the end player, the ball is placed on the ground, the players realign and the drill starts all over again.

### Teaching points:

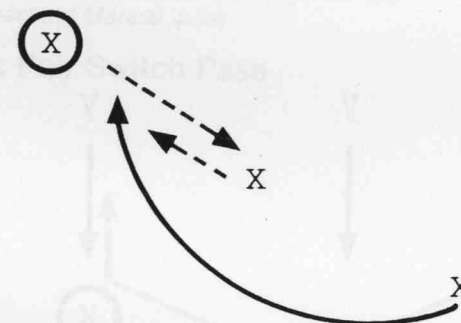
As for the wrap.

Players must stand close together to allow the wrap to occur.

### Equipment:

1 ball for 4 players.

## 6. Name: Reverse Wrap



### Objective:

To develop the reverse wrap.

### Explanation:

The first player passes the ball to the second player who passes back inside to the third player who has wrapped from the outside in. The object of this drill is to change the direction of the attack.

### Teaching Points:

As for the wrap.

The wrapper can also pass the ball back to the original ball player. Communication amongst players.

### Equipment:

1 ball for 3 players.

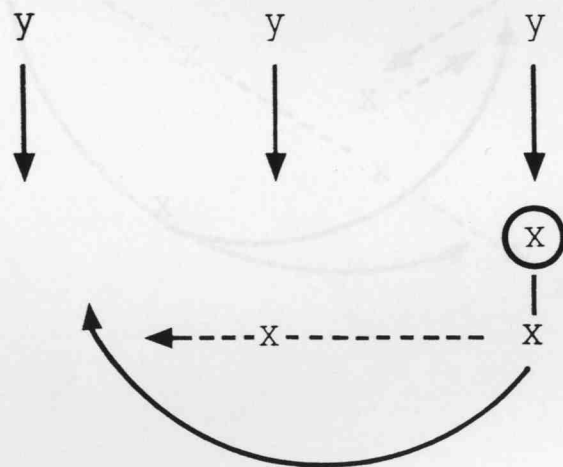


## NAME OF SKILL: The Wrap Defence

### Teaching Factors:

The player effecting the touch takes the rollball player.  
The next closest defender to the rollball takes the dummy-half.  
The next defender takes the runner who receives the pass.

### 7. Name: Wrap Defence



### Objective:

To develop the wrap defence.

### Explanation:

A group of three attacking players rollball, do a dummy-half pass and the dummy-half wraps the pivot. The three defending players practice the wrap defence.

### Teaching points:

As for the wrap defence.  
Communication.

### Equipment:

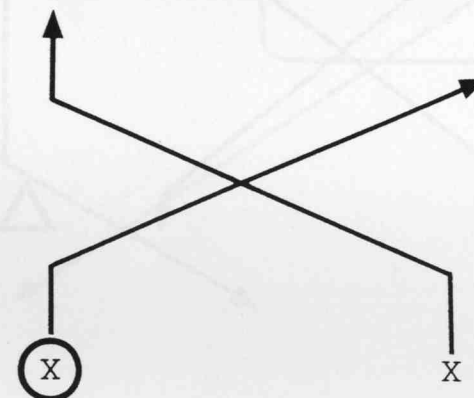
1 ball for each group of 6 players.

## NAME OF SKILL: The Switch Pass

### Teaching Factors

Communicate the move with the receiver.  
Receiver runs parallel with the passer initially.  
Passer runs across field to widen the attack angle.  
Three-quarters distance covered, receiver steps in.  
Rotate body in direction of receiver.  
Direct pass to receiver's arms.  
Receiver eyes on ball.  
Straighten attack and accelerate through the gap.  
(National Coaching Manual, p.54)

### 8. Name: Pair Switch Pass



### Objective:

To develop the switch pass.

### Explanation:

Players position themselves 5-10 metres apart. The player with the ball runs and switch passes with the second player. They can turn around and come back. This allows the other player to be the ball carrier. Change over after a few times so that players learn to switch from both sides.

