

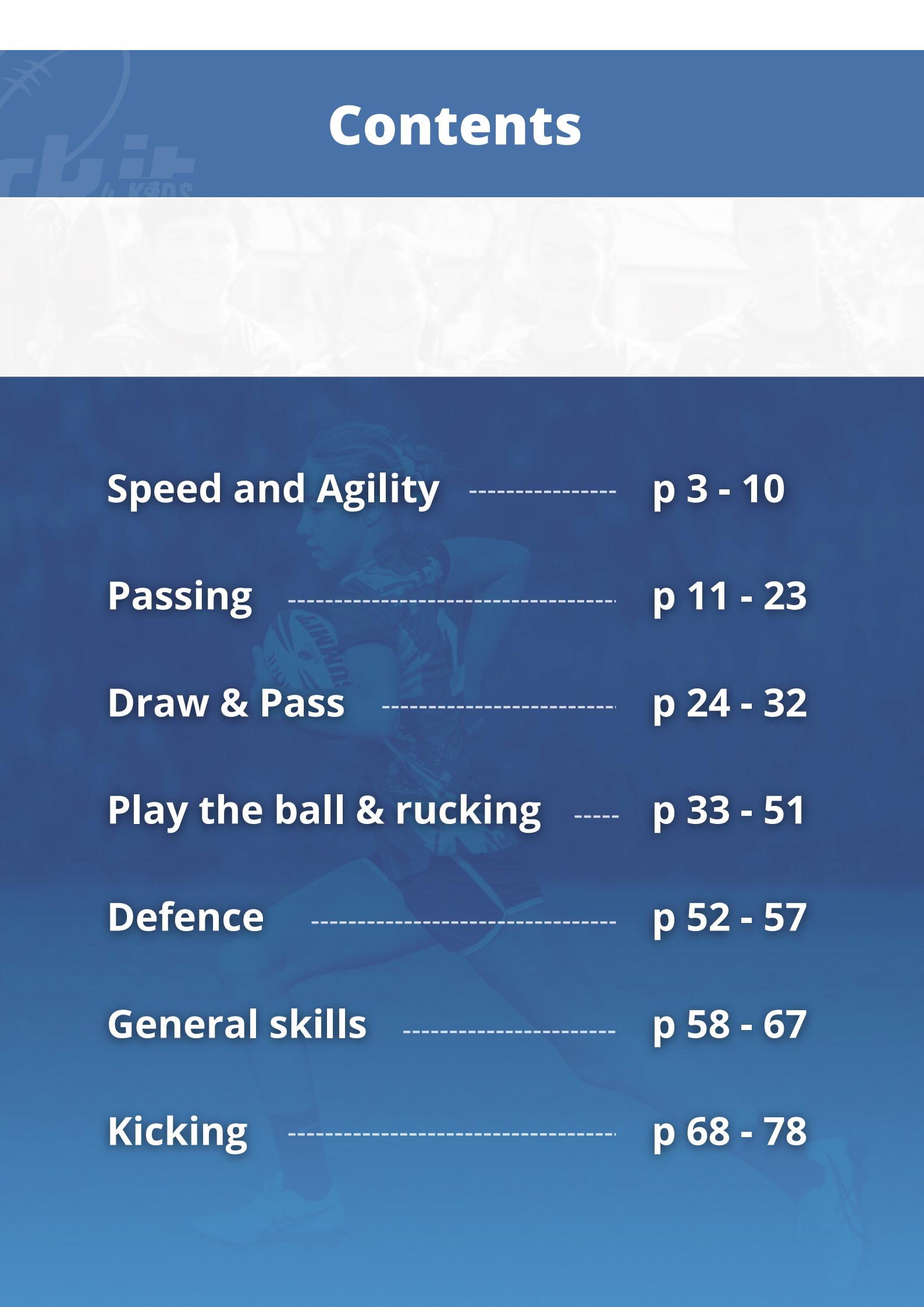


Coaching Resource

Activity information

Updated 2025

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Red Rover

Speed + Agility

Goal: Evading the touch.

Skill Focus: Agility, running with the ball.

Secondary Skills: Team work, marking up in defence

Time: 10 minutes.

Preparation

Use half touch football field. Mark out two safe zones with markers (*example, halfway and try line*).

Equipment

10 markers. Footballs for runners is optional.

Activity Game

Red Rover or bullrush has players sprinting from safe zone to safe zone to avoid the touch. Once a touch has been made by a defender, that player joins the defenders who are up in the middle of the field.

Focus

This activity focuses on agility and sprinting to avoid a touch. There is also a focus on defence, in particular working together in pairs or small groups to tag individuals. This is a fantastic warm up activity that is sure to be a favourite among participants.

Mix It Up

- Create Red Rover teams and add a time challenge.
- Have a defender focus with a coach to set the mark for all defenders
- Change field dimensions.



1,2,3 GO

Speed + Agility

Goal: Evading the touch.

Skill Focus: Acceleration, running with the ball.

Secondary Skills: Reaction time, affecting a touch.

Time: 10 minutes.

Preparation

Set up a try line.

Organise participants into pairs, 10-20m from the try line.

Equipment

5+ cones on try line. 1 football per pair. Whistle.

Activity Game

Participants will sit on the ground and face back to back. The person with the ball will face the goal line. When the coach calls 'GO', both participants will jump to their feet and run. The ball carrier will aim to score a try, before the defender makes a touch. The defender can only make a touch when facing the goal line.

Focus

This activity is to improve reaction time, acceleration and one-on-one defence. The defender must work at a disadvantage and pursue the ball carrier from behind.

Mix It Up

- Mix up pairs.
- Change the distance between the start and goal line.
- Change starting position
- Add in an agility course.

Agility Course

Speed + Agility

Goal: Increase footwork.

Skill Focus: Acceleration, agility, running with the ball.

Secondary Skills: Body control and coordination.

Time: 10 minutes.

Preparation

Set up an agility course 20m is distance. Arrange participants evenly in a line behind the (*blue*) starting cone.

Each participant will run through the agility course individually.

Equipment

5 markers or agility poles per line. 1 football per line.

Activity

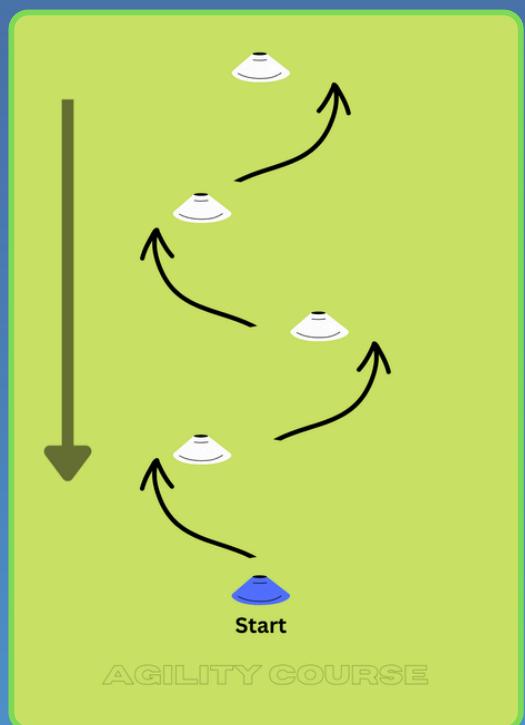
Participants weave through the markers while maintaining control of the ball in two hands. Ensure players move as quickly as possible with a short sprint at the end.

Game

A speed race against each line. The line to complete the course the quickest, wins.

Mix It Up

- Participants weave backwards through the markers.
- Set up multiple agility courses.
- Create a circuit for players to weave through and return to the start.



Agility Course

Teams Relay

Speed + Agility

Goal: Increase footwork.

Skill Focus: Acceleration, agility, running with the ball.

Secondary Skills: Body control, coordination, team work.

Time: 10 minutes.

Preparation

Create two 20m agility circuits using markers. Organise participants evenly behind each (*blue*) starting cone.

Equipment

5 markers or agility poles per line. 1 football per line.

Activity

In lines of two, players will run through the circuit, while holding the ball in two hands. Once players reach the end, they will return to the start, and then tag the next player.

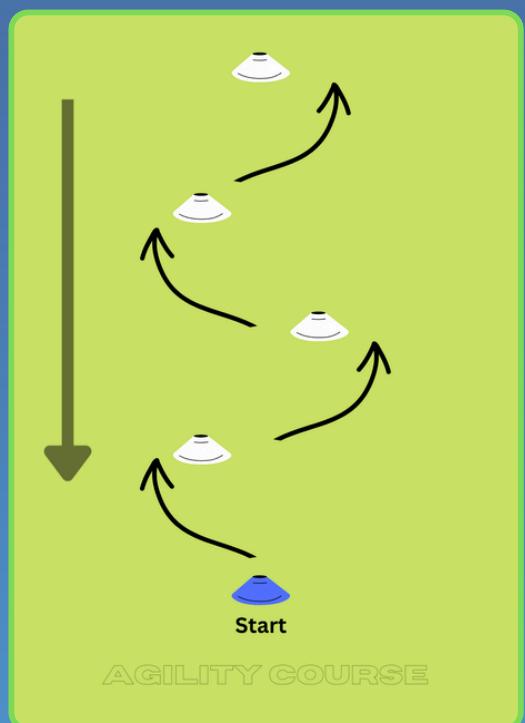
Focus

Agility and acceleration with sharper cuts and short bursts of speed. Ensure the course is followed correctly.

This is a great extension to a standard agility circuit.

Mix It Up

- Allow players to run through circuit while switching the ball between hands.
- Increase the distance or difficulty.



Rabbit & The Fox

Speed + Agility

Goal: Evading the touch.

Skill Focus: Acceleration, agility, running with the ball.

Secondary Skills: Body control, affecting a touch.

Time: 10 minutes.

Preparation

Using an agility circuit set up, arrange participants into pairs. The pairs should be standing together on the same marker.

Equipment

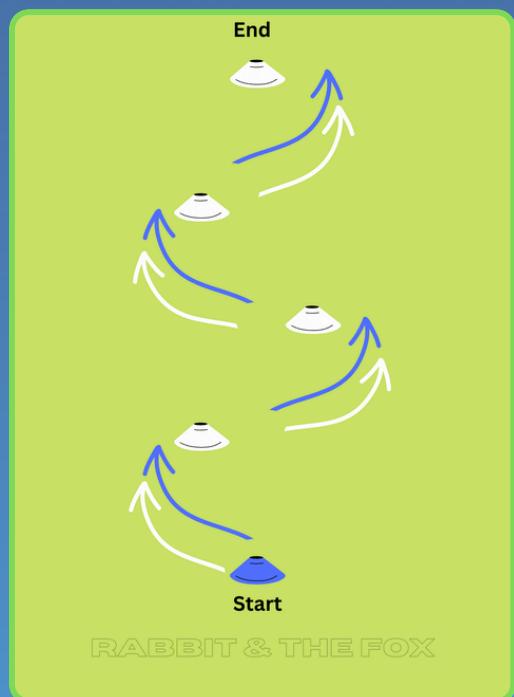
8+ markers per agility course. 1 football per pair. Whistle.

Activity Game

The aim of Rabbit & The Fox is to use agility and acceleration through the course, with the added element of a defender chasing the ball carrier.

On the first whistle, the ball carrier will run. On the second whistle, the defender will chase the ball carrier. The ball carrier must get to the end of the circuit without getting touched.

This is a simple and effective warm up as it will introduce participants to the beginnings of defence.



Quick Change

Speed + Agility

Goal: Defend the goal line.

Skill Focus: Acceleration, reaction time.

Secondary Skills: Speed, balance, running backwards.

Time: 10 minutes.

Preparation

Set up a 10 x 8m playing square. Organise participants into an attacking and defensive team.

Equipment

3 markers. 1 Football.

Activity

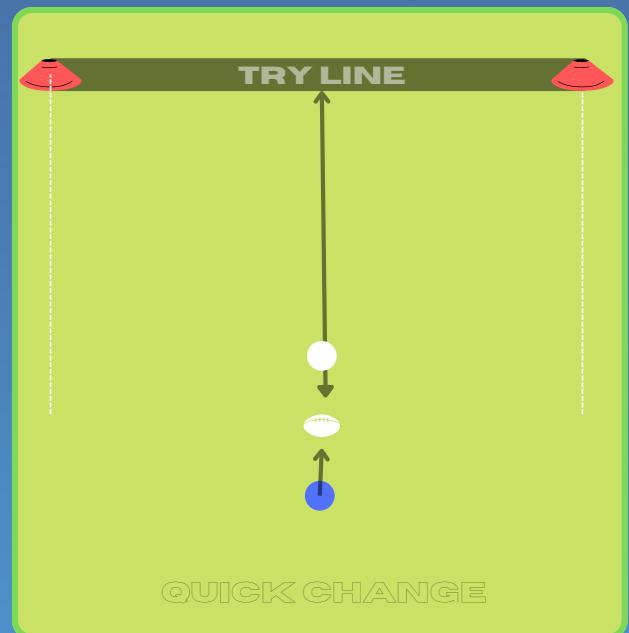
In pairs, one attacking and defending player enter the playing square. The ball is placed on the blue cone, 8m from the goal line. The defender starts play by touching the ball, then they must retreat to the goal line to make a touch on the attacking player. The attacking player can pick up the ball and run to score once it is touched by the defender.

Focus

This activity focuses on the reaction time and backwards running by a defender. The defender must be onside before making a touch.

Mix It Up

- Add two attackers with one starting as a dummy half. Must have minimum one pass.



Touchdown

Speed + Agility

Goal: 1-on-1 game simulation.

Skill Focus: Agility and evasion.

Secondary Skills: Speed, balance, defence.

Time: 15 minutes.

Preparation

Split participants into two teams. Create a 10m (W) x 15m (L) playing grid. Give each player a number (1-6). One player on both teams will share the same number.

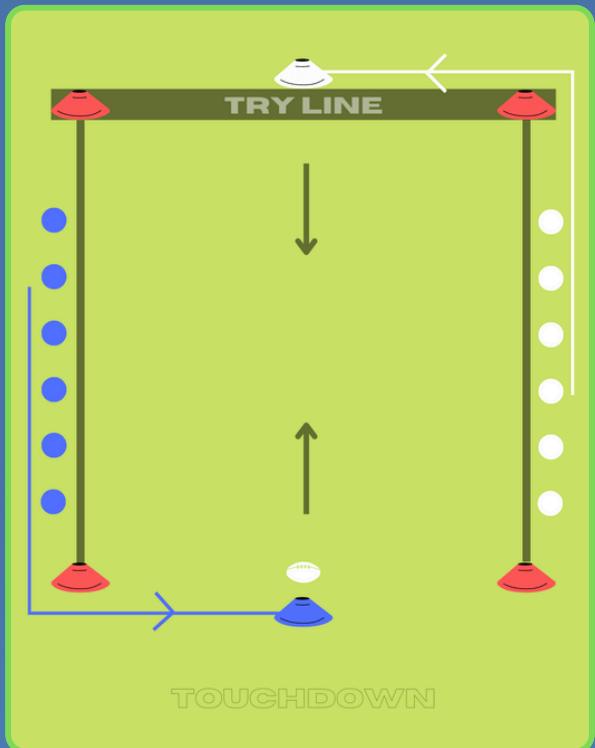
Equipment

6 markers. One football.

Activity Game

Players will line up in their teams.

- Coaches will allocate one team to be in attack (*blue*), while the other will defend (*white*).
- Coaches will call out one number. The attacking and defensive player with that number will take the field.
- The attacking player will run to the blue cone, pick up the football and aim to score a try.
- The defensive player will run to the white cone and defend their try line.



Mix It Up

- Add in an extra attacker to create a 2-on-1 draw and pass activity
- Add a kicking element in a 1-on-1 activity.

Try Time

Speed + Agility

Goal: 2-on-2 game simulation.

Skill Focus: Agility, evasion, team work.

Secondary Skills: Speed, balance, reaction time, defence.

Time: 15 minutes.

Preparation

Set up markers to define a rectangle playing field, 15m (W) x 10m (L). Divide kids into an attacking (*blue*) and defensive (*white*) team. Give each player a number (1-6). One player on both teams should share the same number.

Equipment

4 markers. Two footballs

Activity Game

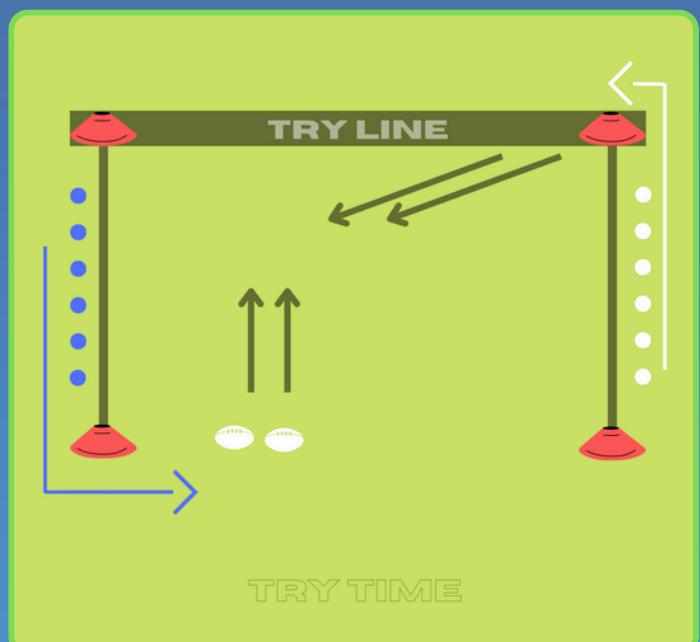
Split participants into two teams and give each player a number. Coaches will then call out 1 or 2 numbers with those corresponding players to run around the designated markers to enter the field of play. Attacking players must pick up the ball and attempt to score, while the defenders will look to make a touch on both attackers.

This activity is an extension on Touchdown.

Focus

Defending in space to make a touch.

When in pairs, communication and working together as a team is key.



Correct Passing

End-over-end pass

Passing

Goals: Correct passing technique.

Components: 5.

Time: 10 minutes.

