



Redlands Touch Association Under 8s to 12s Coach Support Pack

Thanks for joining Redlands Touch Association as a Team Coach.

You are joining a terrific sporting community focussed on creating an outstanding family sporting environment. You will meet new friends and have plenty of fun and laughter.

We also have a long and proud history of elite sporting excellence; 49 Australian National Touch Football players had their start at Redlands Touch.

Thanks for being a part of our future.

Redlands Touch Association provides a range of resources to assist new parent Coaches.

- Our Junior Coach Developer, Jason Hemson, is available to provide on field coaching support throughout the season.
- Fields are available for you to hold training sessions. If you require equipment, this can be loaned from the Clubhouse. Please arrange prior to your training day.
- Foundation Level and Level One Coach training courses are held throughout the year. The courses provide plenty of helpful tips to assist in your coaching role. Please let Kim Spinks or Jason Hemson know if you are interested in participating in an upcoming course.
- Blue Cards are required. We cover the costs of administration and applications.

The following pages of this pack contain coaching drills suitable for under 8s to under 12s teams. These are provided as assistance only. You are best placed to decide what works for you and your team.

When performing the drills with your players, refer to the body positioning relevant to the drill. These body positions (head, shoulders, arms and feet direction) are best understood by reviewing the video demonstrating the skill. Access the videos by clicking on the white play symbol within the image.

For further support, please contact:

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SPORTING
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RESOURCE

FOUNDATION,
YEAR 1 & 2

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FOUNDATION, YEAR 1 & 2 - CONTENTS

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ACTIVITY 1

“BUZZY BEES” – 10 MINUTES

- ✓ Focus - Locomotor Movement
- ✓ Movement Skills



SET-UP

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

EQUIPMENT

Markers to define grid area

A touch football per student

ACTIVITY

Explain where the boundaries are. Have players completing various movements within the grid. Rules are that they cannot make contact with one another. They are to swarm around the grid finding spaces and moving on to another space.

Vary the locomotor skills as follows:

- Walking (forward & backwards)
- Jogging
- Hopping
- Skipping
- Sideways skips

CHANGE IT

Have each student with a touch ball. Show them the correct way to hold the ball. Complete the following skills:

- Throwing the ball in the air and catching.
- As above but clap before catching.
- As above but jogging on the spot then running down the field.
- Passing to a partner (one ball between two).



ACTIVITY 2

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 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

