



SPORTING
Schools
RESOURCE

YEAR 7 & 8

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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

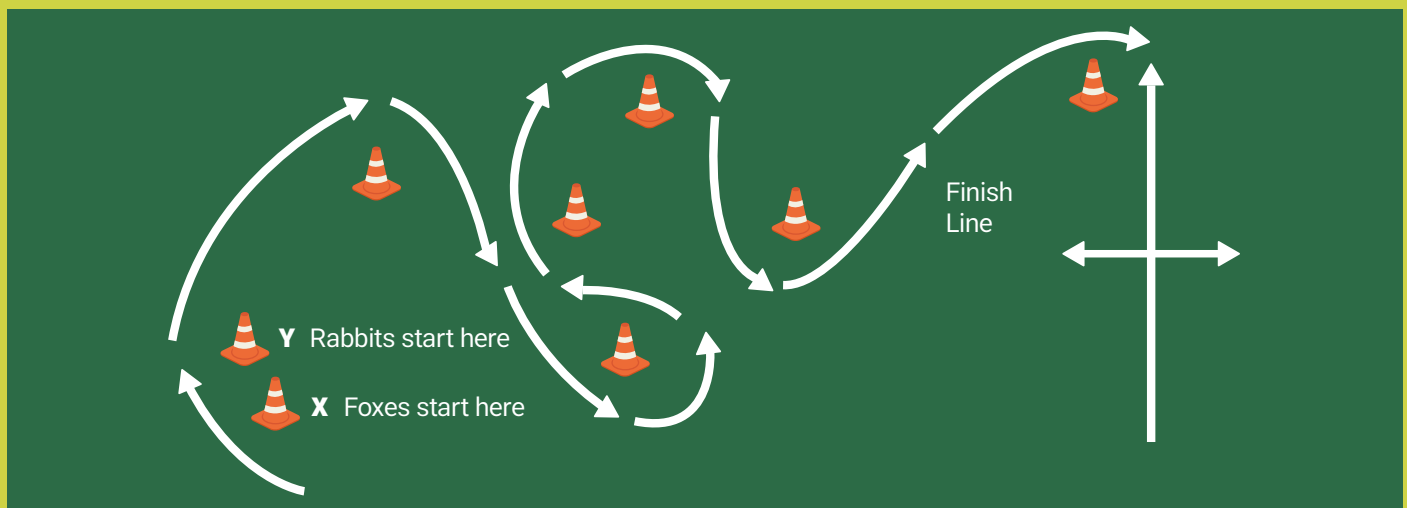
DRILL / GAME

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

BASIC PASSING GRIP & TECHNIQUE PARTNERS – 5 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

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

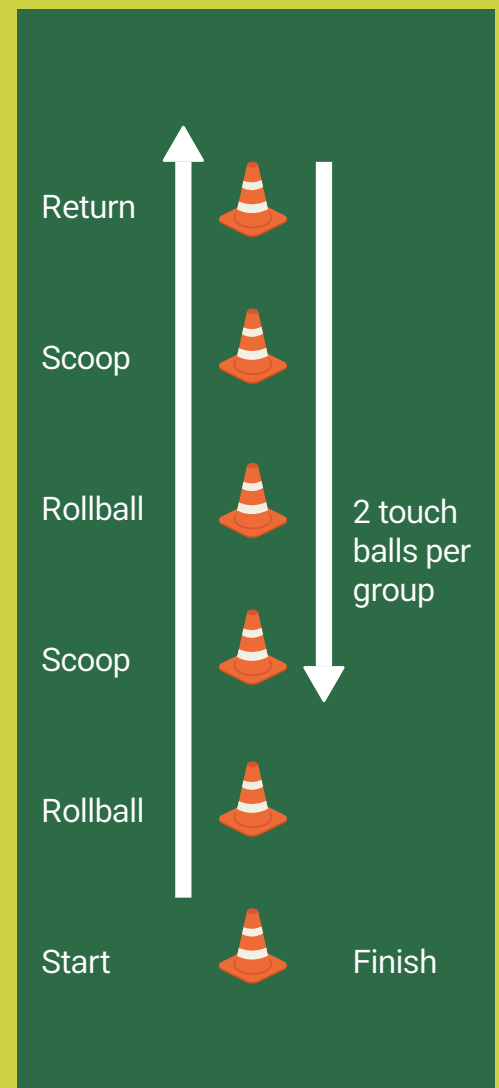
Coaches note - Teach the skill as per Coach card before completing drill.

