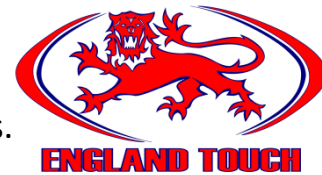


<b>LESSON</b>	<b>OUTLINE OF LESSON</b>
<b>1</b>	Ball familiarisation, basic rules and conditioned games
<b>2</b>	Passing backwards, development of rules in attack and defence
<b>3</b>	To progress skills into a conditioned game of Touch
<b>4</b>	To initiate a technical Roll ball and understand the idea of a 3 person drive
<b>5</b>	To understand the main rules in Touch and apply them to a conditioned game through playing and refereeing
<b>6</b>	To apply all learnt rules, skills and tactics in a game of Touch

# LESSON 1



**LEARNING OBJECTIVE:** To develop ball skills, basic rules and play conditioned games.

## WARM UP

10 balls in a 20x20m grid. Players are to move around passing the ball to anyone who is free. If they are caught walking or standing still 5 star jumps. Teacher to add in instructions such as all passes have to be below waist/over waist/overhead height, catch the ball and pass it round the back before passing it off again.

Teacher to demonstrate how to prepare the body to receive the ball and how to pass the ball sideways ensuring the elbow is high when pushing through the ball.

## MAIN LESSON

### Scoop Tag

20 x 20 Grid, Nominate 4 players to start as taggers without a ball. All the others carry a ball and avoid being **'Touched'**. Taggers call out **'Touch or Yes'** when they effect a touch on a runner. The tagged player must immediately perform a **'Rollball'** (place their ball on the ground between their feet and step over it) and become a tagger. The person originally the tagger becomes a runner and **'Scoops'** the ball and continues playing as a runner.

**Focus** = Explain a Touch, dump/roll ball, calling the Touch, how to Scoop and that the scooper should look up to see where the tagger is before scooping the ball so they can be avoided.

**Progression** = After scooping they have to pass the ball to a free runner before getting caught with the ball as **'Half'**.

### Avoid the Touch (Figure 1)

Set up figure 1 6x6meters. Divide the group onto two diagonal corners. Attackers start with a ball and once passed through the red cones the defender can enter the area to try and make a touch before the attacker crosses either line A or B and puts the ball down over or on the line.

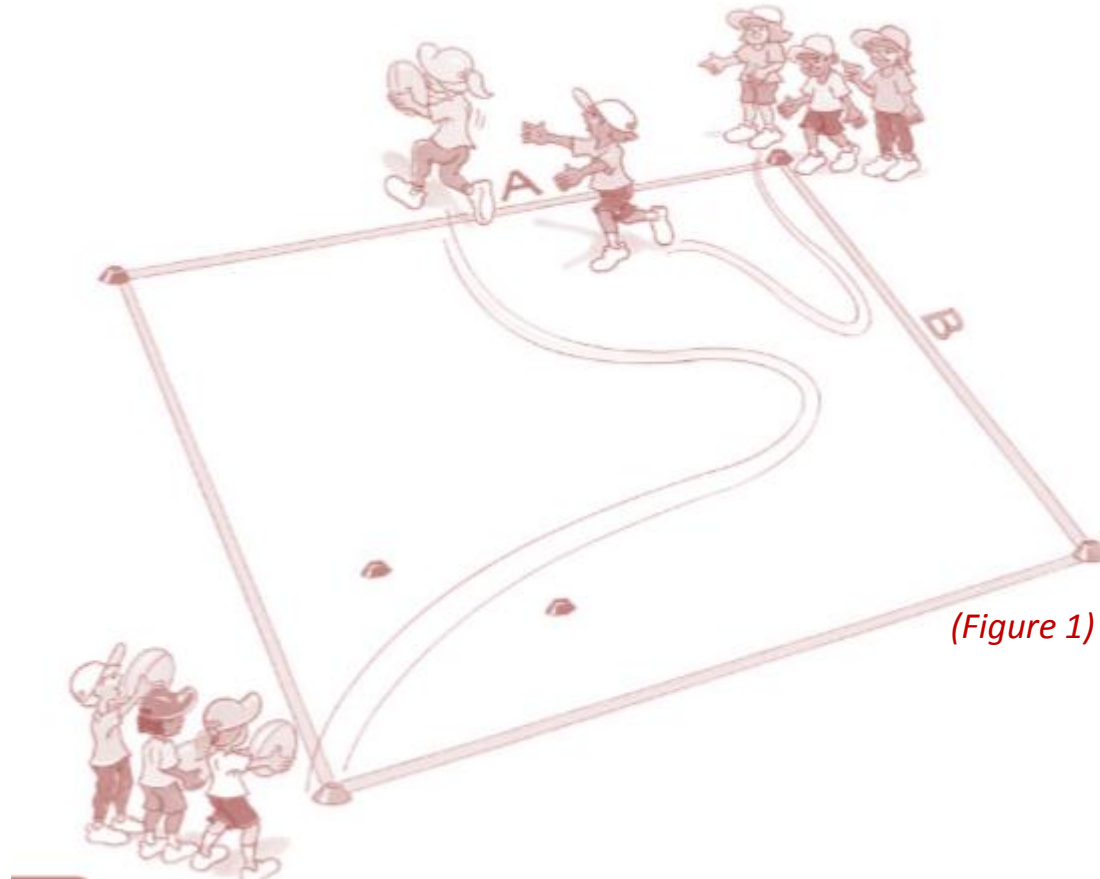
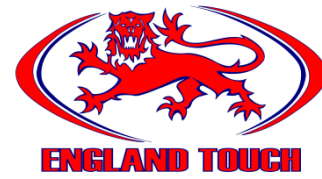
## FINAL COMPETITION

