



SPORTING
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YEAR 3 & 4

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ACTIVITY 1

TOUCH ROVER - 10 MINUTES

- ✓ Game Skill - Effecting the Touch
- ✓ Movement Skill – Sprinting, Evasion



SET-UP

40m x 40m grid

EQUIPMENT

Markers to define boundaries of the field

ACTIVITY

Players line up at one end of the field with one or two designated defenders against the main group of attackers. The object for attackers is to get through to the other end without being touched by the defenders who all start at halfway. Once touched, attackers then join the defensive group. Last person left/touched wins the game.

CHANGE IT

- Defenders use a Touch Football to tag the attackers.
- Attackers run with a Touch Football.



ACTIVITY 2

AGILITY & RUNNING WITH THE BALL – 10 MINUTES

- ✓ Game Skill - Running with the Ball
- ✓ Movement Skill – Sprinting, Evasion



SET-UP

Diagram below is for a maximum of 10 students

EQUIPMENT

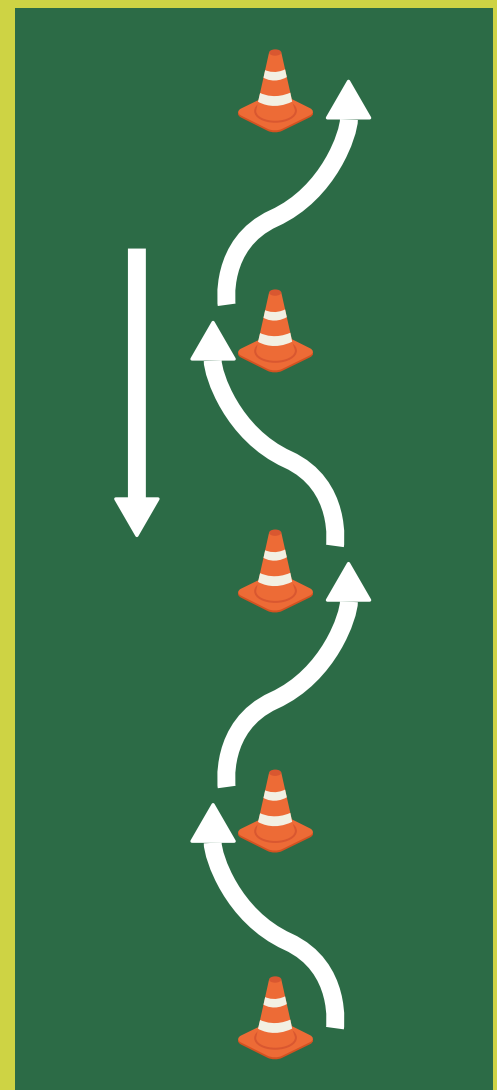
7 Markers to define course as per diagram

DRILL / GAME

Players weave in through the markers whilst carrying a ball. Ensure they move as fast as possible and use a short sprint at the end.

CHANGE IT

- Players weave backwards through the markers.
- Set up multiple grids and have players race through the markers like a relay.



ACTIVITY 3

RABBIT AND THE FOX – 10 MINUTES

- ✓ Game Skill - Effecting the Touch
- ✓ Movement Skill – Sprinting, Evasion



SET-UP

Use diagram for a maximum of 14 students

EQUIPMENT

10 Markers to define course as per diagram

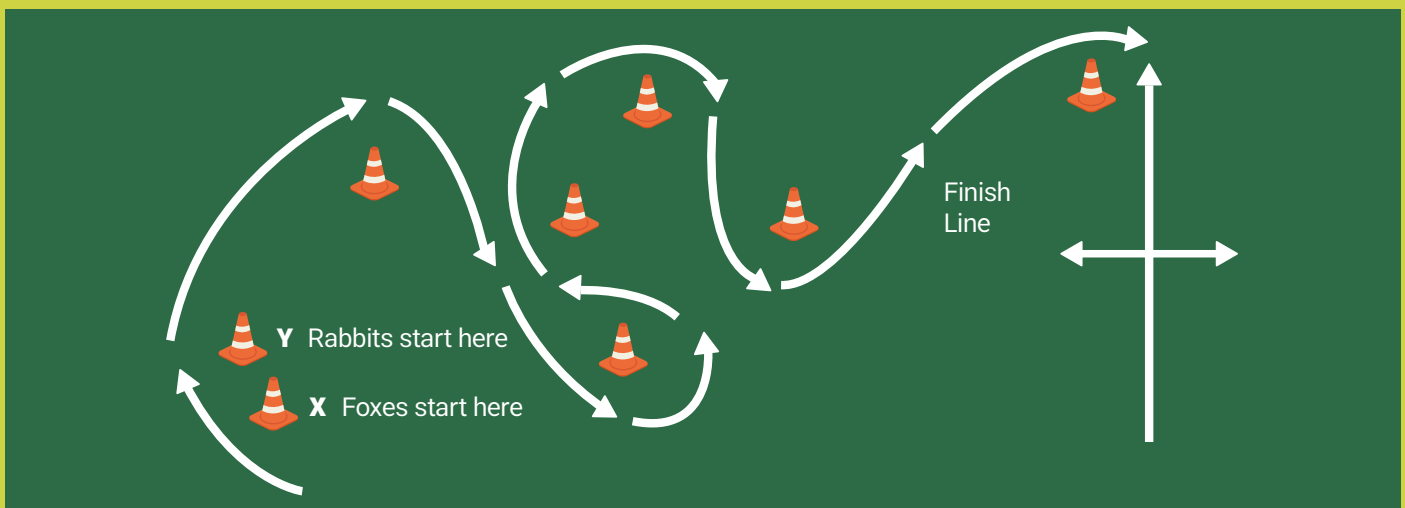
DRILL / GAME

Players line up as below and on “go”, a rabbit starts first (with a slight head start, which may need to be manipulated) and has to weave through the agility course with the fox chasing from behind. The fox needs to tag the rabbit before they get home.

