

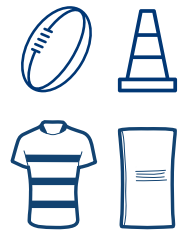


Objectives

- Fun session
- Catching and passing
- Rip tackle

Warm-up: Ball familiarisation

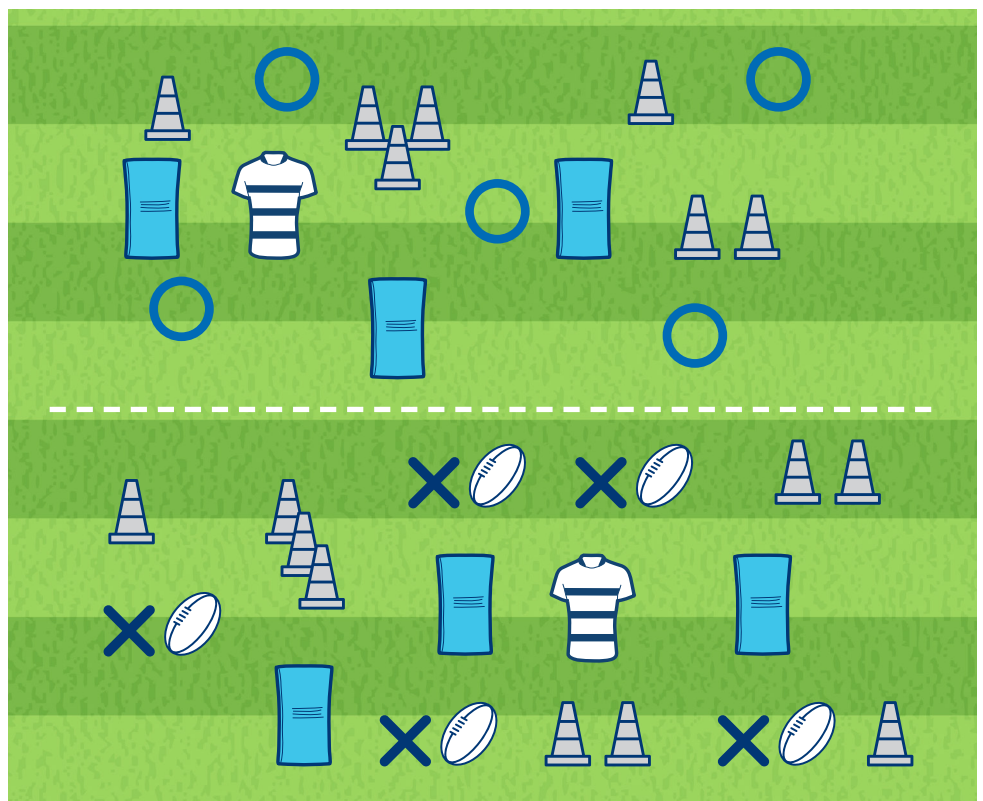
1. Players in pairs (or 1 ball each if enough for all players)
2. Coach demonstrates skills for players to copy
3. Use a range of skills that use hands, feet
4. Limited only by your imagination!



Equipment required

Game 1: Cross the galaxy

1. Coach sets up 2 squares with a number of "targets" set out (i.e. cones, tops, markers etc) with a gap of about 1m apart - "the galaxy"
2. Players in pairs with a ball between the two of them
3. One of the pair is in one square and one is in the other square
4. Use your imagination and call different targets different names, with each worth different points (i.e. the sun worth 10 points, asteroids worth 20 points, stars worth 30 points)
5. Players try to throw/pass the ball to hit the target, while the other person in the pair tries to block them from hitting targets. If the ball lands in the "galaxy" it doesn't count if it then hits a target
6. Players try to score as many points as they can in the allotted time



Modifications

- Change what the targets are and how much they are worth
- Increase or decrease the distance of the galaxy
- Use different types of balls (i.e. tennis balls, soccer balls etc)

Can you see?

- Players trying different ways of passing/throwing the ball to hit the target
- Players throwing/passing the ball fast and hard

You could ask...

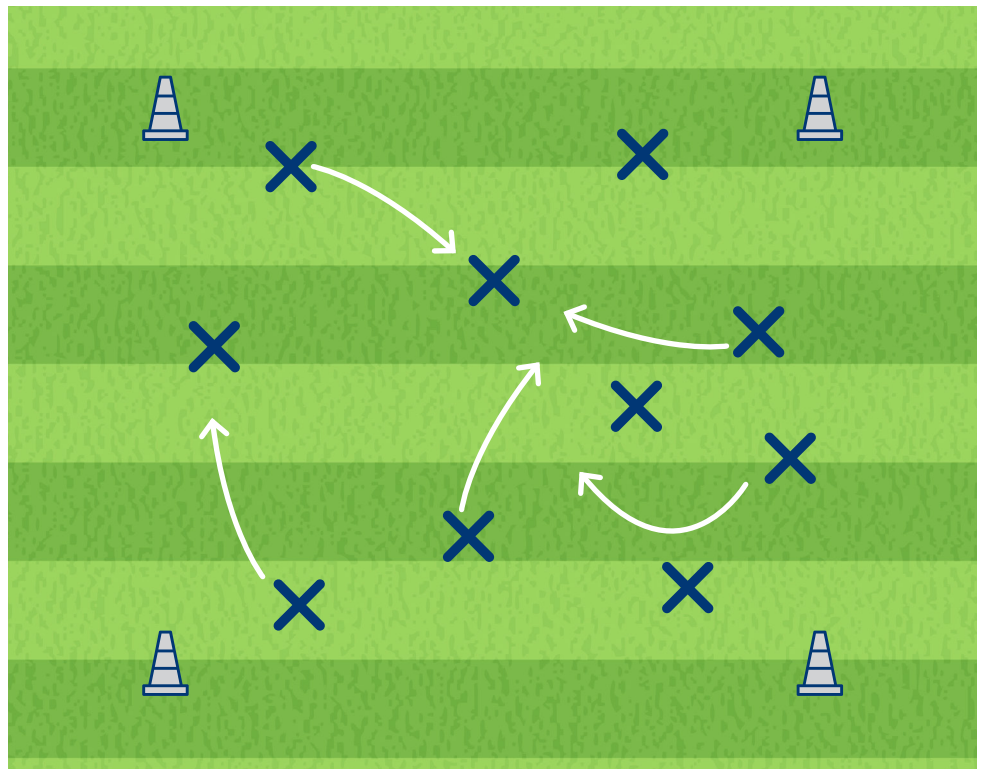
- What helps you to make your throw hit the target?
- What types of passes or throws help you to get across the galaxy?

Game 2: Quad rippa tag

1. Coach sets out a coned out field
2. Players need to be on all fours, either chest down or chest up i.e. can use the cue a "crab" or a "dog"
3. Aim is for players to try and get as many rips of other players as they can. Players to count their own rips
4. Coach to call out change between crab and dog

Modifications

- Add obstacles for players to move around
- Players need to hold a ball while playing
- Split so half players are crabs and half players are dogs



Can you see?

- Players trying different ways to rotate and rip other players tags

You could ask...

- What helps you to get more rips?
- If you get off-balance what can help you be more balanced?

Game 3: Rugby netball

1. 50m long field x 30m wide (adjust for how big the teams are)
2. Aim of the game is to score a try (press the ball down over the line)
3. No running allowed with the ball
4. Teams try and pass the ball around to get the ball over the line
5. Opposition players must be 1m away from the player with the ball
6. After a try is scored team passes out from their line
7. Add more balls in to give more kids touches