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 4

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

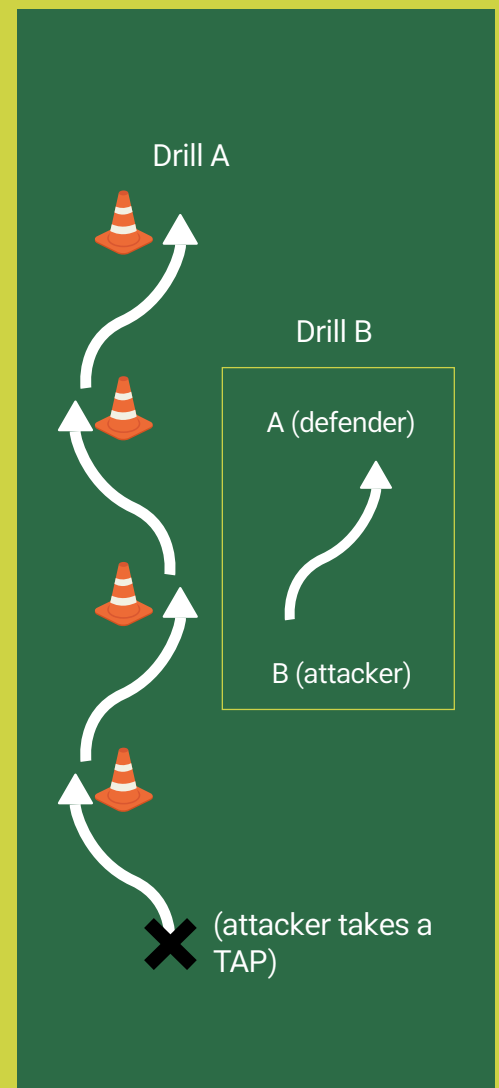
Players take a tap and complete the course in front of them.

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 5

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 tryline and re-starts with a pass. If there is a long delay, the referee will call change of possession.

CHANGE IT

- 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

MAROONS & BLUES – 5 MINUTES

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



SET-UP

15m x 15m grids

EQUIPMENT

Touch ball per student

Markers to define boundaries of the grid

DRILL / GAME

- Players sit back-to-back in pairs 6-8 players per grid as per below.
- Explain that half are Maroons and the other half are Blues.
- When the teacher/coach calls Blues, that means the Blue players are attackers and need to jump to their feet and quickly get to the other end of the grid and score a try before the Maroon defender chases and touches them.
Coaches note – Defenders need not carry their ball with them if they are chasing.
- Repeat several times to give equal opportunities. Also change pairings around and look to place better/faster players together.