Rule: All players must run around the marker not cut across or jump over them.

CHANGE IT

- Rabbits run while holding a Touch Football.
- Rabbits move through the grid backwards.



ACTIVITY 4

BASIC PASSING GRIP & TECHNIQUE PARTNERS – 10 MINUTES

- ✓ Game Skill - Gripping the Ball, Passing, Catching
- ✓ Movement Skill – Running with the Ball



SET-UP

10m x 10m grid for a maximum of 10 students

EQUIPMENT

A touch ball per pair.

Coaches note - Teach basic grip before completing passing drills below . i.e. thumbs on top, fingers underneath, palms around centre, ball pointing downward, passing action up from the ground, elbows bent, arms extending on release, both hands working together, step toward target.

ACTIVITY

Split the group in pairs to begin passing in pairs – pass to a buddy, use both sides of body.

CHANGE IT

- Once pairs have been able to complete their passes, have them stand in two lines. Split the group in two even teams and have them line up along a curve with the ball starting on the tryline.
- The teams will need to complete a pass along the line to each team member, once the ball reaches the end of the line, the player with the ball needs to run across the tryline to win the race.



ACTIVITY 1

RABBIT AND THE FOX – 10 MINUTES

- ✓ Game Skill - Effecting the Touch
- ✓ Movement Skill – Sprinting, Evasion



SET-UP

Use diagram for a maximum of 14 students

EQUIPMENT

10 Markers to define course as per diagram

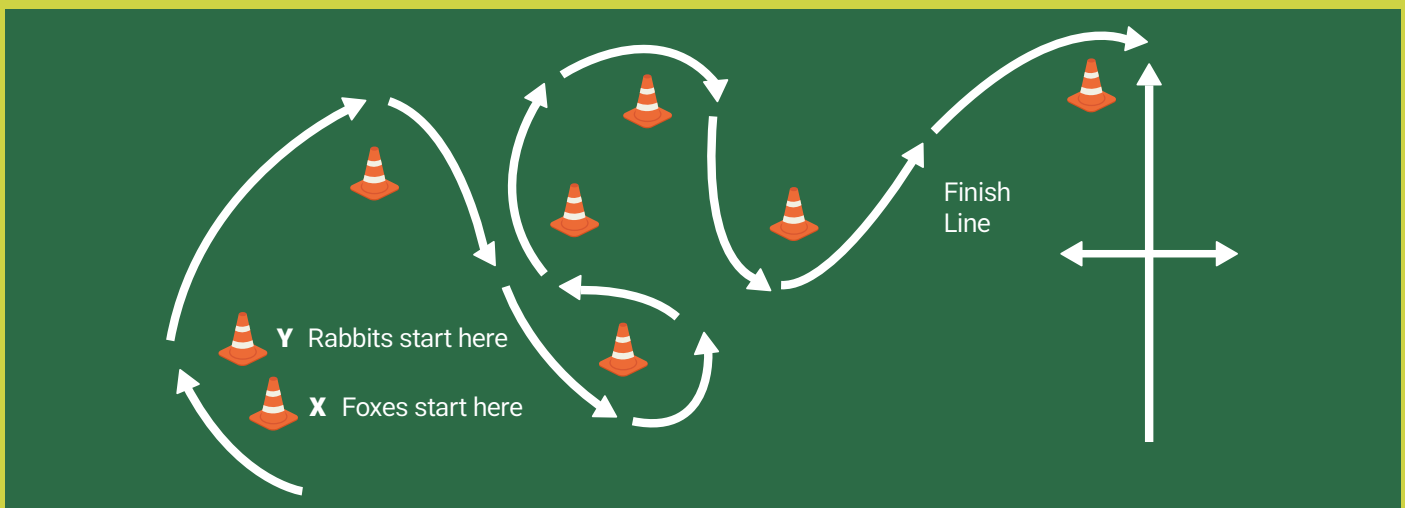
DRILL / GAME

Players line up as below and on “go”, a rabbit starts first (with a slight head start, which may need to be manipulated) and has to weave through the agility course with the fox chasing from behind. The fox needs to tag the rabbit before they get home.

Rule: All players must run around the marker not cut across or jump over them.

CHANGE IT

- Rabbits run while holding a Touch Football.
- Rabbits move through the grid backwards.



ACTIVITY 2

BASIC PASSING GRIP & TECHNIQUE PARTNERS – 10 MINUTES

- ✓ Game Skill - Gripping the Ball, Passing, Catching
- ✓ Movement Skill – Running with the Ball



SET-UP

10m x 10m grid for a maximum of 10 students

EQUIPMENT

A touch ball per pair.

Coaches note - Teach basic grip before completing passing drills below . i.e. thumbs on top, fingers underneath, palms around centre, ball pointing downward, passing action up from the ground, elbows bent, arms extending on release, both hands working together, step toward target.

ACTIVITY

Split the group in pairs to begin passing in pairs – pass to a buddy, use both sides of body.

CHANGE IT

- Once pairs have been able to complete their passes, have them stand in two lines. Split the group in two even teams and have them line up along a curve with the ball starting on the tryline.
- The teams will need to complete a pass along the line to each team member, once the ball reaches the end of the line, the player with the ball needs to run across the tryline to win the race.



