



SPORTING
Schools
RESOURCE

YEAR 5 & 6

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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

BASIC PASSING GRIP AND 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 to 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 to 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

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 Bballs per group

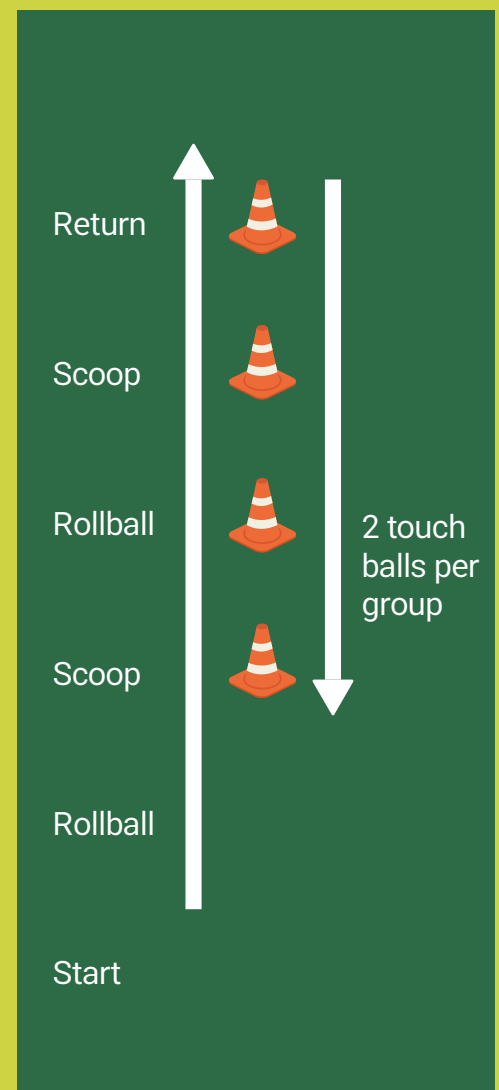
6 Markers placed every 7 metres

DRILL / GAME

- Players line up in pairs and run forwards 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 4

TOUCHDOWN – 10 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 try line 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?

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 into 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

