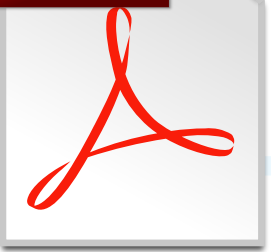


Skills Flowchart



PASSING

PDF



ACTIVITY LIST

GAMES

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

CATCH TECHNIQUE

CORRECT PASSING

PASS TARGET

PASS PERCEPTION

LINE PASSING
GROUPS

LINE PASSING
FULL FIELD

PASS PRECISION

PASSING
ACTIVITY LOOP

Notes:

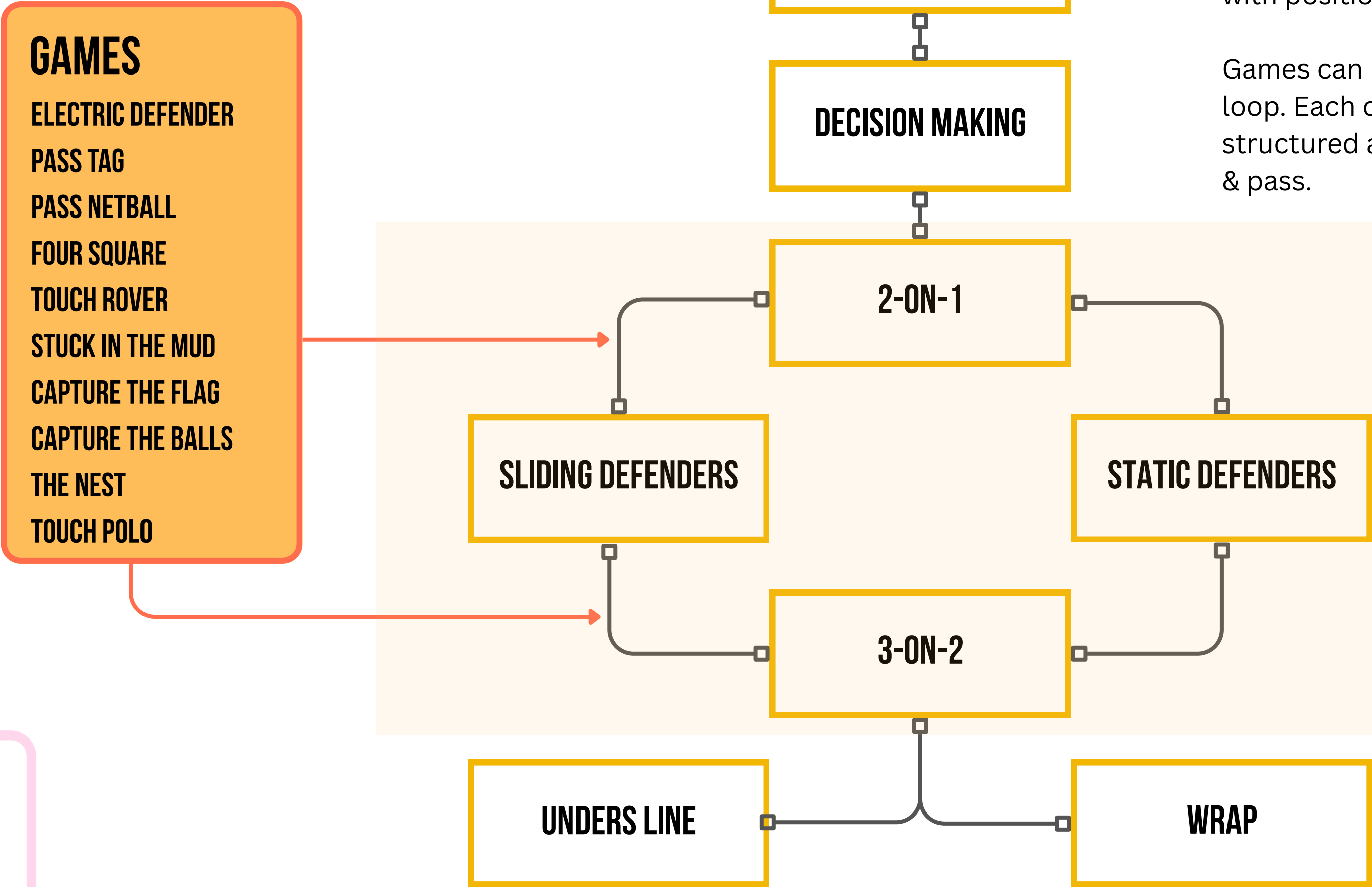
- Passing activities are progressive. Ensure participants have basic catch and pass technique before moving forward.
- Games will help develop passing skills following structured activities and can be added into the passing activity loop.
- Each weekly session could include a passing activity and game.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

DRAW & PASS

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.