Technical components & movements

- Holding the ball with two hands.
- Identifying the target.
- Stepping forward and pointing foot towards the target.
- Swinging arms through to release pass.
- Hands on a platter - fingertips pointing towards target.

Process

The participant should be holding the ball with two hands. Hand placement should be either side of the middle seam of the ball.

Emphasis on looking at the pass target and identifying a target zone on the chest or bottom of sternum.

Turn side on, step forward and point your foot towards your pass target. Swing arms through to ball release.

For an end-over-end pass, the palms of both hands will be facing up with finger tips pointing towards the target.

Key Points

- Identify the target zone of a pass.
- Understand and perform the basic movements of a pass action.
- The direction of eyes and fingertips match.

Correct Passing

Spiral Pass

Passing

Goals: Correct passing technique.

Components: 6.

Time: 10 minutes.

Technical components & movements

- Hold the ball with two hands.
- The dominant hand will be on the bottom outside of the ball, while the non-dominant hand will be on the inside top of the ball.
- Identify the target and step forward with foot pointing towards the target.
- Swing arms through. The dominant hand will come over the top of the ball to create a spiral. Release.
- Spirit fingers - Palm of hands will be facing in a downwards direction, with finger tips pointing towards the target.

Process

Focusing purely on the spiral component of a pass, participants should start with a one hand pass. Understand and get comfortable with the movement on the dominant hand coming over the top of the ball.

Allow participants to follow through with their action to create 'spirit fingers'. Next, move to a traditional two handed pass.

Key Points

- Passing components remain the same for a spiral pass.
- Perform the spiral motion with dominant hand. Non-dominant hand should act as a guide early on.
- Increase distance and introduce the non-dominant hand sliding under the ball to assist in 'ripping' a spiral pass.

Correct Passing

Catching technique

Passing

Goal: Repetitive passing and catching.

Skill Focus: Correct pass technique.

Secondary Skills: Catching the ball with two hands.

Time: 10 minutes.

Preparation

Split participants into pairs or groups of three.

Equipment

1 football per pair/group.

Activity

Participants are to make short passes of the ball in their pairs or small groups using both sides of their body, while learning the basics of passing and catching.

Focus

Touching on the basics of passing and catching.

- Observing the five components of end-over-end passing.
- Butterfly hands with thumbs touching or interlocked to catch a pass.
- Understanding that if a pass does dip below a target's waist, the catcher is to switch hands to facing up (traditional catch).
- Discourage spiral passing in this activity.

Mix It Up

- Create a fun passing activity using Beat The Pass (*p14*) or Electric defender (*p15*) activities.
- Transition into Pass Perception (*p16*) or Line Passing (*p17*) activities.

Beat The Pass

Passing

Goal: Short passing.

Skill Focus: Correct pass technique, short passing, chest pass target.

Secondary Skills: Hand-eye coordination, catching, agility.

Time: 10 minutes.

Preparation

Arrange participants into a circle. With arms out stretched, participants' fingers should just be touching. From here, participants will drop their arms and take three steps backwards.

Equipment

1 football.

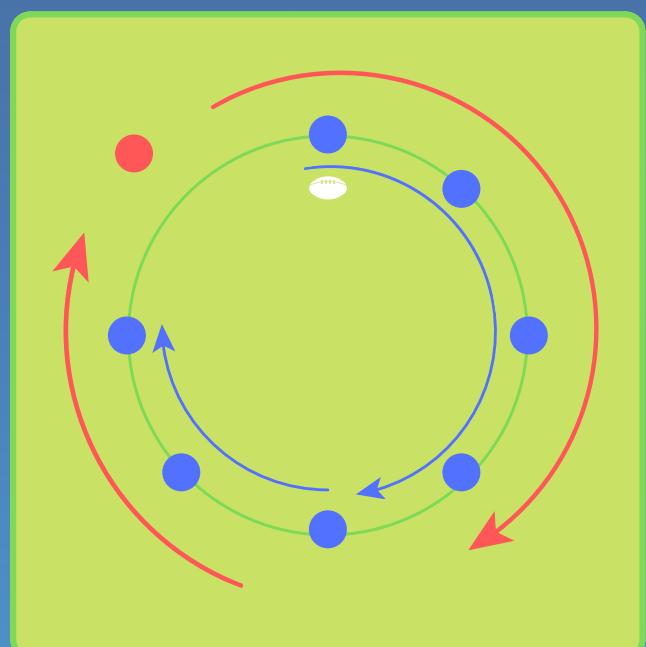
Activity Game

The runner (red) will run around the circle and aim to get back to their starting spot before the participants (blue) on the inner circle can pass it around and reach the end.

Focus:

A great warm up to get hands ready and improve hand-eye coordination.

This activity highlights how effective short passing can be verse running to a spot on the field.



Electric Defender

Passing

Goal: Passing under pressure.

Skill Focus: Correct pass technique, chest pass targets.

Secondary Skills: Catching the ball, defence.

Time: 10 minutes.

Preparation

Arrange participants into a circle. With arms out stretched, participants' fingers should just be touching. From here, participants will drop their arms and take three steps backwards.

Equipment

1 football.

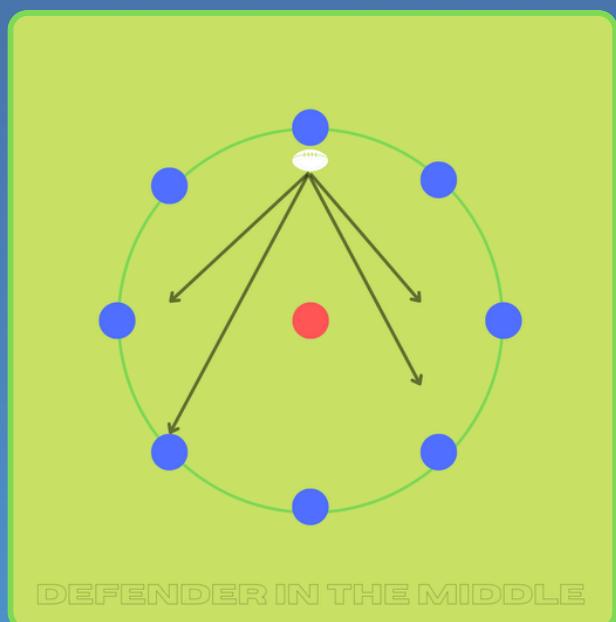
Activity Game

The defender (red) will aim to intercept or break up a pass, or touch the ball carrier. The participants who make up the circle are to remain stationary, and can not pass to the person directly next to them. Once an error is made, they will swap with the defender in the middle.

Focus:

A great warm up to get hands ready and pass under pressure.

For bigger groups, you can add in a second defender, ball or create a different shape



Pass Perception

Passing

Goal: Improve passing and catching.

Skill Focus: Correct pass technique, pass targets.

Secondary Skills: Catching the ball with two hands.

Time: 10 minutes.

Preparation

Arrange participants into pairs approximately two metres apart.

Equipment

1 football per pair.

Activity Game

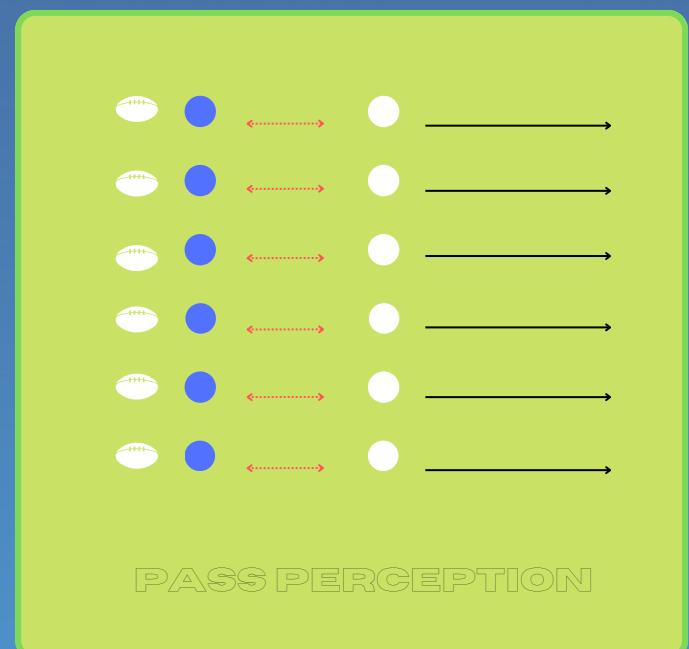
Pairs are to complete passes between each other. Every four completed passes, one participant in each pair is to take one step backwards. Pairs will continue this until they fail to complete a pass.

Focus:

Once all participants have stopped, this is a great opportunity to highlight correct passing technique.

Correct technique includes how to grip a ball, pointing foot in direction of the pass and swinging arms through, creating momentum behind the pass.

Resume the activity from their current positions to see if passes are completed.



Line Passing

Groups of 3

Passing

Goal: Target passing in groups.

Skill Focus: Correct pass technique. Chest pass target.

Secondary Skills: Passing and catching while running.

Time: 10 minutes.

Preparation

Split participants into three lines. Starting cones are spaced at 3-4m intervals. End markers (*white*) are approximately 10m from the start.

Equipment

6 markers. One football per line

Activity

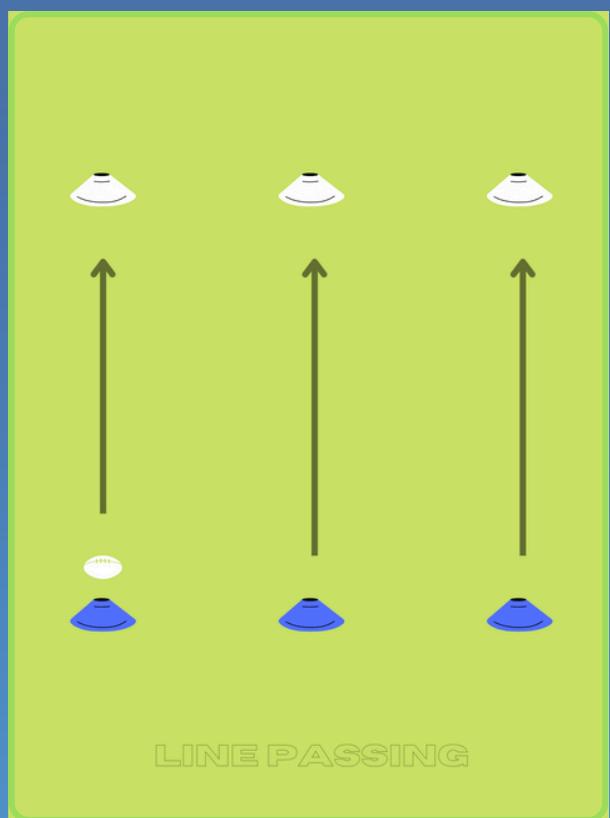
Participants line up at each cone and run in a forward direction, passing backwards along a line.

Focus

Maintaining control of the pass. Use the chest of the next person as a pass target. Work towards backwards passing and no dropped balls.

Mix It Up

- Ensure left and right passing.
- Stagger the starting markers to mix up the timing of each pass.
- Add in more participants to each line.



Line Passing

Full field

Passing

Goal: Target passing in groups.

Skill Focus: Correct pass technique, chest pass target.

Secondary Skills: Passing and catching while running. resetting and standing behind the passer.

Time: 10 minutes.

Preparation

Split participants into lines of four. Starting cones (*blue*) should be placed at 3-4m intervals. Participants will be running to the end of the field or landmark.

Equipment

4 markers. One football per group.

Activity

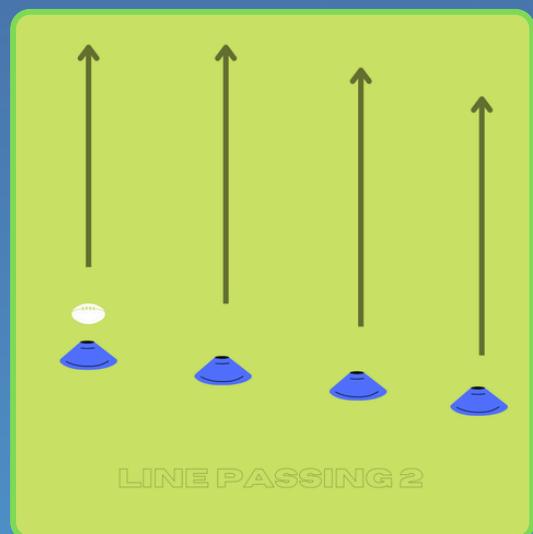
Starting from left to right, players are to pass the ball along the line while moving until it reaches the opposite end. The ball is then passed back along the line from right to left before the kids reach the end of the grid.

Participants will learn to reset by slowing down and moving behind the ball carrier when the ball gets to the end of the line.

Focus

Maintaining control of the pass and that it is backwards. Passing both left and right.

Ensuring players are behind the ball carrier when ready to catch a pass.



Pass Precision

Passing

Goal: Pass accuracy using passing gates.

Skill Focus: Correct pass technique, pass timing, team work.

Secondary Skills: Communication, positioning.

Time: 15 minutes.

Preparation

Split participants into groups of four. Use a full touch football field to set up gates in lines.

Equipment

20 markers (10 gates). One football per group.

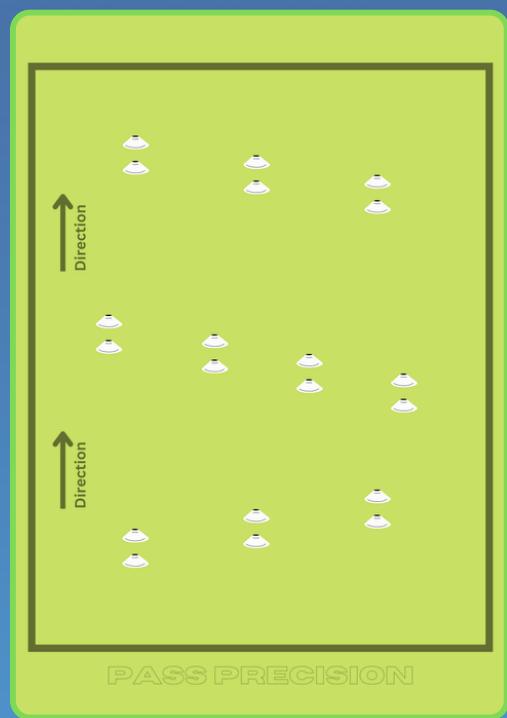
Activity

Groups will attempt to pass through as many gates as possible while running in a forwards direction .

Participants will be required to work together in pairs to ensure passes can be made through all gates.

To ensure that all gates are successfully passed through, participants will need to move laterally and wrap around their line to create an extra number to pass to.

The activity is an extension on a standard line passing activity to include lateral movement and strategic play usable in a match.



Pass Tag

Passing

Goal: Team passing.

Skill Focus: Pass technique, team work, communication.

Secondary Skills: Agility, evasion, defence, strategy.

Time: 10 minutes.

Preparation

Create a 10x10m square field of play. Split participants into two teams.

Equipment

4 markers. 1 football.

Activity Game

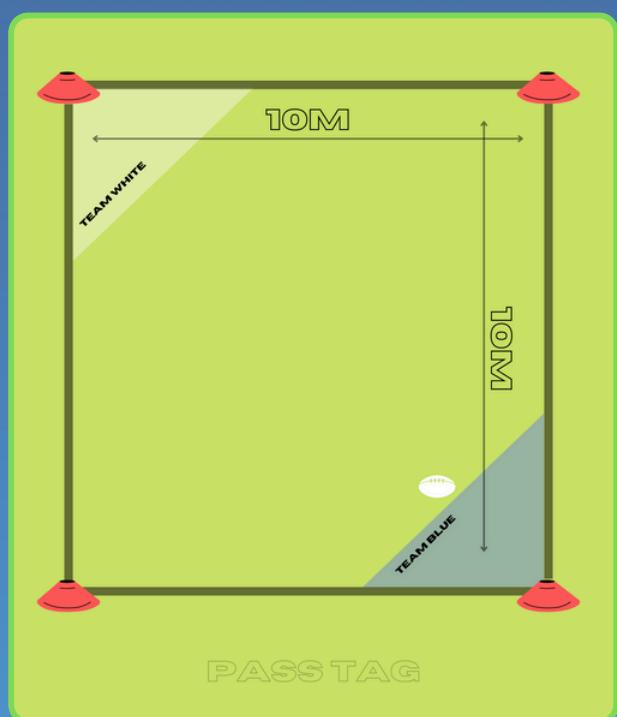
The objective of Pass Tag is for the team in possession of the ball to tag their opponent. All players team can move around the square freely except for the player in possession of the ball - they can not move their feet.

Only the player with the ball can tag an opponent.

Players work together, communicate and pass the ball among their team to tag out the opposition.

Mix It Up

- Add in a second ball
- Increase or decrease the size of the playing square.
- Add a time limit goal.



Pass Netball

Passing

Goal: Team passing.

Skill Focus: General passing, team work, communication.

Secondary Skills: Defence and strategy.

Time: 10 minutes.

Preparation

Create a 10x10m square field of play. Split participants into two teams.

Equipment

4 markers. 1 football.

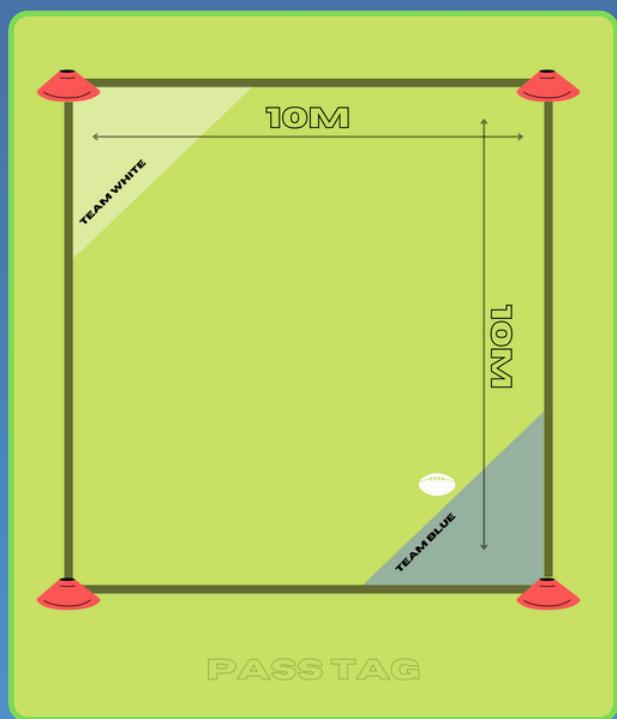
Activity Game

The objective of Pass Netball is for the team in possession to pass the ball around to their teammates as many times as possible before the defenders can intercept or knock the ball down. All players team can move around the square freely except for the player in possession of the ball - they can not move their feet.