ACTIVITY 3

RUNNING LINES/WEAVING DRILL – 10 MINUTES

- ✓ Game Skill - Gripping the Ball, Passing, Catching
- ✓ Movement Skill – Running with the Ball



SET-UP

10m x 10m for a maximum of 10 students per grid

EQUIPMENT

A touch ball per group of 10
10 markers

DRILL / GAME

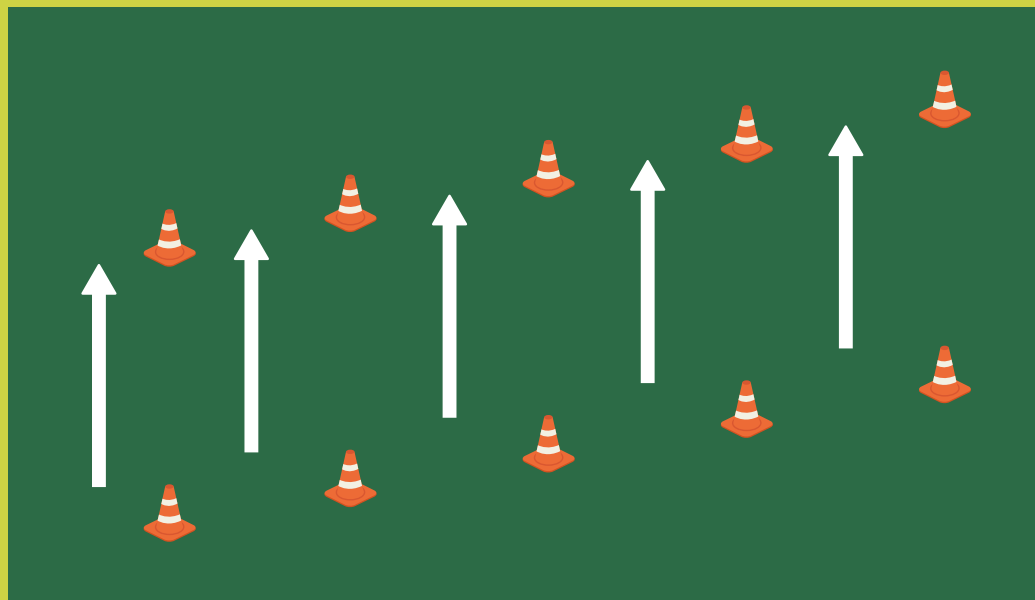
Players line up at each (staggered) hat and run forward passing along the line.

Players should change position on line regularly. Reinforce the passing backwards to support player.

Players round their hat and return to beginning for the next group.

CHANGE IT

- Set up multiple grids and have them race against each other.



ACTIVITY 4

ROLLBALL DRILL – 10 MINUTES

- ✓ Game Skill - Affecting a Rollball
- ✓ Movement Skill – Running with the Ball



SET-UP

35m x 10m for a maximum of 10 students

EQUIPMENT

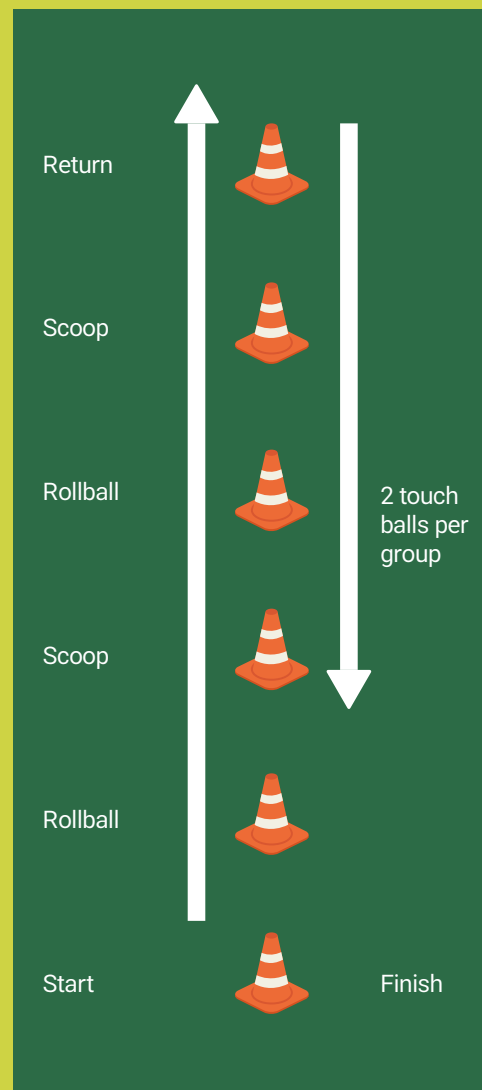
4 Touch Balls per group
6 markers placed every 7 metres

DRILL / GAME

- Players line up in pairs and run forward completing a rollball at each marker. For the purposes of the drill, the partner follows behind, picks up the ball and runs ahead 7m in front of their partner and completes a rollball.
- Use 4 rollball points.
- Continue to the end of the grid.

CHANGE IT

- Introduce a single passive defender (meaning the defender simply continues backwards and applies no pressure) and the pairs now complete their rollballs on this passive defender.



ACTIVITY 1

SCRAMBLE – 10 MINUTES

- ✓ Focus – Locomotor Movement and Skill Development
- ✓ Game Skill - Affecting the Touch, Scooping and Scoring a Try
- ✓ Movement Skill – Sprinting, Evasion, Running with a Ball



