

Module 2 Movement Skills

LEARNING OUTCOMES

Learning outcomes: at the completion of this module the participant will be able to identify the correct descriptions and coaching points of the following movement skills:

- Running - sprinting
- Running - backwards
- Running - with the ball
- Agility - side stepping
- Agility - side to side shuffling
- Agility - swerving

1. RUNNING – SPRINTING

DESCRIPTION

Running and sprinting is a progression from walking – however there is a period of suspension where both feet are off the ground.

When sprinting there are some key components to consider:

- Momentum: In running, the greater the force produced from the drive off the back leg, the greater the forward acceleration. That is, the more you push off the ground with your legs, the faster you will go.
- Direction of force: In running, the direction of force is achieved through a forwards lean of the body. Knees move forwards, and arms move forwards and back, to minimise any lateral movements of the body. That is, you lean your body in the direction of the run.
- Levers: If you shorten your lever arm, the movement will be faster. That is, bending your knees and elbows shortens the lever to increase running speed.

WHEN USED

Running is used in both attack and defence elements of Touch Football. Sprinting, or the ability to run fast or at speed, and increasing an individuals speed is something which can be practiced and development with the right coaching.

COACHING POINTS

1. Head and vision up and looking ahead.
2. Lean body slightly forward – in the direction you are wanting to move.
3. Lift knees.
4. Push off with the balls of the feet.
5. Bend arms at the elbows and swing backwards and forwards from shoulders.
6. Move arms in opposition to leg action – that is when right leg is forward, left arm is forward.
7. As running speed is increased, body lean and arm action also increases.



COMMON ERRORS

- Looking at the ground.
- Body too-upright, or leaning too far forwards.
- Minimal to no knee lift.
- Minimal to no arm swing, or arms swinging across front of body.

2. RUNNING – BACKWARDS

DESCRIPTION

Touch Football players are required to run backwards, that is keeping your body facing forwards, whilst moving backwards. Running backwards can often be a new skill for junior athletes, therefore coaches should dedicate time and activities to incorporate practicing this skill.

WHEN USED

The skill is used mainly in defence, when returning to an onside position, or if returning to be behind the ball carrier in attack.

COACHING POINTS

1. Ensure head and eyes stay up looking ahead.
2. Knees slightly bent with weight taken on balls of the feet, chest slightly forward.
3. Ensure movement is continuous and balanced.
4. Bend arms at the elbows and swing backwards and forwards from shoulders.
5. Move arms in opposition to leg action – that is when right leg is backward, left arm is backward.

COMMON ERRORS

- Looking at the feet or ground.
- Leaning back too far and overbalancing or falling over.
- Crossing legs over, tripping over feet.

3. RUNNING - WITH THE BALL

DESCRIPTION

Touch Football players are required to run at top speed whilst carrying the ball. Therefore the way in which the ball is carried is important.

WHEN USED

The skill is used when the player is in possession. Running with the ball should be done primarily with two hands on the ball. Players should be able to transfer the ball from one to two hands and back without impediment to their speed during the game.

COACHING POINTS

1. The attacker is balanced whilst running with the ball.
2. The attacker should show/present the ball in two hands.
3. Run toward your scoreline.
4. Encourage athletes to run at space between defenders, not at the defender.

COMMON ERRORS

- Tucking the ball under the arm or running with it in one hand.
- Not looking where they are running nor aware of players around them.
- Running across field or even backwards.

4. AGILITY - SIDE STEPPING

DESCRIPTION

Touch Football is a game of evasion, side stepping is the ability to change direction when running forwards.

WHEN USED

The skill is used in attack, to change direction, to evade defenders, and run into space, and in defence it would be used in order to chase an attacker who has changed direction, or to change field position in defence.

COACHING POINTS

1. Ensure head and eyes are up looking ahead not at the ground.
2. Maintain balance.
3. Lower centre of gravity and base by lowering hips and planting outside foot for direction change.
4. Ensure arms are used, as per running technique.

