

Skills Flowchart



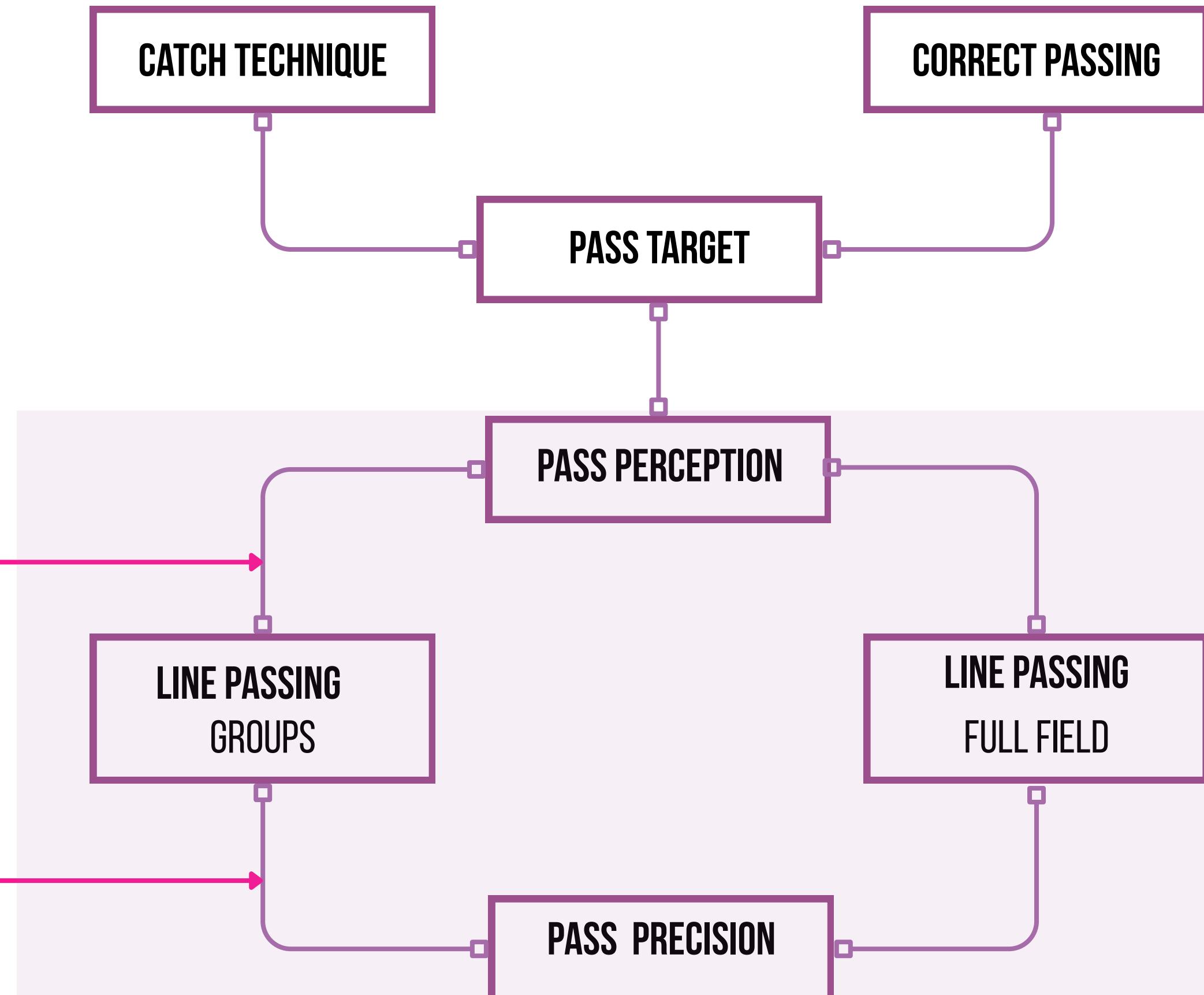
PASSING



ACTIVITY LIST

GAMES

BEAT THE PASS
ELECTRIC DEFENDER
PASS TAG
