

Introduction to Touch Football

6 Week Program

Coaching schedule

Skill groups

Learning outcomes



Week One Introduction

Activities

Agility Course & Team Relay
Pass Target
Pass Pass Goose
Target Kicking
Loose Ball Skills

Skill Groups

Agility, speed, reaction time.
Passing, catching, kicking.



Learning Outcomes

- A. Running at speed and using footwork to navigate through cones or agility poles. Running with a football in two hands.
- B. Holding a ball correctly with two hands. Using judgement to pass a ball towards a target.
- C. Butterfly hands with thumbs overlapping to catch a ball. Short passing in a circle.
- D. Holding a ball correctly for a short kick. Using judgement to kick a ball into a target zone.
- E: Developing coordination and judgement when picking up a rolling, or bouncing ball.

Activity resource is available online.

Coaching schedule, skill groups and goals should be used as a guide.

For more information, please [contact us](#).

Week Two

Play The Ball

Activities

- Touch Rover
- Performing Play The Ball
- Pass Perception
- Pass Target

Skill Groups

- Agility, play the ball basics.
- Passing, catching, teamwork.

Learning Outcomes

- A. Evading defenders while running with a ball in two hands.
- B. Learning to make a touch as a defender. Working together in pairs.
- C. Play the ball basics including placing the ball on the ground and stepping over the ball.
- D. Holding a ball correctly to pass. Pass ball towards the target, Increasing the distance between pairs.
- E. Holding a ball correctly with two hands. Swing arms through the pass, and towards the target.



Activity resource is available online.

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For more information, please [contact us](#).

Week Three

Stuck In The Mud

Activities

Rabbit & The Fox

Play The Ball - Dummy Half

Stuck In The Mud

Target Kicking or Kick Tennis

Skill Groups

Play the ball basics, speed, agility.

Short passing, kick fundamentals



Learning Outcomes

- A. Speed and reaction time while running through an agility course with the ball in two hands.
- B: Learning to defend while changing direction.
- C. Play the ball basics including placing the ball on the ground and stepping over the ball.
- D: Introduction to dummy half and passing to a first receiver.
- E. Performing a play the ball autonomously. (*stuck in the mud*)
- F. Holding a ball correctly with two hands. Use judgement to kick to target or zone.

Activity resource is available online.

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For more information, please [contact us](#).

Week Four

Try Time

Activities

1,2,3 GO

Play The Ball - First Receiver

Line or Circle Passing

Try Time

Skill Groups

Speed, reaction time.

Play the ball basics, passing.



Learning Outcomes

- A. Reaction time and acceleration to evade a touch.
- B. Running with the ball in two hands and grounding the ball to score a try.
- C. Play the ball with a first receiver supporting the pass from a dummy half.
- D. Maintain a close group of three participants when performing a play the ball start to finish.
- E. Holding a ball correctly to pass. Step towards target and swing arms through towards the target. Butterfly hands ready to catch a ball.
- F. Performing in a one-on-one activity using the learning outcomes above.

Activity resource is available online.

Coaching schedule, skill groups and goals should be used as a guide.

For more information, please [contact us](#).

Week Five

Number Up

Activities

Mirror or Number Up

Touchdown or Touch Polo

Introduction to a Touch Football match

Skill Groups

Defence basics, speed, evasion.

Grounding a ball, passing.



Learning Outcomes

- A. Working together in pairs or small groups to make a touch.
- B. Defenders will line up with a coach, mimicking a referee in a game.
- B. Shadowing an attacking player with lateral footwork and eyes.
- C. Defending a try line against approaching attacking players. Using lateral footwork and team work to make a touch.
- D. Performing in a one-on-one activity using the learning outcomes above.
- E: Revisiting play the ball fundamentals.

Activity resource is available online.

Coaching schedule, skill groups and goals should be used as a guide.

For more information, please [contact us](#).

Week Six

Game Day

Activities

Skills Re-cap

Touch Football match w/parents

Skill Groups

Play the ball basics, speed, agility, passing fundamentals.



Learning Outcomes

- A. Performing basic motor skills and movements in a touch football game.
- B. Working together as a team in both attack and defence.
- C. Confidence running with the ball in two hands, and evading a defender.
- D: Ability to pass to a target.
- E: Knowledge of a play the ball and the actions of the dummy half and first receiver.
- F. Have fun!

Activity resource is available online.

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For more information, please [contact us](#).