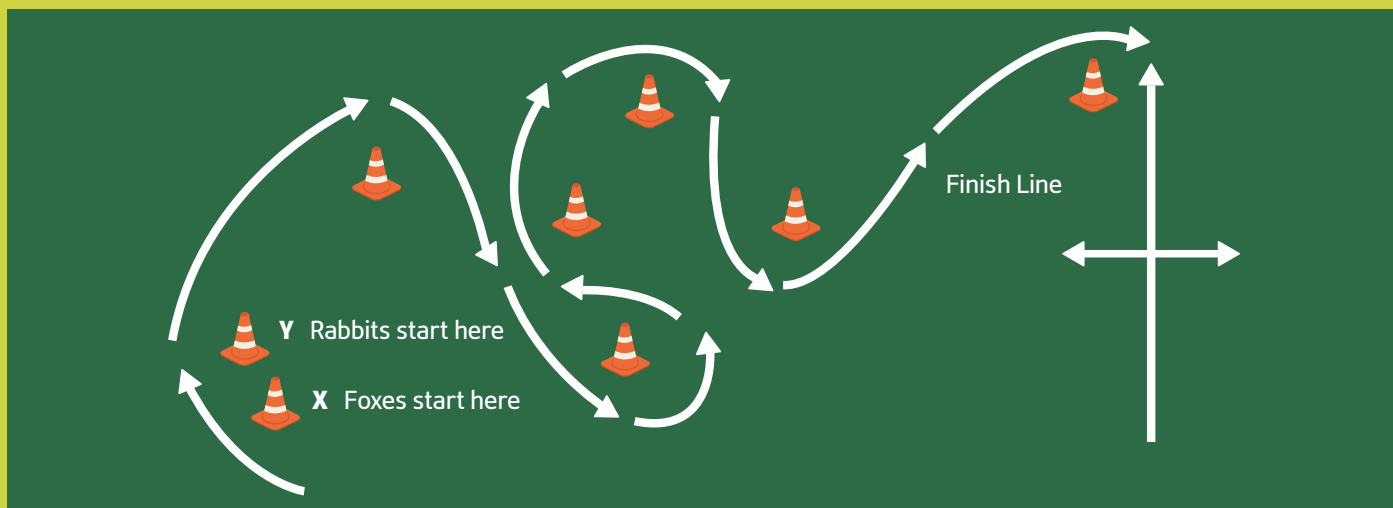
DRILL / GAME

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

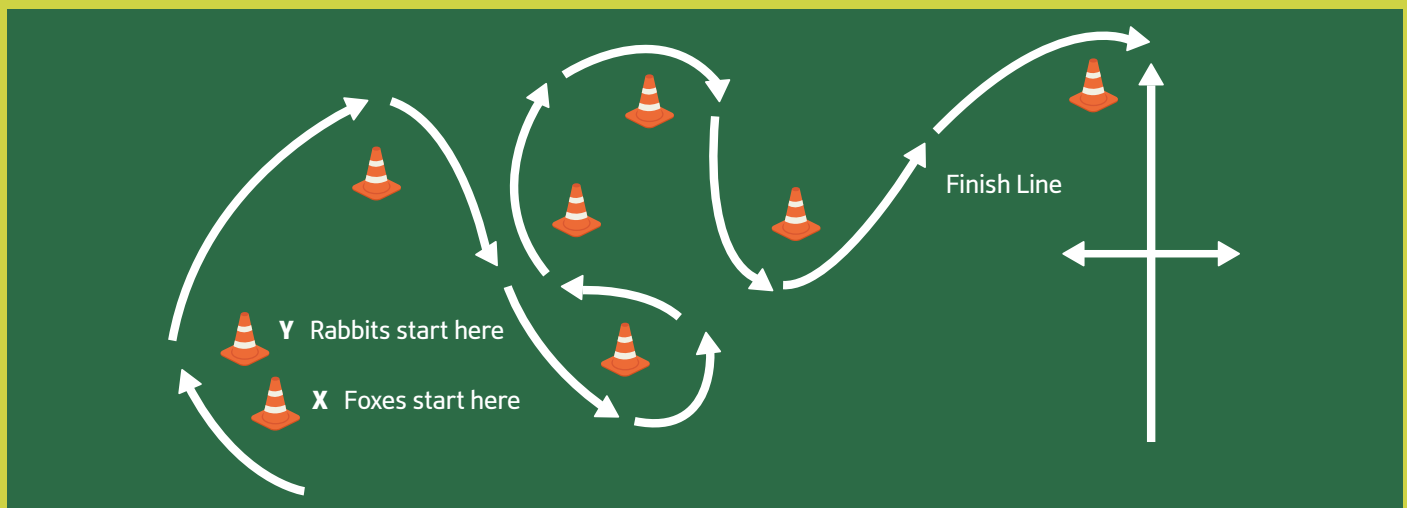
DRILL / GAME

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

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

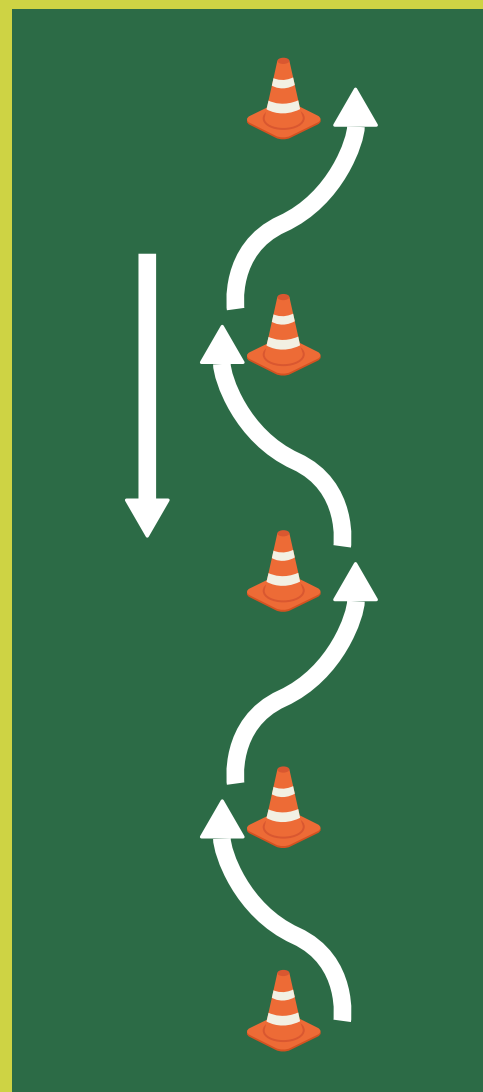
7 markers to define course as per diagram