PASS NETBALL
FOUR SQUARE
STUCK IN THE MUD
CAPTURE THE FLAG
THE NEST



PASSING ACTIVITY LOOP

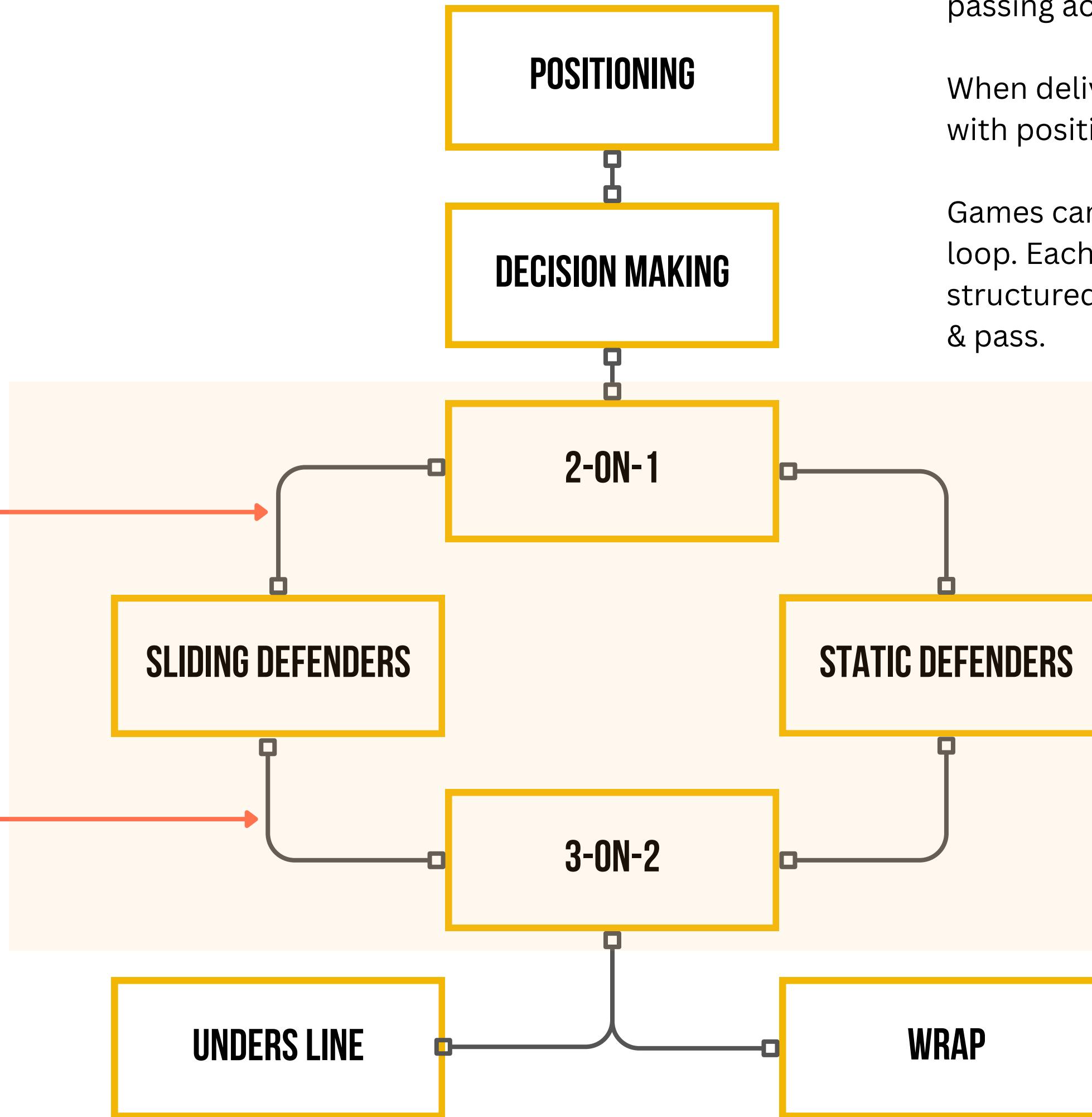
Notes:

