**TUTORIAL PLAN**

**Unit:** HPE 2203: Physical Performance Laboratory 1 **Topic:**  TOUCH Week: 2

\*\*\* Use of grids and set up of markers for efficient transitions \*\*\*

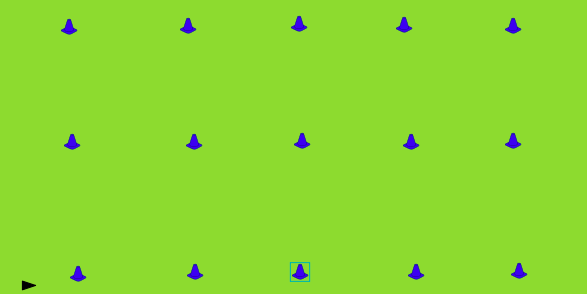
**Warm Up Activity #1**

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| SCOOP TAG | |
| Duration | 10 minutes |
| Equipment | 1 ball except 3 participants |
| Area Size | Create a grid using cones to comfortably fit all your students |
| Instructions | * Variation of chasey or ‘IT’ * Select 3 players to start as taggers * All other players carry and run with ball evading taggers * Taggers tag players who then perform a roll ball * Tagger picks up ball and runs around area, can not re-tag tagger |
| Variation and progression | * Add in tap for tagger |
| Teachable moment | Energy and enthusiasm  Using and defending space |
| Organisation  Set up rectangle to begin with extra markers on one side ready for skill development section | Macintosh HD:Users:mclayden:Desktop:Screen Shot 2017-03-27 at 11.49.01 AM.png |

**Warm Up Activity #2**

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| STAGGERED PASSING DRILL | |
| Duration | 5 minutes |
| Equipment | 1 ball per group of 4 |
| Area Size | Create a grid as below using cones to comfortably fit all your students |
| Instructions | * Ball to be passed along line as students run up and around markers * On way back students form a staggered line * Emphasis on running onto the ball |
| Variation and progression | Catch behind back |
| Teachable moment | Moving with ball  Passing on the run  Moving onto the ball |
| Organisation: | Macintosh HD:Users:mclayden:Desktop:Screen Shot 2017-04-03 at 9.19.52 PM.png |

**GRID SET UP FOR CLASS**

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**Activity #1**

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| ROLL BALL into TRY | |
| Duration | 5-10mins |
| Equipment | Pairs  1 ball in pair |
| Area Size | 5m x 10m grid |
| Instructions | * Students work in pairs * Student 1 runs to 5m line and performs a roll ball * Student 2 scoops and runs to 10m and scores a try * Reverse on the way back, Student 2 roll ball, student 1 try. * Have groups of 4 working in grid. |
| Variation and progression | Action of initiating the touch  Add in tap to start the drill |
| Teachable moment | Scoop and accelerate |
| Organisation:  Use small square grid 5m x 10m | Student select grid  Student establish a work station  Teacher moves around grids |