X

Y

Z

A

B

C

ACTIVITY 2

ROLLBALL & HALF PASS – 5 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 3

SCORING A "TRY" – 5 MINUTES

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



SET-UP

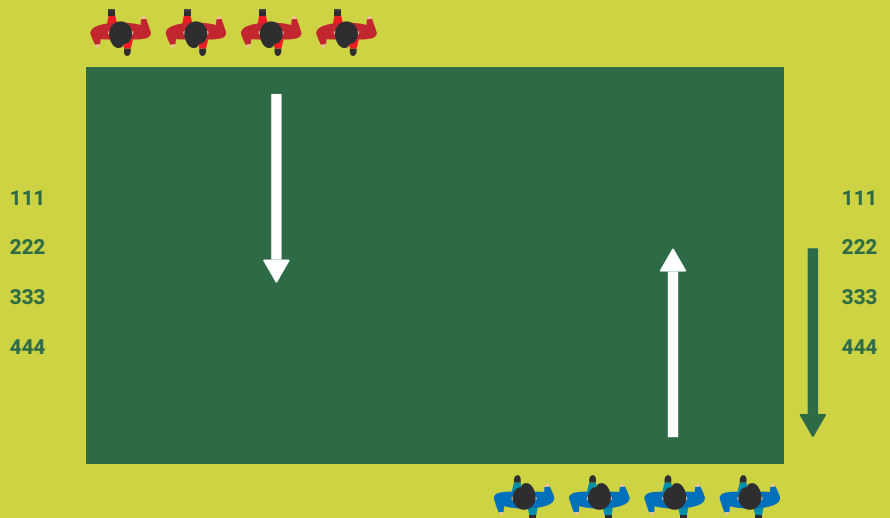
10m x 10m grid for a maximum of 2 teams of 5 players (10 Total)

EQUIPMENT

5 touch balls per grid
Markers to define boundary of 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 touching them before the tryline.



CHANGE IT

Multiple numbers are called at a time.

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 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.

This was a ball game played by the Kabi Kabi people of south Queensland. The game was played with a ball made of kangaroo skin, which was called a buroinjin. The ball, which was smaller than a soccer ball, was sewn with tendons and stuffed with grass. Teams from different groups played against each other. The game was often played until sunset. Spectators used to mark their applause by calling out 'Ei, ei'.

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 tryline 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 teammate 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

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

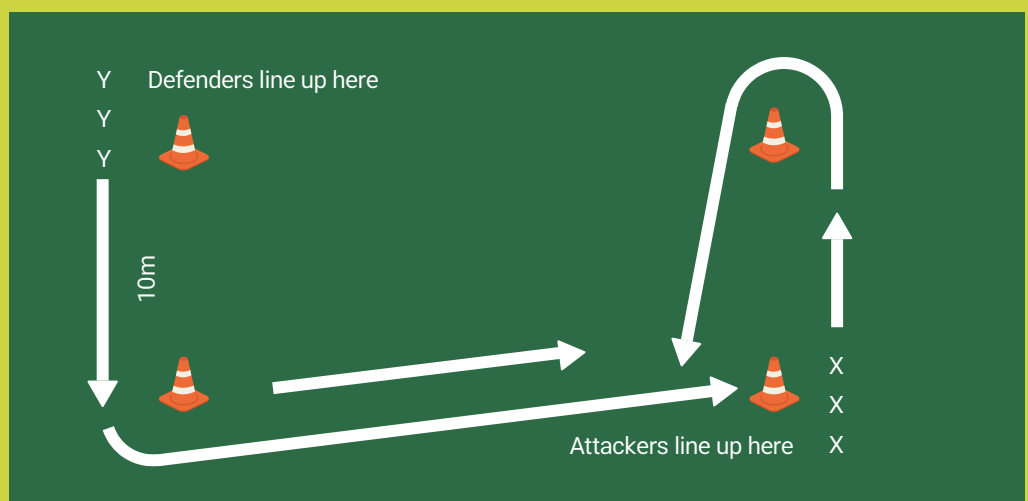
Markers at designated points as per diagram

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

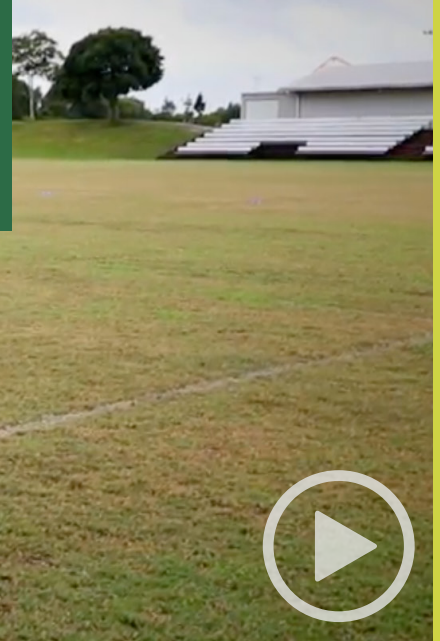
- Change which marker the defender runs around in order to come from a different angle. E.g. both attackers and defender can start on the same side of the grid.
- Drill as above only now two attackers round the markers and attempt to score a touchdown against a single defender.
- Person who starts with 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