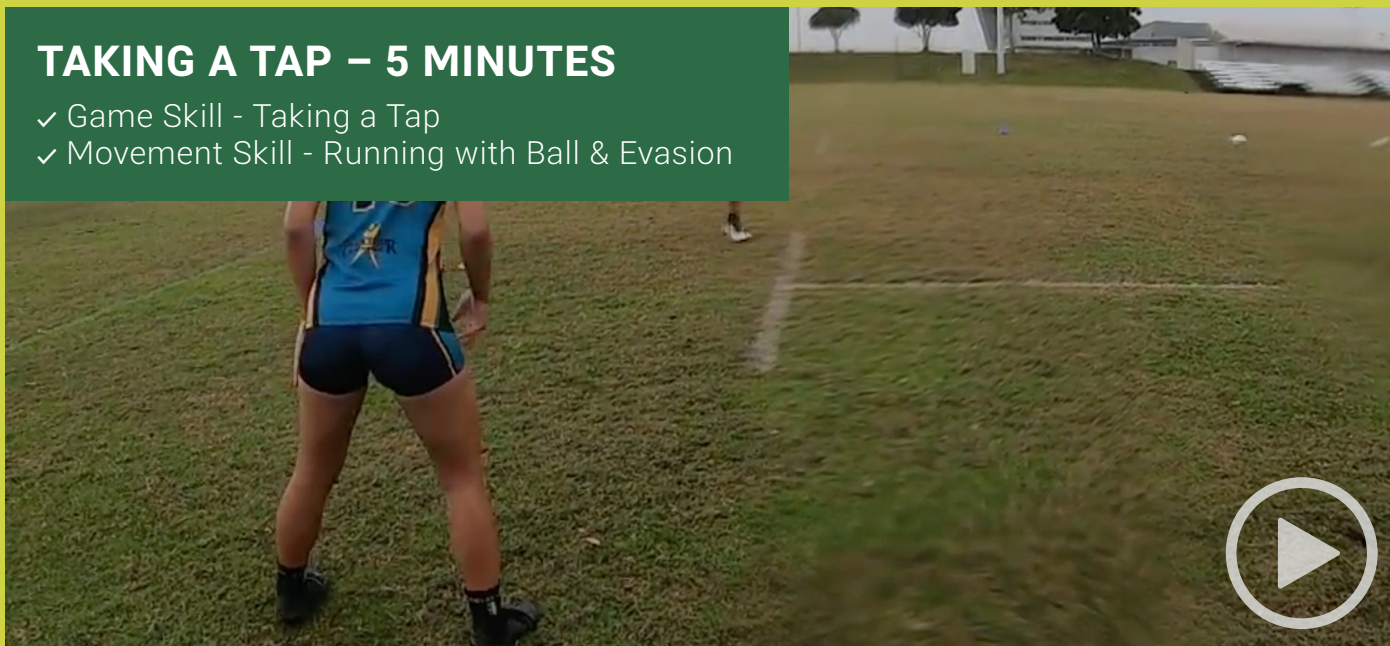
CHANGE IT

- 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

TAKING A TAP – 5 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

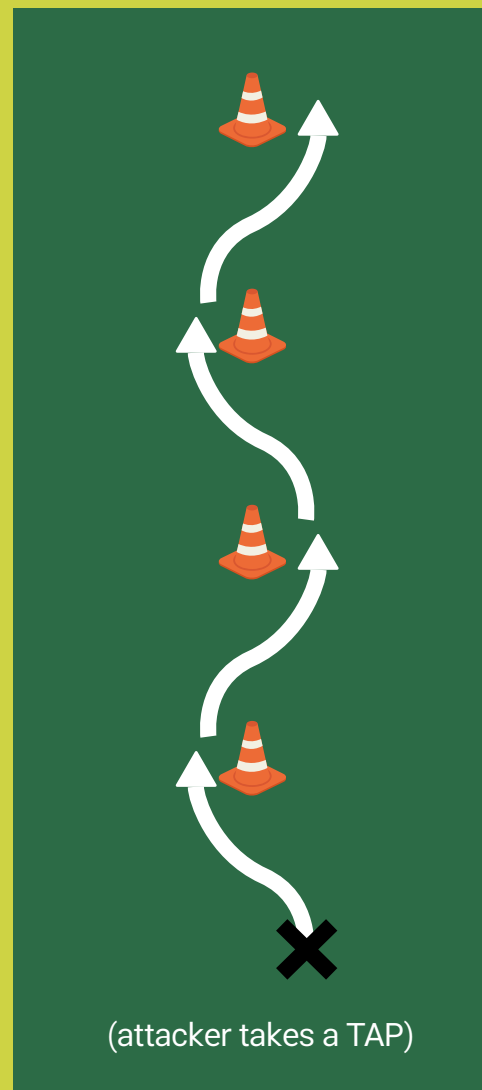
5 markers set out for Drill A

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.

CHANGE IT

- Change distance of markers for Drill A
- Set up multiple courses for races or relay races



ACTIVITY 3

SCORING A "TRY" – 5 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

Define number of markers

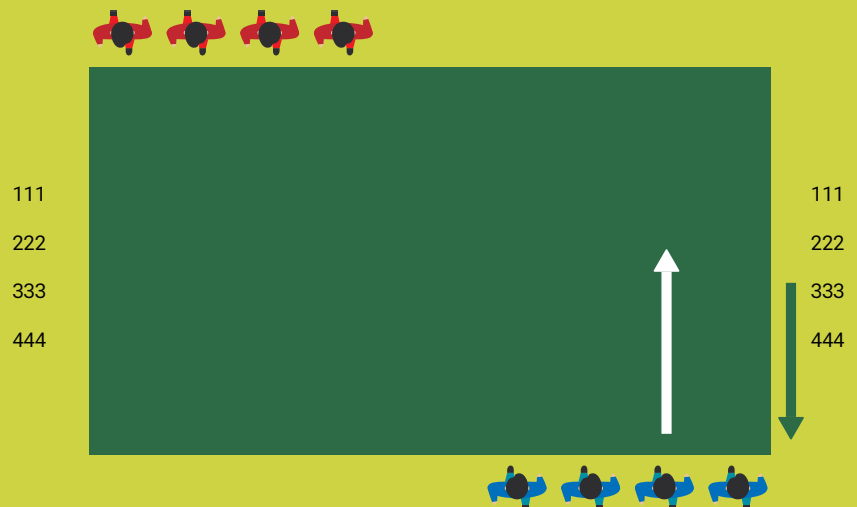
DRILL / GAME

- Divide the group into 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 half way 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