**Touch Netball** set up 2 small squares 30 meters apart. Get 2 teams, the aim is to get the ball into the other teams square. Players can pass in any direction, pivot and intercept. Players can't run or move with the ball, defenders have to stay 1 meter back from the ball carrier.

**Focus** = Moving into space, communicating and calling for the ball.

**Progression** = Players can run with the ball but if they are Touched it is a **'Turn over'**.

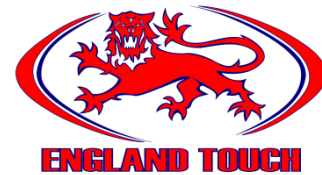
# LESSON 1



## Plenary

Recap on the following names, Touch, Dump/Roll ball, Scoop, Half, Turn Over, Dummy Half, how to call a Touch.

# LESSON 2



**LEARNING OBJECTIVE:** To develop passing backwards in attack and how to defend.

## WARM UP

10 balls in a 20x20m grid. Players are to move around passing the ball to anyone who is free. If they are caught walking or standing still 5 star jumps. Teacher to add in instructions such as all passes have to be below waist/over waist/overhead height, catch the ball and pass it round the back before passing it off again.

Teacher to demonstrate how to prepare the body to receive the ball and how to pass the ball sideways ensuring the elbow is high when pushing through the ball

## MAIN LESSON

### Passing Backwards (Figure 2)

Set up 4 staggered cones 3m apart, get pupils to walk forward and pass backwards.

**Progression** = Make the cones wider apart, get pupils to jog and run, get the pupils to realign so the ball ends up back with the person who started with it.

### 2 v 1 Attack (Figure 3)

Set up a 10x5m grid 2 players have to attack and try and score over the defenders line by placing the ball on the ground, the defender can only move sideways to start with and once developed they can go in any direction.

**Progression** = **2 v 1** Make the grid longer and wider, defender can go in all directions if a Touch is made the defender has to get back 5 meters, when Touched the player has to dump the ball and the other person can be the half and has to pass their partner the ball to carry on (A quickie).

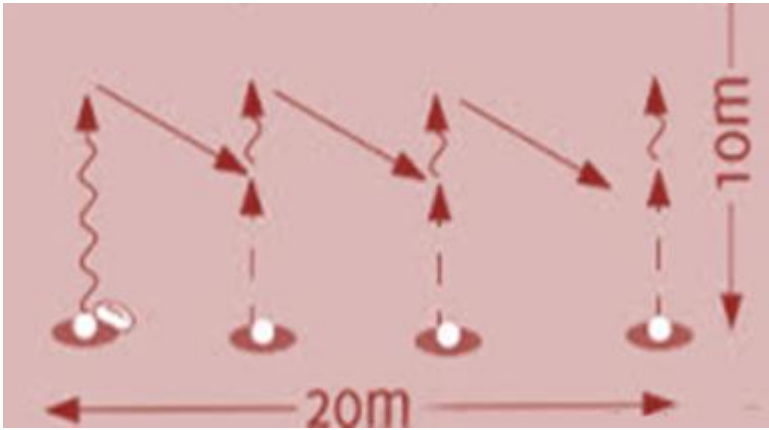
## FINAL COMPETITION

### Touch Netball (See Lesson 1)

players can run with ball and if Touched they have to perform a roll ball, all defenders have to move back 5 meters from the ball until the half puts their hands on it and play continues. A maximum of 6 Touches and then a turn over occurs.