SET-UP

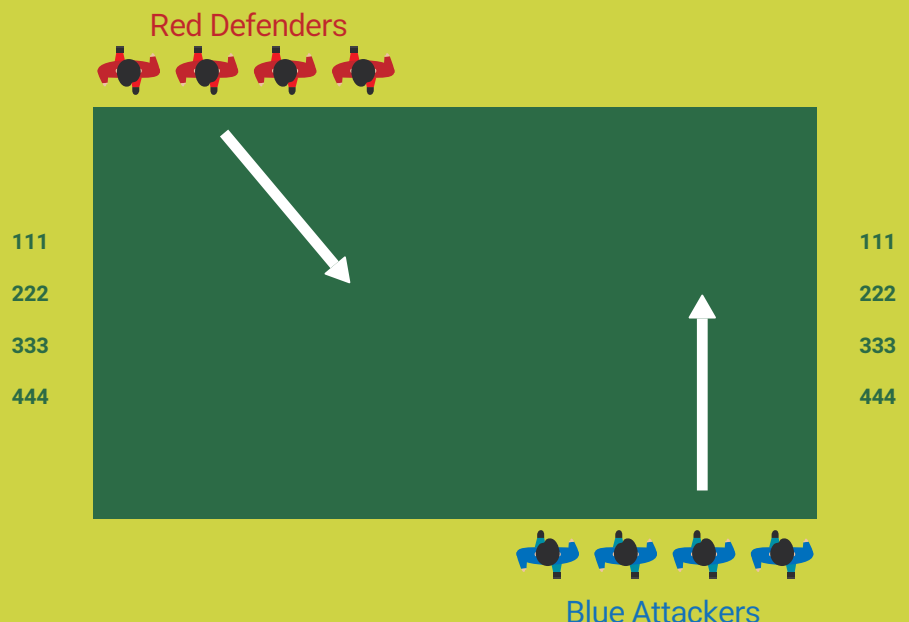
20m x 20m grids

EQUIPMENT

Markers to define boundaries of the grid/s

DRILL / GAME

- Players line up as per the diagram below.
- Players are placed in two even teams (e.g. Cowboys and Broncos) and each player is given their own number. (e.g. 1, 2, 3...).
- Before starting the game, tell each team who is defending and who is attacking.
- Coach calls a number (e.g. 1) and all the attacking 1s run to the end of the grid, scoop up a ball and then attempt to score a try at the end of the grid without getting touched by the number 1 defenders.
- Repeat all numbers so players have plenty of opportunities.
Coaches Note – Attackers can be touched by any defender.



CHANGE IT

- Use only one ball and attackers can now pass the ball around the team in order to score.

ACTIVITY 2

ROLLBALL & SCOOP RELAY – 10 MINUTES

- ✓ Game Skill - Affecting a Rollball, Scoop
- ✓ Movement Skill – Running/Sprinting with the Ball



SET-UP

35m x 10m for a maximum of 10 students

EQUIPMENT

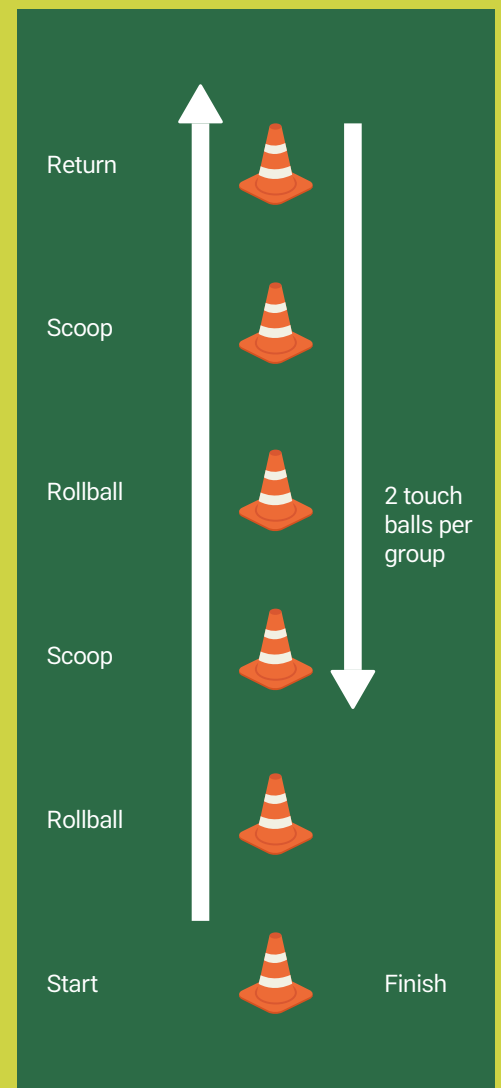
4 x touch balls for each group of 10
6 markers placed every 7 metres

DRILL / GAME

Players scoop up the ball, continue on and perform a rollball at the next marker, repeat scoop at each marker and return to the beginning.

CHANGE IT

- The drill can be completed with multiple lines of players.
- Turn into a relay race with even teams.



ACTIVITY 3

ROLLBALL & HALF PASS – 10 MINUTES

✓ Game Skill - Stationary Rollball, Gripping the Ball, Passing



SET-UP

10m x 10m for a maximum of 6 players

EQUIPMENT

A touch ball per group of 6

Coaches note - \Half pass should be one foot near the ball outside foot spread and pointing toward receiver, pass up from the ground and no standing up.

DRILL / GAME

- Players work in two pairs each practicing a rollball and a half pass (to the other pair).
- Emphasize rules of rollball (No more than a metre, don't drop to ground, don't place on its point).

CHANGE IT

- Add in a defender for the player to perform a touch before the rollball.

X

Y

X

Y

ACTIVITY 4

BEAT THE DEFENDER - 1 V 1 – 10 MINUTES

- ✓ Game Skill - Scoring a Try, Diving
- ✓ Movement Skill – Evasion, Running/Sprinting with the Ball



SET-UP

10m x 10m grid for a maximum of 10 players

EQUIPMENT

5 touch balls

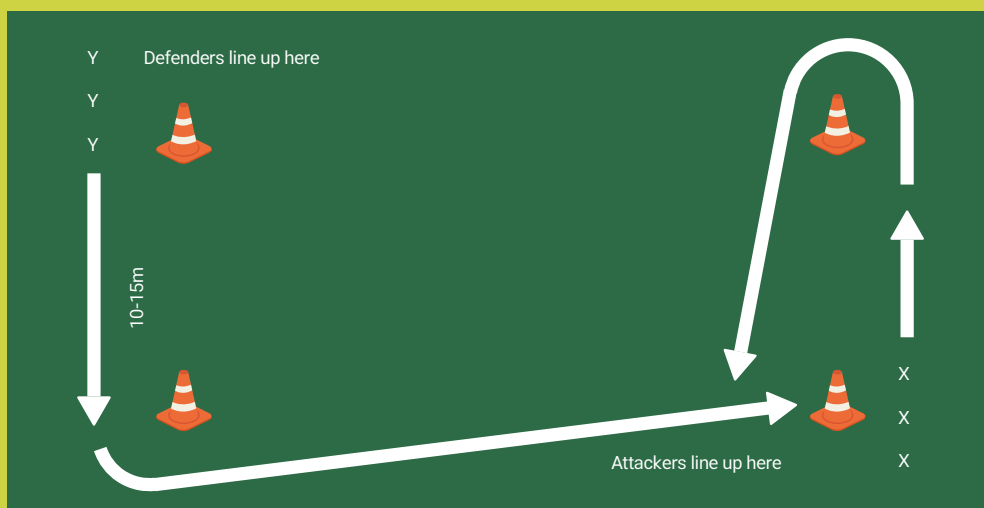
Markers at designated points as per diagram

DRILL / GAME

- Divide the group into equal numbers. Players go head to head – one defending and one attacking with the ball carrier attempting to score using their agility.
- The defender must be prepared to use either hand to affect the touch.

