

# COACHING CHILDREN RUGBY UNION



3 UNIONS COACHING

Name of Game: **BALL TOUCH**

GAME CARD 1

## AIM OF THE GAME:

Players should try and touch as many players as possible with the ball in one minute. The ball must be held in both hands at all times. Each player to shout out their score each time they touch someone. Coach to remember the scores at the end of each minute.

### Pitch Size:

Depends on age of players. U7's - 6m square and 6 to 8 players max per grid.

### Equipment:

One rugby ball each player (if possible).  
1 or 2 bibs per group.

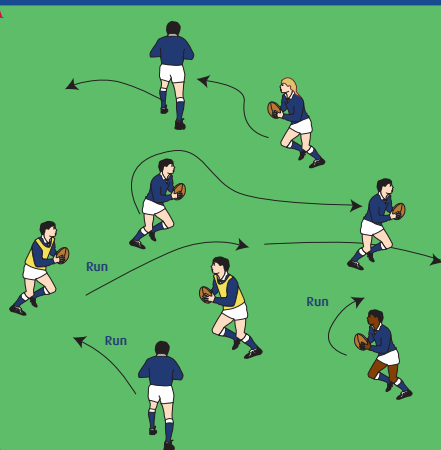
### Age group:

Any 6 -12 years

### Time allowed:

One minute per chaser

## DIAGRAM



## DESCRIPTION OF ACTIVITY:

Each player has an opportunity to be a chaser.

Starting position - Chaser stands in the middle of the grid and carries the ball in both hands.

Coach to time one minute for each chaser.

Coach to keep the score of the chaser who has the highest points.

Players to remember their score and see if they can beat their best score the next time we play 'Ball Touch'.

### Progression:

Change the shape of the working area i.e. long and narrow, round, bigger.

## RULES OF GAME:

- Chaser must carry the ball in both hands at all times.
- A point is scored each time a player is touched with the ball.
- Players who are touched are still part of the game and may be touched again.
- No player is to go outside of the marked area.
- If a player does go outside of the marked area to avoid being touched, then the chaser gets a point added to their score.
- The ball must not be thrown at a player by the chaser as this will not count as a point.

## USE THIS GAME TO DEVELOP THE FOLLOWING:

### SOCIAL/PERSONAL SKILLS

- Competence in agility
- Fun for the group
- Fair play, playing by the rules
- Sportsmanship, clapping the winner

### PHYSICAL LITERACY

- Developing: -
- Balance
  - Agility
  - Endurance
  - Speed off the mark

### SKILL FOCUS

- Carrying the ball in both hands
- Side-step
- Swerve
- Change of pace
- Change of direction

### GAME UNDERSTANDING

- Spatial awareness
- Keep as far away as possible from the chaser/s

### MENTAL SKILLS

- Decision making
- Playing by rules
- Playing within boundaries
- Thinking of ways to prevent being touched

### QUESTIONS THE COACH MAY ASK

### ANSWERS THE COACH WOULD EXPECT

- |   |  |
|---|--|
| 1. How did the players avoid being caught?                                      | 1. Staying as far away from the chaser as possible by running and dodging.   |
| 2. Why was the chaser asked to carry the ball in both hands?                    | 2. Easier to tag the players with the ball and helps with balance when changing direction.   |
| 3. What other possible advantages are there in carrying the ball in both hands? | 3. Easier to make more passes without anyone in the way.   |
| 4. Who can show me something they did to prevent being touched?                 | 4. Agility, side-step, swerve, change of pace, stopping and starting.  |
| 5. Can anyone tell me why we have boundaries marked out?                        | 5. Otherwise players could run anywhere and it would be very difficult to touch anyone.  |
| 6. Can anyone explain the rules of this game?                                   | 6. Points scored by chaser holding the ball in two hands and touching other players with the ball; 1 pt. awarded to chaser if you go outside of the boundaries, chaser to count touches correctly - no cheating. |
| 7. What can we do to show good sportsmanship?                                   | 7. Clap the chaser who touches the most players.   |