Players work together, communicate, get open and pass the ball to a team mate and pass the ball among their teammates.

Mix It Up

- Add in a second ball
- Increase or decrease the size of the playing square.
- Add time limit goal.



Four Square

Passing

Goal: Successfully complete passes to team mates in other squares.

Skill Focus: Pass technique, team work, communication.

Secondary Skills: Agility, evasion, defence.

Time: 15 minutes.

Preparation

Set up four 5x5m squares. Organise participants into two teams with one player from each team in a square.

Equipment

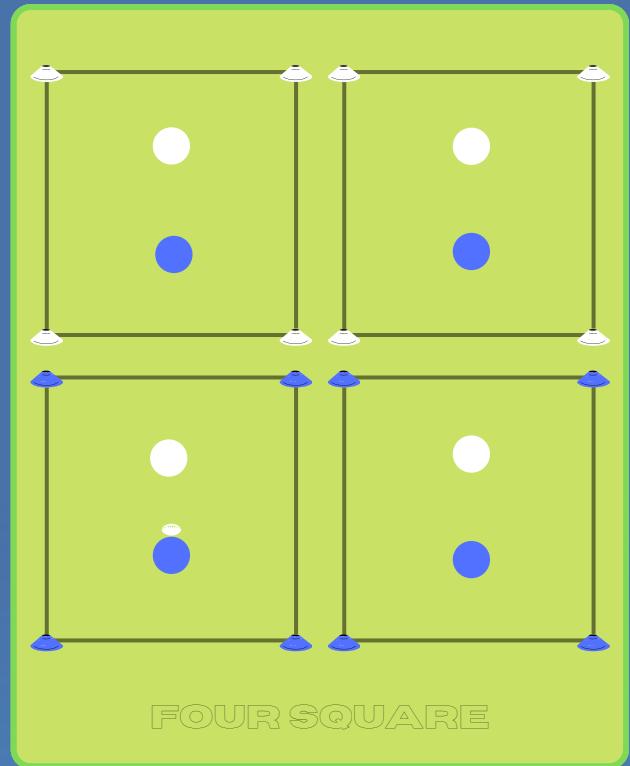
16 cones. 1 football.

Activity Game

Participants will need to complete passes to teammates in other squares. Each completed pass is worth 1 point.

Rules

- Team A (blue) starts with the ball and must pass to a team member in another square.
- The player in possession of the ball may only take one step when passing the ball.
- All other players may run around their square freely.
- Any pass that hits the ground, is knocked down or is intercepted is a changeover.



Mix It Up

- Add in more squares for more participants.
- Change the size of squares or points per catch.
- Add in a second ball.

Touch Rover

Speed + Passing

Goal: Team passing.

Skill Focus: Draw & pass, Communication.

Secondary Skills: Speed, evasion

Time: 10 minutes.

Preparation

Full touch football field with try lines. Assign two teams with the attacking group larger than the defensive team.

Equipment

3-4 Footballs

Activity Game

Similar to Red Rover, Touch Rover includes footballs and a focus on draw & pass.

On this occasion, its the attacking players in possession of the football that the defenders are trying to tag.

Once they tag a player with the ball, or take possession of a loose ball, that ball is out of play.

The goal of the attacking team is to score with their footballs before they are touched by the defenders. Once they score, the ball is safe and is worth one point.

The game continues until all the balls are out of play.

Notes: A ball that is knocked on or passed forward is out of play.

Any attacking player who is touched, remains on the attacking team for the duration of the game.

Draw & Pass

Positioning

Passing

Goal: Understand positioning to perform a draw and pass.

Skill Focus: Isolate one defender to create a two-on-one.

Secondary Skills: Pass target.

Time: 15 minutes.

Preparation

Organise participants into pairs. Use two markers (*white cones*) or agility poles as static defenders.

Equipment

4 markers. 1 football per pair. Try line.

Demonstration and walk through

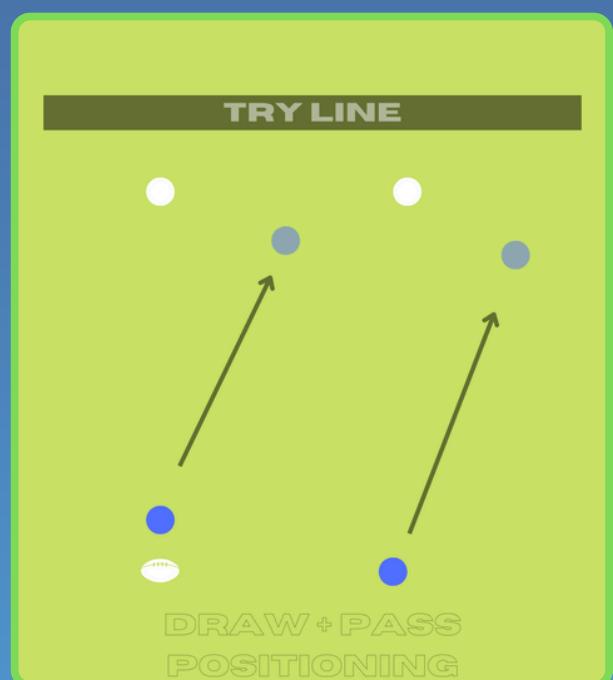
Highlight the defenders are marking up correctly based on the starting position of the two attacking players. A draw and pass opportunity is available if the attackers can isolate one (outside) defender.

Attacking players must run must run on an angle or at the gap between defenders to achieve this.

Freeze the attacking player's position before attempting a draw and pass to highlight good positioning (*light blue*).

Run through activity at speed with attacking players performing a pass.

Mix up positioning to run inside and out before adding in one or two live defenders.



Draw & Pass

Decision Making

Passing

Goal: Understand draw and pass concept.

Skill Focus: Identifying when to draw and pass, decision making.

Secondary Skills: Pass target, communication.

Time: 15 minutes.

Preparation

Organise participants into pairs. One pair will act as two defenders while the rest will be attackers.

Equipment

2 markers. 1 football per pair. Try line.

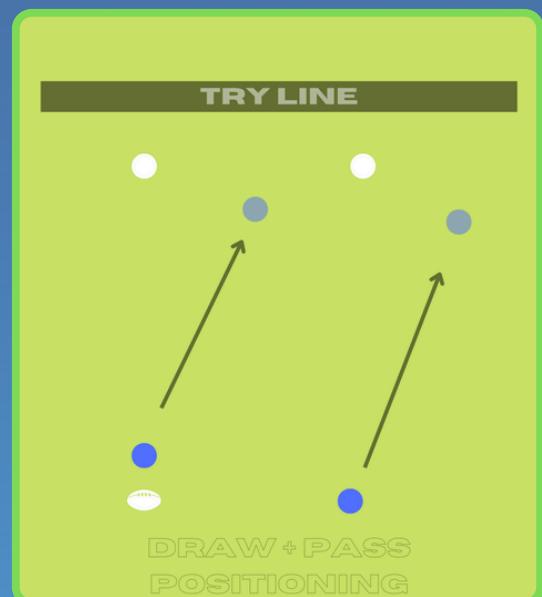
Demonstration and walk through

Using positioning and isolating a defender as a starting point, highlight that the ball carrier must make a decision to either run or pass.

The ball carrier should use their eyes to assist with decision making. Start with identifying the isolated defender. Pan across to the support runner.

The ball carrier will pan their eyes back to the defender. This is where they will make their decision to run or pass.

To run, move to the gap.
To pass, complete all passing components, including looking at the support runner (*pass target*).



Correct decision making will see the attacking players move continuously during the draw & pass movement. Avoid stopping.

Draw & Pass

2-on-1

Passing

Goal: Complete a draw and pass in a two-on-one situation.

Skill Focus: Draw in defender, pass target, support play.

Secondary Skills: Pass technique, dummy pass option, defence.

Time: 15 minutes.

Preparation

Split participants into two groups; an attacking (*blue*) and defending (*white*) group. Set up a 10x10 box with starting cones and a try line.

Equipment

5+ markers. One football.

Activity

The attacking players will attempt to score a try in a 2-on-1 situation, while a single defender will aim to make a touch. Rotate through all participants to allow each player the opportunity to attack and defend.

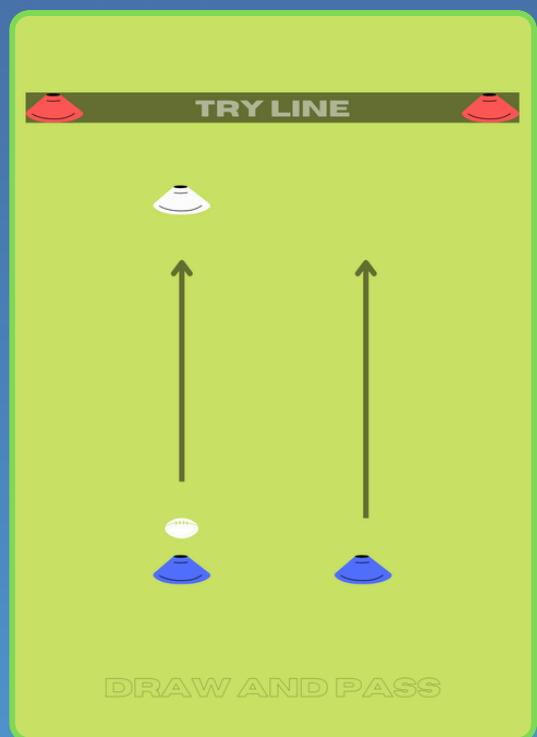
Focus

A focus will be on combining correct pass technique and engaging the defender to perform a successful draw and pass.

Explain how to engage a defender.

Mix It Up

- Change the position of the starting cones and defender.
- Use with Touchdown activity.



Draw & Pass

3-on-2

Passing

Goal: Complete a draw and pass in a three-on-two situation.

Skill Focus: Draw in defender, pass target, quick pass, support play.

Secondary Skills: Pass technique, dummy pass option, defence.

Time: 15 minutes.

Preparation

Split participants into two groups; an attacking (blue) and defending (white) group. Set up a 15x15 box with starting cones.

Equipment

7 markers. One football.

Activity

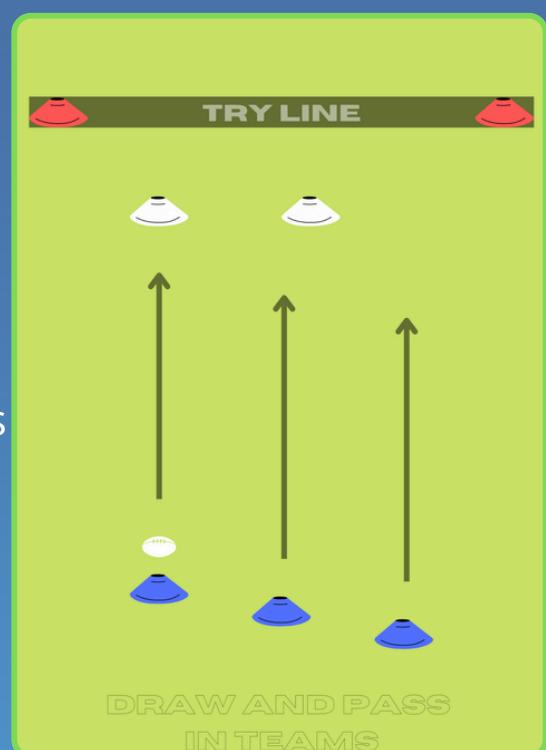
An extension of a standard draw and pass activity, this time with an extra attacking and defensive player. The attacking players will attempt to score a try in a 2-on-1 situation, while a single defender will aim to make a touch.

Rotate through all participants to allow each player the opportunity to attack and defend.

Focus

A focus will be on combining correct pass technique and engaging the defender to perform a successful draw and pass.

Attacking players will learn to pass under pressure from multiple defenders.



Draw & Pass

Static defenders

Passing

Goal: Reading defenders - when to pass or run.

Skill Focus: Draw in defender, pass target, support play.

Secondary Skills: Pass technique, dummy pass option, defence.

Time: 15 minutes.

Preparation

Create a 10m (W) x 15m (L) playing grid. Pair participants up, and nominate one pair to be defenders.

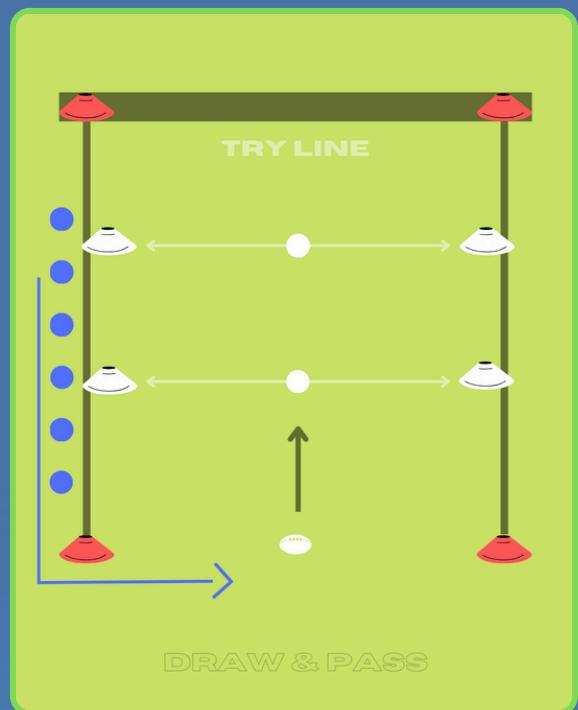
Equipment

8 markers. One football.

Aim

The attacking pair will aim to draw and pass or run past defenders to score a try, without getting touched.

Defenders can only move sideways between their designated white cones.



Focus

Correct passing technique, including hand placement on the ball and pointing foot to the target. Encourage participants to keep their feet moving through the draw and pass.

Reading a defender and understanding when to pass or when to dummy pass, and run.

Highlight when a defender turns in or moves towards the ball carrier, they have drawn the defender in. Pass.

Repeat activity and speed up.

Draw & Pass

sliding defence

Passing

Goal: Reading defenders on the move - when to pass or run.

Skill Focus: Draw in defender, pass target, support play.

Secondary Skills: Pass technique, dummy pass option, defence.

Time: 15 minutes.

Preparation

Split participants into two groups; an attacking (blue) and defending (white) group. Set up a box 20m (W) x 10m (L).

Equipment

4 markers. One football.

Activity

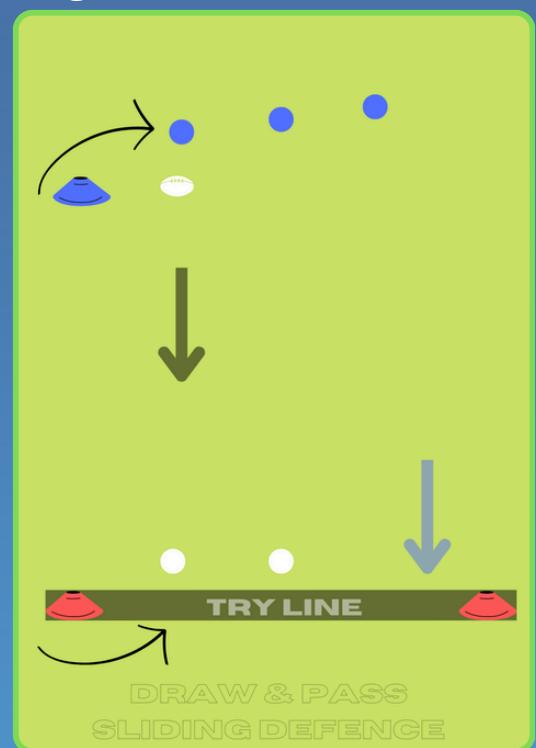
Draw and Pass with both attacking and defensive players moving. Participants will start to the side of the box with three attacking players and two defensive players entering the box. Attacking players will need to work together against sliding defenders to score in the far corner (blue arrow)

Rotate through all participants to allow each player the opportunity to attack and defend.

Focus

Help participants understand top stop a sliding defence, the ball carrier must run straight, before drawing and passing.

Note: It may be effective placing markers out for attacking players to run to initially.



Draw & Pass

Wrap

Passing

Goal: A movement to create an extra number in attack.

Skill Focus: Engage multiple defenders, chest pass target, support play.

Secondary Skills: Reading defenders, pass technique.

Time: 15 minutes.

Demonstration

Engaging the A and B defender while a support runner moves behind the ball carrier to create an extra player outside the B defender.

Equipment

1 football per activity. Try line marked with cones.

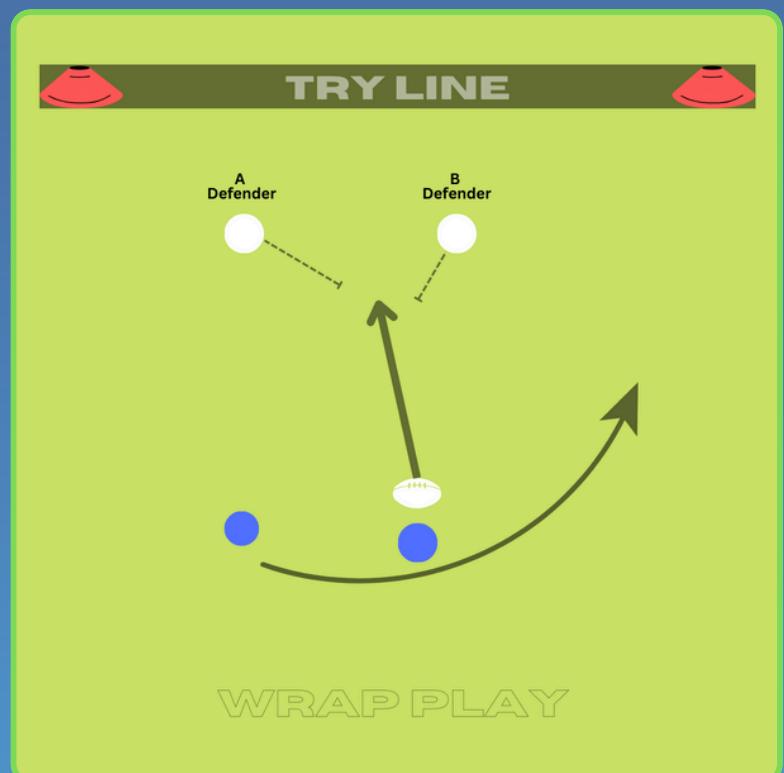
Activity

In pairs, have participants perform a wrap play with the ball carrier engaging the A and B defenders, while the wrapping player is left unmarked on the outside. Attacking players should be flat with each other and running at speed.