COMMON ERRORS

- Leaning too far forwards or backwards and overbalancing.
- Base too wide, or too narrow.
- Weight is not transferred quickly enough from one foot to the other.

5. AGILITY - SIDE TO SIDE SHUFFLING

DESCRIPTION

Side to side shuffling is moving laterally (not forward) left or right, or a sequence of both, with minimal bouncing.

WHEN USED

The skill is mainly used in defence, to maintain a position within the team defensive line, and adjust in reaction to either an attackers movement, or the ball being passed.

COACHING POINTS

1. Body should be facing forwards, with feet apart in a natural stance beside each other (eg in line with shoulders).
2. Ensure knees are slightly bent and not "locked" straight.
3. Step sideways with the lead foot – that is the direction that you wish to move to.
4. The trail foot should then follow, landing where the lead foot moved from.
5. Ensure "base" or space between legs doesn't get too wide or too narrow.
6. Arms should remain relaxed, and slightly bent at elbow by side.
7. Increase speed of "shuffling".
8. When changing direction of the shuffle, "plant" and push off lead leg from the first direction, and commence movement the other way.

COMMON ERRORS

- Leaning forwards or backwards and overbalancing.
- Feet touching or crossing over.
- Knees bent too much, and body too low reducing movement.

6. AGILITY - SWERVING

DESCRIPTION

Swerving is a component of Agility and is important in Touch Football in order to change direction more subtly than a side step.

WHEN USED

A swerve is a foundation level movement pattern for young athletes. It is used in many game related situations but predominantly within attacking situations where a slight change in direction (not a side step) can take an attacking player into space or away from a defender.

COACHING POINTS

1. Most coaching points are as per "Running – Sprinting".
2. Head and vision up and looking at the space.
3. The slight change in direction is achieved by a slight lean of the upper body.
4. Most effectively achieved by practising swerving in and out of a set of cones/poles placed approximately 5 metres apart in a straight line.

COMMON ERRORS

- Errors in running technique can be as per "Running – Sprinting".
- A too severe change in direction or side stepping.



Module 3 Ball Skills

LEARNING OUTCOMES

Learning outcomes: at the completion of this module the participant will be able to identify the correct descriptions and coaching points of the following ball skills:

- Ball Grip
- Passing – Stationary
- Passing – On the run
- Catching
- Half Pass

1. BALL GRIP

DESCRIPTION

The correct grip of the touch ball is essential for all basic carrying and passing manoeuvres. It is essential to teach this skill and reinforce regularly before embarking on more advanced skills later.

WHEN USED

The skill is used to effect a basic carry of the ball in the first instance, as well as in preparation for passing. Poor passes are often as a result of poor grip technique.

COACHING POINTS

1. The ball is held with thumbs on the top of the ball and fingers spread underneath the ball.
2. The ball is held around the centre panels.
3. The player should be able to remove one hand from the ball as palms are not actually in contact with the ball.
4. Players should carry the ball in two hands and point the ball slightly upward.
5. Elbows are usually bent/ flexed during the carry.

COMMON ERRORS

- Fingers not spread around the ball.
- Ball held at its ends or diagonally opposite.
- Fingers spread but either too low or too high.
- Carrying in one hand only or tucking the ball against the body.

2. PASSING – STATIONARY

DESCRIPTION

Although rarely do players pass from a stationary position in games (other than half pass) it is important to reinforce technique first before progressing to the running pass. There are many drills which can incorporate a stationary pass and it is recommended that time is spent developing a good pass from both sides of the body.

WHEN USED

The stationary pass is used in training to correct basic technique and in rare game situations where the player may be required to 'stand and deliver' quickly.

COACHING POINTS

1. The ball is held with the basic grip (elbows bent).
2. The passer looks toward the receiver or target area and focuses on that point.
3. The passer begins to step toward the receiver while shoulders begin a rotation inward toward the receiver (elbows still bent).
4. The passer also begins to transfer weight from the inside leg to the stepping outside leg.
5. The passer now swings the ball from slightly behind the outside hip across the front of the body as the step is completed (elbows/arms now extend).
6. The ball is released with arms fully extended and hands/wrists snapping outwardly and completing the follow through.