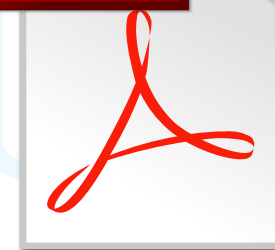


DRAW & PASS
ACTIVITY LOOP

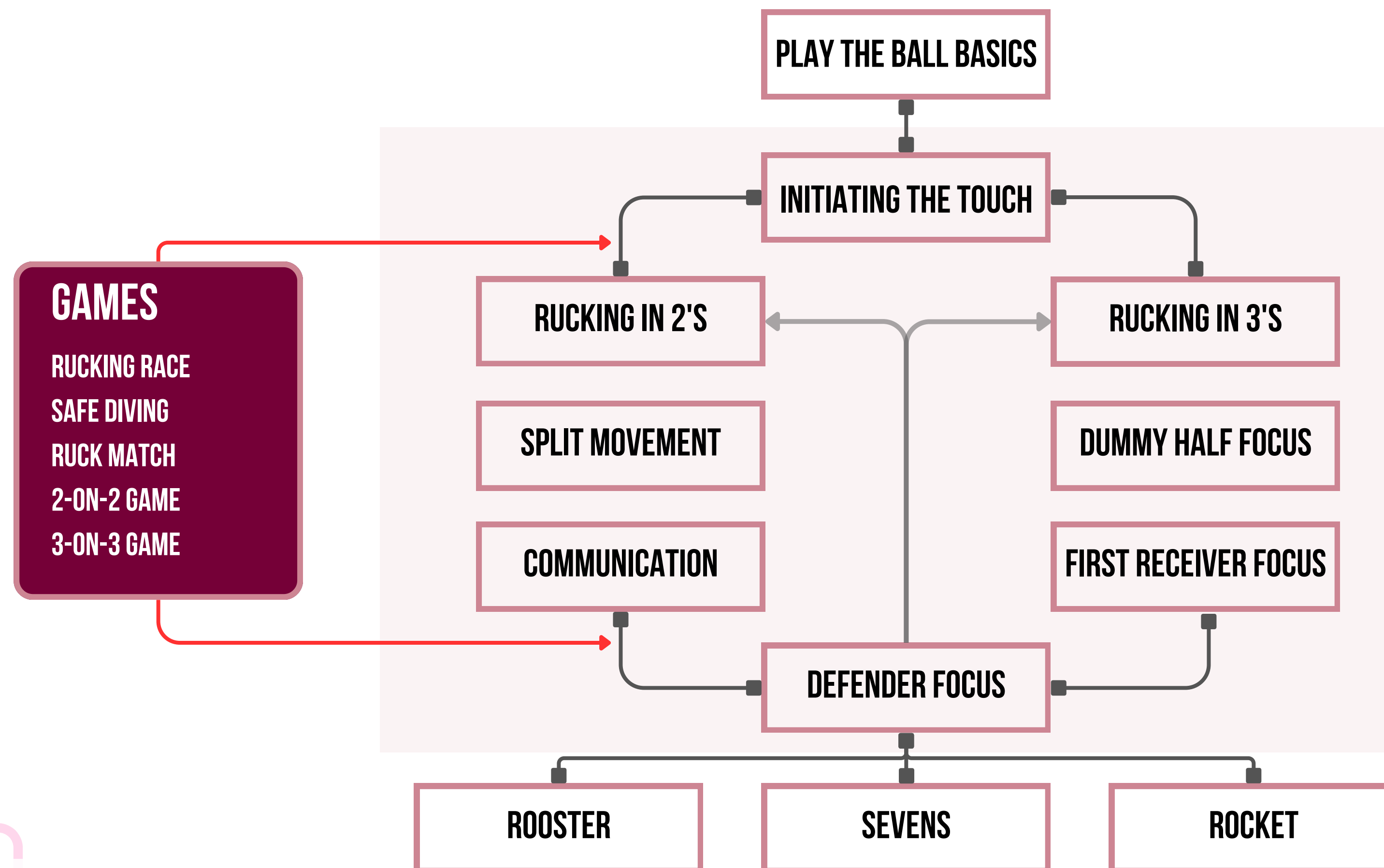
Draw & Pass ‘unders line’ and ‘wrap’ are intermediate concepts and are best suited to older groups.