- Passing activities are progressive. Ensure participants have basic catch and pass technique before moving forward.
- Games will help develop passing skills following structured activities and can be added into the passing activity loop.
- Each weekly session could include a passing activity and game.
- The passing skill can be included in other activities such as draw & pass and rucking.

DRAW & PASS

GAMES

- ELECTRIC DEFENDER
- PASS TAG
- PASS NETBALL
- FOUR SQUARE
- TOUCH ROVER
- STUCK IN THE MUD
- CAPTURE THE FLAG
- CAPTURE THE BALLS
- THE NEST
- TOUCH POLO



Notes:

Draw & pass is best organised following basic passing activities.

When delivering draw & pass activities, always start with positioning and decision making components.

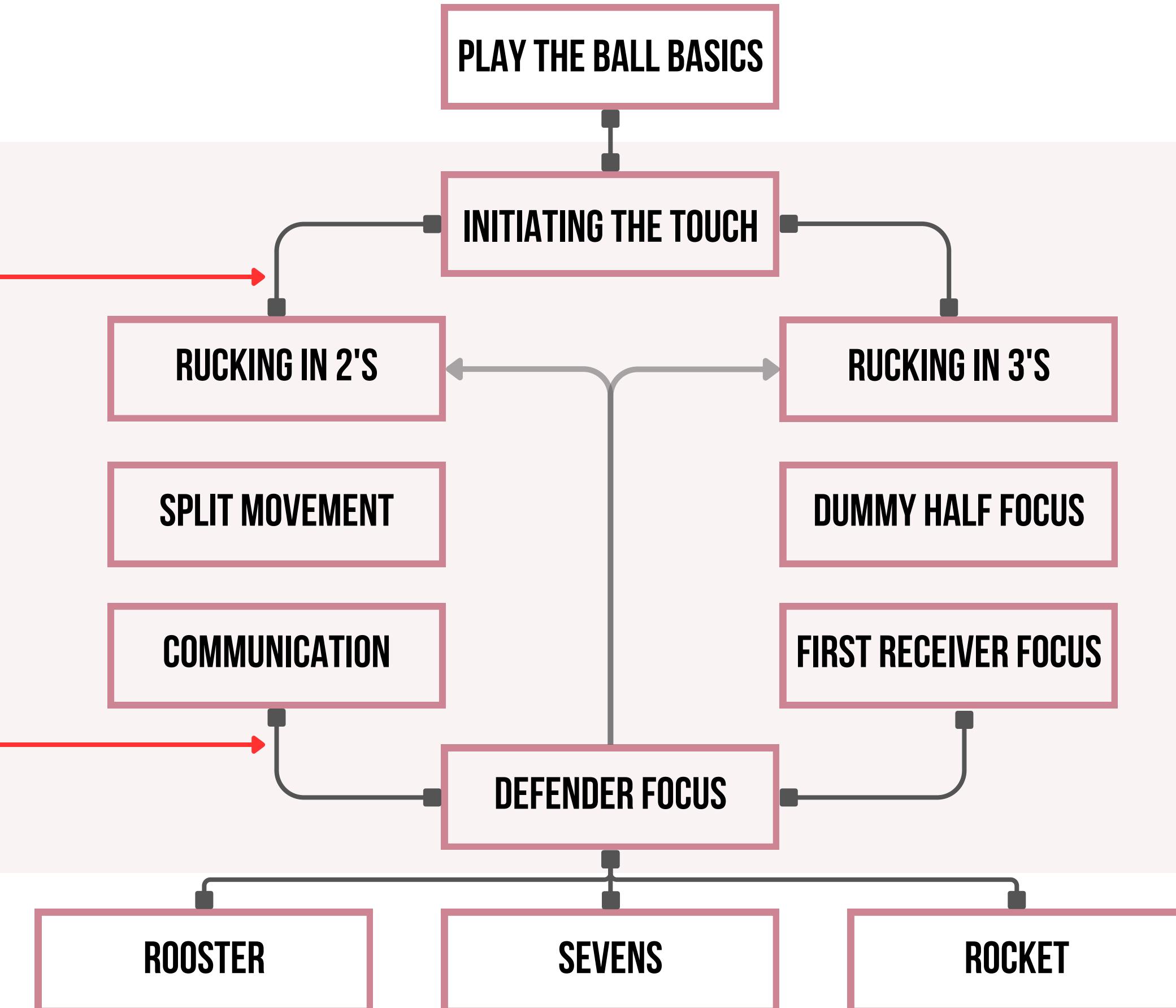
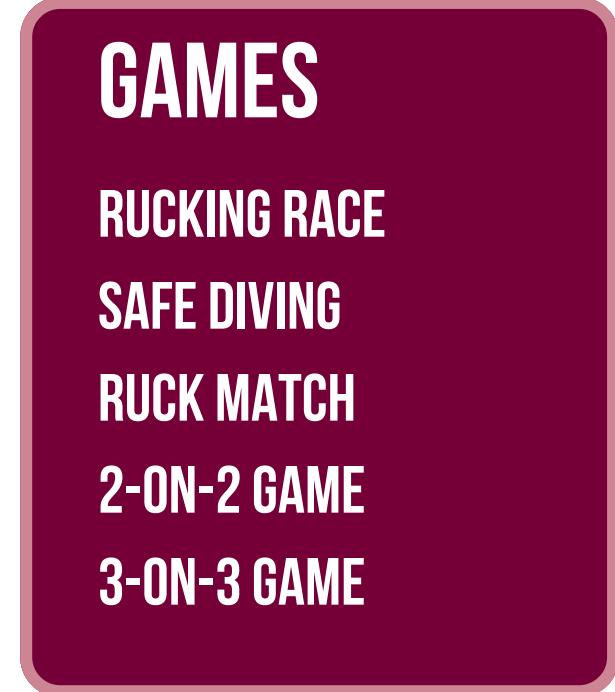
Games can be included in the draw & pass activity loop. Each coaching session may include a structured activity and game with a focus on draw & pass.