COMMON ERRORS

- Altering correct grip prior to passing.
- Not looking before passing.
- Not stepping or transferring weight, or stepping off wrong foot.
- Little to no extension (arms, wrists, fingers).
- Trying to unnecessarily spin or spiral the ball during the pass.
- 'Under-spinning' on passers weak side.
- Passing too hard or too soft.

**3. PASSING – ON THE RUN****DESCRIPTION**

The game of Touch Football will require players to deliver all manner of passes whilst on the run. Therefore it is essential that players have good technique.

WHEN USED

Passing on the run is used throughout the entire attacking process.

COACHING POINTS

1. The passer should run with the ball in both hands utilising the correct basic grip.
2. The passer looks toward the receiver and focuses on the target area (usually the outstretched hands – or just in front of the chest).
3. The passer begins the inward rotation of the upper body – elbows remaining bent and ball in two hands.
4. The passer steps forward on their right leg (if passing left) as the ball is drawn back and then across the body toward the receiver.
5. The ball is then released with bent elbows becoming fully extended and arms propelling the ball toward the target. Wrists and fingers contribute to the action assisting accuracy and or power.
6. The passer follows through and realigns to support the new ball carrier.

COMMON ERRORS

- Incorrect grip or changing grip prior to passing.
- Not looking at the receiver or target before passing.

- Passing from a predominantly front on position with little rotation of the hips.
- Not stepping on to the forward leg.
- Little to no extension of arms.
- Trying to spiral unnecessarily or 'under-spinning' on weak side.
- Passing too hard or too soft.
- Fails to realign or support after passing.

4. CATCHING

DESCRIPTION

At the foundation level, the ability to secure all manner of passes from team mates is critical to maintaining possession and subsequently applying pressure to defences. Players need to possess good technique in order to make the most of all attacking opportunities when they arise.

WHEN USED

The skill is used in most facets of the game and successful execution is critical in gaining advantages in a game. Players need to be able to 'catch' from both left and right sides.

COACHING POINTS

1. Players should be encouraged to have their head and eyes up when they are about to receive the ball.
2. The general focus should be on the ball and they should not be otherwise distracted, until the ball is secured.
3. The player's hands should be up in front and at about chest to lower jaw level.
4. The fingers are well spread and pointing slightly upward.
5. The elbows remain bent and can 'give' somewhat as the ball is secured, (ease the ball inward to the body).
6. The grip of the ball is adjusted on securing as per preparation for passing.(i.e. showing the ball).

COMMON ERRORS

- Easily distracted and not watching the ball.
- Head and/or eyes down.
- Hands down at side.
- Fingers not spread.
- Snatching at the ball.
- Stiff hands and fingers (which causes rebounds and subsequent injuries).



5. HALF PASS

DESCRIPTION

The half pass is one of the most critical skills in the game. Players need to be able to pass the ball both left and right.

WHEN USED

Being a frequently executed skill (as it requires players to bring the ball back into play after a touch has been effected), it is critical that all players are able to do so with the best possible technique. Poor and indecisive passing from half will stifle a team's subsequent attacking options.

COACHING POINTS

1. The half anticipates the rollball and moves without delay.
2. The half listens for calls from the receiver.
3. The half on deciding which side to pass, places (plants) the inside foot near to the ball.
4. The half secures the ball with both hands and by spreading the fingers around the centre of the ball.
5. As the ball is being secured the half also begins to widen the base of support by stepping with the outside leg toward the receiver.
6. The half now focuses on the receiver and begins to swing the ball upward from the ground in one single movement staying as low as possible for as long as possible.
7. The ball is released as arms fully extend and the follow through is completed.

COMMON ERRORS

- Not listening for a call or reading the play.
- Not looking at the ball before securing properly.
- Not planting the correct foot near the ball and reaching too far for it.
- Not stepping or transferring weight and widening base of support.
- Standing up to pass and or taking a step or two before passing.
- Trying to spiral unnecessarily or 'under-spinning' on weak side.
- Passing blind with little or no knowledge of the movement of defenders.