CHANGE IT

- Change which marker the defender runs around in order to come from a different angle.
E.g. both attacker and defender can start on the same side of the grid.



ACTIVITY 1

HERO TO ZERO – 10 MINUTES

- ✓ Focus – Locomotor Movement and Skill Development
- ✓ Game Skill – Catch & Pass (Peripheral Vision)
- ✓ Movement Skill – Running with the Ball



SET-UP

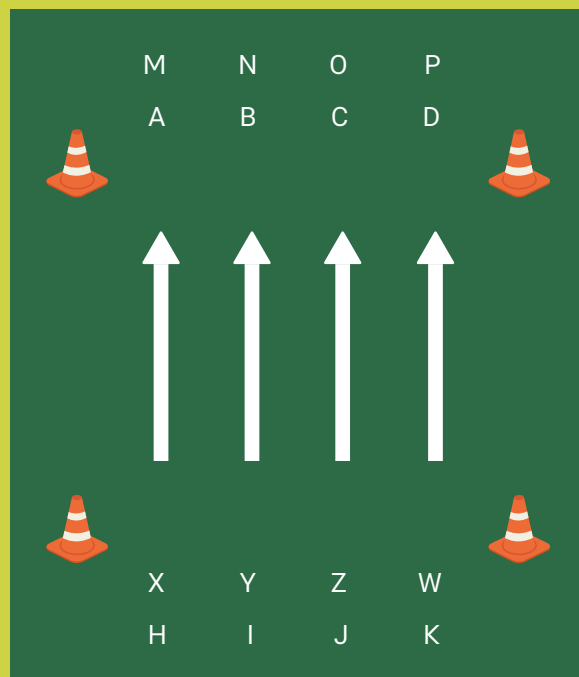
20m x 20m grid

EQUIPMENT

Markers to define boundaries of the grid, 4-8 touch balls

DRILL / GAME

- Players are divided into lines of 4 players (each group with their own ball) and line up at the end of the grid. The aim is to move down the grid passing the ball along the line (no forward passes so they need to re-align before receiving) until they get to the end of the grid in which case they are ready to go again.
- The teacher/coach counts a completion whereby a group of players get to one end of the grid or where they are standing.
- The teacher/coach explains that they must get to 10 without error or the count returns to “zero”.



CHANGE IT

Once the teacher/coach is satisfied (they have reached 10), the degree of difficulty is increased as shown below:

- Passes at jog pace and go to the end of the queue and await your turn (i.e one passing line at a time on the grid).
- Passes at faster pace.
- Passes at jog pace but now return on making the end of the grid (this effectively means lines will weave through each other).
- Passes at faster pace but now return on making the end of the grid (this effectively means lines will weave through each other).

Coaches Note – Players should avoid passing to a teammate who is under pressure – i.e. another player from another group is in the way – it is better to hold the ball momentarily to ensure no error.

ACTIVITY 2

TAKING A TAP – 10 MINUTES

- ✓ Game Skill - Taking a Tap
- ✓ Movement Skill – Running with Ball & Evasion



SET-UP

10m x 10m for a maximum of 6 players

EQUIPMENT

2 touch balls per group

5 markers set out for Drill A

Coaches note - Ensure rules – Release the ball, tap with your foot before picking up.

DRILL A

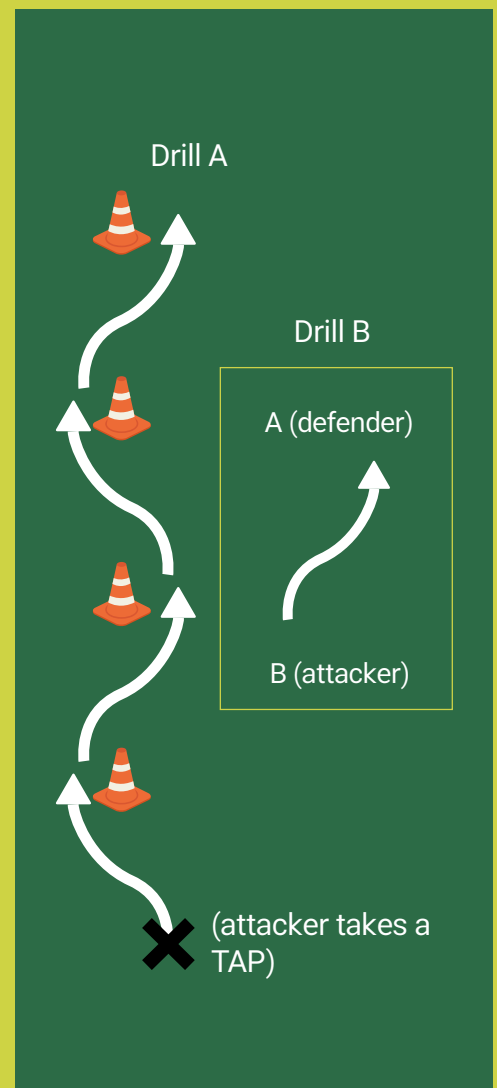
Players take a tap and complete the course in front of them.

DRILL B

Players work in two pairs each practising taking a tap then beating their partner in front of them.

CHANGE IT

- Change distance of markers for Drill A.
- Change size of grid for Drill B.
- Divide group into attackers and defenders and give a time limit for as many tries as possible.