**Progression** = the half can't score and if they are touched it is an immediate turn over.

# LESSON 2



(Figure 2)

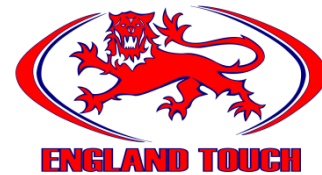


(Figure 3)

## Plenary

Recap on the following names, Touch, Dump/Roll ball, Scoop, Half, Turn Over, Dummy Half, how to call a Touch. Recap on drawing the defender

# LESSON 3



**LEARNING OBJECTIVE:** To progress basic skills into a conditioned game of Touch.

## WARM UP

**Lateral Pass** (Figure 4) Organise players into pairs with one ball. Pair line up side-by-side 2 meters apart in the centre of the playing area and pass the ball back and forth. When you call 'Ball' the player with the ball must run and score a touchdown over their line. They then return and resume passing the ball sideways.

## MAIN LESSON

**Rugby Netball** (See Lesson 1)

Continue player Rugby Netball from lesson 2 players can run with ball and if Touched have to perform a roll ball, all defenders have to move back 5 meters from the ball until the half puts their hands on it and play continues. A maximum of 6 Touches and then a turn over occurs. The half can't score and if they are touched it is an immediate turn over

**Focus** = Make sure when Touched they don't over step the mark, they have one step to put it down from where the Touch was made. The ball carrier is allowed to '**Initiate the Touch**' in order to perform a quicker roll ball. Runners should get a half ready for the roll ball.

**Progression** (Figure 5) = Instead of having 2 score areas they now have to score over the defending teams line, passing has to be backwards. Once the defenders make a Touch they have to retire back 5 meters towards their own score line. They can advance again once the Half has placed their hands on the ball. After 6 Touches it is a turn over roll ball. It is important to get someone as a referee to ensure defenders are getting back 5 meters each Touch.

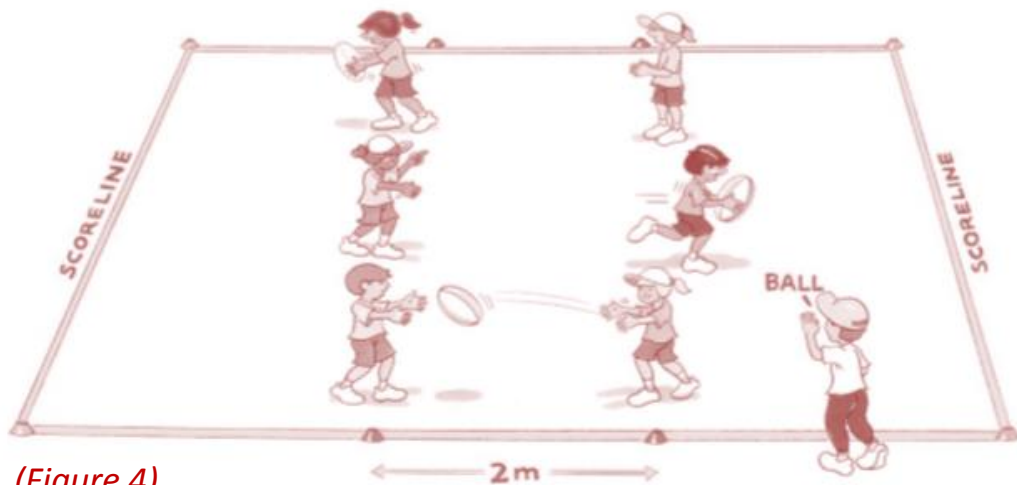
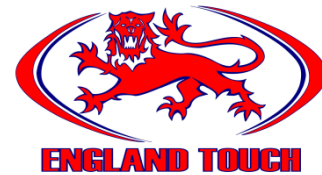
## FINAL COMPETITION

Continue to play this conditioned game of Touch, to make it easier the defenders can only advance once the half has passed the ball.