Module 4 Rollball and Rucking

LEARNING OUTCOMES

Learning outcomes: at the completion of this module the participant will be able to identify the correct descriptions and coaching points for the following roll ball and rucking skills:

- Static Rollball
- Dynamic Rollball (introduce)
- Half role
- First receiver role
- Rucking

1. STATIC ROLLBALL

DESCRIPTION

The rollball is a part of almost every pattern of play in Touch Football. Being a frequently executed skill it is critical that all players are able to do so with the best possible technique. It is the most overlooked individual skill when teams train.

WHEN USED

A static rollball is used following: a touch, a change in possession, when a ball goes to ground, at a penalty instead of a tap and when possession changes due to an infringement by an attacking player at a tap).

COACHING POINTS

1. The player faces the score line.
2. The player stands parallel to sidelines.
3. The player bends at the hips (keeping a low body height) and initiates a touch (with the hand not holding the ball) on a defender (preferably to one side of the defender).
4. While stepping, the ball is placed on the ground between the feet, one handed (correct grip on ball is necessary as per ball grip drill) and preferably keeping it stationary.
5. The player steps over the ball.
6. Learn to perform rollball (also referred to as “dump”) with either hand while initiating a touch with the other on defenders lower trunk or leg.

COMMON ERRORS

- Not completing the rollball at the position of the touch - not on mark.
- Rolling the ball without a touch being made or initiated by attacker.
- Not facing opponent's scoreline whilst rolling the ball.
- Off balance whilst rolling the ball.
- Rolling the ball back more than a metre.
- Poor grip on ball, resulting in drop ball.



2. DYNAMIC ROLLBALL

DESCRIPTION

The dynamic rollball (often referred to as a “dump”) differs from a static rollball in that it is executed on the run. The objective is to catch retreating defenders in an offside position.

Using the dynamic rollball (dump) enables teams to advance the ball quickly upfield and place them in a good scoring position.

WHEN USED

The dynamic rollball is often used when the attacking team is trying to advance the play at speed.

COACHING POINTS

1. Perfect the techniques for an excellent static rollball, affecting a touch by an attacking player and half pass.
2. Firstly execute the rollball at walking pace, increase to a jog and run then increase speed until game pace is achieved.
3. Learn to rollball (dump) with either hand while initiating a touch with the other on defenders lower trunk or leg.
4. Use a stride stance with the ball rolled near the inside leg (closest to defender) while stepping over a stationary ball when placed on ground.
5. Always use a defender in each drill so a touch is always initiated.

COMMON ERRORS

- Poor balance.
- High body height whilst executing the rollball.
- Failure to decelerate when approaching the defender.
- Loose ball grip.
- Attacker not initiating touch.
- Over run the mark.
- Initiating touch on defenders upper body or hand.



3. HALF ROLE AND POSITIONING

DESCRIPTION

Along with the rollball the role and positioning of the half is a part of almost every pattern of play in Touch Football. Without a thorough understanding of this frequently executed skill the ability to perform most other aspects of the game can be affected.

WHEN USED

A player having to perform the role of the half occurs during every rollball.

COACHING POINTS

1. The role of the half is to collect the ball off the ground from a rollball and deliver it with minimal delay to the next receiver.
2. The correct positioning for the half is slightly to either side of the rollball dependent upon the positioning of the next receiver.

3. The half should anticipate the position of the rollball and move towards it without delay.
4. The half then listens for calls from the receiver.
5. The half on deciding which side to pass, places (plants) the inside foot near to the ball.
6. The half secures the ball and executes an half pass.

COMMON ERRORS

- Too slow into position.
- Not anticipating the position of the rollball.
- Not bending at the knees to pick up the ball.
- Not being aware of the position of the first receiver.