Focus

Engaging the B defender is key. The ball carrier should run a straight or towards the inside shoulder of the B defender to engage and leave as much space as possible outside.

As soon as the B defender turns into the ball carrier, pass to the unmarked support player.



Draw & Pass

Unders line

Passing

Goal: Creating an extra number in attack.

Skill Focus: Engage multiple defenders, pass target, support play.

Secondary Skills: Reading the defenders, pass technique.

Time: 15 minutes.

Demonstration

Engage the A and B defender by running at the gap. Once both defenders are engaged, have a support runner cut back on the inside to pass. The ball carrier should pass the ball whilst both defenders are engaged to create space for the support runner out wide.

Equipment

1 football per activity. Try line marked with cones.

Activity

In pairs, have participants run a X or cross pattern, with the ball carrier dragging the A defender across to the B defender. Once both defenders are engaged, the support runner will be open to pass to (highlighted in blue).

Engaging the A defender is key. It will be the A defender who is the mark the support runner following the pass.

Focus

An additional element to a draw and pass, an unders line gives players a valuable option when attacking the goal line.

Mix It Up

Try from different spots on the field, including when attacking the goal line.

Draw & Pass

Unders line

Passing

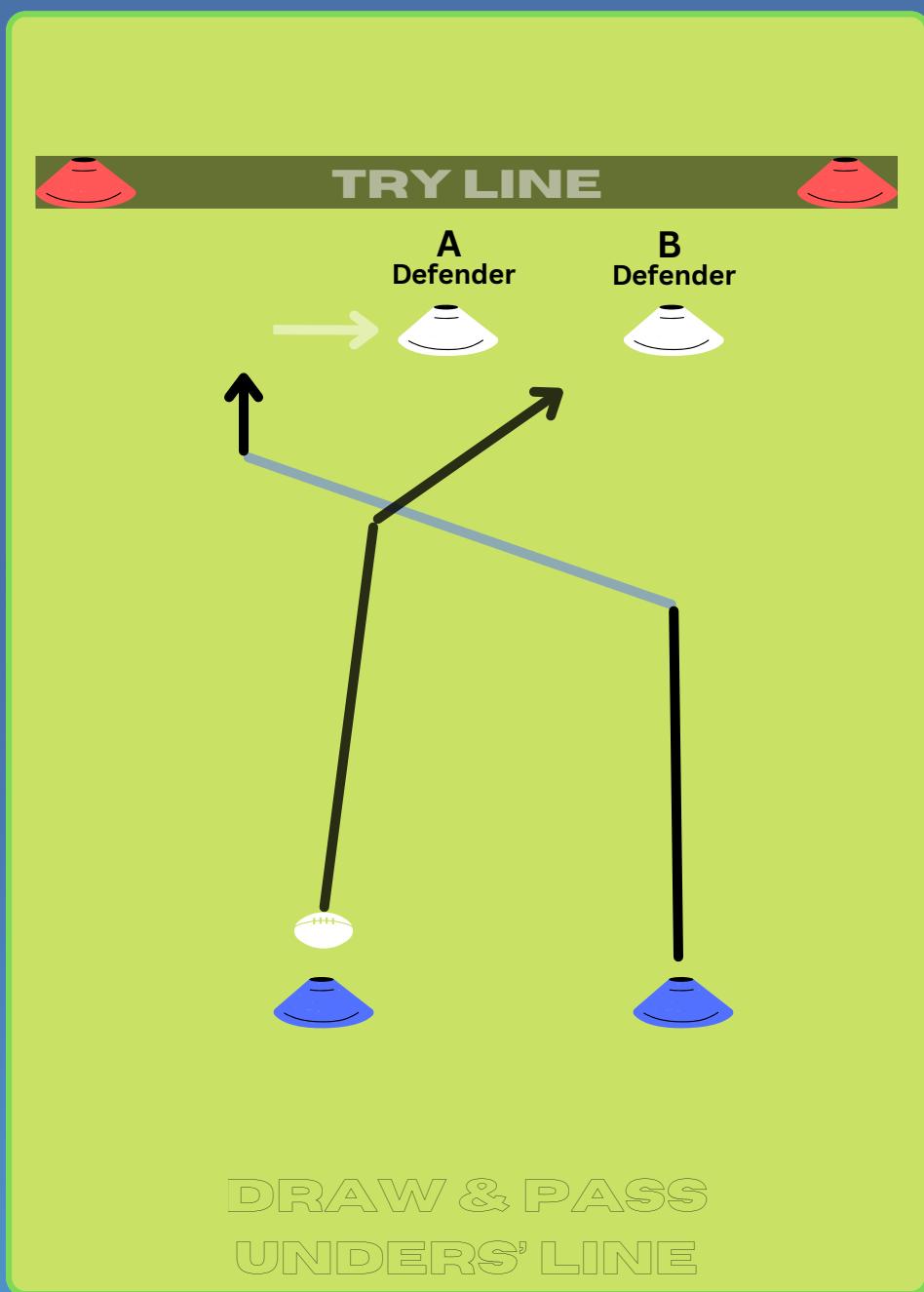
Goal: Creating an extra number in attack.

Skill Focus: Engage multiple defenders, pass target, support play.

Secondary Skills: Reading the defenders, pass technique.

Time: 15 minutes.

Activity Diagram



Play the ball

The basics

Rucking

Goals: Understanding the fundamentals of a play the ball.

Skills: Learning how to perform a play the ball.

Educating what a dummy half and first receiver is and what they do.

Time: 15 minutes.

Preparation

Split participants into groups of three. Coaches will act as a defender and should stand 5m away from the starting (*blue*) cones.

Equipment

2 markers. 2 footballs.

Activity

Of the group of three, one person starts with the ball. A second person is the dummy half, and a third is the first receiver.

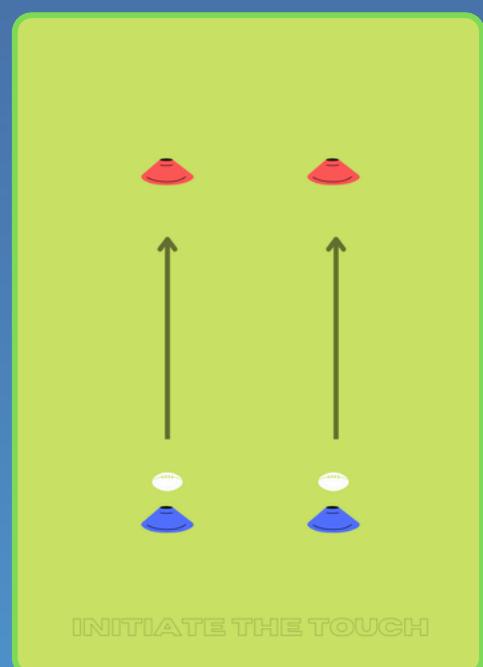
Outline what the ball carrier does when they are touched, then the actions of the dummy half and the first receiver.

Walk through

Each group of three is to walk up to the red cone (pictured). The ball carrier is to play the ball on the red cone.

The dummy half is to pick the ball up and pass to the first receiver to run.

Repeat this process with groups mixing up their positions.



Initiating The Touch

Play The Ball

Rucking

Goals: Understanding the benefit of initiating a touch.

Skills: Initiating a touch on the defender.

Secondary Skills: Correct play the ball.

Time: 15 minutes.

Preparation

Split participants into two lines. Coaches will act as a defender and should stand 5m away from the starting (*blue*) cones.

Equipment

2 markers. 2 footballs.

Activity

Players are to run towards the defender to initiate the touch, then proceed to play the ball correctly.

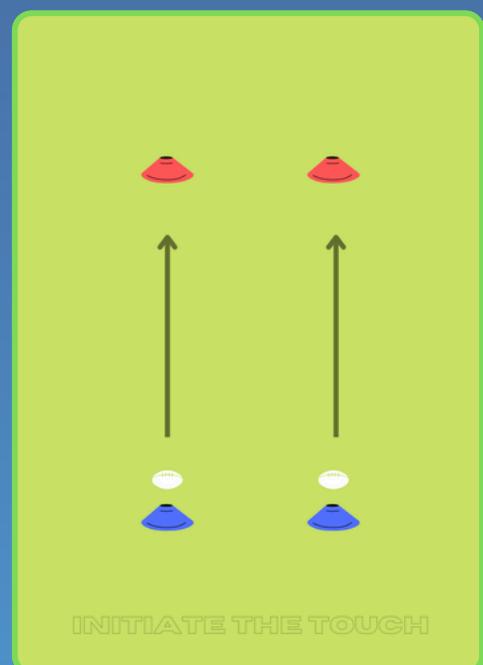
Focus

Maintaining control of the ball when attempting to play the ball.

Players do not need to use their foot to play the ball, rather, just step over the ball.

Highlight that it is okay to touch a defender to commence a play the ball.

No dummy half or first receiver in this activity.



Rucking in Threes

Rucking

Goals: Introduction to rucking in a group of three.

Skills: Play the ball, dummy half passing, support play.

Secondary Skills: Communication, team work.

Time: 15 minutes.

Preparation

Split participants into groups of three. Organise 2-3 lanes. Place a white 'play the ball' cone 8m from the starting cones and marked try line.

Equipment

4 markers and 1 football per group. Try line marked.

Activity

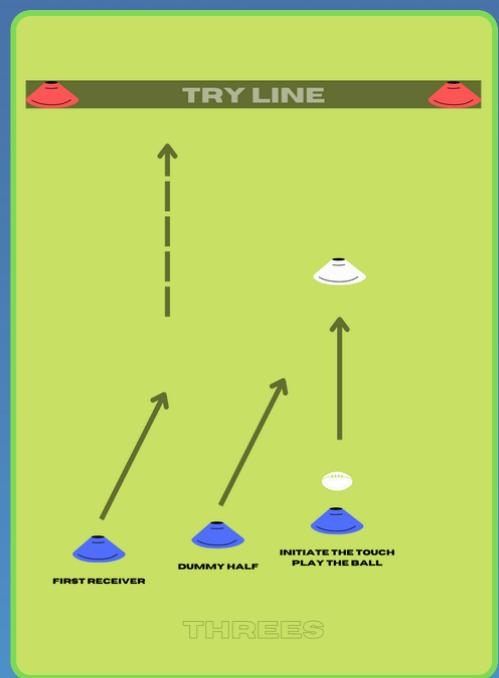
In threes, players will run towards the play the ball cones located 8m from the starting point. Each group of three will need to communicate who is the ball carrier, dummy half and first receiver when performing a play the ball.

Focus

Creating a basic structure in attack.
Ensuring play the balls are correct.
Placing an importance on quick dummy half passing that is backwards.

Mix It Up

- Rotate spots in the line.
- Mix up the location of the play the ball markers.
- Add in a defender to initiate the touch on.



Threes

Full Set Rucking

Rucking

Goals: Rucking for field position.

Skills: Play the ball, dummy half passing, support play.

Secondary Skills: Communication, team work.

Time: 15 minutes.

Preparation

Split participants into groups of three. Organise 2-3 lanes. Place three or more white 'play the ball' cones at 8m intervals.

Equipment

6 markers and 1 football per group. Try line marked.

Activity

Extending on the previous threes activity, players will now have to orchestrate a full set in attack. The ball carrier will play the ball on each cone at 8m intervals, with communication required to have a dummy half and first receiver following each roll ball. Participants will take at least three touches before scoring a try.

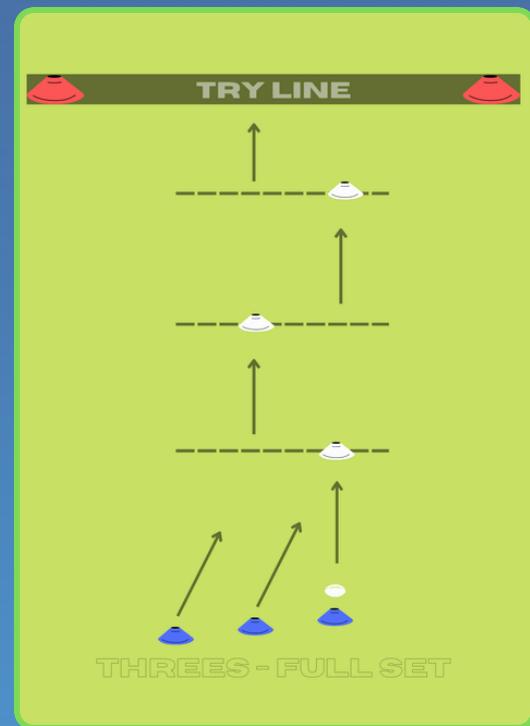
Focus

Communication in attack from all three players.

Maintaining the basics of rucking

- correct play the balls, backwards dummy half passing and first receiver catching.

Coaches may choose to have the same dummy half for the first 2-3 touches.



Threes

Dummy half focus

Rucking

Goals: Rucking with the same dummy half.

Skills: Dummy half passing and positioning, play the ball, support play.

Secondary Skills: Communication, team work.

Time: 15 minutes.

Preparation

Split participants into groups of three. Organise 2-3 lanes. Place 3x3 lines of white 'play the ball' cones at 8m intervals.

Equipment

12 cones. 1 football per group. Try line marked.

Activity

Players will organise the first three rucks of set in attack before scoring a try. Using the skills learnt in previous 'Threes' activities, participants will ruck the ball on the same cone in each line with a quick dummy half pass.

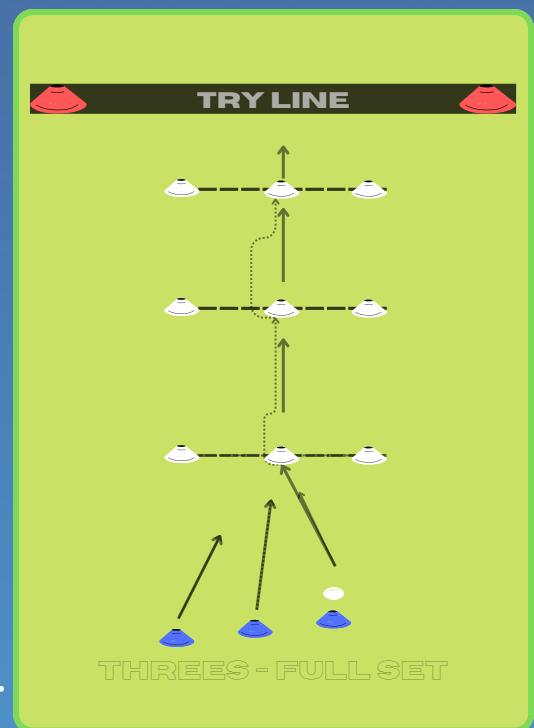
Focus

Using the same dummy half for the first three touches. This will create a more efficient and quicker ruck.

Ensuring correct play the ball, dummy half play and catching by the first receiver.

Mix It Up

- Add a defender to initiate the touch on.



Threes

First receiver focus

Rucking

Goals: Running onto the ball from dummy half

Skills: Positioning, timing and catching.

Secondary Skills: Communication, team work.

Time: 15 minutes.

Preparation

Split participants into groups of three. Organise 2-3 lanes. Place 3x3 lines of white 'play the ball' cones at 8m intervals.

Equipment

4 cones. 1 football per group. Try line marked.

Activity

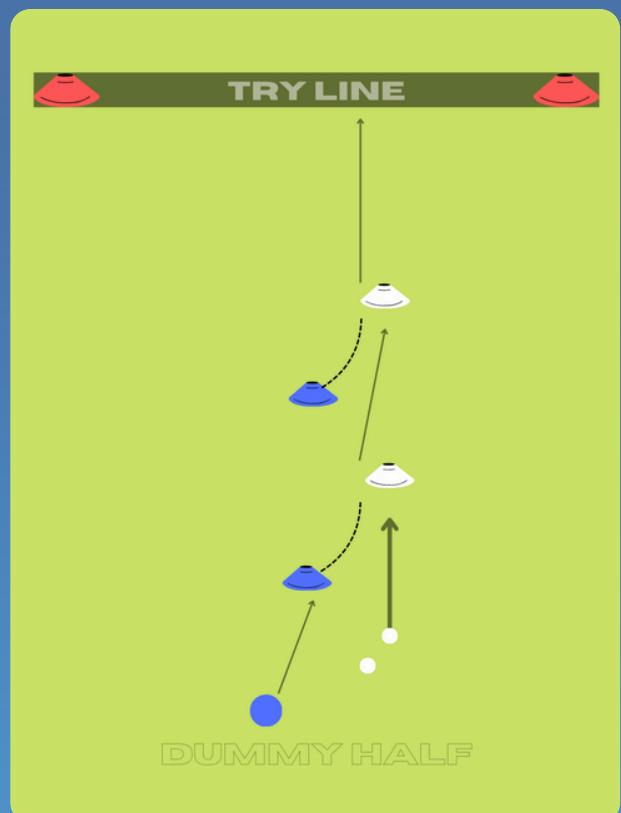
Using the skills learnt in previous 'Threes' activities, participants will ruck the ball on the same cone with a focus on the first receiver running onto the pass from the dummy half.

Focus

The dummy half will start wide and curve inwards, catching the ball approximately 1m from the dummy half, while on the run.

Ensuring the first receiver judges the timing between the pass and when to start running.