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

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 4

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

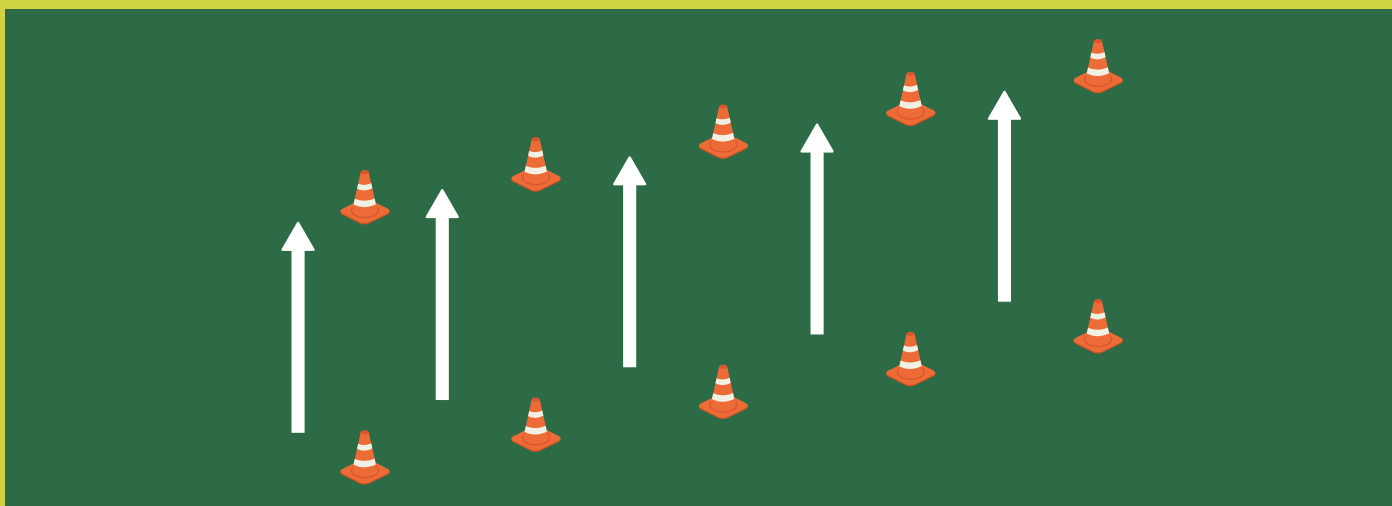
DRILL / GAME

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 1

LAYING THE EGG – 10 MINUTES

- ✓ Focus – Locomotor Movement
- ✓ Game Skill - Rollball
- ✓ Movement Skill – Running with the Ball