### Teaching Points:

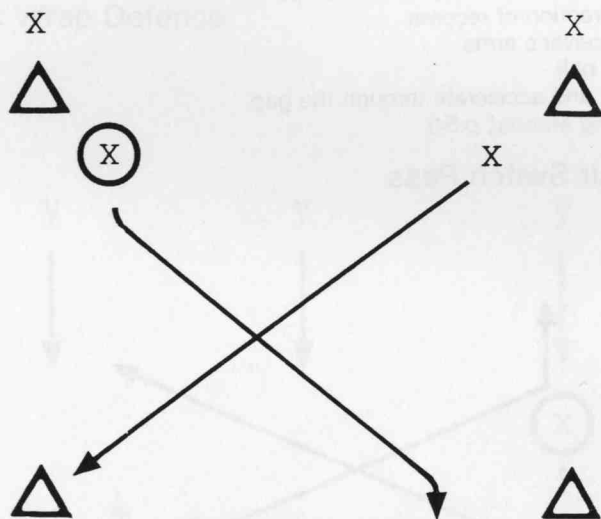
As for the switch pass.  
Run with the ball in two hands.  
Communication between players.

### Equipment:

1 ball for each pair.



## 9. Name: Pairs Switch Pass in Groups



### Objective:

To develop the switch pass.

### Explanation:

Place four witches hats approximately ten metres apart. Players work in pairs. Each pair start at the same end of the square. They switch pass and go through to the other end. Each pair does the same. When each pair has completed the switch pass they start again from the other end. Change players over after a few times so that players learn to switch from both sides.

### Teaching Points:

Communication between players.

Use the witches hats to run a straight line before widening the angle for the switch.

### Equipment:

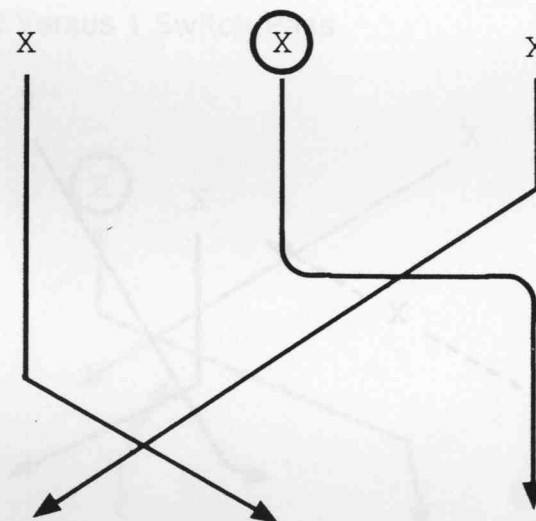
1 ball for each pair.

4 witches hats for each group.

### Witches Hats:

10m apart.

## 10. Name: Three Person Weave



### Objective:

To refine the switch pass.

### Explanation:

Three players in a line with the middle player in possession. The player with the ball switches with the player on the left who then becomes the middle player. This player switch passes with the person on the right and so on. Continue this pattern for a certain distance and then return doing the same.

### Teaching Points:

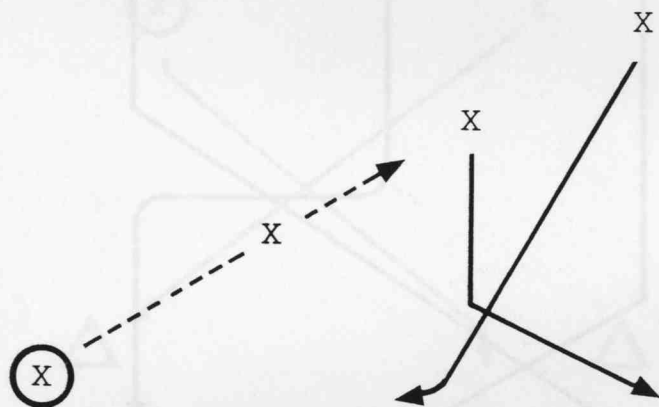
Communication between players, i.e. call the switch.

Players should keep the distance between themselves.

### Equipment:

1 ball for three players

## 11. Name: Line Switch Pass



### Objective:

To refine the switch pass.

### Explanation:

In groups of four the ball is passed along the line until it reaches the second last player. This player switches with the end player so that this player has now come inside. The ball is passed along the line again in the other direction until it gets to the second end player who switches with the end player.

### Teaching Points:

The ball is passed laterally across the middle and switched on the ends.  
Communication between players.  
Players keep the correct distance apart which is approximately 5 metres.

### Equipment:

1 ball for 4 players.

## NAME OF SKILL: Switch Pass Defence

### Teaching Factors

Identify opponents.