4. FIRST RECEIVER ROLE

DESCRIPTION

The first receiver is the athlete who receives the ball directly from the half following a rollball. The role of the first receiver is therefore vitally important in the progression of play up-field. The first receiver will determine not only the speed of play in rucking but also the direction the play travels and any subsequent set plays that may occur.

WHEN USED

A first receiver is in place following every rollball where the half passes the ball to anyone other than the person who has just rolled the ball.

COACHING POINTS

1. Firstly demonstrate the ideal positioning of the first receiver as they should receive the ball from the half in a rollball situation.
2. The positioning should be to the side and behind the half with enough space to adequately judge the flight of the ball.
3. Execute this positioning with a rollball at walking pace, increasing to a jog and run then increase speed until game pace is achieved.
4. With each execution the first receiver should communicate their position to the half early and clearly.
5. Once positioning is confirmed and learnt then the first receiver should perform the next required action.
6. The next required action may be either talking the ball forward for a ruck and next rollball or delivering a pass on the run to the second receiver.

COMMON ERRORS

- Not communicating their position to the half.
- Not anticipating the position of the rollball.
- Not receiving the ball at the appropriate speed.
- Not receiving the ball in the appropriate position, either too close or too far from the half.
- Not delivering the appropriate next pass or action required.



5. RUCKING

DESCRIPTION

This skill is the basis of gaining ground and achieving field position. The skill involves a pass from the half to the first receiver who should accelerate and run straight at the defender that just made the touch. This is followed by deceleration at or before the pending touch.

The ball carrier then ensures a touch is made either by or on the defender and completes a quick rollball to the half and the procedure is repeated. The same half may be used or a combination of halves. The skill may be used as many times as necessary depending on the situation. This pattern is also referred to as “settlers”, “driving the ball”, “hit ups” or “driving”.

WHEN USED

When close to your own (defensive) scoreline, when attempting to gain ground and field position.

COACHING POINTS

1. First receiver in forward motion prior to receiving ball.
2. Accurate half pass (from the ground).
3. Run straight at the defender that just made the touch.
4. Deceleration when nearing defence.
5. Effecting a touch.
6. Dynamic rollball.
7. Support by half (in position) minimising down time.
8. Communication.
9. Ball is received on ‘advantage line’ – that is at the mark in which the rollball was made, not 5m behind for example.
10. Repeat process.

COMMON ERRORS

- Delay in rollball.
- Delay in half pass.
- Forward pass by half.
- Running away from the half.
- No acceleration and deceleration.
- First receiver not moving forward.
- Rollball before touch effected (voluntary rollball).
- Over running the mark.
- Dropping the ball at the rollball.

Module 5 Attack Skills

LEARNING OUTCOMES

Learning outcomes: at the completion of this module the participant will be able to identify the correct descriptions and coaching points for the following attack skills:

- Running into space
- Effecting the touch in attack
- Scoring a touchdown
- The tap
- Supporting the ball carrier
- Progressing ball toward scoreline

1. RUNNING INTO SPACE

DESCRIPTION

Running into space refers to the idea that all attacking players, either the ball carrier or the supporting players, should at all times attack (run at) spaces in between defenders and not run directly at defenders. It involves attacking players trying to find either the space or gaps through the defence or overlaps on the outside of the defensive line.

WHEN USED

Running into space should be performed during all attacking situations by the ball carrier and supporting players to create forward progression of the ball, scoring opportunities and defensive decisions by the opposition.

COACHING POINTS

1. Attacking players should have head and eyes up to identify the space between defenders.
2. Ensure primary movement into the space is done in a forward direction or at an angle designed to have the athlete run through that space.
3. The space to be attacked should be the space between the nearest defenders to the attacker.
4. Drills of attacking the space should start with one attacking player carrying the ball identifying and running into the space between two defenders.
5. Progression should occur to having two attacking players with one being a support player running into the space between three defenders.

COMMON ERRORS

- Not having eyes and head up to identify the space to attack.
- Running sideways or at an angle to severe to be able to get through the gap.
- Running into the support players space and not your own.