SET-UP

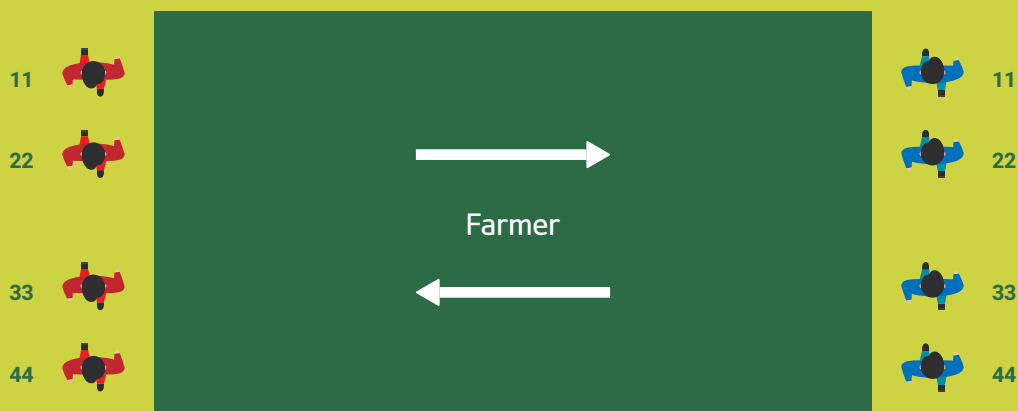
20m x 20m grid

EQUIPMENT

Markers to define boundaries of the field

DRILL / GAME

- Players line up in pairs (one as leader in front and one as follower behind) at one end of the grid as per diagram.
- Have two separate groups (Designate names like Broncos and Cowboys) so as not to have too many operating at once.
- The game begins with teacher/coach calling – “Go Broncos”.
- The pairs of players aim to run across the grid without getting tagged by the farmer in which case they must lay the egg.
- Explain that to lay correctly, the player must stop, place the ball on the ground between the legs and step over it to allow it to be collected by the follower.
- The follower must pick it up cleanly and return it safely to the other side of the grid.
Coaches note – to return it safely, it must be placed carefully on the ground not dropped. (Explain that’s how we score)
- If the leader is not tagged, they ‘score’ and the partners now reverse roles and wait to be called again. You can have multiple farmers in the middle tagging players as they cross the grid.
- A point is awarded every time they make it across the grid and score properly – no bouncing or dropping the ‘egg’ (Ball).



ACTIVITY 2

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

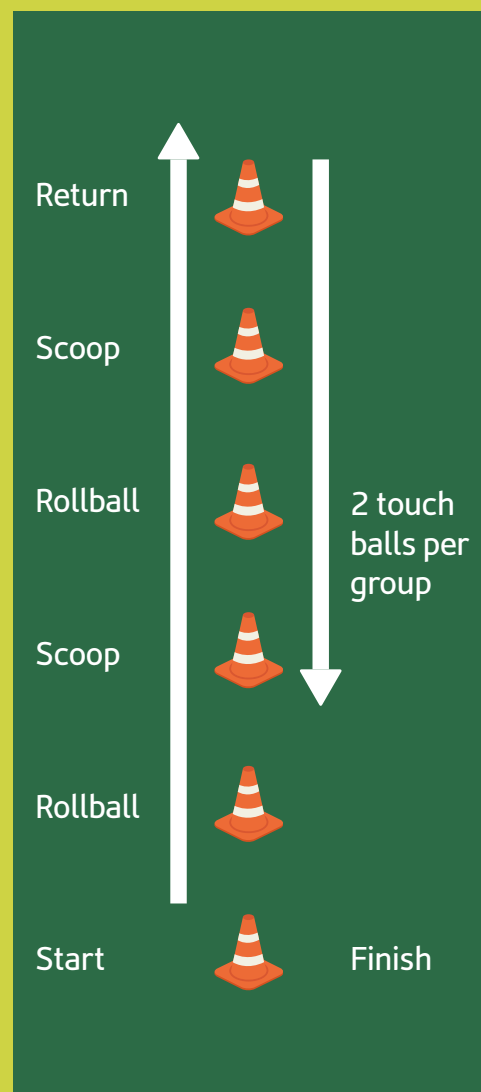
4 touch balls per group
6 markers placed every 7 metres