BEAT THE DEFENDER - 1 V 1 – 10 MINUTES

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



SET UP

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

EQUIPMENT

5 touch balls

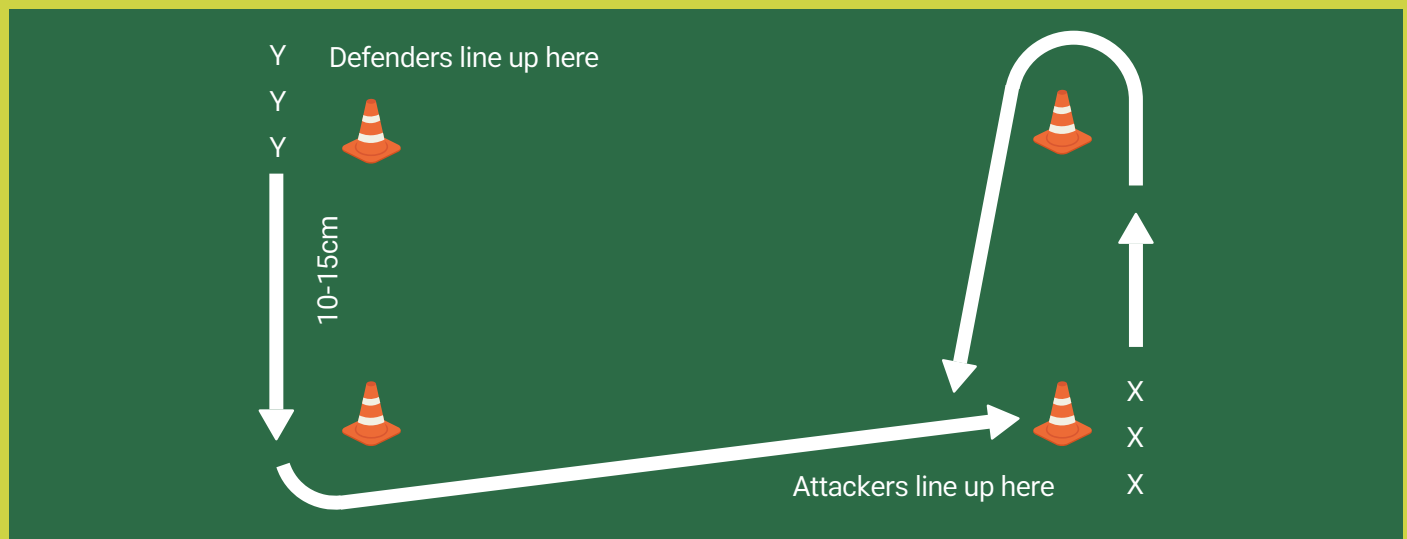
Markers at designated points as per diagram.

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

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.



ACTIVITY 5

"BUROINJIN" – 15 MINUTES



LESSON OBJECTIVE/FOCUS

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

To introduce an indigenous games and make the link that Indigenous peoples played many similar games to touch – fitness/fun=survival.

EQUIPMENT

Touch Ball (The ball is the "buroinjin")

PLAYING AREA

Full field (70m x 50m) or set up multiple grids of 20m x 20m or 30m x 30m

ORGANISATION

Equal numbers in each team to play in the allocated space.

GENERAL RULES & GAME PLAY

1. 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
2. The buroinjin can only be hit away at a throw up. After that it can only be passed or thrown not hit with the fist or kicked.
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 must immediately "throw the ball up and away" – at least 3m away and above head height".
6. Attackers caught in possession cannot throw the buroinjin to themselves.

7. No diving onto a ball on the ground – players must bend and retrieve the ball.
8. 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.
9. Disputed possession will require a throw-up.
10. Advantage to be played at all times.

SCORING

One point for a Try. A player need only run over the score line to score as in American football. A player receiving a pass must have both feet inside the field of play before crossing the try line or at the end of the grid without being touched.

CHANGE IT

- 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
- Designated players (in a bib) worth double or triple points should they score.