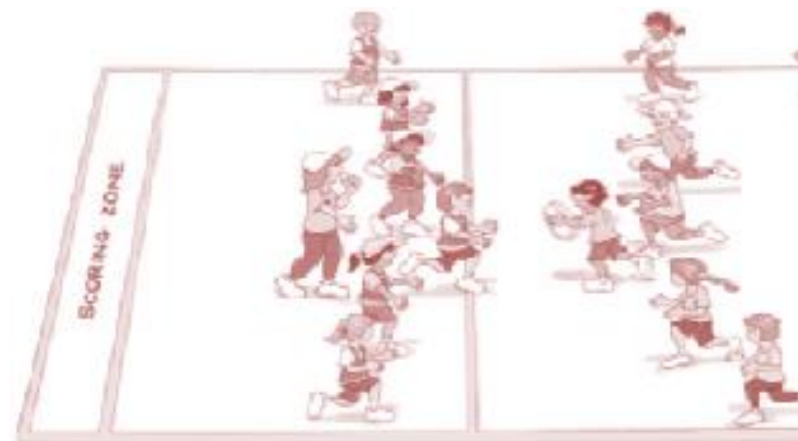
**Focus** = on making sure the defenders are back 5 meters every touch with a referee. Teach them that the easiest way to make ground is to drive in a straight line as the defenders have to retreat 5 meters each touch.

If lots of passing is done they may drop the ball and a turnover will occur.

# LESSON 3



(Figure 4)

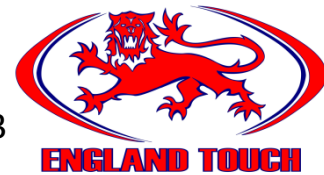


(Figure 5)

## Plenary

Recap on the following names, onside, offside, Touch, Dump/Roll ball, Scoop, Half, Turn Over, Dummy Half, how to call a Touch, Initiating the Touch. Driving in a straight line

# LESSON 4



**LEARNING OBJECTIVE:** To initiate a technical Roll ball and understand the idea of a 3 person drive

## WARM UP

**Boundary Pass (Figure 6)** set out an 8x8meter square, one ball per pair. One person inside the square and the other has to stay outside of it, pairs have to jog in the same direction (e.g. clockwise) and pass the ball to each other. Passes can only be made across the boundary line; each pass has to be over a different boundary line. Encourage players to pass backwards to their partner. Count how many they can do in 60 seconds, now repeat this and try to beat the score in the other direction.

## MAIN LESSON

### Initiating the Touch and making a Technical Dump

Organise 4 lines with equal numbers behind a cone, have 4 defenders facing them 5 meters away. One attacker from each of the lines is to walk forward with a ball and initiate a touch to either side of the defender. Ensure the ball is in the opposite and outside hand to the hand initiating the touch. Make sure the ball is away from the defenders side and is placed firmly on the ground without rolling.

**Progression** = Do this at a faster pace, allow the defender to make the Touch. Try to get the attacker to dump the ball to the side and behind the defender.

### Developing the Dump into a Roll ball and 3 person drive

The same drill as above but with 3 attacking players. The 1<sup>st</sup> ball carrier has to initiate the rollball and tell their half which side of the defender they are dumping the ball. The next player is the half who steps sideways over the ball and passes it to the 3<sup>rd</sup> attacking player who runs onto it. The 3<sup>rd</sup> player should let the half know which side they are coming from.

**Focus** = Dumping the ball should be done to the side of the defender; they should carry the ball in the outside hand away from the defender. After dumping the ball they should continue walking forward in order to become the next half.

The half should check which side the next runner will be approaching from in order to prepare themselves to step over the ball and pass in the natural direction their hips are facing i.e. turn to face the side the runner is coming past.

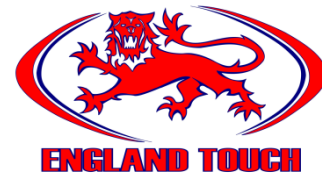
The person running onto the ball should catch it between 3-5meters away (laterally) to the side of the half and should angle their run in to dump the ball for the next half who is walking in a straight line after dumping the ball initially.

Try to attack the same defender each time.

**Progression** = Have 4 defenders standing 10 meters apart one behind the other, get the 3 attackers to perform the 3 person drive initiating a touch on each of the stationary defenders.