In most cases, it's as the dummy half is about to pick the ball up.



Threes

Communication

Rucking

Goals: Unstructured rucking.

Skills: Communication, team work, positioning.

Secondary Skills: Play the ball, dummy half and support play.

Time: 15 minutes.

Preparation

Split participants into groups of three. Organise 2-3 lanes. Remove white 'play the ball cones'.

Equipment

3 cones. 1 football per group. Try line marked.

Activity

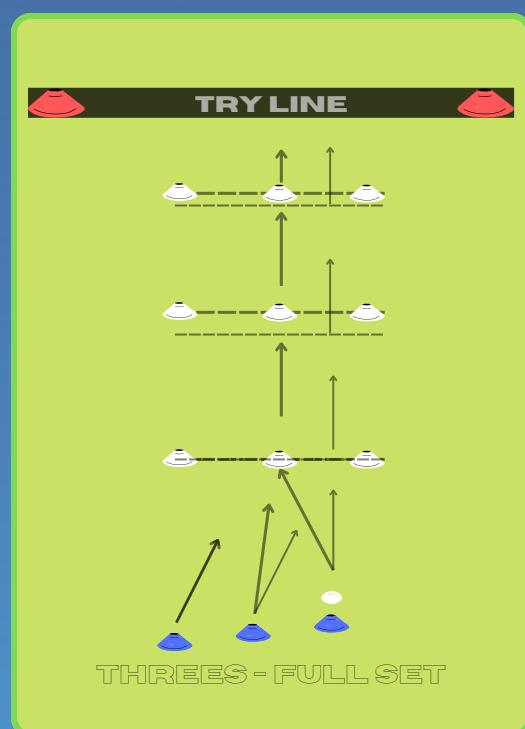
Players will organise the first three rucks of a set in attack with no play the ball cones as a guide. Coaches will call out 'touch' for each group will perform a play the ball.

Focus

Communication focus with players nominating who is dummy half and who is first receiver on each touch in a less structured environment.

Participants will be switching between dummy half and first receiver.

Ensuring correct play the ball, dummy half play and catching by the first receiver





Play The Ball Speed

Teams Relay

Rucking

Goals: Correct play the ball at speed.

Skills: Playing the ball, dummy half passing, support play.

Secondary Skills: Communication, team work, agility, acceleration.

Time: 10 minutes.

Preparation

Use the same set up from the base Twos or Threes rucking activity. Organise players into teams consisting of two or three participants. Set up lanes with each consisting of three play the ball cones 8m apart.

Equipment

4 play the ball cones and 1 football per team. Try line marked with cones.

Activity Game

Teams will ruck up field (3 touches), using the skills learnt from the previous rucking activities. The winning team is the group who reaches the try line error-free and returns to their starting spot the quickest.

Focus

The play the ball relay is to perform all the skills learnt in play the ball and rucking activities.

Threes

Defender Focus

Rucking

Goals: Rucking on the same defender.

Skills: Initiating the touch, communication, team work, positioning.

Secondary Skills: Defence, play the ball, dummy half and support play.

Time: 15 minutes.

Preparation

Split participants into groups of three. Organise 2-3 lanes. Remove white 'play the ball cones' and allocate three defenders.

Equipment

3 cones. 1 football per group. Try line marked.

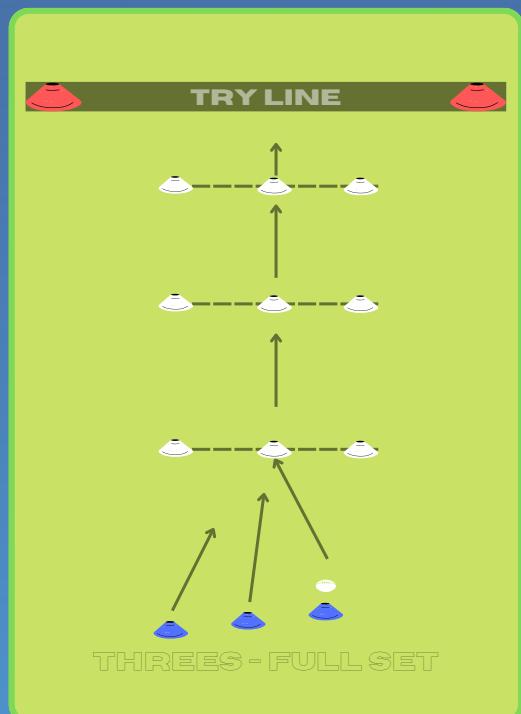
Activity

Players will now have to orchestrate a full set in attack without cones, and three active defenders. Communication will be key as the group of three ruck down the field to score a try after three touches. Coaches will act as a referee to get defenders onside.

Focus

Each cone represents a defender. The focus is to ruck the ball on the same defender at the beginning of the set.

Ensuring correct play the ball, dummy half play and catching by the first receiver





3 on 3

Threes game simulation

Rucking

Goals: Rucking and defence.

Skills: Initiating the touch, communication, team work, defence.

Secondary Skills: Play the ball, dummy half and support play.

Time: 15 minutes.

Preparation

Arrange participants into groups of three. One group will start with the ball, while another group will be defend a set. Mark out a rectangle that is approximately 30m (L) x 20m (W).

Equipment

10 cones. 1 Football

Activity

Players will be required to ruck down the field against defenders, with the objective to score a try. Coaches will act as a referee.

Focus

Simulating a game with a strong focus on learnt skills from the Threes activities

Ensuring correct play the ball, dummy half play and catching by the first receiver. Focusing on communication.

Learning to defend against an effective ruck with communication by each defender on who they are marking.

Rucking in Twos

Rucking

Goals: Introduction to rucking in pairs.

Skills: Play the ball, dummy half passing.

Secondary Skills: Split movement, communication.

Time: 15 minutes.

Preparation

Split participants into pairs with each group lining up behind a separate starting cone.

Equipment

4 markers and 1 football per pair. Try line marked with cones.

Activity

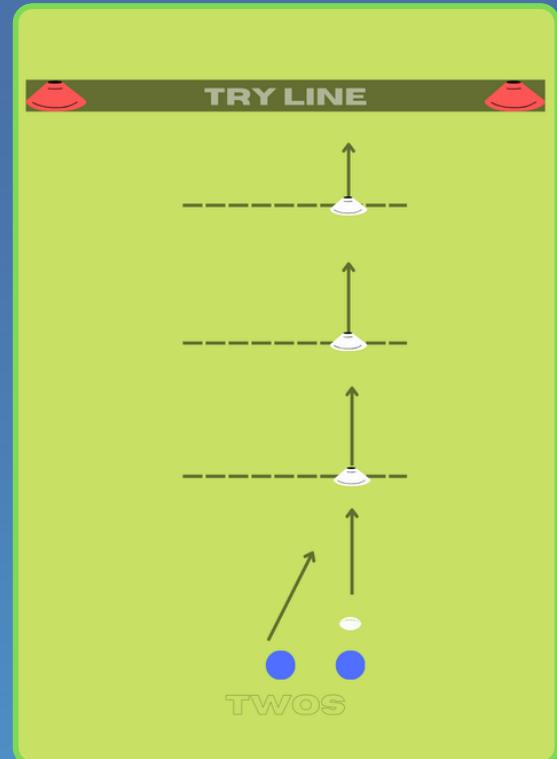
In pairs, players will run and play the ball on the (white) play the ball cones located 8m apart. The person playing the ball will split off to the side and become the first receiver.

Focus

Rucking with two attacking players.
Ensuring play the balls are correct.
Understanding and performing a split following the play the ball.

Demonstrate that participants should split to the side of the play the ball.

Ensure pairs mix up their positions and repeat the activity.



Use Three's rucking activities when rucking in twos.



Ruck Match

Rucking + Defence

Goals: Focus on rucking down the field

Skills: Play the ball, dummy half passing, split movement.

Secondary Skills: Communication, positioning.

Time: 15 minutes.

Preparation

Mark out a narrow rectangle field that is at least 30m (L) by 20m (W)

Organise two even teams.

Equipment

1 ball. Field of play marked with try line at each end.

Activity

On a modified field, play a touch football game with the focus on direct rucking down the field, and defence.

All touch football rules apply, with the addition of an extra mode of scoring. The attacking team can score by pushing the defensive line back to their own goal line. Mark is set by the referee.

Focus on obtaining as much ground as possible. Look for direct rucking to push the defence backwards, not allowing them to set.

Focus on defenders to move up from the mark set by the referee once the dummy half touches the ball. Apply defensive strategy to slow down the ruck.

Once complete, move into a full-field game with the same focus areas.

Rucking

Unstructured | Coach Prompting

Rucking

Goals: Correct rucking and cohesion

Skills: Playing the ball, dummy half passing, support play.

Secondary Skills: Communication, team work.

Time: 15 minutes.

Preparation

Full field use. Organise players in lines of 6-7.

Focus

Ruck down the field as a team using skills previously learnt without any cones or markers.

Coaches will prompt the ball carrier when a touch is made, the direction to attack to and a final touch kick.

Intermediate level focus:

Coaches may use soft or hard positions to space players out to achieve a more cohesive attack.

Coaches may input structure by highlighting a link defender to ruck on near the goal line, and attack to the outside, isolating a winger.

Ruck & Split

Goal line

Rucking

Goals: Focus on split movement.

Skills: Play the ball, dummy half passing, split movement.

Secondary Skills: Communication, positioning.

Time: 15 minutes.

Demonstration

Walk through initiating the touch, playing the ball and splitting to the side. Ensure the dummy half executes a quick pass off the ground to the player splitting. The player splitting to the side is the same person who played the ball.

Equipment

1 play the ball cone, 1 football per pair. Try line marked with cones.

Activity

In pairs, the ball carrier is to initiate the touch on a cone or defender, play the ball and split to the side of the ruck. Increase the pace and change defender position as the activity once familiar.

Focus

Using a ruck and split on different spots on the field, including when attacking the opponents goal line. A big focus is to attack the offside defender/s.

Mix It Up

- Add in a third player as an extra support runner following the ruck and split.
- Create a two-on-two or three-on-three game simulation.

Ruck & Split

Goal line

Rucking

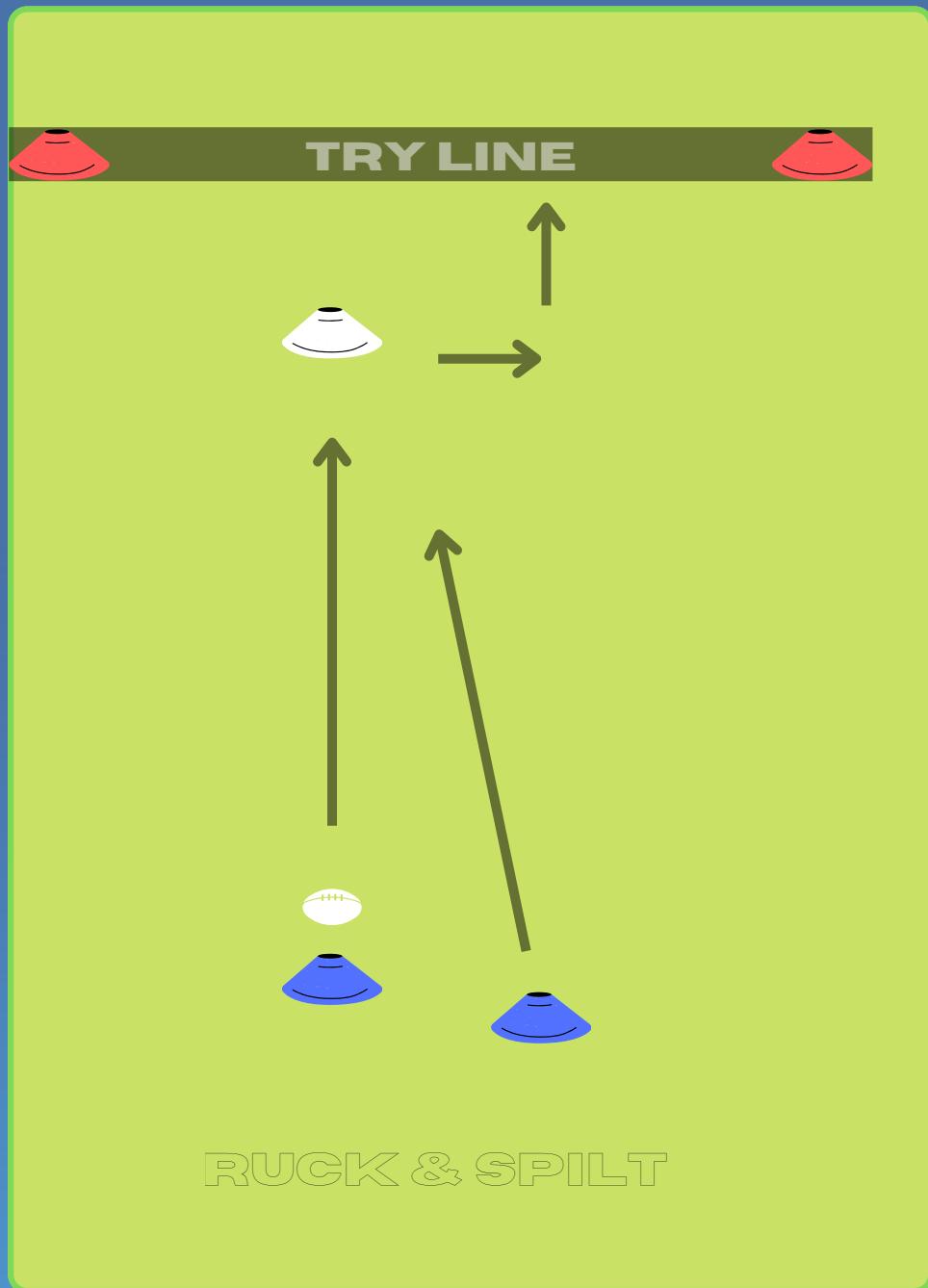
Goals: Improve ruck and splitting.

Skills: Ruck and split movement, play the ball, dummy half passing.

Secondary Skills: Communication, positioning, safe diving, scoring.

Time: 15 minutes.

Activity Diagram





Ruck and Switch

Sevens

Rucking

Goals: Creating an extra number in attack following a ruck.

Skills: First receiver positioning, communication, awareness.

Secondary Skills: Initiating the touch, play the ball, dummy half passing.

Time: 20 minutes.

Demonstration

Walk through initiating the touch with a play the ball, then have the first receiver switching to the opposite side of the play the ball. Ensure the dummy half makes a quick pass off the ground to the first receiver following the switch.

Equipment

1 football per group. Try line marked with cones.

Activity

In groups of three, the ball carrier is to initiate the touch on a defender and play the ball. The dummy half is to produce a quick pass off the ground to the first receiver who will switch to the opposite side of the play the ball.

Focus

By wrapping the play the ball, the attacking team will be able to create an overlap on the opposite side of the field. Communication and timing is key from when receiver wraps the ruck and catches the pass from the dummy half.

Mix It Up

- Add in 1 or 2 defenders.
- Try from different spots on the field, including when attacking the goal line.

Ruck and Switch

Sevens

Rucking

Goals: Creating an extra number in attack following a ruck.

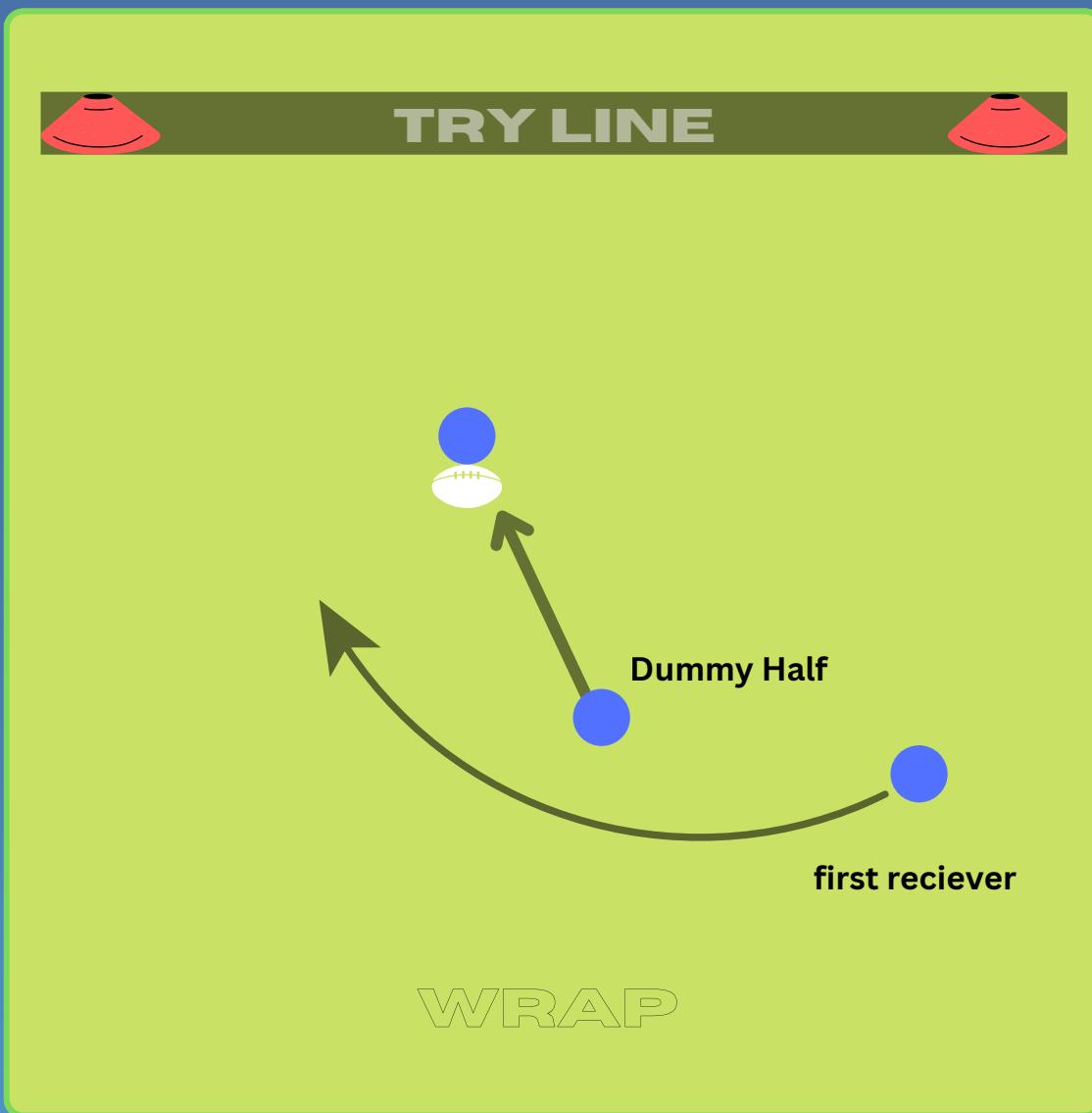
Skills: First receiver positioning, communication, awareness.