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 3

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

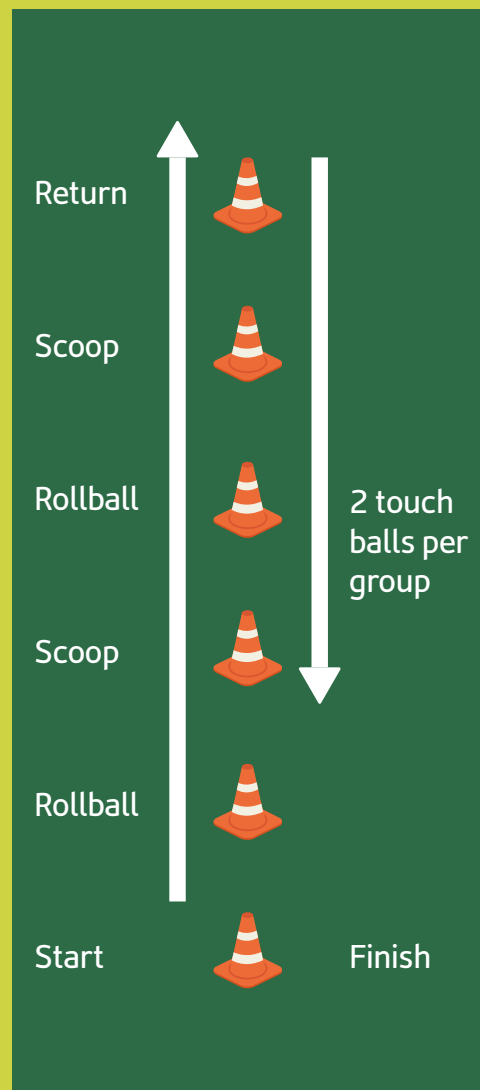
4 x touch balls for each group of 10
6 markers placed every 7 metres

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 4

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

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 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

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

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

DRILL A

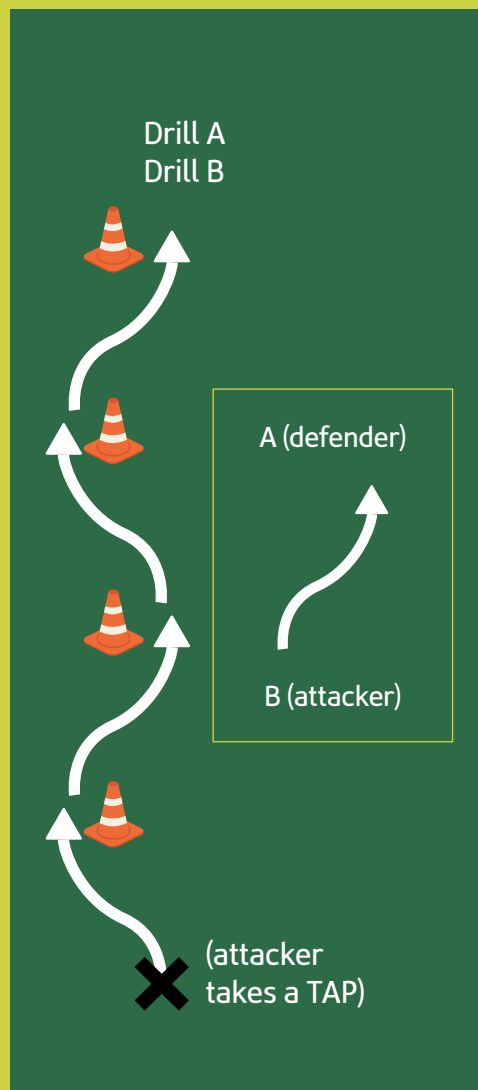
Players take a tap and complete the course in front of them.