QUESTIONS

- What did you do if you wanted a team mate to pass you the ball?
- Would this always work? If not – why?
- What types of movements did you need to make in order to avoid your opponent?
- Crowding around the buroinjin was not a good tactic – why?
- What tactics helped you score?
- Which tactics helped you save tries?

ACTIVITY 1

RABBIT AND THE FOX – 5 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

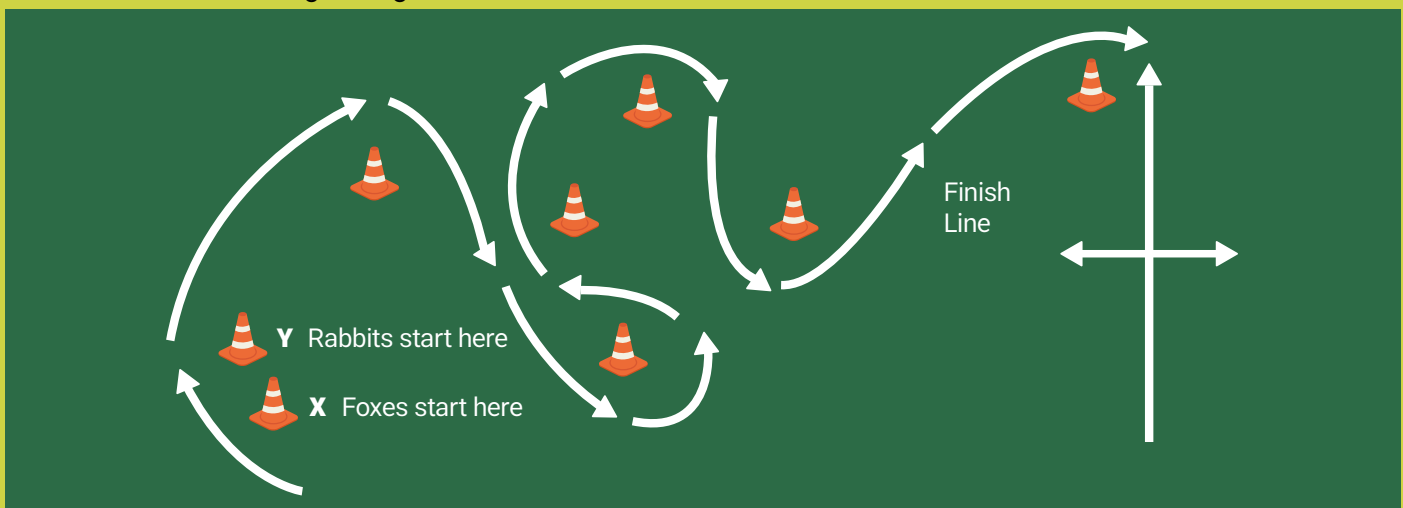
DRILL / GAME

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

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

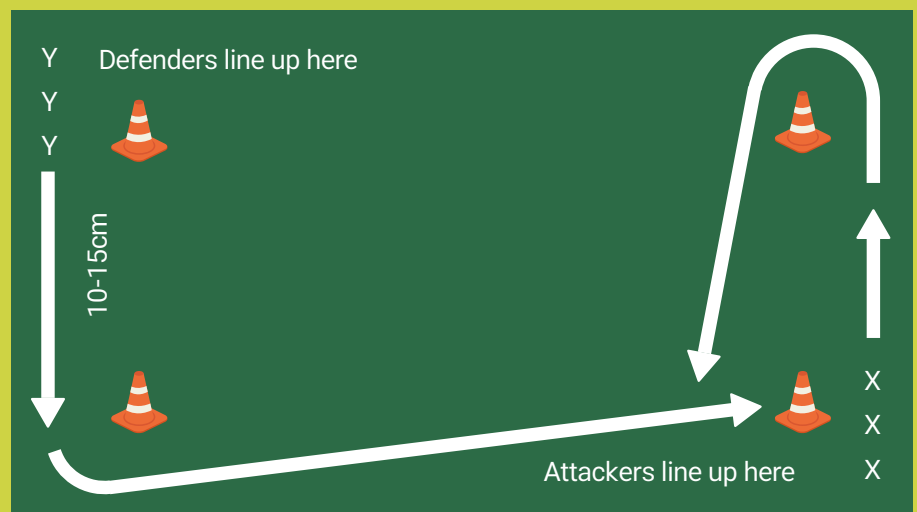
Markers at designated points as per diagram.