Secondary Skills: Initiating the touch, play the ball, dummy half passing.

Time: 20 minutes.

Modify (easier)

Coaches may use a play the ball cone instead of a defender for that attacking groups can understand the concept of a switch play.





Dummy Half Scoot

Rocket

Rucking

Goals: Creating a two-on-one by running from dummy half.

Skills: Running from dummy half, draw and pass, support play.

Secondary Skills: Play the ball, awareness, communication.

Time: 20 minutes.

Demonstration

Ruck the ball on the link defender close to the try line with the dummy half to run in the space left by the link defender.

Equipment

1 football per activity. Try line marked with cones.

Activity

Organise two (*link and wing*) defenders. The link defender will make the touch. Arrange three attacking players - an individual to ruck, a dummy half and a wing.

The link defender will make the touch on the ball carrier close to the try line with the dummy half performing a quick scoot in behind the defender. They will then draw in the winger to set up their support runner. The dummy half may perform the last pass from inside the in-goal.

The player who plays the ball should act as a secondary support runner on the inside.

Focus

A quick dummy half scoot to catch the link defender offside. The secondary focus is to create a two-on-one situation with the winger to set up a try.

Dummy Half Scoot

Rocket

Rucking

Goals: Creating a two-on-one by running from dummy half.

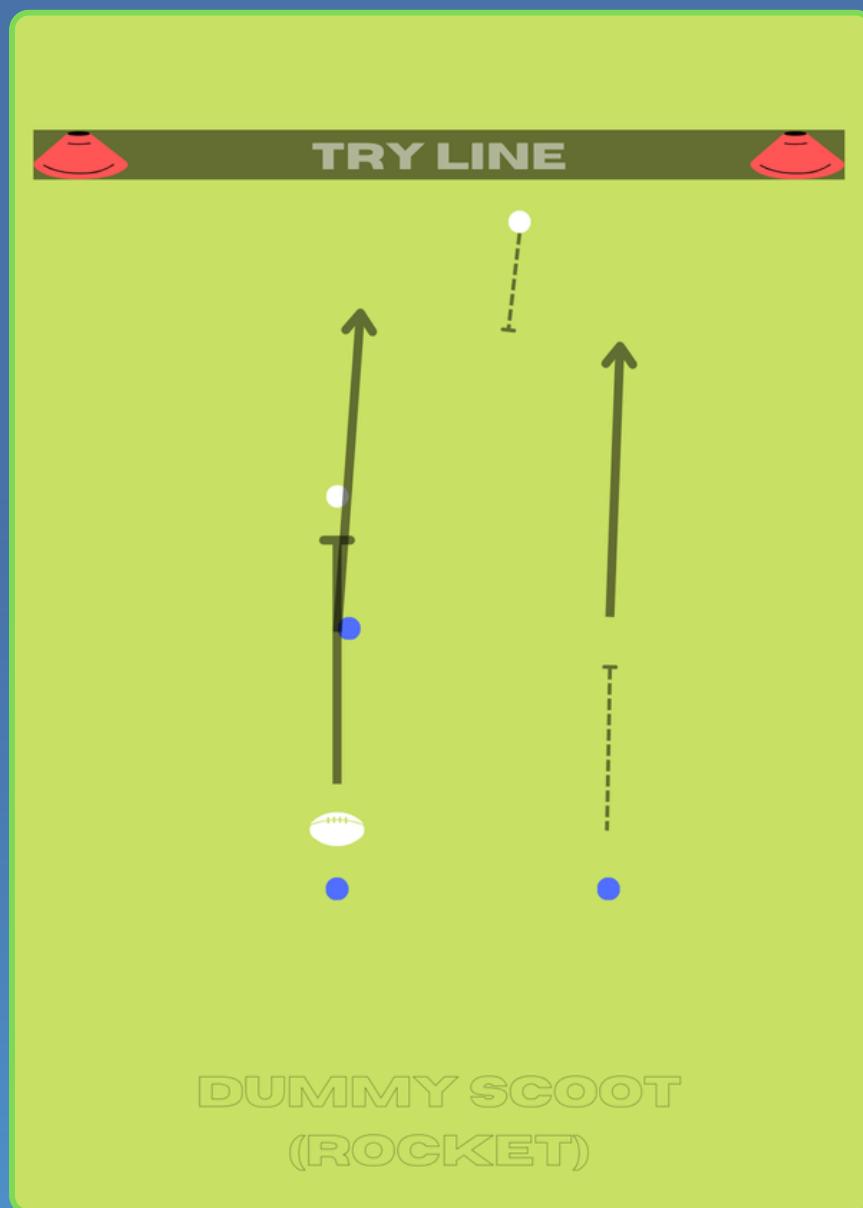
Skills: Running from dummy half, draw and pass, support play.

Secondary Skills: Play the ball, awareness, communication.

Time: 20 minutes.

Modify (easier)

Coaches may use a play the ball cone instead of a defender for that attacking groups can understand the concept of a dummy half scoot.



Number Up

Defence

Goals: Defending the goal line.

Skills: Communication, affecting the touch.

Secondary Skills: Evasion, agility, acceleration, awareness.

Time: 10 minutes.

Preparation

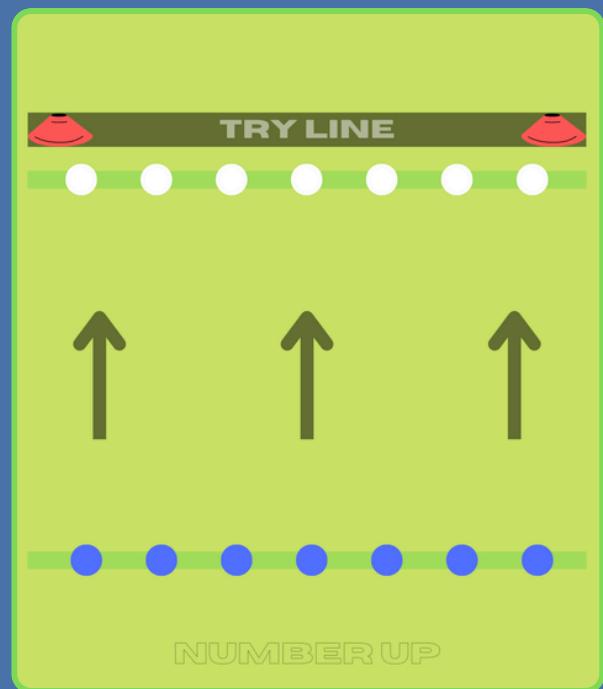
Set up markers to define a try line to defend. Divide participants into an attacking and defensive team.

Defenders should stand approximately 2m apart.

Equipment

4 markers (try line and boundary).

Footballs optional.



Activity

- Attacking players will start 10m out from the try line.
- Defending players will start 1m from the try line. Defenders can not move forward, only sideways.
- Attacking players need two feet on or beyond the try line to be safe.
- Players who are touched before reaching the try line must go back to the starting point and try again.
- Each team will have 2 minutes to get as many attacking players as possible into the in-goal.

Focus

Communication in defence and counting player numbers.

Dynamic Number Up

Defence

Goals: Defending the goal line.

Skills: Communication, team work, affecting the touch.

Secondary Skills: Evasion, awareness.

Time: 10 minutes.

Preparation

Set up a rectangle with a try line and a start line 10m out.

Equipment

6 markers to define rectangle.

1 football per attacking player.

Activity

- Attacking players will start 10m and attempt to score a try.

- Attacking players who are touched before scoring must return to the 10m line.

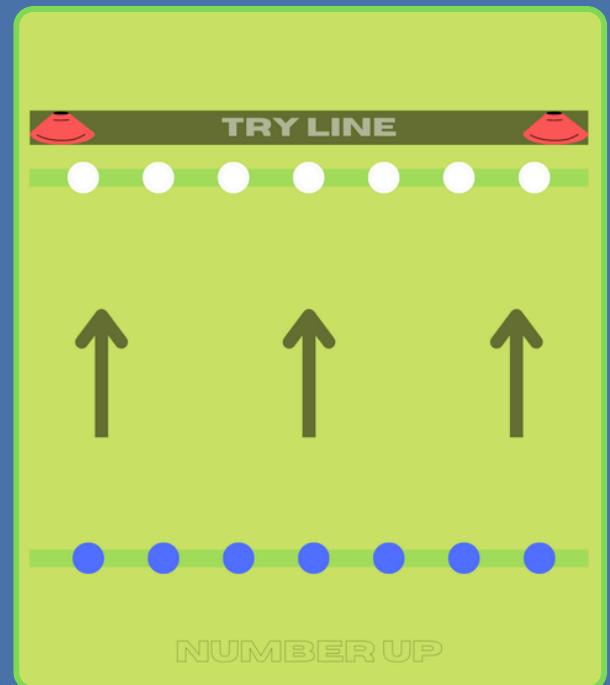
- Defending players will start on the try line and a free to move around the rectangle.

- Defenders who make a touch, must retreat back to the try line before making a second touch.

- Each round is 60-seconds long with the defensive group with the least amount of tries scored, wins.

Focus

Communication in defence and counting player numbers and defending in space.



Mirror

Basic defence structure

Defence

Goals: Identifying attacking players.

Skills: Communication, counting numbers in defence.

Secondary Skills: Awareness.

Time: 10 minutes.

Preparation

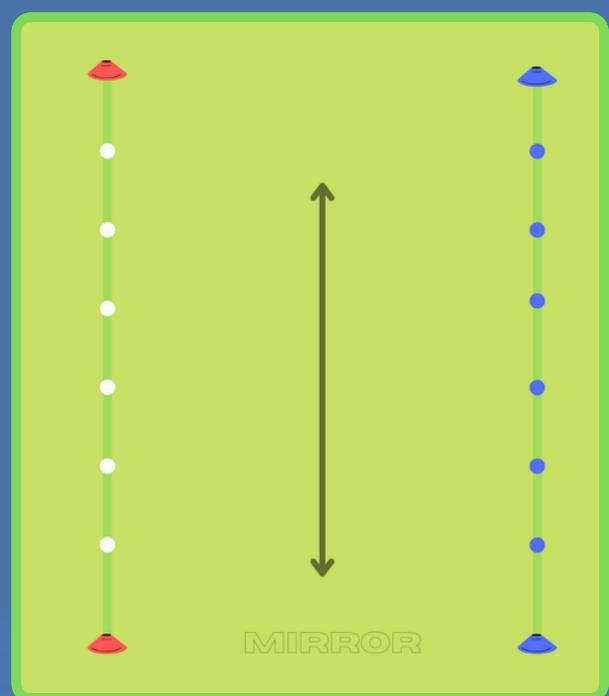
Using a playing field, arrange participants in two lines of seven; an attacking line and a defensive line. Space out both lines

Equipment

4 cones, 2 lines of 30+metres.

Aim

Challenge defenders to mark up against each attacking player and mirror their movements.



- Give each attacking player a number. Give the same number to the defender opposite them.
- Keeping the attacking players in the same order, and allow them to move sideways. Prompt the defenders to mirror their movements.
- Mix up the spots of the attacking players and prompt defenders to identify their new target.
- Encourage defenders to communicate to their team mates, calling out to they are marking up against.

Mirror 2.0

Defending space structure

Defence

Goals: Identifying attacking players.

Skills: Communication, counting numbers in defence.

Secondary Skills: Awareness.

Time: 10 minutes.

Preparation

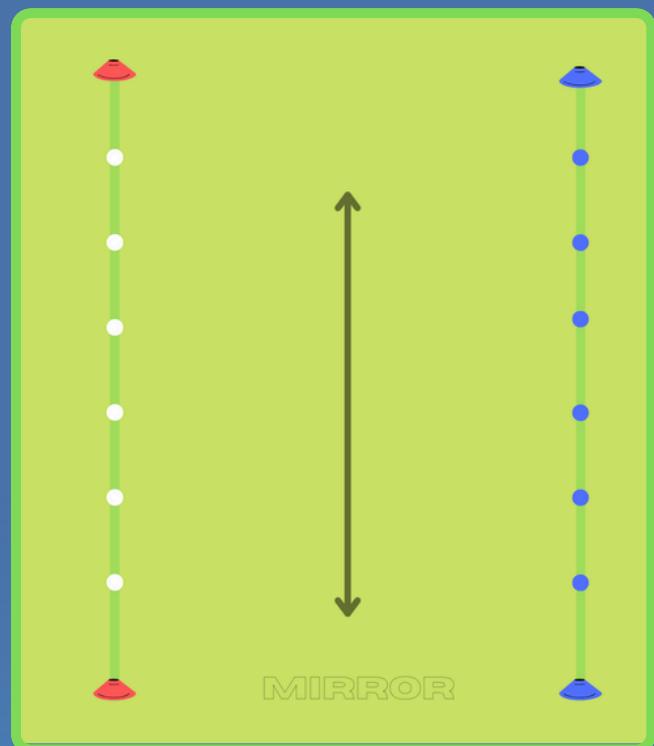
Using a playing field, arrange participants in two lines of six or seven; an attacking line and a defensive line. Space out both lines.

Equipment

4 cones. 2 lines of 30+ metres.

Aim

Challenge attacking players to move along a line so that they are not marked by a defender.



- Give each attacking player a number. Give the same number to the defender opposite them.
- Players start by marking up against their opposite.
- Allow attacking players to anywhere along their line.
- Prompt the defenders to mirror their movements, while staying in their original order. No crossing over.
- Encourage defenders to communicate to their team mates, calling out to they are marking up against.
- As attacking players move around, defenders should start to mark different targets, while occupying space.

Marking Up

Wing focus

Defence

Goals: Identifying attacking players from the wing.

Skills: Communication, positioning, counting numbers in defence.

Secondary Skills: Affecting a touch, awareness.

Time: 10 minutes.

Preparation

Using a playing field, arrange participants in two lines of seven; an attacking line and a defensive line. Space out both lines

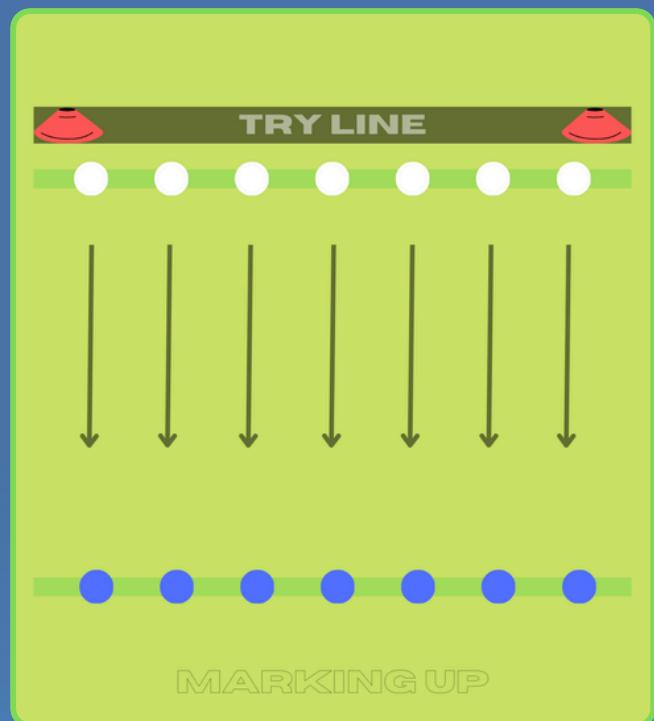
Equipment

1 ball.

Aim

Create awareness for wing defenders to stay wider than their opposite to avoid attacking players running around them.

Focus on counting numbers in defence, and then place into a game situation with a full rucking set to the attacking team.



Challenge the attacking team to score on the edges of the field. Tries are worth two points in corner pockets of field.

Ensure wing defenders are staying 2-3m wider than the player they are marking.

Marking Up

Middles defence

Defence

Goals: Identifying attacking players from the middle.

Skills: Communication, positioning, counting numbers in defence.

Secondary Skills: Affecting a touch, awareness.

Time: 10 minutes.

Preparation

Using a playing field, arrange participants in two groups of three. One group will be an attacking team, while the other a defensive group.

Equipment

1 ball.

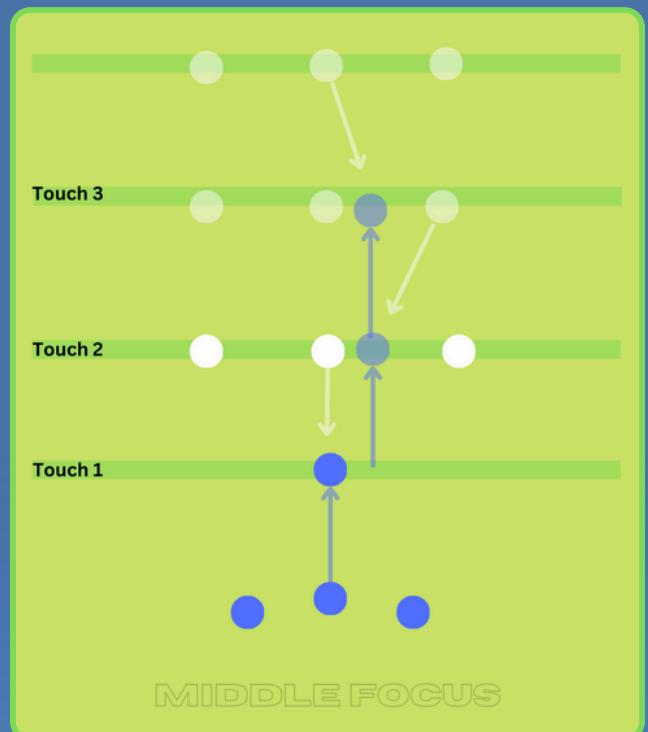
Aim

Create awareness for middle defence to help slow down and defend against a ruck.