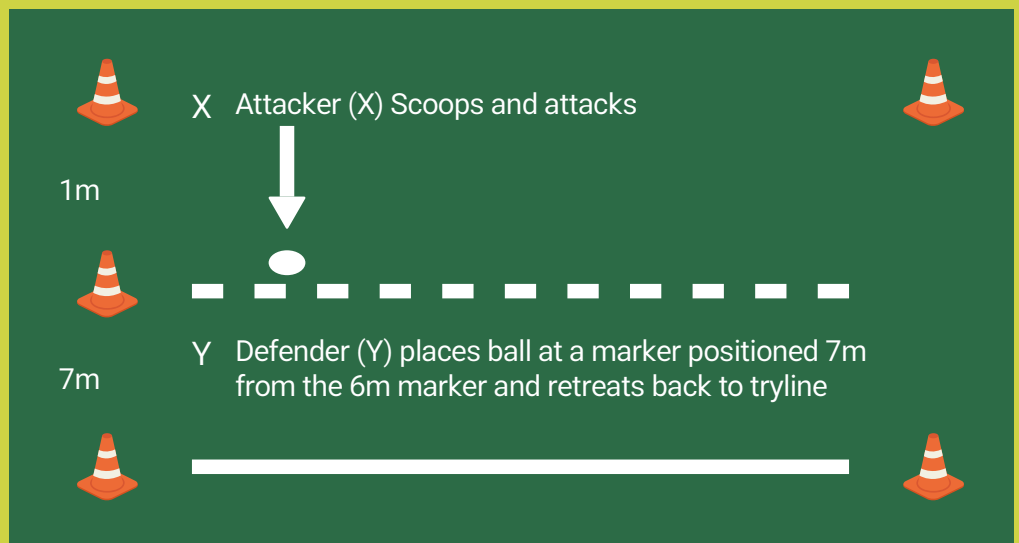
Players line up as below at either (X) or (Y). Defender starts with ball and places approx. 1m in front of the

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 – 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
- 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

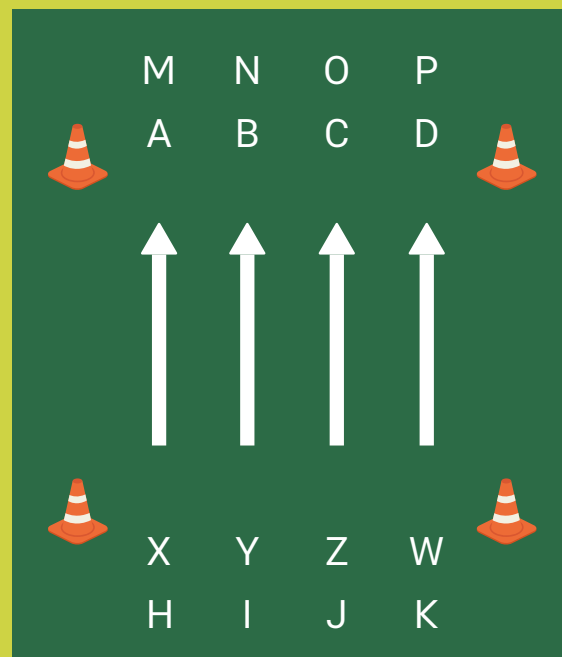
20m x 20m grid

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 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

BASIC PLAYS (CHALLENGE) – 10 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