RUCKING

PDF



ACTIVITY LIST

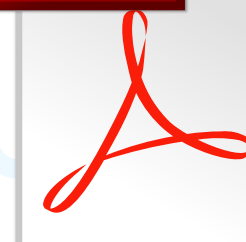


Notes:

- 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

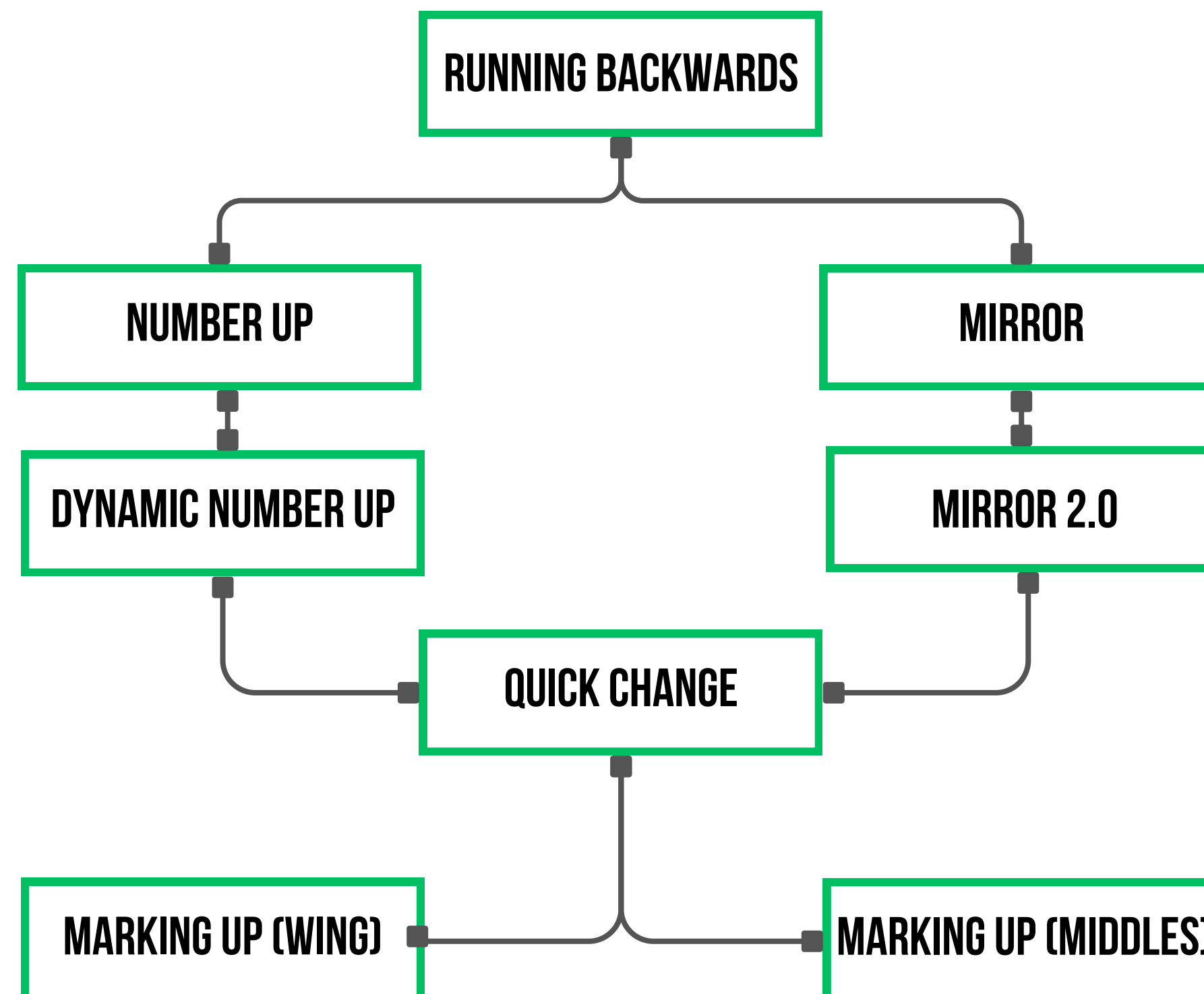
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ACTIVITY LIST