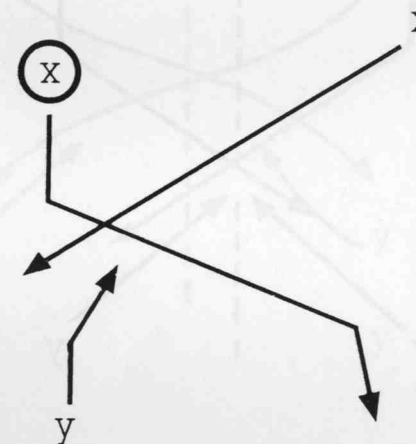
Follow runner and receiver across field.

Call the change of responsibility at the cross-over.

Deaccelerate and accelerate off inside foot.

(National Coaching Manual, p.59)

## 12. Name: 2 Versus 1 Switch Pass



### Objective:

To develop the switch pass defence.

### Explanation:

The object of this drill is to have two players practicing the switch pass against one defender. It allows the defender to practice the skill of following the ball player until the change of responsibility occurs. The two attackers should always beat one defender but it does place some pressure on them. After the two attackers have had a few turns, change the players over so they can each have a turn at attacking and defending.

### Teaching Points:

The attackers must communicate.

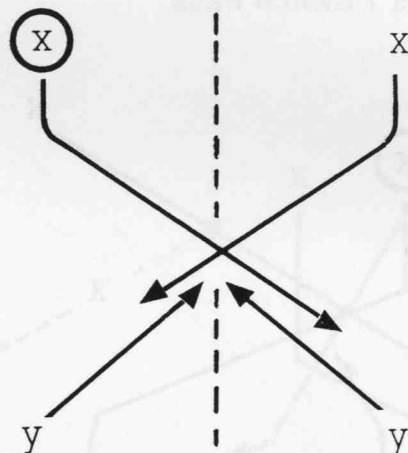
The defender goes as far as the change of responsibility position and then looks for the player coming across.

Attackers can dummy or switch pass.

### Equipment:

1 ball for each group of 3 players.

### 13. Name: 2 Versus 2 Switch Pass



#### Objective:

To develop the switch pass defence.

#### Explanation:

In groups of four. Two attacking players and two defending players. The ball carrier completes a switch pass with the other X attacking player. The two Y players try to effect a touch on the ball carrier. After a few turns allow the attacking players to switch pass or dummy pass. Change over so that the defenders become attackers.

#### Teaching Points:

Communication between attacking players.

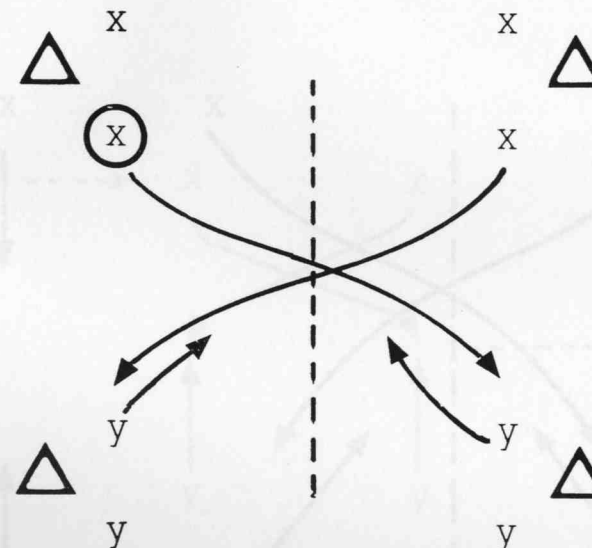
Communication between defenders.

Defenders call the change of responsibility as the ball carrier crosses (shown by dotted line).

#### Equipment:

1 ball for each.

### 14. Name: Group 2 Versus 2 Switch Pass



#### Objective:

To develop switch pass attack and defence.

#### Explanation:

Place four witches hats about 10-20 metres apart in a square. The two X attackers effect a switch pass while the two Y defenders try to effect a touch. The two X players continue through to the other end and keep the ball. The two Y players also go through to the opposite side. When all pairs have completed the activity the first X pair start again. After a while change over so that attackers become defenders and defenders become attackers. You can also allow attackers to use either a switch pass or a dummy pass.

#### Teaching Points:

Each pair must continue through to the opposite end.

Attackers and defenders must communicate.