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 team mate
- 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 touchdown 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 – Scoop, Scoring a Try, Diving to Score
- ✓ Movement Skill - Evasion, Backwards Running, Running 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

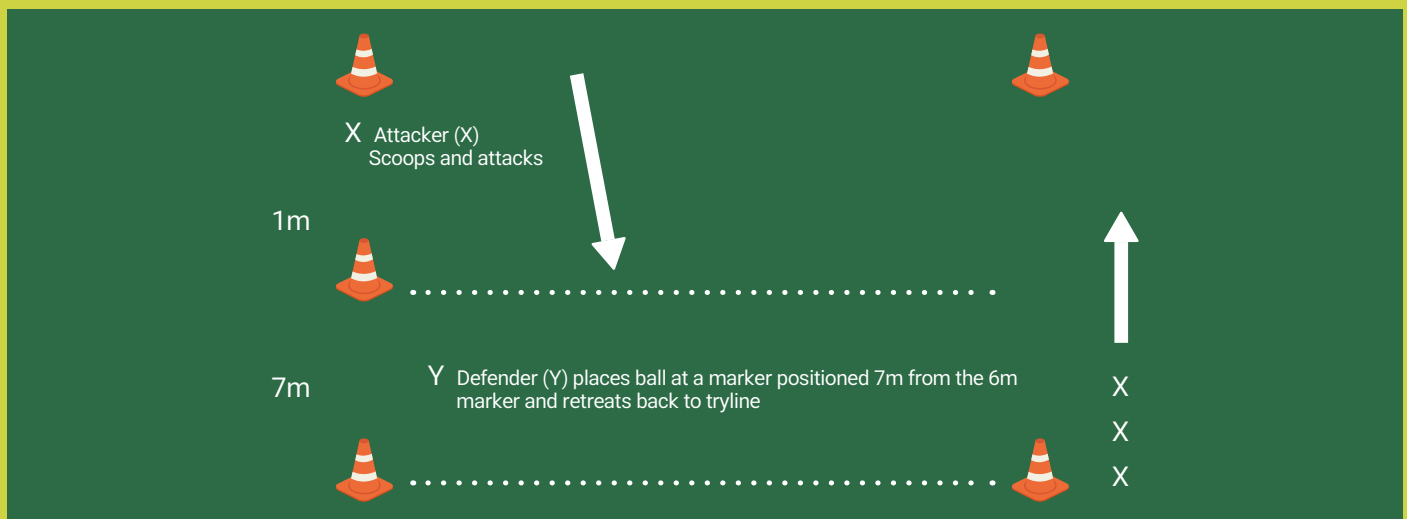
Players line up as below at either (X) or (Y). Defender starts with ball and places approx. 1m in front of the attacker who will scoop and attempt to score against the retreating defender who must make the line

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 – 15 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 – 5 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.

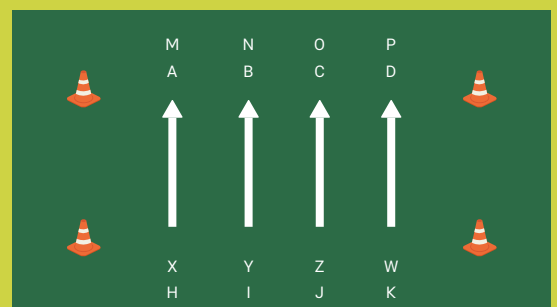
DRILL / GAME

- 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 team mate 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

BASIC PLAYS (CHALLENGE) – 15 MINUTES



“BUDDY” OR 2-MAN RUCK

Drill is to reinforce the changeover (Transition from defence to offence). Players work in pairs ensuring they retrieve the ball from a roll start, effect a good rollball, step aside, half picking up the ball from the ground getting in front of the rollball player and returning it to them to make the ground.