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
Define number of markers

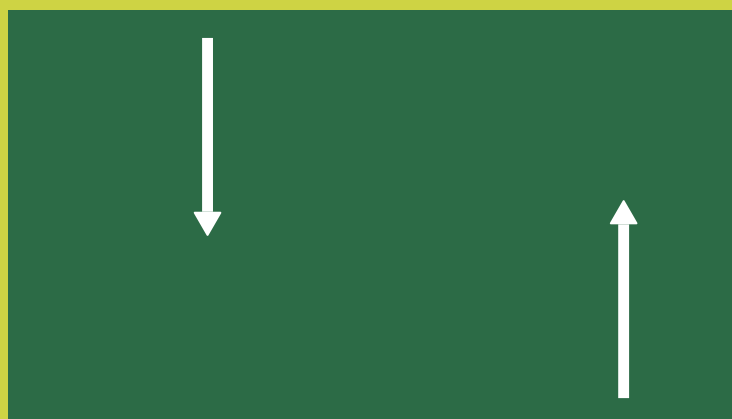
DRILL / GAME

- 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

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

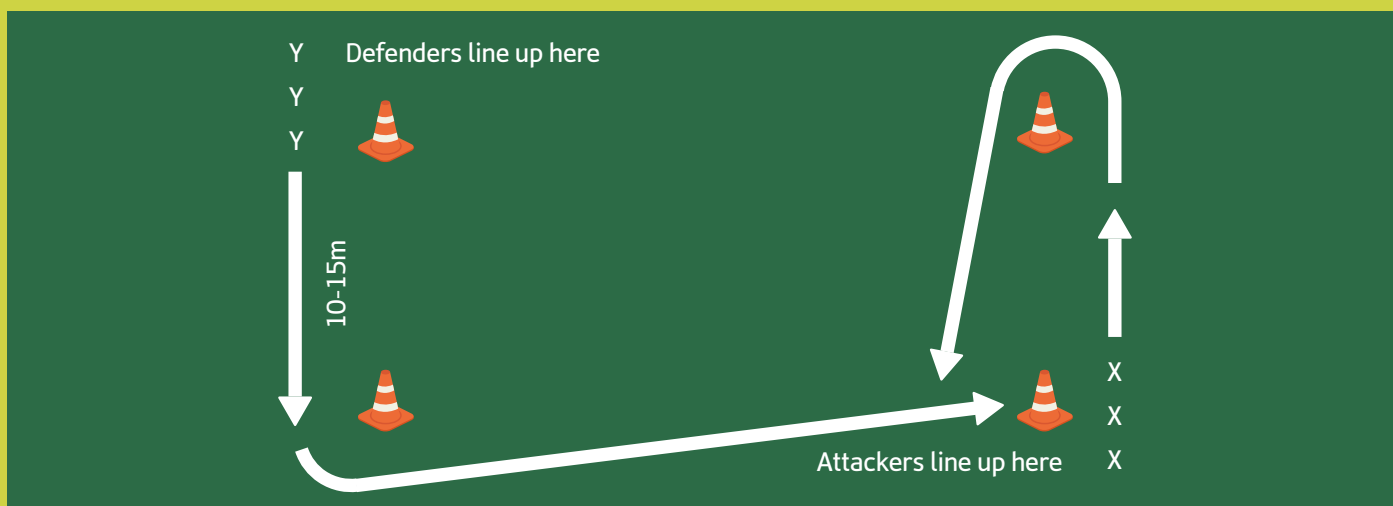
Markers at designated points as per diagram