Similar to the Threes - 3-on-3 activity, the focus shifts to the defence.

Defenders are to communicate in their group with one defender to make the touch on the ball carrier.

On the ensuing touch a different defender moves up and makes the touch. This process is repeated throughout the set, ensuring a defender does not make multiple touches in a row, and each defender moves up off the line.





Safe Diving

Skills

Goals: Safe diving movements.

Skills: Awareness and body control.

Secondary Skills: Coordination to dive at speed, confidence.

Time: 10 minutes.

Demonstration

Coaches will breakdown the movements involved with injury-free diving. Arrange participants on a goal line.

- Each participant will start on their knees (one knee or two) and use the ball to slide, remaining on their knees. Repeat sliding the ball on the ground 10+ times.
- Participants will use the ball to slide, while landing on their chest and stomach.
- Standing upright, participants will take two steps, using the ball to slide and finish on their front. Ensure participants aren't digging their knees into the ground, rather using their chest, torso and thighs to land on the ground.
- Running start (up to 5m), participants will use the ball to slide and finish on their front.

Equipment

1 football per participant. Try line marked with cones.

Focus

Slowly breaking down the movements on a safe drive, allowing participants process at their own rate. Build confidence so that participants can use a dive in a game.

Running backwards

Safe technique

Skills

Goals: Safe running backwards movements.

Skills: Awareness and body control.

Secondary Skills: Coordination, confidence.

Time: 10 minutes.

Preparation

Arrange two lines of cones, 10m apart.

Participants will assemble on one line.

Equipment

2 markers per line.

Demonstration

Coaches will touch on the technical aspects of running backwards in a demonstration.

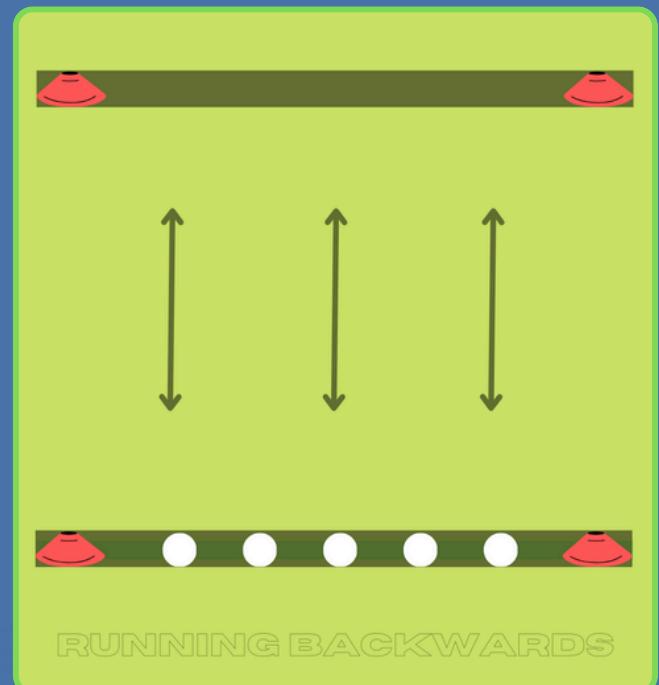
A focus will be on running backwards on the balls of your feet and ensuring heels are always lifted.

Runners should maintain a slightly forwards body weight, with their head over their feet.

Activity

Participants will focus on the technical aspects backwards running as they move 10m to the next line of cones.

Coaches may change the length or speed at which participants run at to increase awareness and confidence.



Ball Skills

Loose Ball Clean Up

Skills

Goals: Movements to assist picking up a loose ball.

Skills: Hand-eye coordination, balance.

Secondary Skills: Body control, awareness.

Time: 10 minutes.

Preparation

Arrange participants into pairs. Each pair is standing 10m apart with one member on a blue cone and the other on a white cone. Pairs are well spaced.

Equipment

2 markers, one football per line.

Activity

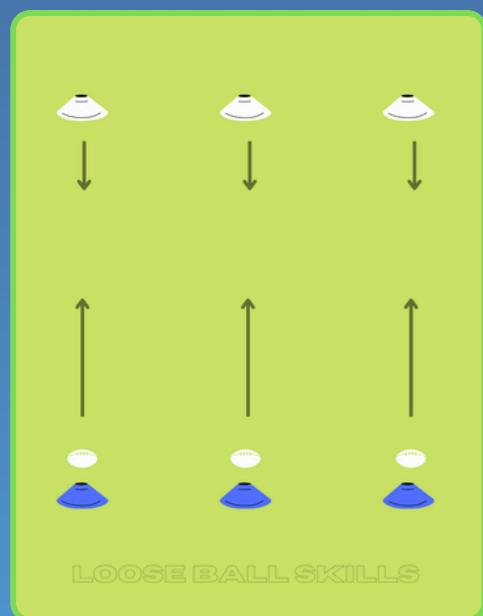
Organise players into lines of three with equal numbers behind each cone. Participants on the starting cone (*blue*) will run through and roll the ball towards the player on the white cone. The player on the white cone will pick up the ball, run through and roll the ball to next player behind the blue cone. This is a continuous activity.

Focus

Being aware of a bouncing ball and improving hand-eye coordination.

Mix It Up

- Increase the distance between the start and end of the line.
- Add in kicking



Ball skills

Reaction Time

Skills

Goals: Ball Skills.

Skills: Hand-eye coordination, reaction time, balance.

Secondary Skills: Body control, awareness.

Time: 10 minutes.

Preparation

Arrange participants into pairs. Each pair is standing 10m apart with one member on a blue cone and the other on a white cone. Pairs are well spaced.

Equipment

2 markers, one football per line.

Activity

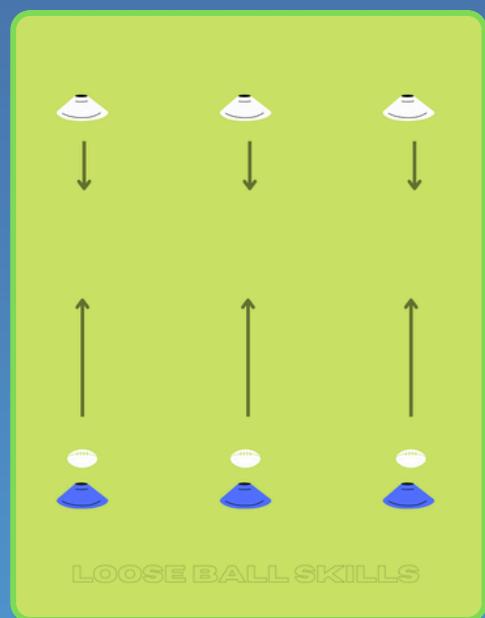
Organise players into lines of three with equal numbers behind each cone. Participants on the starting cone (*blue*) will run through and roll the ball towards the player on the white cone. The player on the white cone will pick up the ball, run through and roll the ball to next player behind the blue cone. This is a continuous activity.

Focus

Being aware of a bouncing ball and improving hand-eye coordination.

Mix It Up

- Increase the distance between the start and end of the line
- Place an extra marker 2m from the starting cones for players to pick up and place the ball down while running.



Capture the flags

Skills

Goals: Use Touch Football skills to capture the flags.

Skills: Team work, communication, game sense.

Secondary Skills: Ball skills, passing, catching, evasion, defence.

Time: 20 minutes.

Preparation

Set up a 50x40m playing area or full touch football field.

Organise participants into two teams.

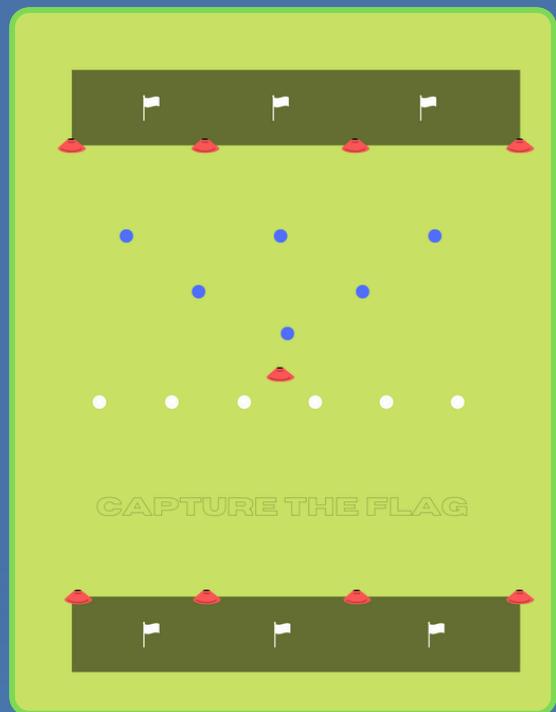
Equipment

1 football. 3 flags per in-goal.

Activity Game

The aim is for the team in possession of the ball to reach the opponents' in-goal and take possession of the flag.

The first team to have five flags in their in-goal wins.



Rules

- Play starts on (red) halfway with all players able to run on the field.
- The attacking team will have six touches to reach the flag before it's a changeover.
- If touched, the ball carrier must stop on the mark (*of the touch*) and pass to a team mate.
- Passes can be made in any direction.
- Only the player in possession of the ball can capture the flag.
- If the ball hits the ground or is intercepted, it's a change over.
- Teams can only have one fullback.
- Once a flag is captured, the flag is placed in the team's in-goal. The game continues.

Capture the balls

Skills

Goals: Use team work to take possession of all the balls.

Skills: Team work, communication

Secondary Skills: Ball skills, passing, catching, evasion, defence.

Time: 20 minutes.

Preparation

Set up a 50x40m playing area or full touch football field.

Organise participants into two teams.

Equipment

10 footballs. 10 scoring zones per team

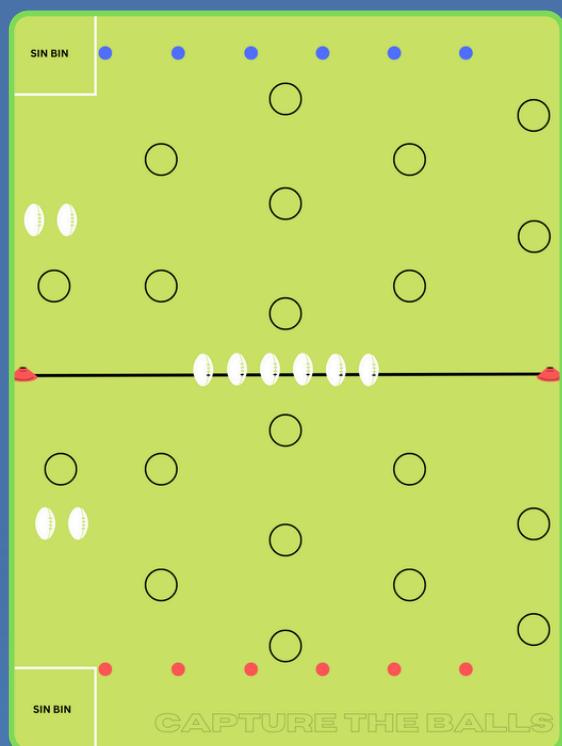
Use a marker or hoop for each zone.

Activity Game

The objective is for one team to capture as many balls in their scoring zones before the time runs out.

Rules

- Play starts with a whistle and half of the footballs positioned on half way. The remainder are in each team's half.
- Players will attempt to enter into the opposition's half to steal footballs to bring back to their own scoring zones.
- Players who are tagged in their opposition half (*with or without a ball*) will enter the sin bin.
- Players are safe in their own half.
- One sin bin player is released when a new ball captured by their own team, or after a time limit determined by the coach.
- Players may pass or kick the ball to a teammate in the opposition half only.



The Nest

Skills

Goals: Use team work to take possession of all footballs.

Skills: Team work, communication.

Secondary Skills: Ball skills, passing, catching, evasion, defence.

Time: 20 minutes.

Preparation

Set up a 20x10m playing area

Equipment

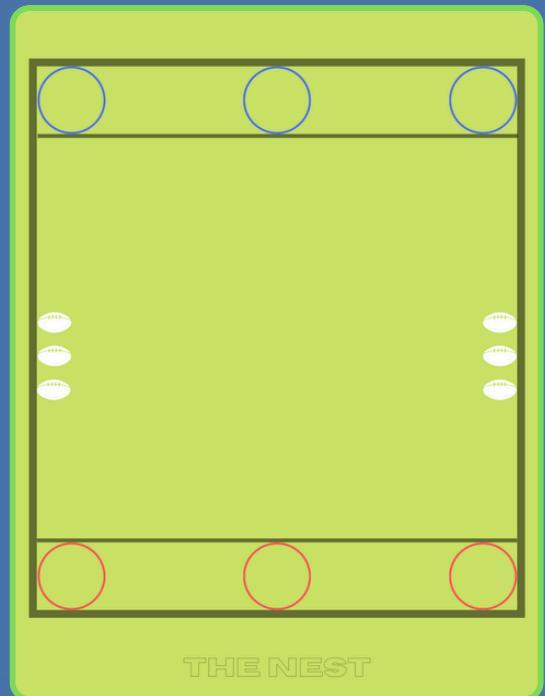
Minimum six scoring zones.

One football per participant.

Activity Game

Divide participants into two teams.

Teams are to place as many balls inside their scoring zones within a time limit



Base Rules

- Balls are aligned on the edges of the play area.
- Teams start their try line in front of their scoring zones.
- One ball can be stolen from an opponents scoring zone at a time.
- Teams must make two passes or one kick to a team mate with a stolen ball before placing it in their scoring zone.
- Players who are tagged in possession of a stolen ball must place it back in the opposition's scoring zone and return to their try line to continue.
- Passes and kicks can be in any direction.

Game rules and the value of each ball may be modified at the coach's discretion. An additional 'sin bin' area for tagged opponents can be implemented.

Touch Polo

Skills

Goals: Introduction to a touch football game.

Skills: Ball skills, passing, catching, evasion, defence.

Secondary Skills: Team work, communication.

Time: 20 minutes.

Preparation

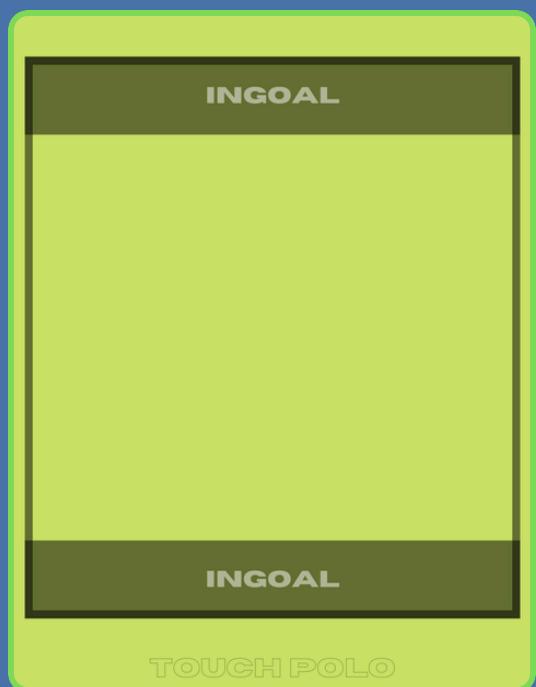
Set up a rectangle field minimum 30x20m.

Equipment

1 football. Field and in-goal marked.

Activity Game

Touch polo is an introduction to a touch football match, or a fun warm up depending on the age group



Base Rules

- Two teams with the in-goal being a scoring zone.
- Players can pass the ball in any direction and only need to run across the in-goal to score.
- If the ball carrier is touched, they must stop and pass to a team mate.
- Knock ons or if the ball goes out of play, its a change over.

Adaptive rules

One by one add in additional rules to occur in a touch football match.

- Players must ground the ball in the in-goal
- Players must pass the ball backwards
- Players must play the ball after being touched.
- Ensure two or more passes occur before scoring a try.

Stuck In The Mud

Skills

Goals: Tag all the attacking players.

Skills: Evasion, agility, acceleration, defence.

Secondary Skills: Team work, communication.

Time: 20 minutes.

Preparation

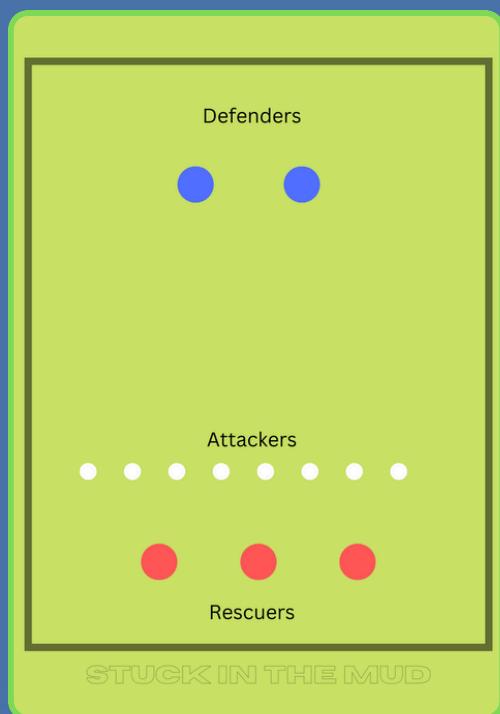
Set up a 30x20m playing area

Equipment

One football.

Activity Game

Organise two defenders (blue), and three rescuers (red). The remaining participants are attackers. Each round takes two minutes. Mix up positions.



Base Rules

- The defenders are to tag the attackers.
- Once the attackers have been tagged, they can not move.
- Every attacking player tagged = 1 point.
- To be free, the rescuers pass the ball to a frozen attacker who then must perform a play the ball. The frozen attacking player is free once the rescuer picks the ball up from dummy half.
- The free attacking player has a 5 second immunity.
- The game continues for two minutes before mixing up positions.

Memory

Skills

Goals: Find all the tags hidden under cones.