CHANGE IT

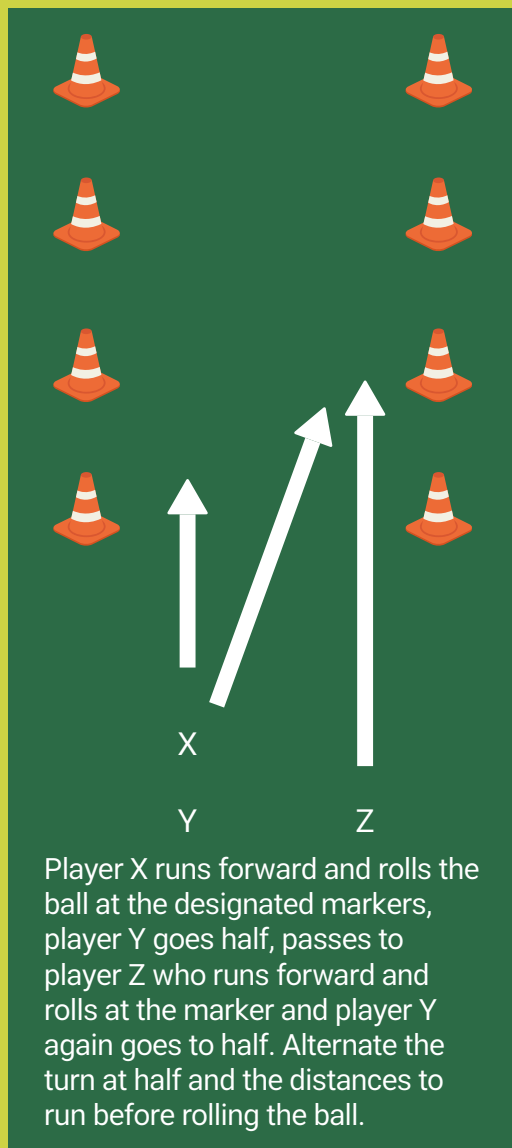
Can use a defender (groups of 3) for this drill also.

3-MAN RUCK (3’S)

Progression from above is to introduce ‘settling’ / ‘driving’ the ball forward in order to make ground. Groups of three as per below.

CHANGE IT

Remove the markers and replace with poles and then actual defenders. Also introduce a system to go to acting half – i.e. Not always the same person but a rotation. (e.g. person who rolled last goes acting next)



ACTIVITY 3

PARTNER DRILLS (REVIEW) – 10 MINUTES

- ✓ Game Skill - Affecting a Rollball, Taking a Tap, Passing, Catching and Scoring a Try
- ✓ Movement Skill - Running with the Ball



SET UP

20m x 20m grid for a maximum of 10 players

EQUIPMENT

Enough touch balls for each pair of players
Markers at designated points as per diagram

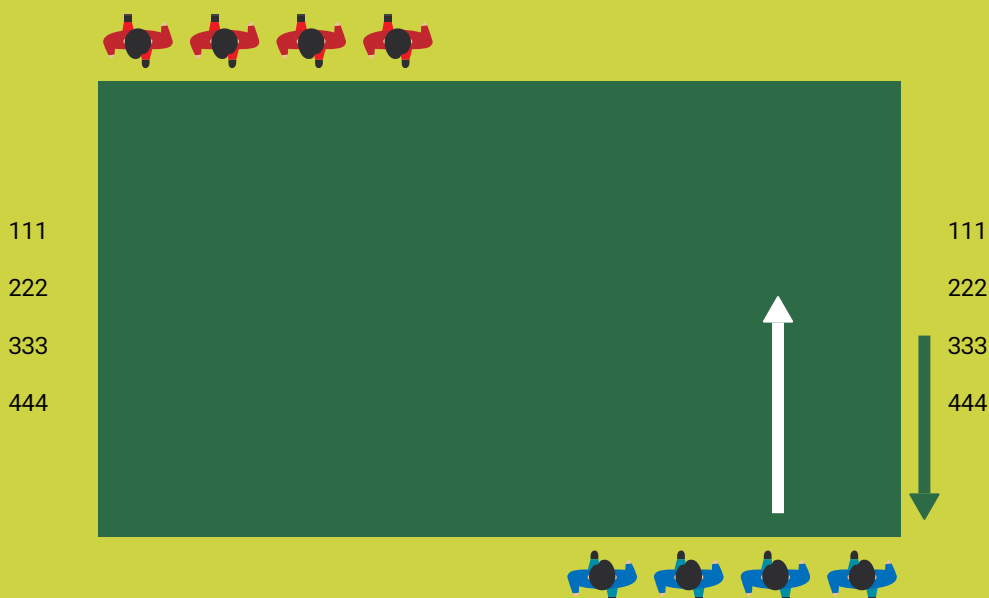
DRILL / GAME

- Divide the group into equal two equal teams (You can give them names e.g. Cowboys v Broncos) and allocate numbers for each player (1-4) and set up a grid as per diagram.