#### Equipment:

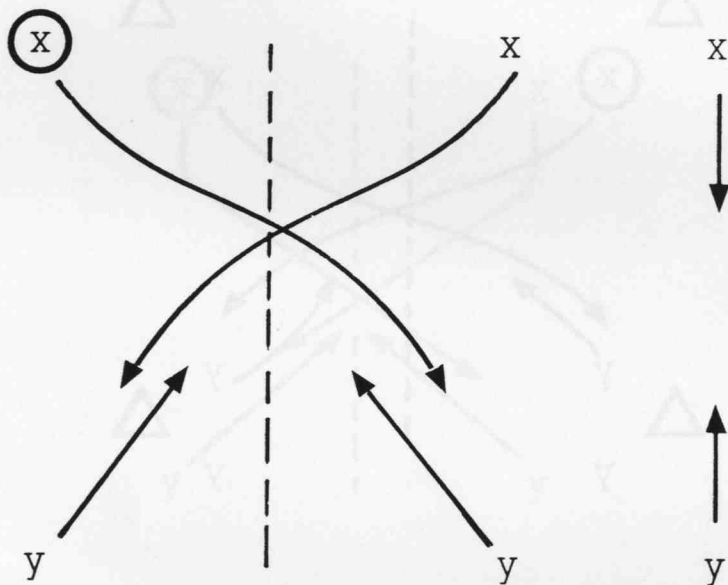
1 ball for 8 players

4 witches hats.

#### Witches Hats:

10-20m apart.

## 15. Name: 3 Versus 3 Switch Pass



### Objective:

To develop switch pass attack and defence.

### Explanation:

Three attackers versus three defenders. The attackers may pass, switch pass or dummy pass. The defenders have to try and effect a touch on the ball carrier. After five turns the defenders become attackers and attackers become defenders.

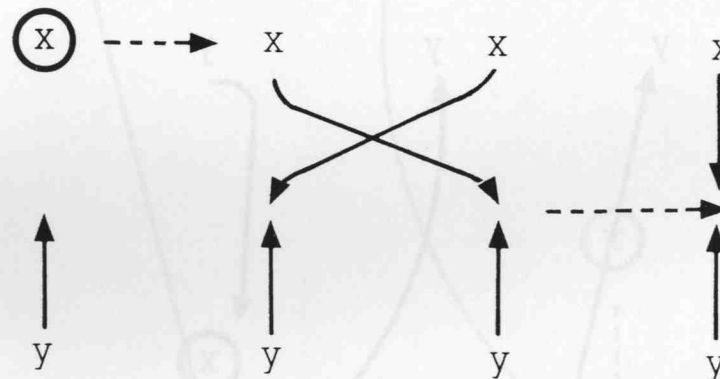
### Teaching Points:

As this is an advanced drill players must have a good background in the switch pass and switch pass defence. Both attackers and defenders must read the play and communicate.

### Equipment:

1 ball for 6 players.

## 16. Name: 4 Versus 4 Switch Pass



### Objective:

To develop the switch pass attack and defence.

### Explanation:

The object of this drill is for the attackers to get past the defenders by running, passing, dummy passing or switch passing. The defenders try to effect a touch on the attackers. After a few turns reverse roles so attackers become defenders and defenders become attackers.

### Teaching Points:

Communication amongst attackers.  
Communication amongst defenders.  
As for switch pass, switch pass defence and dummy pass.

### Equipment:

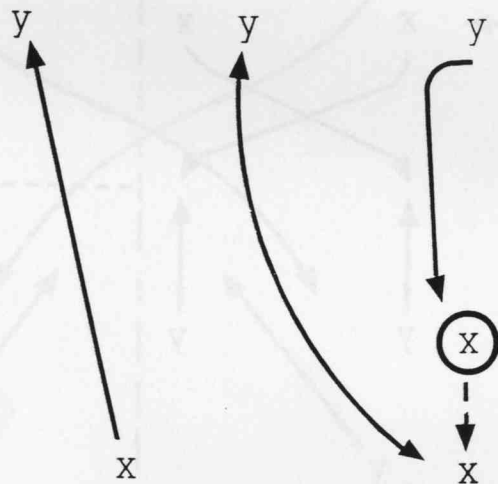
1 ball for 8 players.

## NAME OF SKILL: Ruck Defence

### Teaching Factors:

- Option 1: The player effecting the touch versus the rollball player.
- The lazy versus the dummy-half.
- Option 2: The player effecting the touch fades to the blind.

### 17. Name: Ruck Defence I



### Objective:

To develop a ruck defence policy.