**DRAW & PASS
ACTIVITY LOOP**

RUCKING



ACTIVITY LIST



**RUCKING
ACTIVITY LOOP**

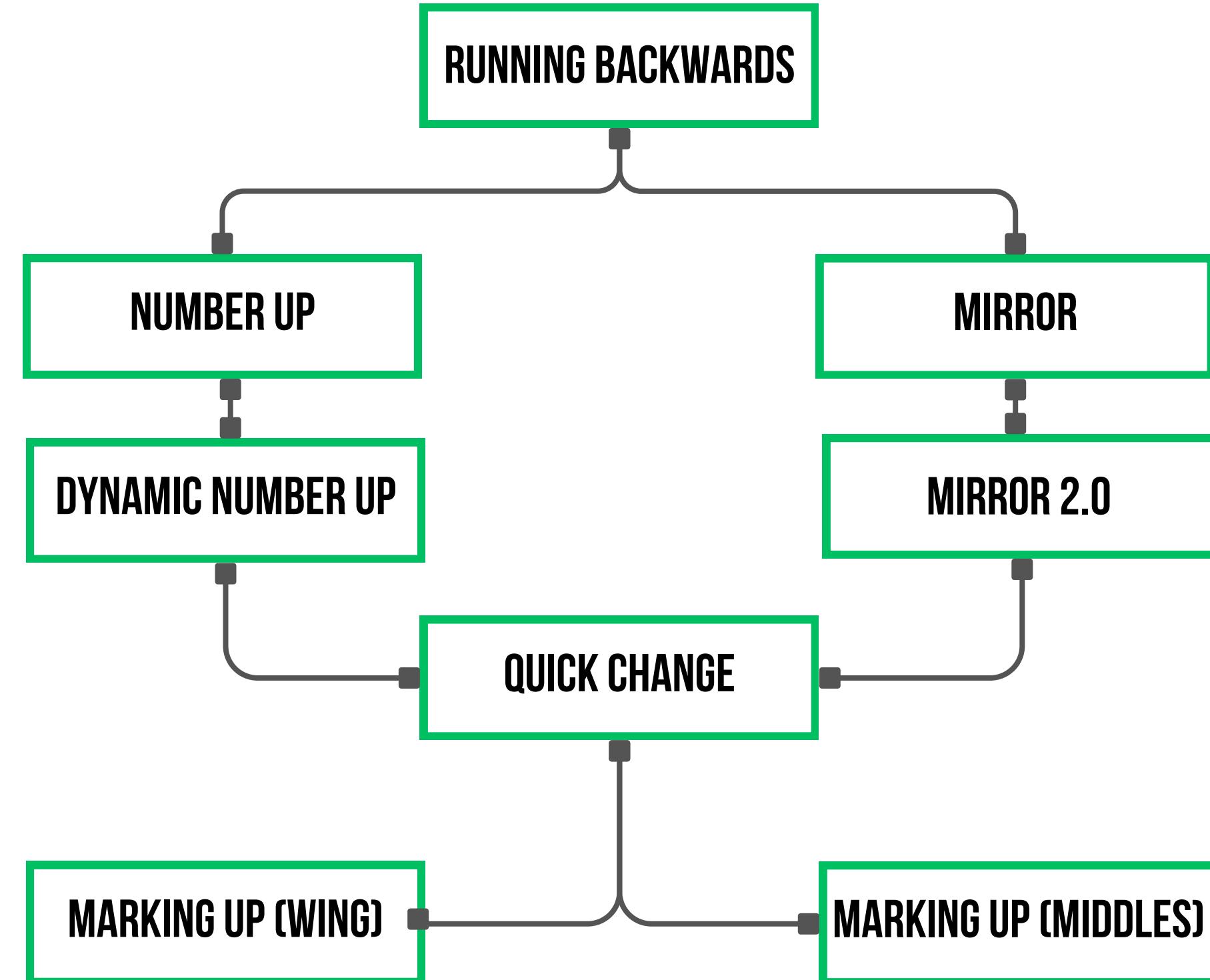
Notes:

- Rucking activities are progressive. Ensure play the ball basics is completed before moving forward.
- Coaches are encouraged to complete the rucking activity loop before switching between rucking in 2's and 3's.
- Each weekly session may include a rucking activity and game with a focus on a specific rucking skill.
- Intermediate activities such as 'Rooster', 'Sevens' and 'Rocket' are best suited to older groups.

DEFENCE



ACTIVITY LIST



Notes:

- Defence activities are geared towards defensive player movements and understanding the concept of marking up.
- Games can be inserted into the flow chart at any point, with a focus on the defender.
- Add in a defender to structured skills activities such as draw & pass, rucking and kicking.