- Explain to partners that 1 & 2 are partners and 3 & 4 are partners and that the combinations may change on coaches call (e.g. 1 & 3)
- Player/pairs start at half way of the grid
- Coach calls a pair and a skill – e.g. 1 & 2 rollball
- The ones and twos run down the grid and collect a ball and then proceed to complete the rollball drill previously completed

CHANGE IT

Coaches can vary the pairs as well as the different drills so that all players are required to remember the skill requirements



ACTIVITY 4

"TWENTY20 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 for a maximum of 12 players per grid

ORGANISATION

Equal numbers in each team to play in the allocated space. 4-6 players is adequate.

RULES & GAME PLAY

The usual rules of touch apply in this game. Attack is the focus as the mid field element of the game has been partly removed thereby requiring less rucking and/or negative play.

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)
- Reduce the number of touches allowable – e.g. 3 or 4 maximum.
- Designated players (in a bib) worth double or triple points should they score.

QUESTIONS

- What changes occurred from a normal game did you observe?
- What does the shorter distance to the tryline create?
- What tactics make for more effective attack?
- What types of tactics are required in defence?

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 half way. 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

QUICKIE BASIC - 1 V 1 – 10 MINUTES

- ✓ Game Skill - Scoring a Try, Diving to Score
- ✓ Movement Skill - Evasion, Backwards Running, Running with the Ball



SET UP

7m x 7m grid for a maximum of 6 players

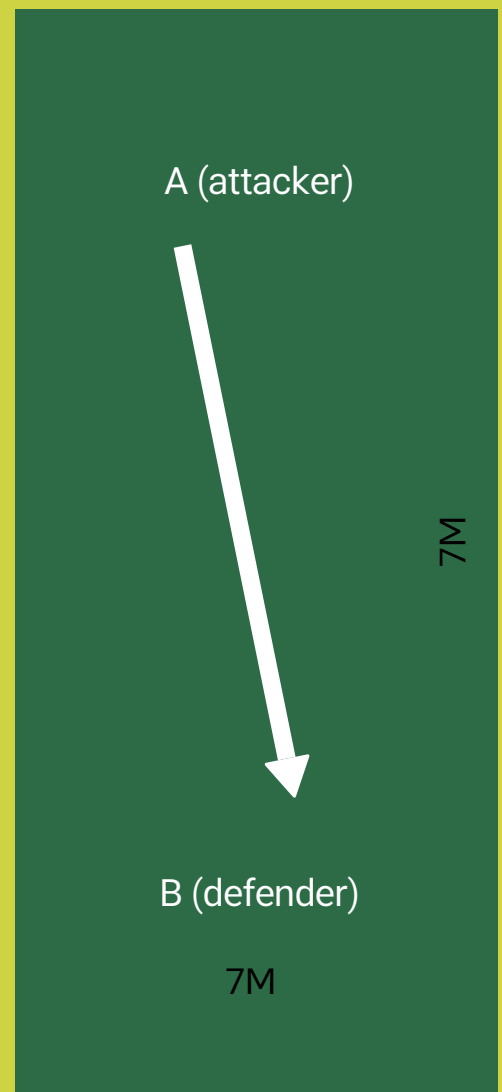
EQUIPMENT

2 touch balls per group

Markers at designated points as per diagram.

DRILL / GAME

Players/pairs go head to head as below at either (A) or (B). The defender positions themselves in front of the attacker to begin with and the ball is placed on the ground in front of the attacker. The defender will then touch the ball (which starts the drill) and now must retreat to the line before the half picks up and attempts to score. (They can run over the line or dive. Begin with a corner race first then allow the attacker to go in any direction – i.e. out or back in.)