**Activity #2**

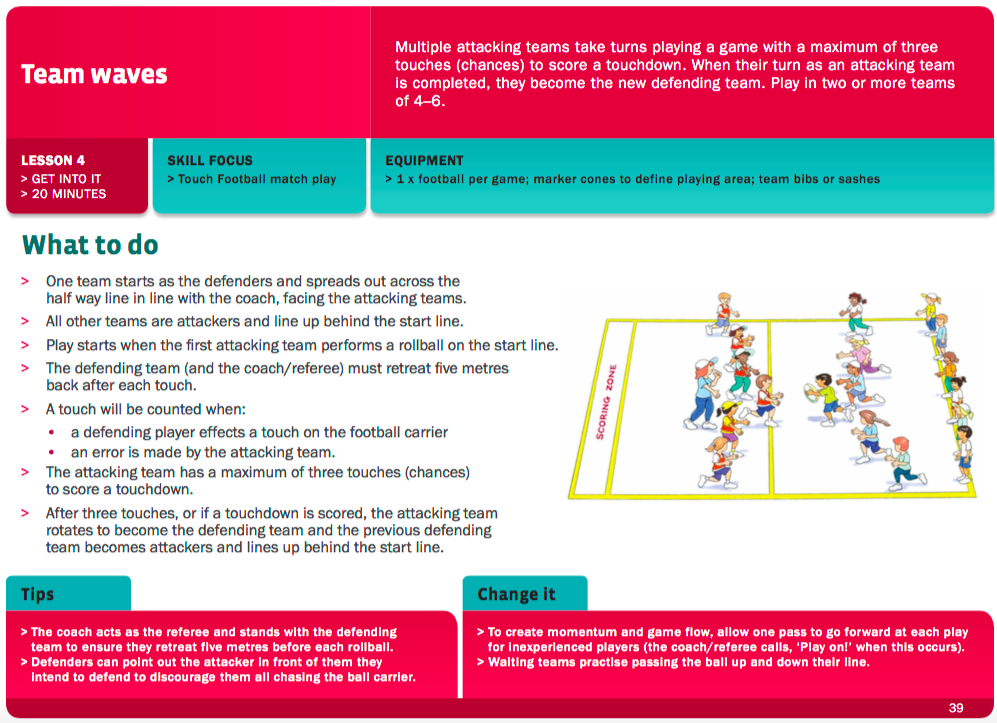
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| DUMMY HALF | |
| Duration | 5-10mins |
| Equipment | Groups of 3  1 ball between 3 |
| Area Size | 5m x 10m grid |
| Instructions | * Students work in 3’s to move ball upfield * Students 1 runs to 5m line and performs a roll ball, Student 2 acts as a dummy half, scoops ball (EXPLAIN DUMMY HALF RULE) * Student 3 runs onto pass aiming at the 10m line * Student 3 performs roll ball at 10m line, Student 2 runs into dummy half an passes back to student 1 |
| Variation and progression | Action of initiating the touch  Add in tap to start the drill |
| Teachable moment | Catching the ball at speed  Flat passes off the scoop |
| Organisation:  Use small square grid 5m x 10m | Student select grid  Student establish a work station  Teacher moves around grids |

**Activity #3**

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| 3 on 1 InitIating the Touch | |
| Duration | 10mins |
| Equipment | Groups of 4  1 ball per group |
| Area Size | 15m x 5m |
| Instructions | * 3 offensive players, 1 defensive player (rotate) * 3 offensive players start on end line of grid * 1 defensive player starts at 5m line of grid * Offense players objective is to initiate the touch and beat defender to the next 5 m line, use same movement as drill 2 * Defence attempts to tag player with ball and get back 5m * OFFSIDE RULE |
| Variation and progression | Add in tap when defender caught offside |
| Teachable moment | Decision making  Spacing |
| Organisation: | Extend vertical grid with extra marker or run horizontally  Leave space between grids for next drill |

**Activity #4**

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| 3 on 1 PICK AND POP | |
| Duration | 10mins |
| Equipment | Groups of 4  1 ball per group |
| Area Size | 15m x 5m |
| Instructions | * 3 offensive players, 1 defensive player (rotate) * 3 offensive players start on end line of grid * 1 defensive player starts at 5m line of grid * Offense players objective is to initiate the touch and beat defender to the next 5 m line, use same movement as drill 2 * Defence attempts to tag player with ball and get back 5m * OFFSIDE RULE |
| Variation and progression | Add in tap when defender caught offside  Add in second pass and extra rotation |
| Teachable moment | Decision making  Spacing |
| Organisation: | Extend vertical grid with extra marker or run horizontally  Leave space between grids for next drill |

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**From (http://touchfootball.com.au/fileadmin/user\_upload/Download\_Documents/2015/Play\_for\_Life\_-\_Touch\_Football.pdf)**

**End Game**

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| TEAM WAVES | |
| Duration | 15-20 minutes |
| Equipment | Teams of 4 |
| Area Size | Extend grids into larger fields  Can make a mirror image to cater for large class |
| Instructions | * See above |
| Variation and progression | Start with tap |
| Teachable moment | Making space  Acceleration and speed  Agility |
| Organisation: | Use of grids still – may need to extend or use rectangle and make a mirror image |

**Additional Notes**

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**Additional Notes**

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