### Explanation:

Three attackers versus three defenders. The attacking side rollball and continue play until a touch has been effected. They then rollball immediately and continue until six touches occur or there is a change of possession. The emphasis should be placed on ruck defence with the player effecting the touch versus the rollball player, and the lazy versus the dummy-half. Once the players have mastered this drill, build up to 4 versus 4 players, then 5 versus 5, 6 versus 6 and finally 7 versus 7.

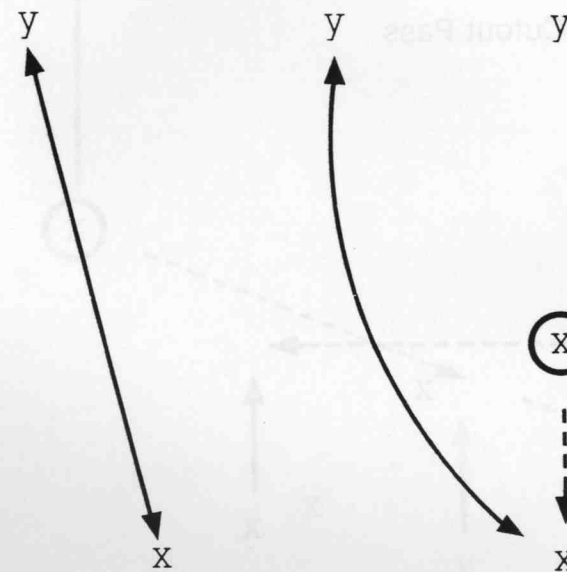
### Teaching points:

As for Ruck Defence Option 1.

### Equipment:

1 ball for each group.

## 18. Name: Ruck Defence II



### Objective:

To develop a ruck defence policy

### Explanation:

This drill is the same as the previous drill except the player effecting the touch now fades to the blind. The coach should explain the drill to the group and allow them to practise at a slow pace before they do it at normal speed. Once the players have mastered this drill build up to 4 versus 4, 5 versus 5, etc.

### Teaching Points:

As for Ruck Defence Option 2

### Equipment:

1 ball for each group

## NAME OF SKILL: Cutout Pass

### Teaching Factors

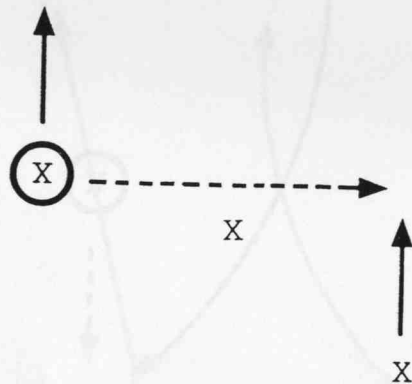
As for the spiral pass.

The player uses a spiral pass to miss one player

The ball is passed to the second player.

Use a long accurate pass.

### 19. Name: Threes Cutout Pass



### Objective:

To develop a cutout pass.

### Explanation:

The ball carrier uses a spiral pass to eliminate one player and pass to the third. Continue for a distance of 20 metres and then change the players around so that the middle person has a turn.

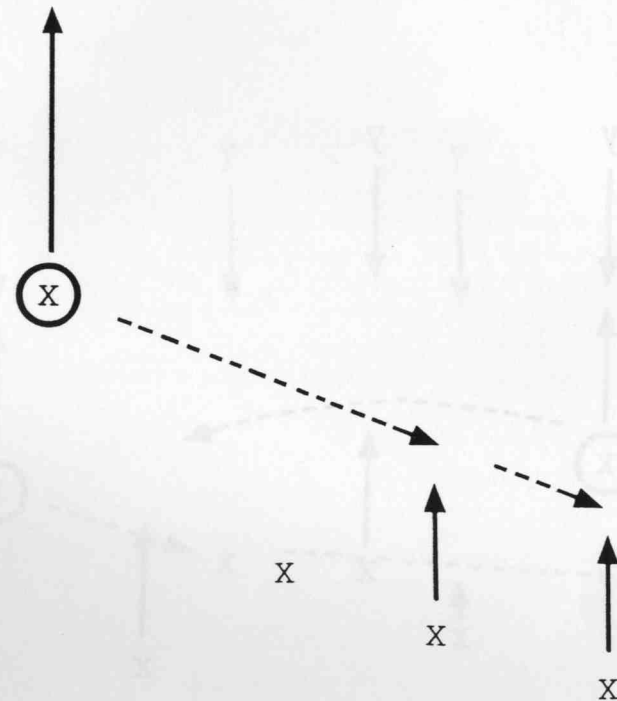
### Teaching Points:

Ball carrier calls the persons name before passing the ball.  
As for the spiral pass.