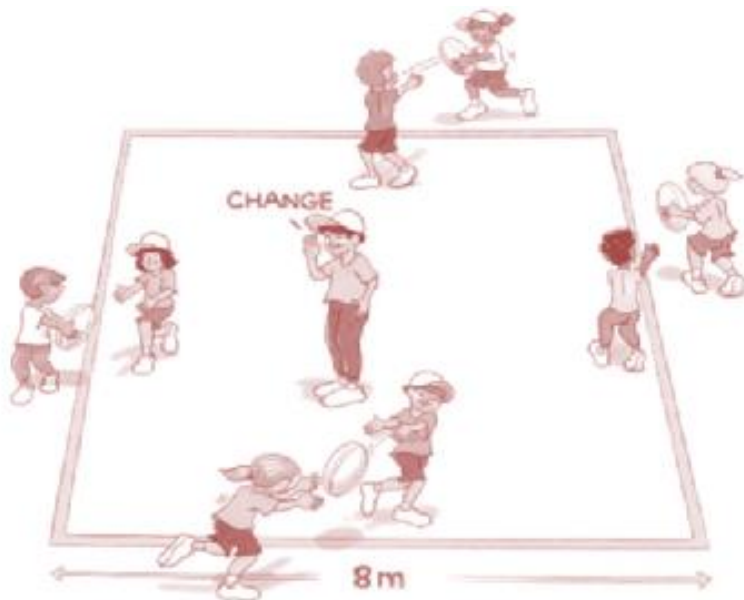
# LESSON 4



## FINAL COMPETITION

Continue to play a conditioned game of Touch, if they complete a 3 person drive from their own score line and cross the half way line in less than 4 Touches they get 1 point. If there is no score after 6 touches it is a turnover roll ball.

**Focus** = On making sure the defenders are back 5 meters every touch. Teach them that the easiest way to make ground is to drive in a straight line as the defenders have to retreat 5 meters each touch.



(Figure 6)

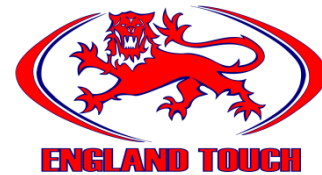


(Figure 7)

## Plenary

Recap on the following, driving and dumping with the correct technique, how to perform a 3 person drive, where to perform a 3 person drive? (out of their own half)

# LESSON 5



**LEARNING OBJECTIVE:** To understand the main rules in Touch and apply them to a conditioned game.

## DEVELOPMENT OF RULES

Before the warm up go through some of the main rules of Touch, try and find players keen to referee games.

**Tap Ball** = This is used to start the game and if a penalty is awarded, defenders have to be 10meters back and the attacking player has to place the ball on the floor, tap it with their foot and pick it up. They can run forward and be Touched as they are not a half.

**Touch Pass** = If you are Touched before letting go of the ball whilst passing it is a penalty (This results in a turnover and a tap ball to restart)

**Deviation in defence** = Once a Touch is made all defenders have to retire 5 meters towards their own score line, this can be in any direction however once the direction is started they cannot change course or deviate, if they do so a penalty is awarded to the attackers.

**Dumping within the 5m line** =If an attacker gets Touch in the attacking 5m area they are allowed to perform the Roll Ball on the 5meter line if they wish, this gives the attacking team space to play otherwise the defenders can reach the half very easily.

## WARM UP

**Gate Ball** set up a 20x20 grid with 10 gates in it (two cones 2 meters apart is one gate, make the pair of cones the same colour) In pairs players with one ball have to run and pass the ball through as many gates as possible in 2 minutes.

**Recap** on performing a technical roll ball and how to do a 3 person drive.

## MAIN LESSON

### 3 Person Drive

(See Lesson 4): Briefly practise the 3 person drive in groups of 4, one person is the defender.

### 4 v 4 Conditioned Games

Set up 20x20 grids, 3 groups of 4players on each grid. 4 Touches only, 1 team to referee and 2 teams to play each other. The refereeing team have to cover the side lines x2 and 2 on field referees both staying behind each of the teams, when the side they are on are defending that referee has to count the Touches and ensure they are back 5meters in defence.