ACTIVITY 3

SCORING A "TRY" – 10 MINUTES

- ✓ Game Skill - Scoring a Try
- ✓ Movement Skill – Running with the Ball & Evasion



SET-UP

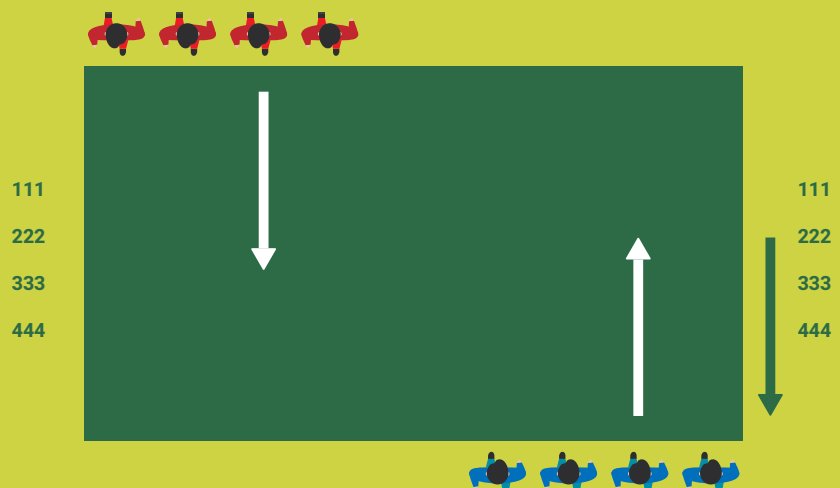
10m x 10m grid for a maximum of 2 teams of 5 players (10 Total)

EQUIPMENT

5 touch balls per grid

DRILL / GAME

- Divide the group in two equal teams (Name each team: e.g. Cowboys v Broncos) and allocate numbers for each player (E.g. 1 – 4) and set up a grid as per diagram.
- Players start at halfway of the grid.
- Coach calls a number and all the players who have been designated (i.e. all the 1s or all the 2s) with that number, run around the marker, pick up the football with both hands, and then sprint to the end of the grid to score a try over the tryline.
- Ensure that the correct rules apply – placing the ball over the tryline making sure it is not dropped or fumbled.
- A point is awarded for every correct try scored.
- Speed can be factored in as per a relay race also.
- Only one team will be the attackers (that is round the hat and pick up the ball) while the other group becomes defenders and prevents the attackers from scoring by touch them before the tryline.



CHANGE IT

- Multiple numbers are called at a time.
- Defenders can tag either attacker instead of their opposite number.

ACTIVITY 4

BASIC PASSING GRIP & TECHNIQUE PARTNERS – 10 MINUTES

- ✓ Game Skill - Gripping the Ball, Passing, Catching
- ✓ Movement Skill – Running with the Ball



EQUIPMENT

Touch ball, Markers

PLAYING AREA

Full field (70m x 50m) or reduce if playing numbers if smaller area.

ORGANISATION

Organise two teams with up to 10 players per team
Coaches Note – If group size is large, organise into three even teams with one team resting and changes of groups occurring either after a score – defensive team off – team who scored remains on field or change occurs after 2 mins on field.

GENERAL RULES & GAME PLAY

Note – the usual rules of touch apply with the following modifications being allowable for novice players.

The game starts with a tap at halfway.

1. Coaches Note: Change the player who starts regularly to give tap opportunities to every player.
2. Attackers who are touched are allowed 2 steps before they must affect the rollball.
3. Defenders must wait until the ball is passed from the half before they can move up.
4. Coaches Note: Half can run but loses possession if touched.
5. There is no penalty or change of possession for a 'touch and pass' – simply come back and perform a rollball.

6. Players need to be back 7m and referees should assist with this by calling defenders to 'Onside'.
7. Scoring
8. One point for a try, however, if 2 or more passes are made before the score, then the try counts for a point per pass.
9. Coaches Note – Count aloud each pass made in order to both encourage more passing but also to award points.

CHANGE IT

- Loss of possession to occur if the ball is "knocked forward".
 - If the ball hits the ground but goes backwards, play on.
- Score zones set up across the tryline with maximum points in the middle zone (marked by coloured hats).
- Designated half (bib) who can run and not lose possession if they are touched. (This player can be a better play who organises their team).

KEY COACHING QUESTIONS

- What types of movements did you need to make in order to avoid your opponent?
- What were the important skills needed in this game?
- What are the best attacking tactics to employ in this game?
- What are the best defensive tactics?

ACTIVITY 1

CLOSE THE GAP - 10 MINUTES

- ✓ Focus – Locomotor Movement
- ✓ Game Skill - Affecting the Touch
- ✓ Movement Skill – Sprinting, Evasion



SET-UP

50m x 15m grid for a maximum of 20 students (Each defender should be defending approximately 1.5 metres)

EQUIPMENT

Markers to define boundaries

DRILL / GAME

- Players are placed in two even teams (attackers & defenders).
- The attackers start at a point about 15m out from the tryline.
- The defenders start on the tryline and cannot move more than 1m from it.
- The object for attackers is to get through over the tryline (a score results when both feet cross the tryline) without being touched by any defender.
- If they are touched, they must return to the 15m out line and start again.
- Scorers remain in the in-goal area after scoring.
- Each team is given a 2-minute period to get every attacker into the in-goal area.
- The team who scores the most tries, wins.

CHANGE IT

- Give each attacker the ball and they are attempting to score a try by executing a dive.
- Reduce the number of defenders.
- Introduce two hand touch.



ACTIVITY 2

DRAW AND PASS - 2 V 1 – 10 MINUTES

- ✓ Game Skill - Passing, Scoring a Try, Affecting a Touch
- ✓ Movement Skill – Evasion, Running/Sprinting with the Ball



SET-UP

10m x 10m grid for a maximum of 10 students

EQUIPMENT

3 touch balls per group

Markers at designated points as per diagram

DRILL / GAME

- Divide the group into equal numbers. Players go head to head – one defending and two attacking with the ball carrier attempting to score using their agility or pass to their teammate.
- The defender must be prepared to use either hand to affect the touch.