Skills: Team work, communication.

Secondary Skills: Awareness.

Time: 20 minutes.

Preparation

Set up a 20x20m playing area.

Organise two teams

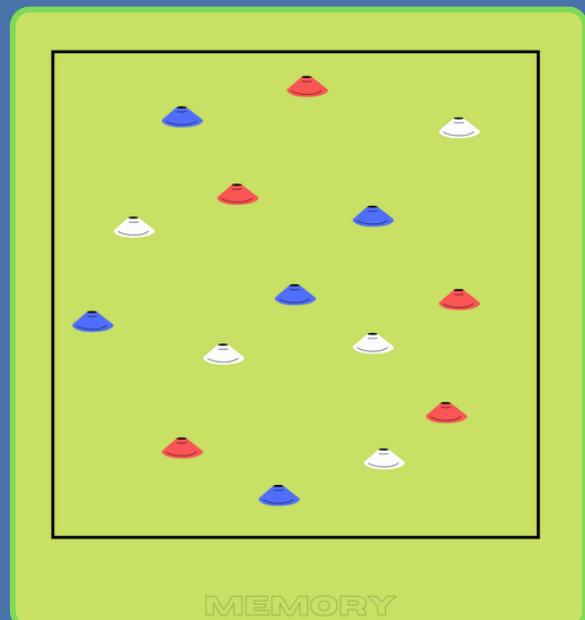
Equipment

15 coloured cones. 7 Tags

Activity Game

The objective is to find the 7 tags under the coloured cones in the playing area.

Teams will work together to help each other in out finding the tags.



Once a tag is found, that team receives one point. The team with the most tags at the end of the game, wins.

Give each player in team A and team B a number between 1-6. Coaches will call out a number with one player from team A and team B entering the play area to select a cone.

All players should remain observant to see which cones have been selected so far.

All cones are placed back in the position they were found.



Types of kicks

Grubber technique

Kicking

Goals: Correct grubber kick technique.

Components: 5

Time: 10 minutes.

Technical components & movements

- Holding the ball.
- One step forward with non-kicking leg.
- Releasing the ball onto foot.
- Pointing toes down in direction of kick.
- Maintain balance.

Process

The ball should be held horizontal with the point of the ball towards the target.

Maintain balance by taking one step forward with the non-kicking leg and release the ball onto the foot.

Contact between foot and ball should be made with the top half of the ball, closest to your body.

By pointing toes down, it will ensure the ball contacts the foot and heads towards the ground.

Key Points

- Most important indicator is the ball is kicked down into the ground.
- Through repetition, participants will learn how to direct and control the bounce of a ball.
- As timing improves, add in an additional two steps.

Types of kicks

Chip or high kick Technique

Kicking

Goals: Correct high kick technique.

Components: 5

Time: 10 minutes.

Technical components & movements

- Holding the ball.
- One step forward with non-kicking leg
- Releasing the ball onto foot.
- Pointing toes up in direction of kick.
- Maintaining balance.

Process

The ball should be held upright with the top point of the ball facing the sky.

Maintain balance by taking one step forward with the non-kicking leg and release the bottom point of the ball onto your foot.

Pointing toes up will ensure the ball travels in an upwards trajectory.

Key Points

- Most important indicator is the ball is kicked in an upwards direction.
- Through repetition, participants will learn how to direct and control a high kick off the foot.
- As timing improves, as in an additional two steps.
- Observe and focus in on a steady and upright ball drop onto the foot.

Types of kicks

Drop kick technique

Kicking

Goals: Correct drop kick technique.

Components: 5.

Time: 10 minutes.

Technical components & movements

- Holding the ball with two hands.
- Step forward with non-kicking leg.
- Dropping the ball straight to ground and in line with kicking leg.
- Allow the ball to hit the ground.
- Swinging leg through to connect with ball & maintain balance.

Process

The ball should be held upright position with your dominant hand behind the ball, and non-dominant hand used as a guide on the front. The top of the ball should be pointing towards the shoulder of your dominant hand.

Maintain balance by taking one step forward with the non-kicking leg and release the ball straight down to the ground, and in line with kicking leg.

Allow the ball to hit the ground before swinging through with kicking leg. Point toes down for distance or up for height.

Key Points

- Use your middle finger tip to find the back seam of the ball. This will ensure that holding the ball and the ball drop is consistent.
- Ensure the ball drop isn't outside your kicking leg.
- Timing is key when allowing the ball to hit the ground,
- As timing improves, add in an additional steps to run up.

Catch Technique

Kicking

Goals: Correctly catch a high kick

Components: 3

Time: 5 minutes

Technical components & movements

- Balanced with two feet on the ground. Knees slightly bent.
- Elbows into chest with palms facing out and in an upwards direction.
- As the ball touches hands, bring arms into chest to secure ball.

Demonstration

Coaches will underarm a football above head height to resemble a high kick. Participants will correctly perform all technical components of catching a high kick.

Repeat with higher passes above head. Focus on the timing where a participant brings the ball into their chest to secure a catch.

Repeat with coaches performing chip kicks to participants. Focus on balance and movements into the catch.

High kick technique can be used with Kick Perception activity.

Kick Perception

Kicking

Goals: Correct kicking technique.

Skills: Grubber, chip and drop kick development.

Secondary Skills: Catching, awareness, coordination.

Time: 15 minutes.

Preparation

Arrange participants into pairs approximately five metres apart.

Equipment

1 football per pair.

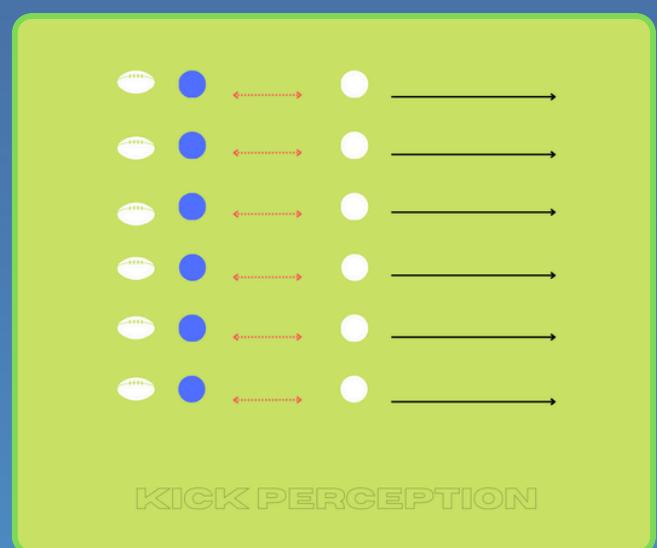
Activity

Select a kick type. Pairs are to complete a kick and catch between each other. Every two completed kicks, one participant in each pair is to take one step backwards. Pairs will continue this until they fail to field or catch a kick.

Focus:

Hand placement on football for kick types.

Build coordination from holding the ball, through to contact with the foot. Ensure participant's body weight is forward with the ball placed over the foot.



Target Kicking

Kicking

Goals: Accurate kicking in pairs.

Skills: Grubber, chip and drop kick development.

Secondary Skills: Catching, awareness, coordination.

Time: 15 minutes.

Preparation

Divide participants into pairs and space the 10m apart.

Equipment

1 football per pair.

Activity

Pairs will kick grubbers or chip kicks back and forwards. Coaches will touch on the basic technical requirements to perform each kick consistently, including how to hold the ball for each type of kick, balance and the ball drop to foot.

Focus

Boost confidence. Building kicking skills through repetition and guidance.

Modify

- Increase the distance between each pair.
- Create a game where each pair needs to catch a certain amount of kicks.
- Organise two lines with players in line one, kicking to players in line two to score.
- Have one target for all pairs to aim for, similar to the white ball in a game of bowls.

Kick Golf

Kicking

Goals: Judging the weight of a kick.

Skills: Grubber, chip and drop kick development.

Secondary Skills: Team work, awareness, coordination.

Time: 20 minutes.

Preparation

Set up an in-goal area (*black*) and lanes approximately 30m (*L*) and 10m (*W*).

Organise participants into groups of two.

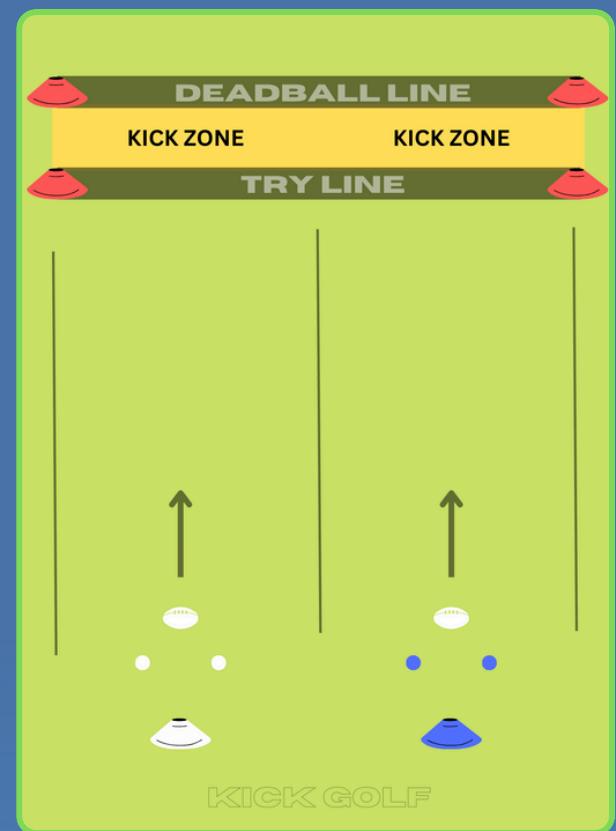
Equipment

6 lane cones, 1 football per pair.

In-goal marked with cones.

Activity Game

Each pair to kick their football into the in-goal at the end of each lane



Rules

- In pairs, participants take alternate kicks.
- Pairs can take as many kicks as they would like to reach the in-goal. The ball must come to a stop before taking another kick.
- Should the ball roll outside a lane or beyond the in-goal, each pair must start again.
- All types of kicks are allowed.
- Once a pair has successfully kicked the ball into their in-goal, they must return to the starting spot and sit down.
- The pair who successfully kicks a ball into the in-goal the quickest, wins.
- Lane size, distance and direction can be modified accordingly.

Kick Tennis

Kicking

Goals: Judging a kick into a box.

Skills: Team work, communication, chip kick development.

Secondary Skills: Catching, coordination, awareness.

Time: 20 minutes.

Preparation

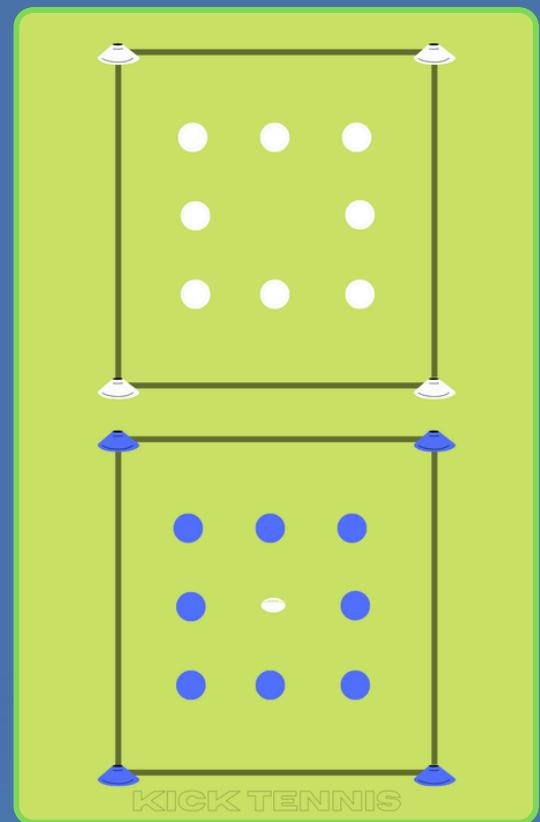
Set up two 10x10m squares with a small 2m gap in between. Organise participants into two teams.

Equipment

8 markers. 1 football

Activity Game

The objective of kick tennis is simple, maintain the players in your team by catching and kicking the ball.



Rules

- Any kick that is dropped or touches the ground in the opposition square; the nearest defender is eliminated and sits off to the side.
- Any kick that is caught on the full, brings one eliminated teammate back into the game.
- Any kick that falls short of the square, is not hip height or is kicked out of the square on the full; the kicking player is eliminated.

Modify

- Add in a second ball
- Increase/ decrease the size of the squares.

Kick Baseball

Kicking

Goals: Kicking into space.

Skills: All kick types development, team work, communication.

Secondary Skills: Passing, catching, coordination, awareness, defence.

Time: 20 minutes.

Preparation

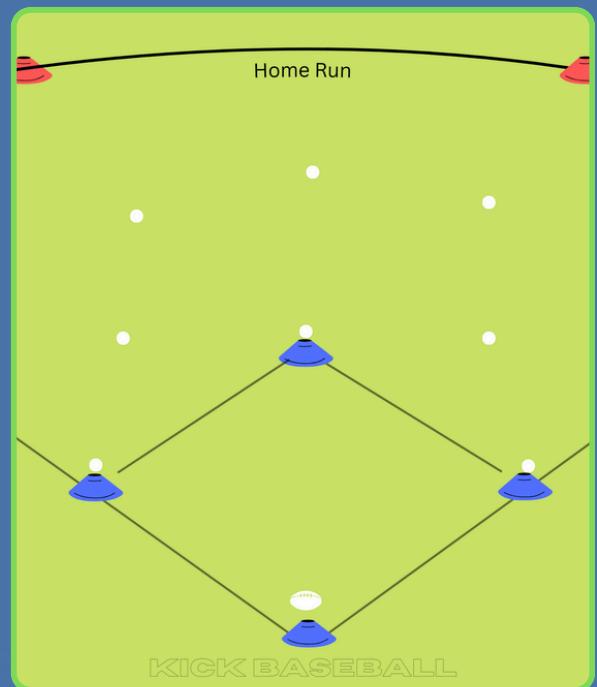
Set up a kicking diamond (15x15m) and a home run boundary using cones (30m from start). Assign. two teams.

Equipment

8 markers. 1 football

Activity Game

The objective of kick baseball is to kick the ball into the in-field and run around the kicking diamond and return home. The team will with most home runs is the winner.



Rules

- One kicker at a time. Any kick type is accepted.
- Attacking players are safe on any base.
- Attacking players must run to the next base following a kick.
- The fielding team can get kickers out by catching the ball on the full, tag an attacking player when in possession of the ball or passing/kicking to a defender on a base to which an attacking player is running to.
- Kicks over the boundary will result in a home run and allow all attacking players on a base to return home.

Kick Scramble

Kicking

Goals: Kicking to avoid defenders.

Skills: All kick types development, awareness, team work, communication.

Secondary Skills: Passing, catching, coordination, strategy, defence.

Time: 20 minutes.

Preparation

Set up a large field 40x30m or a playing field with 10 'safe' cones (blue), a start and a home cone. Create two teams.

Equipment

12 markers. 1 football

Activity Game

Attacking players will kick the ball into the in-field and run to a blue cone. The objective is to reach home base before being tagged by a defender.



Rules

- One kicker at a time. Any kick type is accepted.
- Once a kick is made, the attacking player will move to any base (blue cone) where they will be safe.
- One attacking player per base.
- Attacking players must run at least once on every two kicks.
- The fielding team can get an attacking player out by catching the ball on the full or running to any base and shouting 'out' before any or all attacking players reach a base.

Kick Cricket

Kicking

Goals: Kicking under pressure.

Skills: All kick types development, awareness, coordination, poise.

Secondary Skills: Passing, catching, team work, communication.

Time: 20 minutes.

Preparation

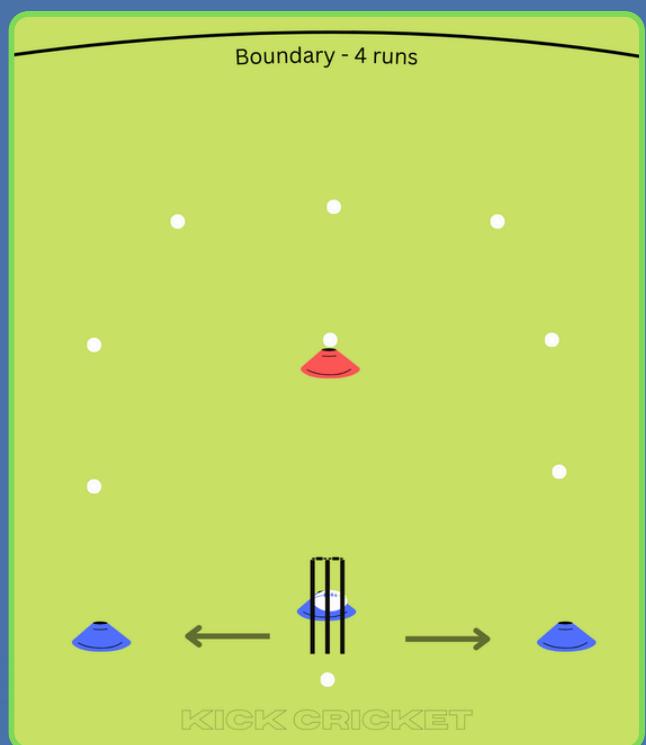
Set up a playing field with a boundary (*30m from wickets*), and a (*5m*) pitch with bowlers cone and batters cone.

Equipment

4 markers. A wicket. 1 football

Activity Game

Runs are scored by kicking the ball over the boundary, or running around the blue cones (*5m*) to the side of the pitch. This game is continuous.



Rules

- The bowling team will pass the ball to the batter to catch.
- If caught, the batter will kick the ball into the in-field and run around the blue cones positioned to the side of the start point, before returning to in front of the stumps.
- If dropped, the batter will kick the ball along the ground and proceed to run around the blue cones.
- The fielding team will need to retrieve the kick and pass/kick the ball back to the bowler, who will then pass the ball at the stumps.
- The bowler can pass the ball whether the batter is ready or not.
- The batter is out if the ball hits the stumps or his kick is caught on the full.
- The batter must run on each kick or if the ball touches their body.