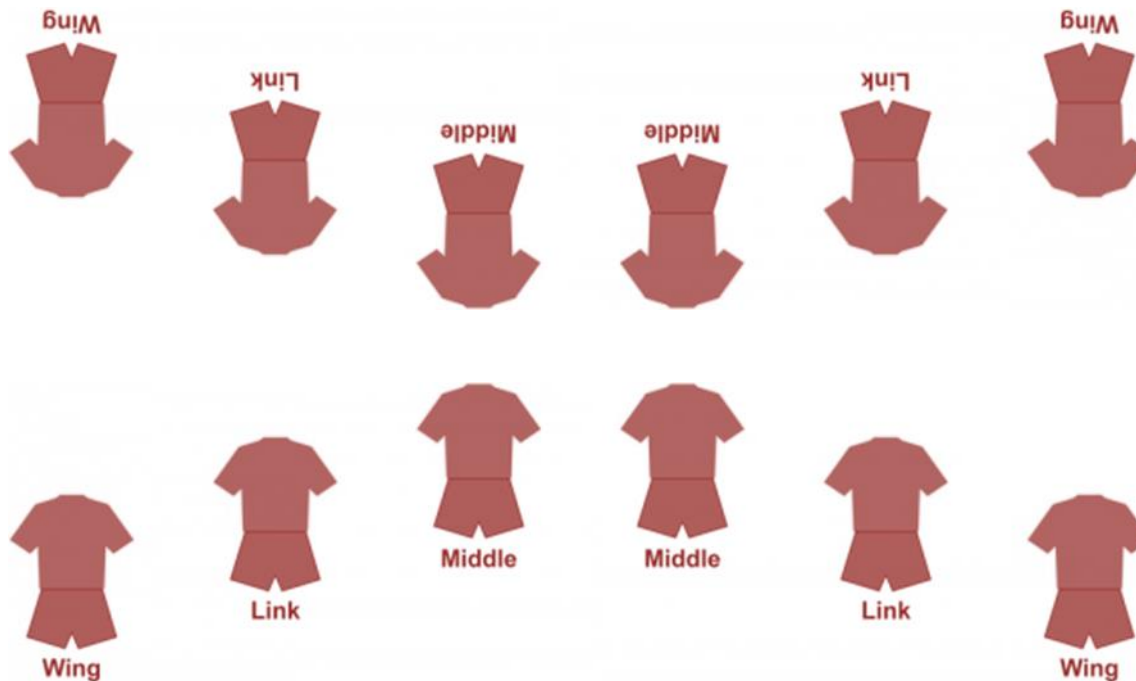
# LESSON 5



## FINAL COMPETITION

Continue to play a conditioned game of Touch as above, rotate teams around and ensure referees are ensuring the new rules are in place.

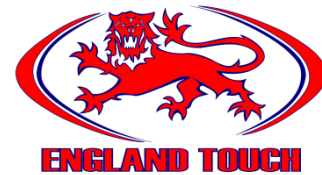
**Focus** = on making sure the defenders are back 5 meters every touch. Make sure no deviation is taking place.



## Plenary

Recap on the rules of Touch

# LESSON 6



**LEARNING OBJECTIVE:** To understand the main rules in Touch and apply them to a conditioned game.

## DEVELOPMENT OF RULES

Before the warm up go through some of the main rules of Touch, try and find players keen to referee games.

**Tap Ball** = This is used to start the game and if a penalty is awarded, defenders have to be 10meters back and the attacking player has to place the ball on the floor, tap it with their foot and pick it up. They can run forward and be Touched as they are not a half.

**Touch Pass** = If you are Touched before letting go of the ball whilst passing it is a penalty (This results in a turnover and a tap ball to restart)

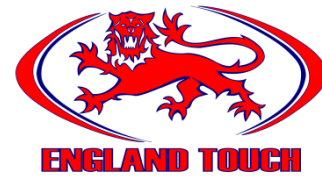
**Deviation in defence** = Once a Touch is made all defenders have to retire 5 meters towards their own score line, this can be in any direction however once the direction is started they cannot change course or deviate, if they do so a penalty is awarded to the attackers.

**Dumping within the 5m line** =If an attacker gets Touch in the attacking 5m area they are allowed to perform the Roll Ball on the 5meter line if they wish, this gives the attacking team space to play otherwise the defenders can reach the half very easily.

## WARM UP

**Ball Tag:** Set up a 15x15 grid with 2 balls and 2 teams, the attacking team has to try and tag the other team with the ball (they have to be holding onto the ball) they are not allowed to run/move if they have the ball. See how many people they can tag in 2 minutes and then swap over.

# LESSON 6



**LEARNING OBJECTIVE:** To understand the main rules in Touch and apply them to a conditioned game.

## MAIN LESSON

### 4 v 4 Conditioned Games

Set up 20x20 grids, 3 groups of 4 players on each grid. 4 Touches only, 1 team to referee and 2 teams to play each other. The refereeing team have to cover the side lines x2 and 2 on field referees both staying behind one of the teams each, when the side they are on are defending that referee has to count the Touches and ensure they are back 5 meters in defence.

### 6 v 6 Game

Make larger pitches preferably 70m x 40m

### Final Competition

2 teams playing round robin competition, use the teams not playing to referee and count how many completed sets of 6 Touches. Get watching teams to give feedback to teams.

**Focus** = On all the rules, skills and tactics that have been taught.

### Plenary

Recap on any areas that need feedback, any observers to contribute.