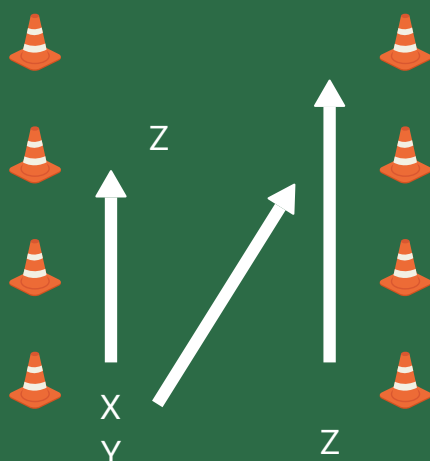
Can use a defender (groups of 3) for this drill also.

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).



Player X runs forward and rolls the ball at the designated markers, player Y goes half, passes to player Z who runs forward and rolls at the marker and player Y again goes to half. Alternate the turn at half and the distances to run before rolling the ball.

ACTIVITY 3

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

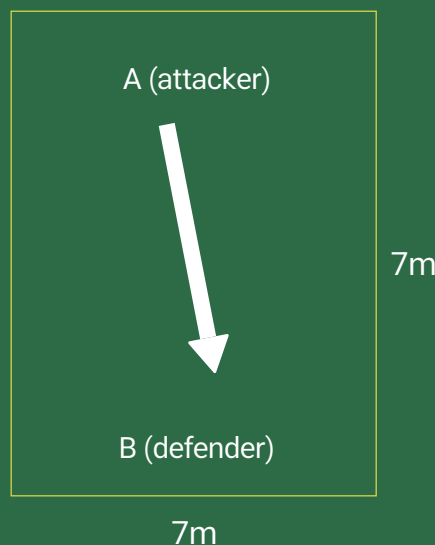
EQUIPMENT

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 4

"HALF FIELD 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

PLAYING AREA

Half field (35m x 25m) if possible

ORGANISATION

6 players per team

GENERAL RULES & GAME PLAY

The usual touch rules apply, however, when the attacking team crosses the halfway line, the touch count re-starts and importantly – the attacking team now runs in the opposite direction in an attempt to score. Defenders must re-align and cannot obstruct the attack before the touch has been affected. The rollball executed over halfway must be legal (cannot face the wrong way).

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).
- Designated players (in a bib) worth double or triple points should they score.
- Reduce numbers e.g. 4 v 4 or 5 v 5

QUESTIONS

- Which attacking skill is very important in this game?
- What advice would you give to attackers playing this game for the first time?
- Which tactics helped you save tries?

ACTIVITY 1

MAROONS & BLUES – 5 MINUTES

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



SET-UP

15m x 15m grids

EQUIPMENT

Touch ball per student

Markers to define boundaries of the grid

DRILL / GAME

- Players sit back-to-back in pairs 6-8 players per grid as per below.
- Explain that half are Maroons and the other half are Blues.
- When the teacher/coach calls Blues, that means the Blue players are attackers and need to jump to their feet and quickly get to the other end of the grid and score a try before the Maroon defender chases and touches them.
Coaches note – Defenders need not carry their ball with them if they are chasing.
- Repeat several times to give equal opportunities. Also change pairings around and look to place better/faster players together.

X

Y

Z

A

B

C

ACTIVITY 2

QUICKIE (2) – 2 V 1 – 10 MINUTES

- ✓ Game Skill - Half Pass, 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 to define boundaries of the grid

