

Players: 16

Split-up Touch

Objective – To develop hand catch and ability to play using the whole pitch

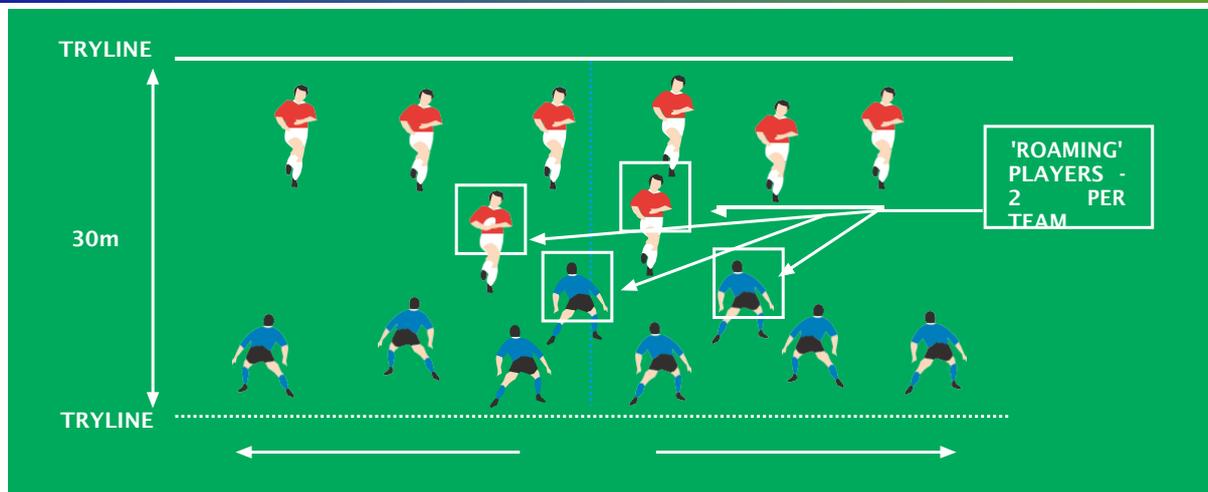
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 8

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Mark a middle line (illustrated in blue) down the middle of the pitch (vertically, 90 degrees to try lines).
- Eight players per team - two players (from each side) can roam between areas of pitch to help continuity.
- Non-roaming players can only play within their side of the pitch - coach decides which players play in each side.
- Coach can split the teams up so that more experienced / skillful / physical players play against each other.
- Roaming players act as 'play makers' and run between sides to create play.
- Only three touches / tackles allowed per side, before ball needs to be passed /run across the middle line (blue).

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.
7. Support runners to talk effectively with ball

Difficulty:

carriers e.g. 'Short, right'.

- Rotate roaming players to allow weaker / stronger players the opportunity to be playmakers.
- Limit the number of passes allowed in each side.
- Increase number of roaming players.