2. EFFECTING A TOUCH (BY THE ATTACKER)

DESCRIPTION

Although at the foundation level most touches are made by the defenders touches can also be effected by the attacker.

WHEN USED

The skill is used to ensure a minimum of disruption to the attacking team when rucking the ball down field, with the objective being to catch retreating defenders in an offside position.

Using the dynamic rollball (dump) enables teams to advance the ball quickly up field and place them in a good scoring position.

COACHING POINTS

1. Position to side of the defender.
2. Look the approaching defender.
3. Decelerate to control momentum and maintain balance.
4. Lower body height by bending at the hips.
5. Secure ball in one hand.
6. Reach out with other hand and effect touch on defender using minimum force and avoiding body contact.
7. Complete the rollball.

COMMON ERRORS

- Not balanced at the rollball.
- No deceleration and dumping off the mark.
- Not positioning to side of defender.
- Poor body height – too upright.
- Inability to transfer the ball from one hand to the other.
- Rolling the ball prior to contact with defender “no touch”

**3. SCORING A TOUCHDOWN****DESCRIPTION**

A Touchdown is scored when an attacking player places the ball on the ground over the score line within the boundaries of the touchdown zone, and without being touched previously. The half cannot score a touchdown.

WHEN USED

When attempting to score for your team.

COACHING POINTS - GENERAL

1. Secure the ball firmly.
2. Cross the score line.
3. Place the ball on the ground.

COACHING POINTS - DIVING

- Secure the ball firmly in one hand.
- Hold the ball at the very end and point the nose (top end) slightly upward.
- Dropping to the knees place one hand as a support whilst beginning the ‘slide process’.



- The slide process involves both pushing off from the toes prior to landing and at the same time beginning a full extension of the arm carrying the ball toward the scoreline.
- The ball is slid with the nose in the upright position to avoid 'digging in'.

RULE CONSIDERATIONS

The attacker needs to place the ball down before being touched in order to score.

Scoring on or over the wrong line counts as a touch (attacker retains possession) unless it is the 5th touch.

COMMON ERRORS

- Losing control of the ball in attempting to place it on the ground.
- Remaining too upright when attempting to score.
- Being unfamiliar with the scoreline.
- (When diving) not supporting the slide/dive action with the arm not carrying the ball.

4. THE TAP

DESCRIPTION

A Tap is when the ball is placed on the ground, released from the hands, and touched with the foot, and picked up.

WHEN USED

The Tap is the method of commencing or re-commencing the game after half time and after a touchdown has been scored. It is also the method of recommencing play when a penalty is awarded.

COACHING POINTS

1. Place the ball at the correct mark being careful to release the ball.
2. Eyes should be focussed on the ball.
3. Gently tap the ball with either foot and in any direction.
4. Bend down and retrieve the ball being careful not fumble or otherwise lose control of it.

COMMON ERRORS

- Not placing the ball on the ground.
- Not releasing the ball from the hands.
- Foot not making contact with the ball.
- Losing control of the ball when trying to pick it up.

5. SUPPORTING THE BALL CARRIER

DESCRIPTION

The individual carrying the ball should at all times be supported by their teammates. The teammates should be in a supporting position that enables the ball carrier to pass them the ball if they decide to do so to promote the ball further downfield.

WHEN USED

Supporting the ball carrier is required when the team is in possession of the ball, and attacking.

COACHING POINTS

1. Support player is behind, and to the side the ball carrier.
2. Encourage communication from the support player to the ball carrier.
3. Support player should run at a similar pace to that of the ball carrier but no faster.

COMMON ERRORS

- Being in front of ball carrier.
- Too deep, or too wide from ball carrier.

6. PROGRESSING THE BALL TOWARD THE SCORELINE

DESCRIPTION

With each possession and utilising the touch count, the attacking individual or team should be attempting to progress the ball towards the scoreline.

WHEN USED

Progressing the ball toward the scoreline should be the aim of any team when in possession of the ball – at all times.