### Equipment:

1 ball for each group

## 20. Name: Line Cutout Pass



### Objective:

To develop the cutout pass.

### Explanation:

Four to five players in a line. Each time the ball is passed down the line there must be one cutout pass, i.e. the ball is thrown past one player to the other. A spiral pass should be used for the cutout pass as this is the most accurate pass over a distance.

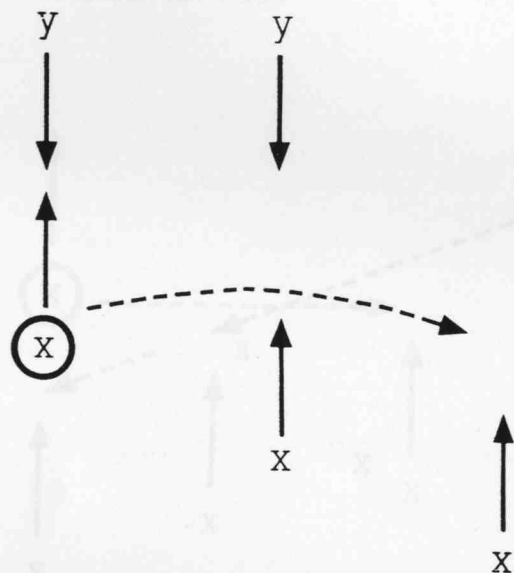
### Teaching Points:

Communication is important. Encourage the players to call the persons name before they pass the ball.

### Equipment:

1 ball per group.

## 21. Name: Cutout Pass 3 V 2



### Objective:

To develop the cutout pass against defenders.

### Explanation:

The object of this drill is for the three attacking players to use a cutout pass to beat the two defenders. This creates an overlap for the outside player. The cutout pass should always be a spiral pass.

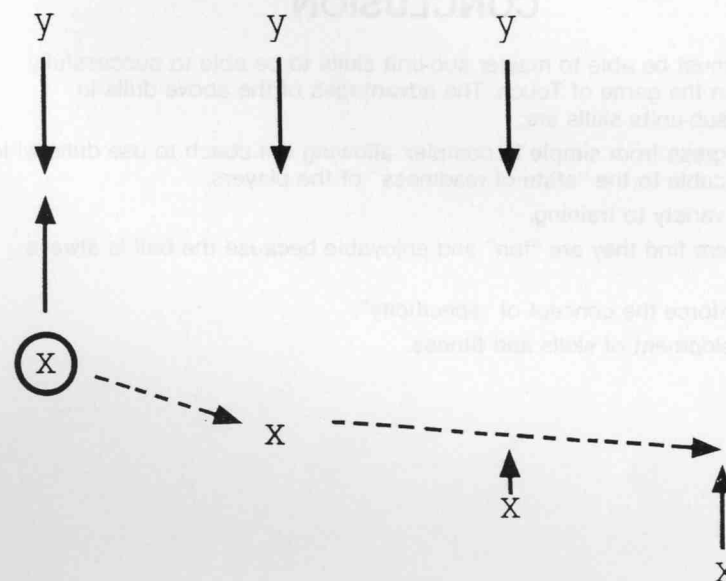
### Teaching Points:

The ball player must judge the correct distance before using the cutout pass. Too close to the defenders could result in an intercept. Too far away could lead to the defenders being able to cover the outside person.

### Equipment:

1 ball for each group.

## 22. Name: Cutout Pass 4 V 3



### Objective:

To develop the cutout pass against defenders

### Explanation:

The object is for the four attacking players to use a cutout pass to beat the three defenders. The ball carrier passes to the second player, who uses a cutout pass to miss the third player, allowing the fourth player to catch the ball. An overlap has been created for the outside player.

### Teaching Points:

As for the Spiral Pass. The ball carrier must judge the correct distance before using the cutout pass. Too close to the defenders could result in an intercept. Too far away could lead to the defenders being able to cover the outside person.

### Equipment:

1 ball for each group.



## CONCLUSION

All players must be able to master sub-unit skills to be able to successfully participate in the game of Touch. The advantages of the above drills in developing sub-units skills are:

- They progress from simple to complex 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.

Notes