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

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

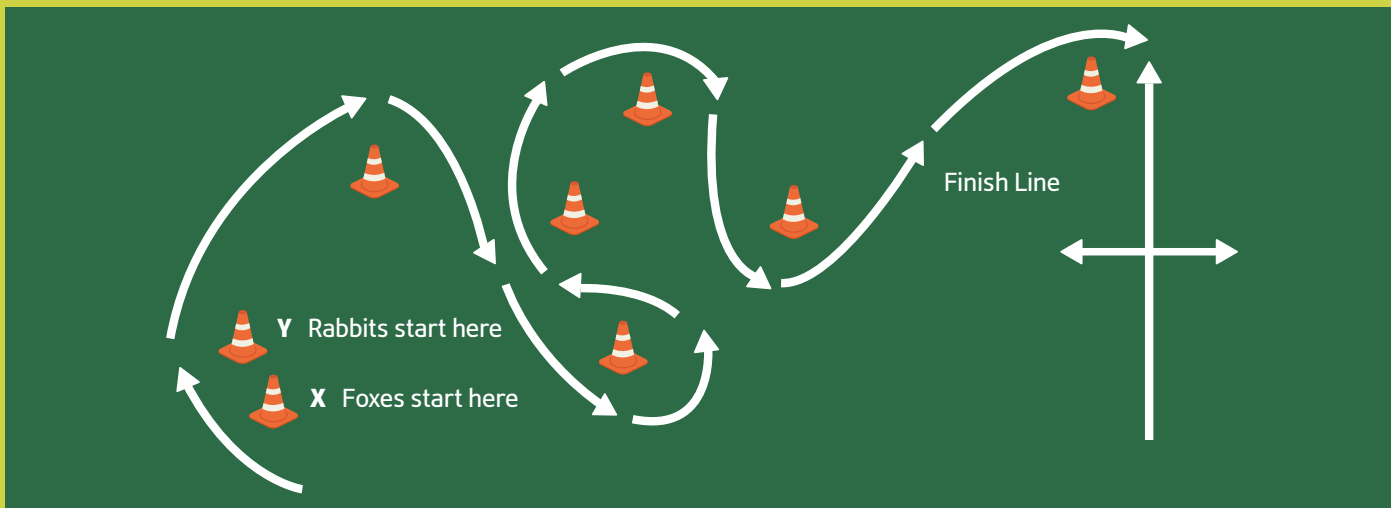
DRILL / GAME

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

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

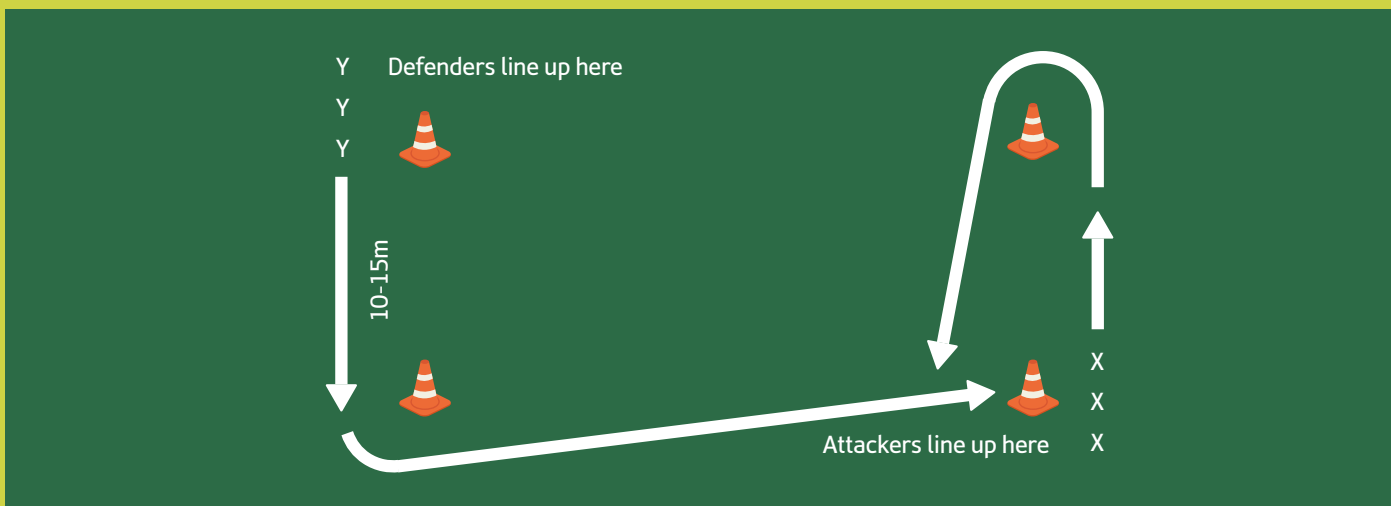
Markers at designated points as per diagram

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 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.

