Fundamental Skills and Drills for Beginner or Primary School Junior Players

Introductory Session to Touch

Equipment required: minimum of 6 touch balls and 20-30 markers
Time required: 45 to 80 minutes
Grid set up: Channel Nine (10x10m) or Channel Fifteen (10x20m, as seen below)

Players line up in either:
- **Formation 1** = all students one end; or
- **Formation 2** = players split both ends
Activities
Each activity entails teaching or coaching the student to perform the skill properly with key components of the skill outlined below.

1. up and back, make a touch
   Players need to line up in Formation 1.
   Run up to first or second marker then turn and run back making a touch on shoulder or elbow (not high five) for next person’s turn.

2. backwards then forwards, make a touch
   Players need to line up in Formation 1.
   Players start facing backwards; then
   Run backwards to first or second marker; then
   Run forwards to the line making a touch on shoulder or elbow for next person’s turn.

3. take a tap and score a touchdown
   Formation 1 or 2 can be used.
   Players must tap the ball to start; then
   Run to first marker run score a touchdown (without letting go); then
   Run around second marker back to first; then
   Again score a touchdown (without letting go); then
   Hands ball to next person for their turn.
   Teaching Tips:
   o For the tap, ensure players release the ball from hands on the ground then tap with foot
   o For the touchdown, ensure players make contact with the ball to the ground

4. roll ball or ‘dump’ and pick up or ‘scoop’
   Formation 1 or 2 can be used.
   Players run up and performs a roll ball at first marker; then
   Either next or same player scoops ball up; then
   Hands ball to next person for their turn.
   Teaching Tips:
   o For the roll ball, ensure the ball is placed between feet below hips, shoulders forward or square to scoreline
   o For the scoop, ensure students straddle the ball and the pick up ball from side on, not front on as a drop ball may occur

5. roll ball with acting half scoop then pass back
   Players need to line up in Formation 1.
   Players run in pairs up to first marker; then
   First player performs a roll ball and the second player takes the role of an acting half and scoops it up; then
   Acting half passes back to next pair in the line; then
   Both run around second marker and return to end of line.
Teaching Tips:
- Players should keep arms straight when passing and not bend at the elbows
- Arms should swing across front of body, like an swinging an elephants trunk, or like cupping water from a puddle and throwing it at a team mate
- Do not allow players to pass from behind their back to the front like swinging an elephants tail
- Point fingers.at/to receiver after passing the ball
- Pass to area between abdomen and chest
- Receiver should make a ‘W’ with fingers to catch the ball

6. roll ball with acting half scoop then split and pass - dump split or ‘buddy’
   Formation 1 or 2 can be used.
   Players run in pairs up to first marker; then
   First player performs a roll ball and takes one or two steps to the side and waits; then
   The second player takes the role of an acting half, scoops up ball, takes two or three steps forwards and passes back to first player; then
   First player catches ball and either hands off to next pair or performs same drill back to the start of the line.
   Teaching Tips:
- Ensure players use correct passing technique
- Ensure players do not just perform a roll ball and keep running, they must step sideways and wait for a pass from acting half
- Ensure acting half takes a few steps forward before passing and the pass is back not forwards
7. passing on the run and re-adjust - two pass in groups of twos, threes and fours

Players line up at end of grid as indicated below.
In staggered line, students run and pass across body to team mate without stopping to pass; then
After passing the ball, players must re-adjust to ensure they are behind the ball carrier and ready to catch the ball again; then
Once the ball is passed to opposite side, the ball is again passed back across: then
Once players pass across and back again, they return to the end of the lines for another attempt.

Teaching Tips:
- Ensure players use correct passing technique
- Ensure receiving player runs forward before passing
- Ensure passes are not forward
- Explain it is the ball carrier’s responsibility not to pass forward and be in front of receiver
- Explain it is the receiver’s responsibility to re-adjust and be behind the ball carrier in a position to catch the ball on the run

![Diagram of players passing the ball](image-url)
Mini Touch Games

1. One on One
   **Rule1:** defender and attacker go to middle marker then move forward

   ![](image1)

   **Players**

   ![](image2)

   **Scoreline**

2. Two on One (simple draw pass)
   **Rule1:** defender and attacker go to middle marker then move forward
   **Rule2:** defender must go for the ball carrier (not going for intercept)
   **Rule3:** there must be at least one pass before touchdown can be scored (not throwing dummy pass)

   10x10m grid

   ![](image3)

   **Attackers**

   ![](image4)

   **Defenders**

   ![](image5)

   **Scoreline**
3. Two on One (with one touch – developing the dump split or ‘buddy’)
   **Rule1:** attacker must not pass, but initiate the touch and dump on the defender
   **Rule2:** defender must go for the ball carrier (not going for intercept), make a touch and make a touch then retire back to marker
   **Rule3:** acting half can not be touched
10x10m grid

![Diagram of Two on One]

4. Three on Two (with one touch)
   **Rule1:** game starts with a tap
   **Rule2:** attacker must not pass, but initiate the touch and dump on the defender
   **Rule3:** defender must go for the ball carrier (not going for intercept), make a touch, then retire back to the referee (minimum of 5m from roll ball)
15x15m grid

![Diagram of Three on Two]
5. Three on Two or Four on Three (with two to three touches)

**Rule 1:** game starts with a tap

**Rule 2:** defenders make a touch then retire back to the referee (minimum of 5m from roll ball)

15x15m grid

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**Attackers**

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**Defenders**

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**Referee**

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Scoreline