COACHING POINTS

1. Ensure that within each possession of the ball attacking players are carrying the ball towards the opponents scoreline in a forward direction.

COMMON ERRORS

- Running across the field to beat individual opponents.
- Passing ball backwards to team mates, but not making any further progression toward scoreline.

Module 6 Defence Skills

LEARNING OUTCOMES

Learning outcomes: at the completion of this module the participant will be able to identify the correct descriptions and coaching points for the following defence skills:

- Returning onside
- Effecting the touch in defence
- Foundation 'team' defence

1. RETURNING ONSIDE

DESCRIPTION

Returning onside refers to the movement a defender must complete after either themselves or another member of their team has effected a touch. It requires the defenders to then return to the onside position in line with the referee.

WHEN USED

Returning onside occurs following every touch that is effected by a defender.

COACHING POINTS

1. Ensure all players can run backwards effectively.
2. Identify where the 5 metre mark marked by the referee is set.
3. Retreat to be in line with the referee, in a straight line.

COMMON ERRORS

- Turning your back on the attack and running forwards when returning.
- Not identifying the position of the referee.
- Retreating in a zig zag pattern rather than straight or efficiently as possible.



2. EFFECTING A TOUCH (BY THE DEFENDER)

DESCRIPTION

At the foundation level most touches are made by the defenders. Effecting the touch requires the defending player to make contact with the person in possession of the ball, or on the ball using a minimum of force.

WHEN USED

The skill is used to prevent the attacking players from either scoring and or gaining territory by progressing down the field.

COACHING POINTS

1. Position within a short distance of the attacker.
2. Focus on the player in possession.
3. Lean toward the attacker and make contact.
4. Ensure touches are effected with either hand as required and to ensure balance do not cross over hands from one side of the body to the other.
5. Use a minimum of force and avoiding body contact.
6. Retreat to an onside position.

COMMON ERRORS

- Poor defensive positioning.
- Not balanced as touch is effected.
- Continuing momentum forward and running past the attacker.
- Moving up too fast.
- Planting the feet while affecting the touch.
- Crossing arm over body to make touch.
- Over physical in affecting the touch.

3. FOUNDATION TEAM DEFENCE

DESCRIPTION

Foundation team defence refers to the concept that defending in Touch Football is most effective with all members of the team operating together in one defensive line. To be effective the team must be correctly aligned in order to pressure the attacking team and deny them time and space in which to move. The defensive line should then move forward together in line and not staggered at the same pace.

WHEN USED

Whenever the team is not in possession of the ball and defending.

COACHING POINTS

1. Ensure all team members are initially aligned onside in a straight line.
2. Each team member should align themselves directly in front of one of the attacking opposition with each player standing in front of one player only.
3. The line should move forward to meet the attackers in a straight line and all at similar speed.

COMMON ERRORS

- Defensive line is not initially straight.
- Some members of the team move forward faster than others.
- Not all defenders are aligned directly in front of an attacker or two defenders are in front of the one attacker.

Module 7 Game Concepts and Strategies

LEARNING OUTCOMES

Learning outcomes: at the completion of this module the participant will be able to identify the correct descriptions and coaching points for the following game concepts and strategy skills:

- Communication
- Basic understanding of the rules
- Basic positional awareness

1. COMMUNICATION

DESCRIPTION

Communication is a fundamental skill in any team sport, and is required in all aspects of Touch Football. Communication at the Foundation level includes primarily verbal communication.

WHEN USED

In all game elements. In defence, communication is vital to preventing touchdowns and ensuring a team is working together. In attack good communication can be a strong advantage for any team, and will help create and capitalise on attacking opportunities.

COACHING POINTS

1. Ensure communication occurs between team mates in both attack and defence.
2. Defence – Athletes should “call” or nominate which attacking player they are ‘mirroring’ (standing in front of) or marking up on when in defence. This can be done not only verbally but by hand signals or pointing.
3. Attack – Athletes supporting the ball carrier should make the ball carrier aware of where they are positioned in order to receive a pass or about upcoming defensive pressure.