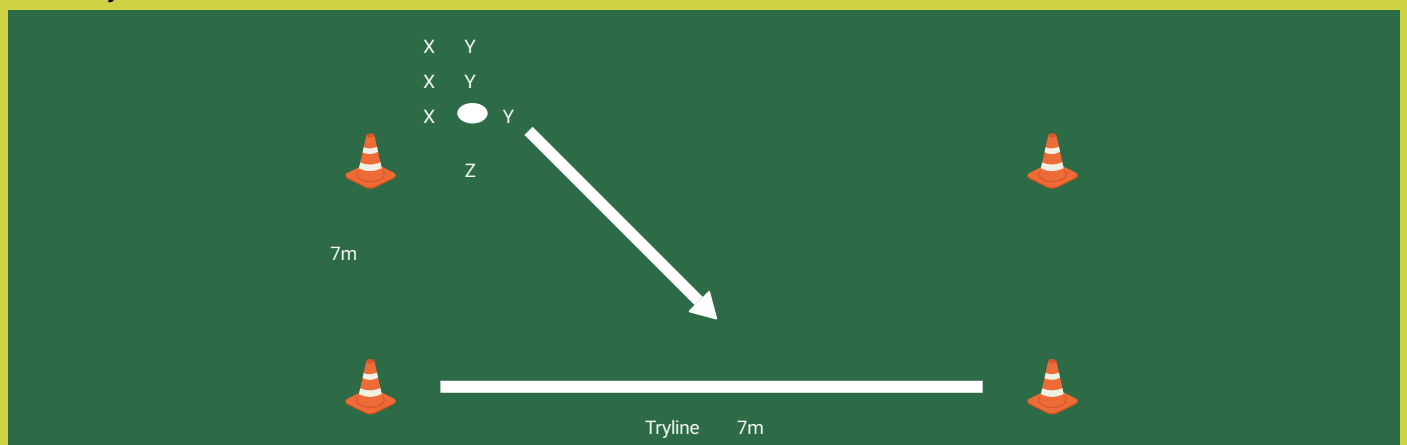
DRILL / GAME

Players line up as below at either (X), (Y) or (Z) with ball placed on the 7m out line. Defender (Z) touches the ball (and retreats onside) as Attacker (X) quickly passes to Attacker (Y) simulating an acting half pass or 'quickie'. Attacker (Y) tries to race defender (Z) back to score line. Begin with a corner race first then allow the attacker to go in any direction – i.e. out or back in.

Coaches should ensure that players change roles regularly throughout the drill.

CHANGE IT

Actually perform the rollball properly with a defender now making the touch on the attacker and then retreating to the tryline as before.



ACTIVITY 3

MODIFIED GAME (4 V 4 CHALLENGE) – 20 MINUTES

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



SET-UP

20m x 20m (or split a full field into quarters) for a maximum of 10 players

EQUIPMENT

One touch ball per game

Markers at designated points as per diagram

GAME

In this modified game, there are 4 players per team (Subs can be used if there are an odd numbers of players) and the usual rules of touch apply.

The coach can monitor all games from a central point.



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

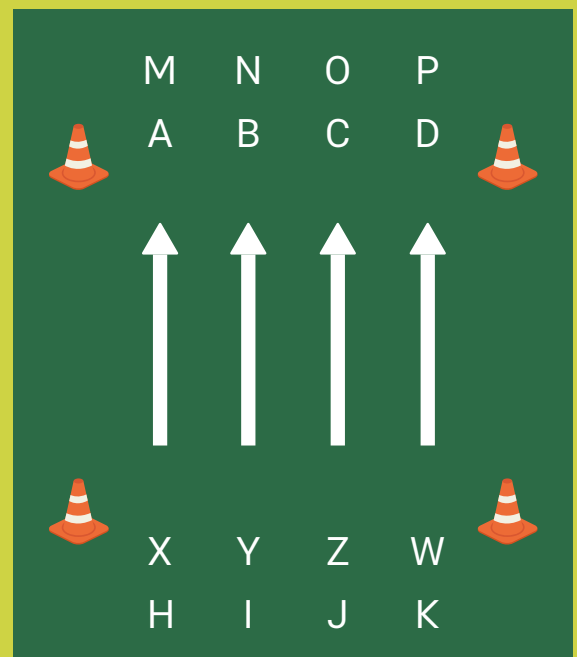
20m x 20m grid

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”.