CHANGE IT

- Change which marker the defender runs around in order to come from a different angle. E.g. both attackers and defender can start on the same side of the grid.
- Drill as above only now two attackers round the markers and attempt to score a try against a single defender.
- Person who starts with the ball scores 2 points for a try but if they pass, it is worth 1.



ACTIVITY 3

HALF SCOOP - 1 V 1 – 10 MINUTES

- ✓ Game Skill - Passing, Scoring a Try, Affecting a Touch
- ✓ Movement Skill – Evasion, Running/Sprinting with the Ball



SET-UP

8m x 10m for a maximum of 8 participants

EQUIPMENT

3 touch balls

5 markers

Markers at designated points as per diagram.

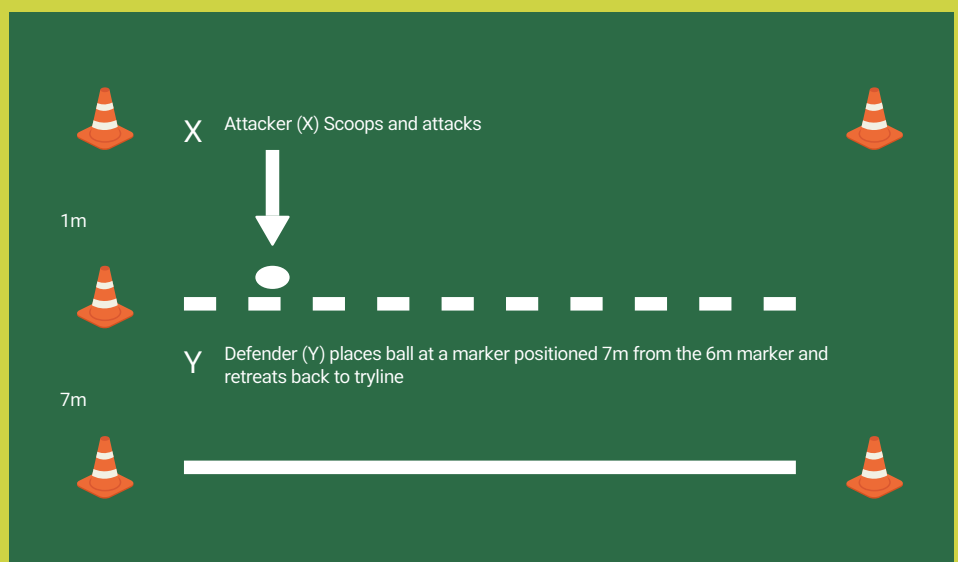
DRILL / GAME

Players line up as below at either (X) or (Y). Defender starts with ball and places approx. 1m in front of the attacker who will scoop and attempt to score against the retreating defender who must make the line before they attempt to touch the attacker and prevent the try being scored.

Coaches Note – Explain for the purposes of this drill the acting half can score which is not the 'real' rule.

VARIATION

An extension of the basic drill is to start with 2 attackers with the ball and the defender comes out and affects the touch thereby requiring the attackers to rollball, half to scoop and then find their support player to score the try. The defender needs to be on-side before affecting the touch. (Note – now the half can't score).



ACTIVITY 4

BEACH TOUCH – 10 MINUTES



LESSON OBJECTIVE/FOCUS

To enhance skills (catch & pass etc.) as well as developing game strategies & tactics including communication, spatial awareness etc.

EQUIPMENT

A touch ball per game.

PLAYING AREA

Set up multiple grids of 20m x20m

ORGANISATION

Equal numbers in each team to play in the allocated space. Teams are 3 players each although only 2 defenders (vs 3 attackers) can be on the field when not in possession.

GENERAL RULES & GAME PLAY

The rules are essentially the same. Each team must ensure they quickly remove a defender when the opponent gets the ball. (It is recommended that they rotate in the same order thereby remembering when they will next be off). Rollballs must be completed and a half used.

SCORING

One point for a try

CHANGE IT

- Score zones set up across the tryline with maximum points in the middle zone (marked by coloured hats).
- Games can be 4 v 3 or 5 v 4 etc.
- Play unlimited touches until attacking error.

QUESTIONS

- Which attacking skill is very important in this game?
- "Attackers bunching up" around the ball is not a good tactic – why?
- What tactics helped you score?
- Which tactics helped you save tries?

ACTIVITY 1

HERO TO ZERO – 10 MINUTES

- ✓ Focus – Locomotor Movement and Skill Development
- ✓ Game Skill – Catch & Pass (Peripheral Vision)
- ✓ Movement Skill – Running with the Ball



SET-UP

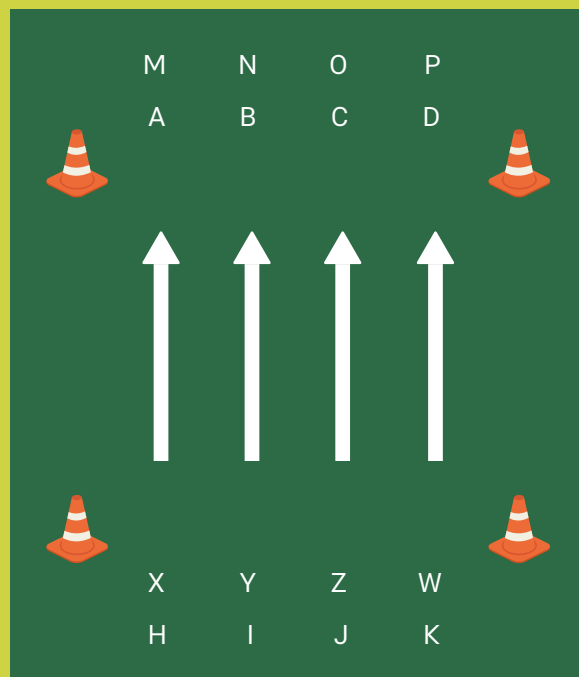
20m x 20m grid

EQUIPMENT

Markers to define boundaries of the grid, 4-8 touch balls

DRILL / GAME

- Players are divided into lines of 4 players (each group with their own ball) and line up at the end of the grid. The aim is to move down the grid passing the ball along the line (no forward passes so they need to re-align before receiving) until they get to the end of the grid in which case they are ready to go again.
- The teacher/coach counts a completion whereby a group of players get to one end of the grid or where they are standing.
- The teacher/coach explains that they must get to 10 without error or the count returns to “zero”.