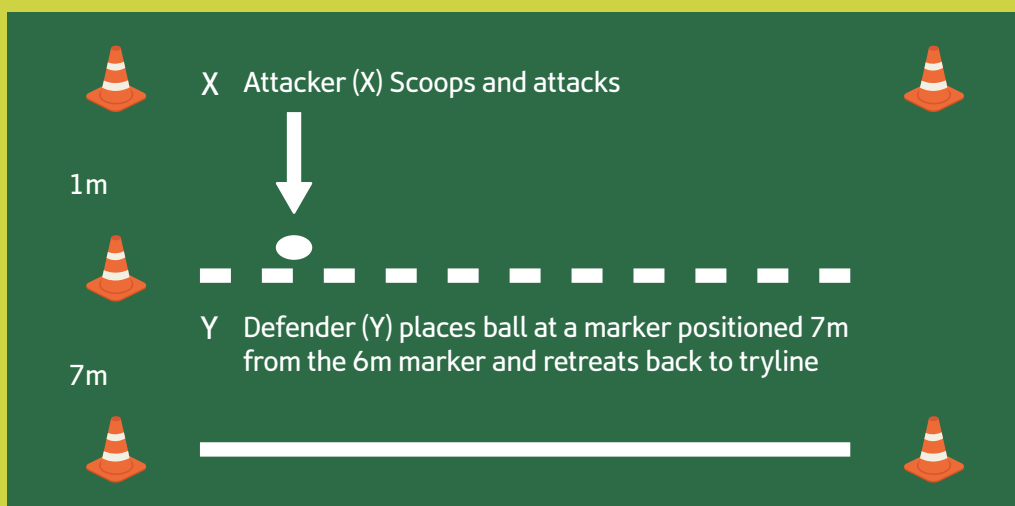
DRILL / GAME

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

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 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

LAYING THE EGG – 10 MINUTES

- ✓ Focus – Locomotor Movement
- ✓ Game Skill - Rollball
- ✓ Movement Skill – Running with the Ball



SET-UP

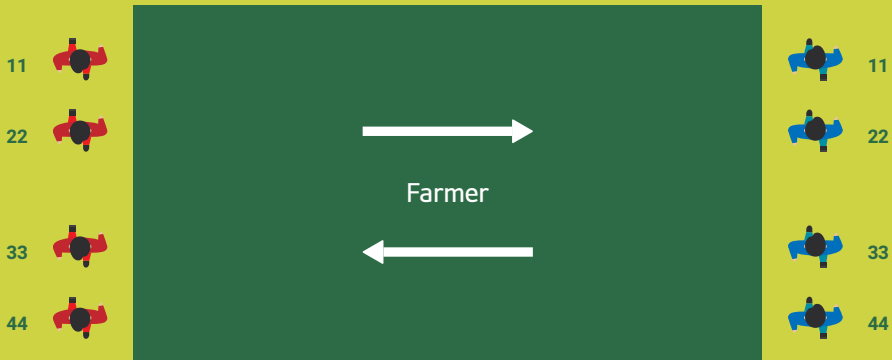
20m x 20m grid

EQUIPMENT

Markers to define boundaries of the field

DRILL / GAME

- Players line up in pairs (one as leader in front and one as follower behind) at one end of the grid as per diagram.
- Have two separate groups (Designate names like Broncos and Cowboys) so as not to have too many operating at once.
- The game begins with teacher/coach calling – “Go Broncos”.
- The pairs of players aim to run across the grid without getting tagged by the farmer in which case they must lay the egg.
- *Explain that to lay correctly, the player must stop, place the ball on the ground between the legs and step over it to allow it to be collected by the follower.*
- The follower must pick it up cleanly and return it safely to the other side of the grid.
Coaches note – to return it safely, it must be placed carefully on the ground not dropped. (Explain that’s how we score)
- If the leader is not tagged, they ‘score’ and the partners now reverse roles and wait to be called again. You can have multiple farmers in the middle tagging players as they cross the grid.
- A point is awarded every time they make it across the grid and score properly – no bouncing or dropping the ‘egg’ (Ball).



ACTIVITY 3

“NOVICE TOUCH” – 20 MINUTES



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.

1. The game starts with a tap at halfway.
 - a. *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.
 - a. *Coaches Note: Half can run but loses possession if touched.*
4. There is no penalty or change of possession for a ‘touch and pass’ – simply come back and perform

a rollball.

5. Players need to be back 7m and referees should assist with this by calling defenders to ‘Onside’.
6. Scoring
7. 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.
 - a. *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”.
 - a. 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?