**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 enthusiasmUsing and defending space  |
| OrganisationSet 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 ballPassing on the runMoving 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 | Pairs1 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 touchAdd in tap to start the drill |
| Teachable moment | Scoop and accelerate |
| Organisation:Use small square grid 5m x 10m | Student select gridStudent establish a work stationTeacher moves around grids |

**Activity #2**

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| DUMMY HALF |
| Duration | 5-10mins |
| Equipment | Groups of 31 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 touchAdd in tap to start the drill |
| Teachable moment | Catching the ball at speedFlat passes off the scoop |
| Organisation:Use small square grid 5m x 10m | Student select gridStudent establish a work stationTeacher 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 makingSpacing |
| 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 makingSpacing |
| 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 fieldsCan make a mirror image to cater for large class  |
| Instructions | * See above
 |
| Variation and progression  | Start with tap |
| Teachable moment | Making spaceAcceleration and speedAgility |
| 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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