CHANGE IT

Once the teacher/coach is satisfied (they have reached 10) the degree of difficulty is increased as shown below:

- Passes at jog pace and go to the end of the queue and await your turn (i.e one passing line at a time on the grid).
- Passes at faster pace.
- Passes at jog pace but now return on making the end of the grid (this effectively means lines will weave through each other).
- Passes at faster pace but now return on making the end of the grid (this effectively means lines will weave through each other).

Coaches Note – Players should avoid passing to a teammate who is under pressure – i.e. another player from another group is in the way – it is better to hold the ball momentarily to ensure no error.

ACTIVITY 2

TOUCH-NETBALL – 15 MINUTES



LESSON OBJECTIVE/FOCUS

To enhance skills (catch & pass etc) as well as developing game strategies & tactics including communication, spatial awareness etc.

EQUIPMENT

Touch ball

PLAYING AREA

Full field (70m x 50m) or reduce if numbers are smaller. A designated "in-goal area" 10m x 20m at the end of the field is required.

ORGANISATION

Organise two teams with up to 15 players per team. Apart from the one in-goal player, teams are divided equally to operate as defenders in their defensive half of the field or as attackers in the attacking half of the field.

GENERAL RULES & GAME PLAY

1. The ball can be played by any part of the body above the knees (e.g. hitting, throwing, passing, heading or any other method of transferring the ball except kicking).
2. The game starts and re-starts with a free pass at halfway.
3. Possession changes through intercepts, lost possession, a player in possession running out or attackers infringing the rules including dangerous or rough play.
4. The ball is allowed to hit the ground and there is no change of possession unless of course it is lost to an opponent.
5. Defenders and attackers are allocated three zones – goal area, defensive half, and attacking half. There is no restriction as to how far you can run in possession, however, attackers & defenders are 'offside' if they leave their zone.
a. A free pass at the point of infringement will result.
6. Players may run with the ball and pass in any direction. If touched by a defender while running, the ball

carrier is allowed 2 steps before they must perform a rollball.

7. Whether standing or running with the ball, a player caught in possession must perform a rollball within 2 seconds (A one and two).
8. Attackers caught in possession cannot play the ball to themselves unless it is touched by another player attacker or defender. You cannot deliberately perform a rollball into another player otherwise a loss of possession will occur.
9. No diving onto a ball on the ground – players must bend and retrieve the ball.
10. No pushing, tripping, charging or any other rough play or a free pass is awarded. Defenders must back off to 7m on any free pass.
11. Disputed possession will require a throw-up.
12. Advantage to be played at all times.

SCORING

One point for a goal. Attackers need to get the ball to an unmarked attacker who is placed in the in-goal area to score. Only the goal attacker and goal defender can be in the in-goal area. Once caught cleanly by the attacker in the in-goal area, a goal is scored. Contact by defenders on the goal attacker constitutes automatic goal.

CHANGE IT

- Loss of possession if the ball hits the ground.
- Set up 2 separate goal areas across the end of the field.
- Allow one designated player (bib) to operate in both halves.

QUESTIONS

- What types of movements did you need to make in order to avoid your opponent?
- What were the important skills needed in this game?
- What are the best attacking tactics to employ in this game?
- What are the best defensive tactics?

ACTIVITY 3

TOUCHDOWN – 15 MINUTES



EQUIPMENT

Touch ball

PLAYING AREA

Full field (70m x 50m) or reduce if numbers are smaller.

ORGANISATION

Organise two teams with up to 15 players per team. Game can be played in two halves of around 10 minutes.

GENERAL RULES & GAME PLAY

1. The ball can be played by any part of the body above the knees (No kicks) (e.g. hitting, throwing, passing, heading or any other method of transferring the ball).
2. The game starts and re-starts with a throw-up between a player from each team. The ball cannot be retrieved by the two players in the throw-up unless touched by another player first.
3. Possession changes through intercepts, lost possession, a player in possession running out or attackers infringing the rules including dangerous or rough play.
4. There is no "Offside".
5. Players may run with the ball and pass in any direction. If touched by a defender while running, the ball carrier is allowed 2 steps before they must perform a rollball.
6. Whether standing or running with the ball a player caught in possession must perform a rollball within 2 seconds (a one and two).
7. Attackers caught in possession cannot pick up their own rollball unless it is touched by another player attacker or defender. You cannot deliberately play the ball into another player otherwise a loss of possession will occur.

8. No diving onto a ball on the ground – players must bend and retrieve the ball.
9. No pushing, tripping, charging or any other rough play or a free pass is awarded. Defenders must back off to 7m on a free pass.
10. Disputed possession will require a throw-up.
11. Advantage to be played at all times.

SCORING

One point for a try. A player need only run over the tryline to score as in American Football. A player receiving a pass must have both feet inside the field of play before crossing the tryline without being touched. If a player is touched while running and the two allowed steps take them over the tryline, then this is not a score. The attacker comes back out 7m from tryline and re-starts with a pass. If there is a long delay, the referee will call change of possession.

CHANGE IT

- Introduce a kick.
- Loss of possession if the ball hits the ground.
- Score zones set up across the tryline with maximum points in the middle zone (marked by coloured hats).
- Allow passing to players already over the tryline.

QUESTIONS

- What types of movements did you need to make in order to avoid your opponent?
- What were the important skills needed in this game?
- What are the best attacking tactics to employ in this game?
- What are the best defensive tactics?