

14 Players

Group Touch

Objective – Develop hand catch and passing through game-like situation. Also develops spatial awareness, communication and decision making.

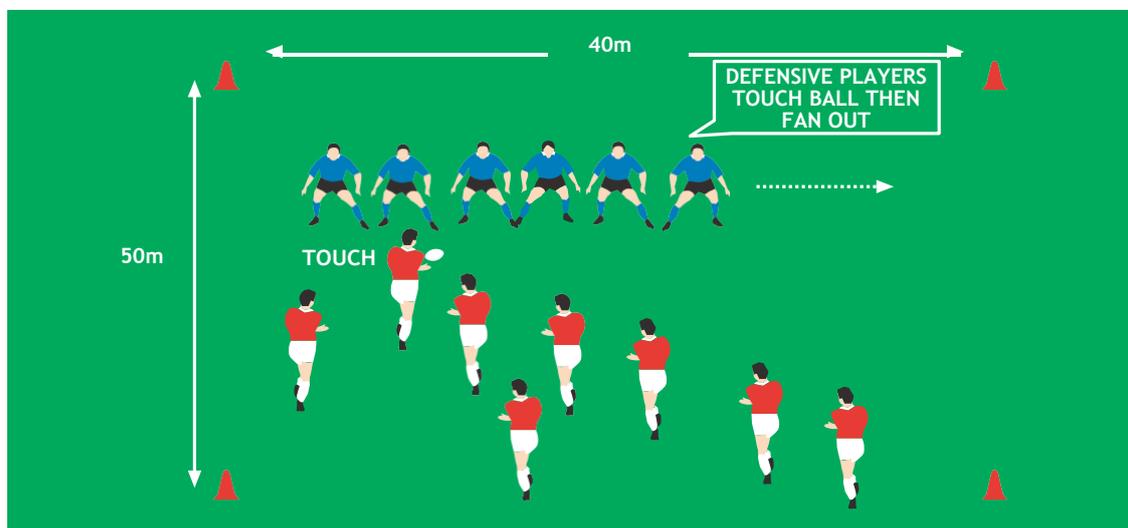
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 6+

Suggested time allocation:

- 10-15 minutes

Set-up Diagram:



How to play:

- Attack always has two more players than the defence.
- When a player from the attacking team is touched, all the players from the defending team must run in and touch the ball and drop to one knee.
- Attacking player to present ball accurately.
- When scrum half plays the ball defence can move - this will force them to use a drift defence and the attack to look for an attack space.
- Attack has four phases to score until switch of roles.

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow through and fingers point to target after the ball is released.

Difficulty:

- Increase or decrease the number of defenders to either challenge players or make easier.
- Allow defence to fan out prior to ball being passed to challenge players further.
- Prevent defence from moving for one or two seconds after pass to make easier for attack.
- Coach can introduce defensive principles and change focus of session.