GAMES

TOUCH ROVER
RABBIT & THE FOX
TOUCH DOWN
TRY TIME
ELECTRIC DEFENDER
STUCK IN THE MUD
DRAW & PASS
RUCKING IN 2'S OR 3'S



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

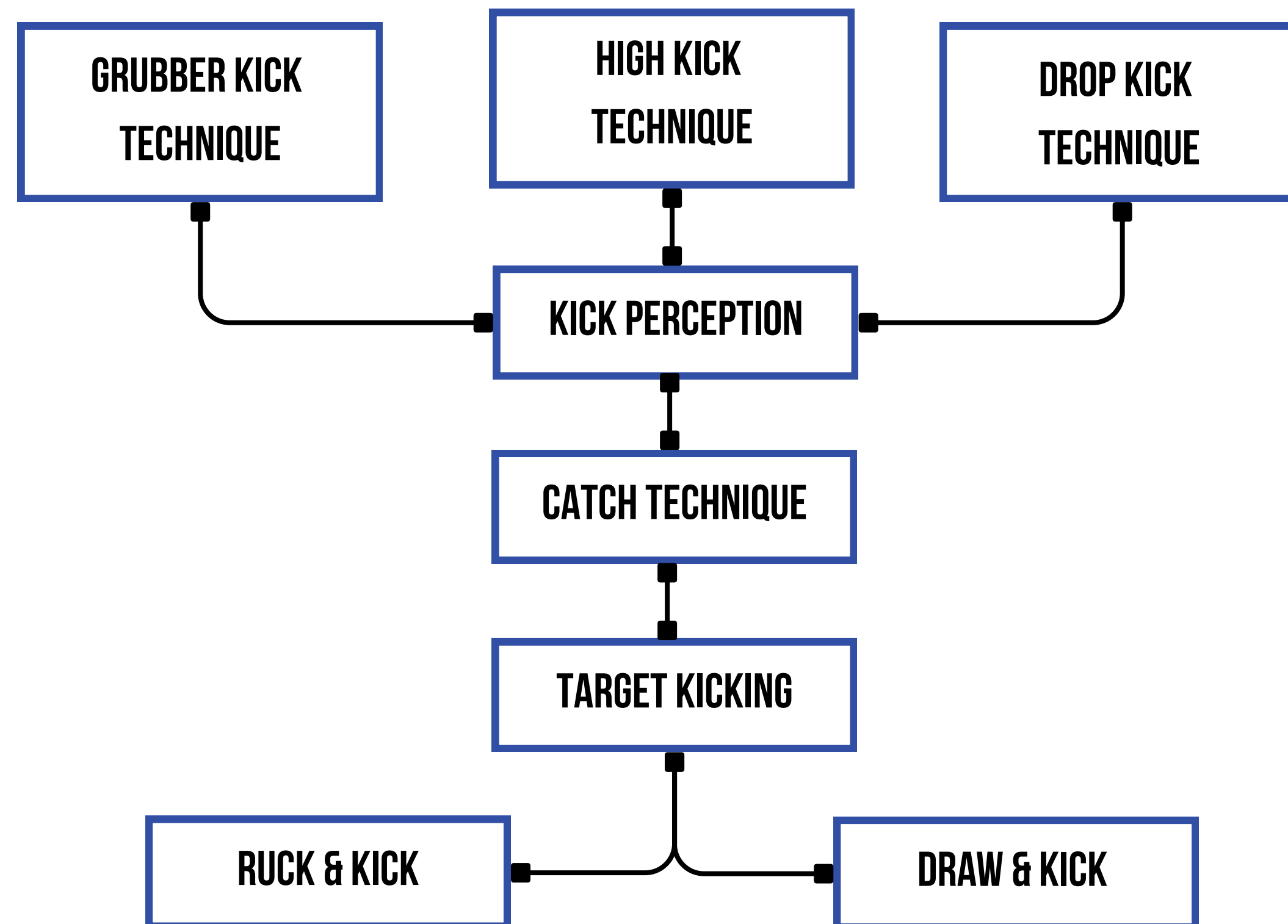
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ACTIVITY LIST

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.