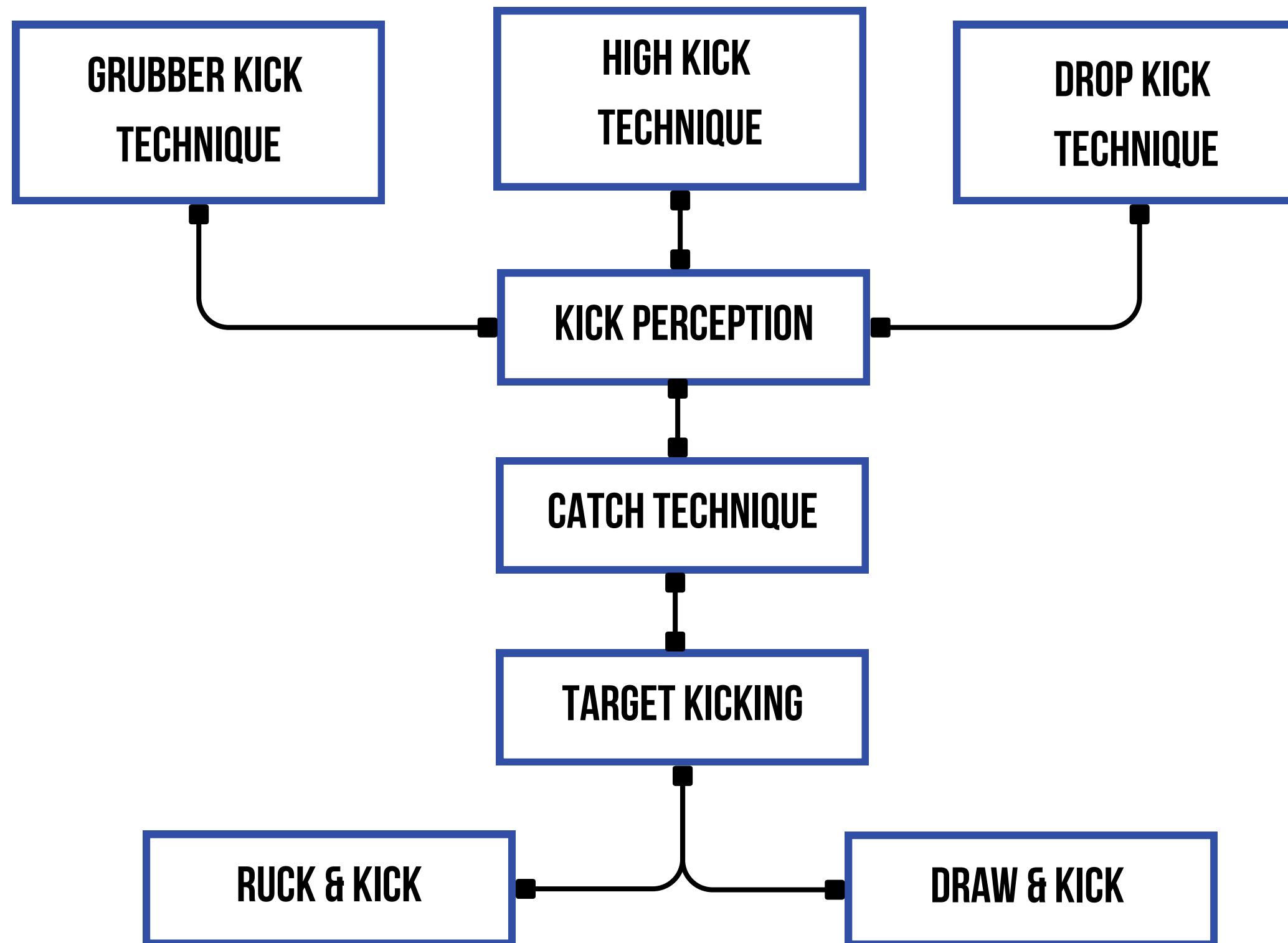
KICKING



ACTIVITY LIST

GAMES

TOUCH DOWN
TRY TIME
LOOSE BALL SKILLS
CAPTURE THE FLAG
KICK TENNIS
KICK GOLF
KICK BASEBALL
KICK SCRAMBLE



Notes:

- Kick technique is the most important skill component when performing a kick.
- Kicking can be included into other activities such as draw & pass and rucking.