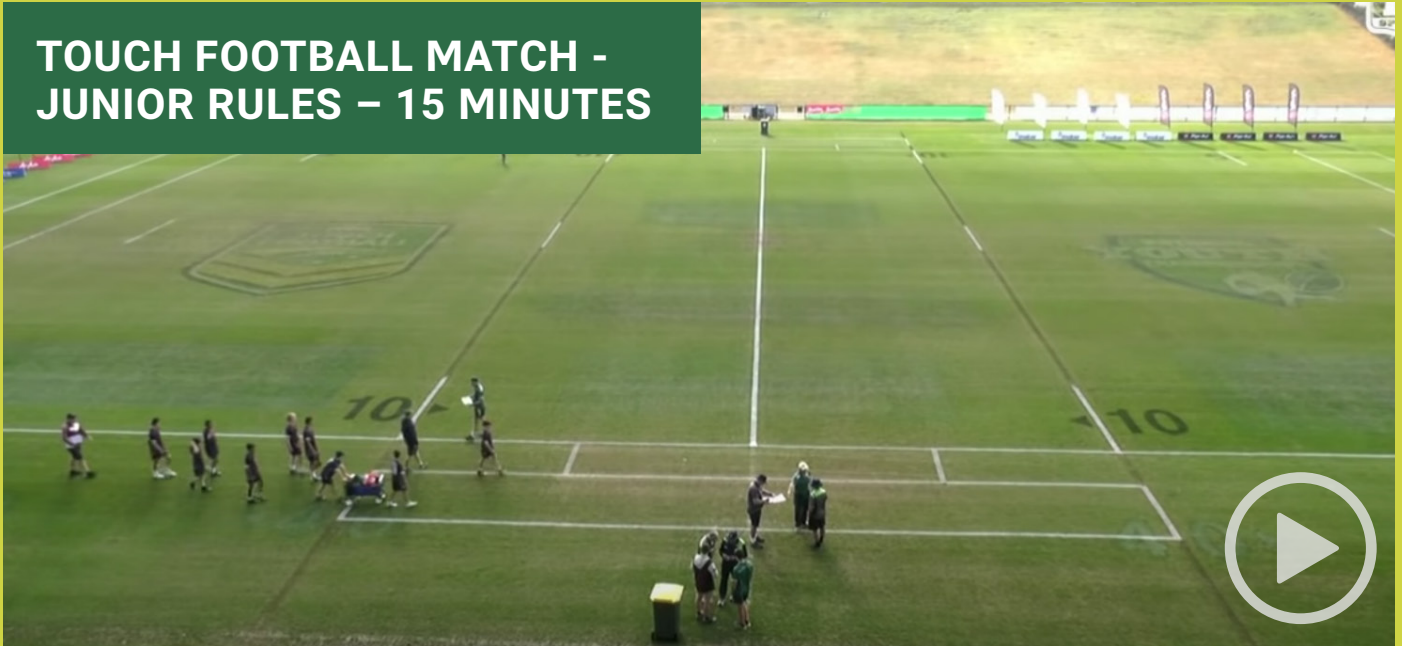
CHANGE IT

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 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 FOOTBALL MATCH - JUNIOR RULES – 15 MINUTES



The traditional rules of Touch Football should be used for this match, with junior modifications in place depending on the skill level of participants

ACTIVITY 3

"ONE TOUCH" FROM SOUTH AFRICA – 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

20m x 20m

ORGANISATION

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

GENERAL RULES & GAME PLAY

The rules are essentially the same as for regular touch, however, there are not "6 touches" and obviously no requirement for roll balls. Therefore, any player caught in possession loses possession. Players retire 10m on any penalties.

SCORING

One point for a try, 2 points for an intercept try (by the defender).

CHANGE IT

- Allow simultaneous passing/being touched.
- Designated players (in a bib) worth double or triple points should they score.
- Remove one defender 4v3 or 5v4.
- Add a touch

QUESTIONS

- What tactics are essential in attacking (and/or keeping the ball alive) in this game?
- What are the important defensive tactics?