ACTIVITY 3

TOUCH-NETBALL – 10 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 half way
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 4

"FORWARD PASS 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

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 usual rules of touch apply.
2. One forward pass is allowable in each set of 6 touches.
3. Once the forward pass is used the referee indicates that the forward pass has been used.
4. All attackers must be on-side at the rollball – i.e. cannot move down field (behind the defensive line) until the rollball has been affected.
5. If a forward pass goes to ground without being touched by a defender, then it is a change of possession at the mark of the last rollball not where it landed. (advantage to the defending team) Interference on forward passes re-starts the touch count.

SCORING

One point for a Try, 3 points for any intercept where the player who takes the intercept scores. 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 try line without being touched.

CHANGE IT

- 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
- Forward pass on last only
- Wayward forward passes may be picked up by defenders and "play on" ('Zero' touch when caught)

QUESTIONS

- What did you do if you wanted a team mate to pass you the ball?
- Would this always work? If not – why?
- What types of movements did you need to make in order to avoid your opponent?
- What individual skill is the most important in this game?
- Why is it important to move into a space?
- Which tactics helped you stop the passes?

ACTIVITY 1

HERO TO ZERO – 5 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

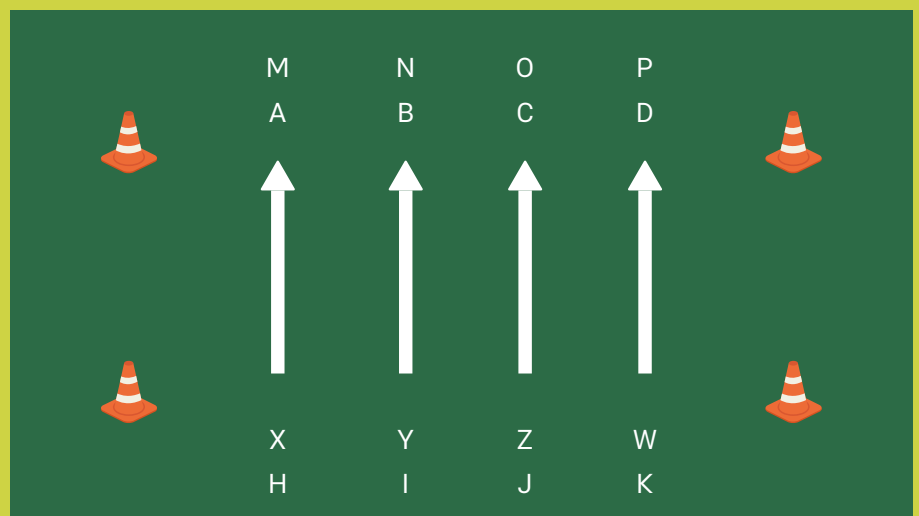
Players are divided into lines of 4 players (each group with their own ball) and line up at the end of the grid. The aim is to move down the grid passing the ball along the line (no forward passes so they need to re-align before receiving) until they get to the end of the grid in which case they are 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".

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 team mate 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

PARTNER DRILLS (REVIEW) – 10 MINUTES

- ✓ Game Skill - Affecting a Rollball, Taking a Tap, Passing, Catching and Scoring a Try
- ✓ Movement Skill - Running with the Ball



SET UP

20m x 20m grid for a maximum of 10 players

EQUIPMENT

Enough touch balls for each pair of players
Markers at designated points as per diagram

Coaches note – review coaching points for each skill as well as the drill previously done in another lesson first e.g. in this drill the review covers drill #4(a) passing in pairs, drill #7 taking a TAP, drill #8 scoring a try, and finally drill #10 rollball



DRILL / GAME

- Divide the group into equal two equal teams (You can give them names e.g. Cowboys v Broncos) and allocate numbers for each player (1-4) and set up a grid as per diagram.
- Explain to partners that 1 & 2 are partners and 3 & 4 are partners and that the combinations may change on coaches call (e.g. 1 & 3)
- Player/pairs start at half way of the grid
- Coach calls a pair and a skill – e.g. 1 & 2 rollball
- The ones and twos run down the grid and collect a ball and then proceed to complete the rollball drill previously completed

CHANGE IT

Coaches can vary the pairs as well as the different drills so that all players are required to remember the skill requirements



YEAR 5 & 6 - LESSON 6

ACTIVITY 3

REAL GAME OF TOUCH FOOTBALL – 25 MINUTES



Junior Rules in place
Coach intervention as required throughout game