COMMON ERRORS

- Communication not loud enough, and not heard by team mates.
- Communication not being listened to by team mates.

2. BASIC UNDERSTANDING OF THE RULES

DESCRIPTION

The TFA rule book is available to download free online via www.touchfootball.com.au. For Junior participants there are often local competition variances in rules to help assist with learning the foundation aspects of the game. These are known as the AusTouch Playing Rules are outlined in the TFA Junior Framework, but also listed below.

The aim of this modified set of rules is to:

- provide equity of opportunity to participate and experience a feeling of success.
- encourage optimum skill development and understanding of the game of Touch Football.
- reduce the emphasis on “win-at-all-costs” and promote enjoyment.
- promote a safe learning environment.
- assist players in the transition from junior Touch Football to the adult game.

Player Numbers

- 6 players on the field, with up to 3 substitutes (all players to play every position).

Equipment

- 1 junior AusTouch Football, 6 marker hats, whistles.

Area

- 50m x 35m (half a full size Touch Football field).

Length of Game

- 2 halves of 15 minutes each way with a break of 5 minutes at half time.

Rules

- The attacking team maintains possession of the ball for six touches. All forward passes, dropped balls and late passes are to be counted as a touch.
- The half cannot run with the ball and they must pass it to another player before they can join in further play (stand and pass).
- The defending team cannot move until the first receiver has caught the ball.
- For minor infringements the referee may allow a replay of the action (eg. rollball infringements).
- No penalties are to be awarded. Instances including violent behaviour, kicking the ball, etc will result in a restart of the set of six (attacking team) or a change of possession (defending team).

General Notes

- Actions against the nature and spirit of the game should be dealt with immediately.

Coaches Notes:

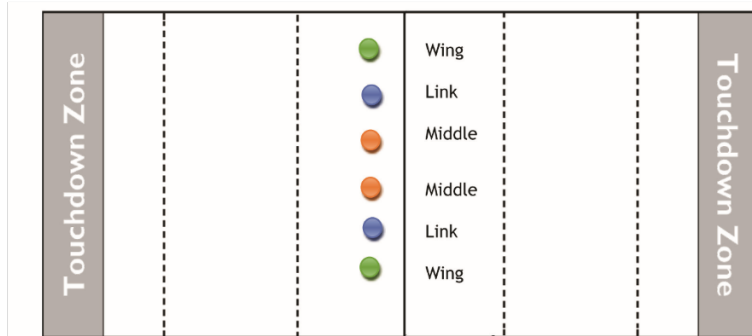
- Coaches may coach on the field at least 5 metres behind the team.
- Coaching Level recommended – Community Coach or higher.
- Substitution of players should ensure that all players receive.

3. BASIC POSITIONAL AWARENESS

DESCRIPTION

Positions: There six individuals in a team on the field during the game of touch football. For these are three specific

“positions” in touch football, these are **Middle**, **Link** and **Wing**, these positions on the field are usually ‘assigned’ to areas to ensure that the space on the field is utilised in attacking opportunities, and similarly, in defence there are some area or athlete match up responsibilities, This basic formation is outlined on the field diagram below.



Alignment refers to the positioning on the field of the attacking teams players in relation to each other. On initial alignment the attacking players should be in line with a space between defenders rather than in line with a defender.

COACHING POINTS

1. Athletes at the foundation level should be aligned on the field as per diagram to highlight the positions.
2. Athletes can then be shown how this alignment covers most of the field of play.

COMMON ERRORS

- Athletes following the ball across field.
- Too flat - players who align too flat increase the chances of forward passes and allow the defence to effect touches before the attackers can accelerate behind the advantage line.
- Too deep - players who align too deep usually find it difficult to ensure the ball is continually being promoted to the scoreline as they increase the element of distance to the advantage line.
- Too close - players who align too close to each other allow one defender to cover more than one attacker.
- Too wide - players who align too far apart find it difficult to pass quickly and increase the chances of inaccurate passes and intercepts.

