



NSWTA Grids & Drills

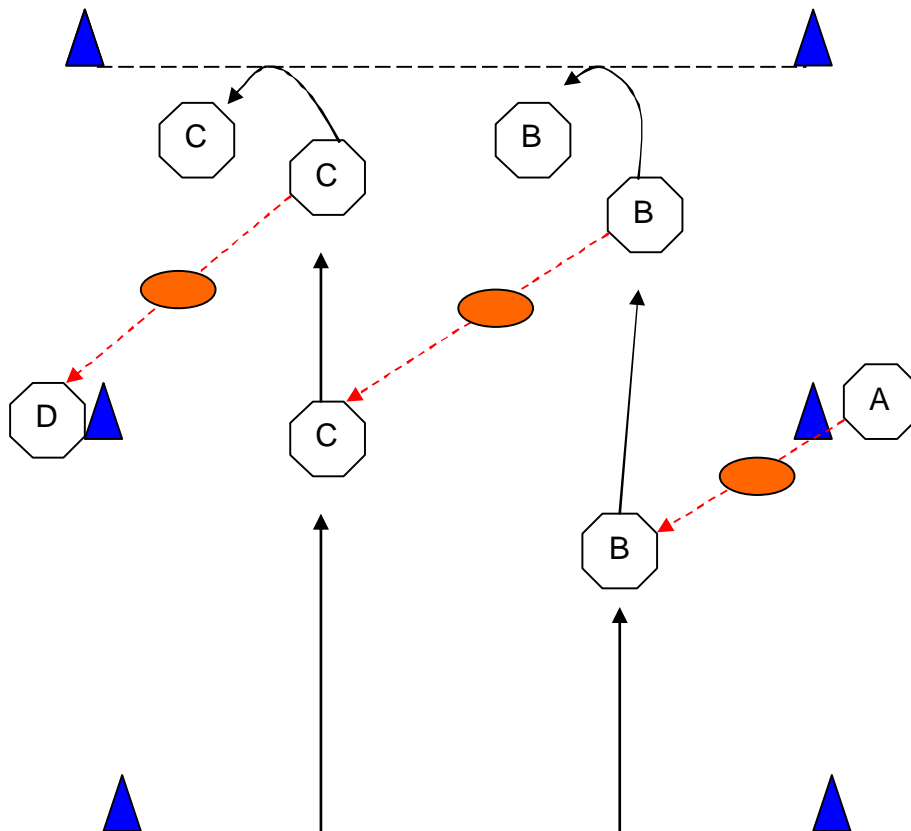
Intermediate & Elite Levels

This document is provided for Teachers and Coaches of juniors to assist in the development of skills for the sport of Touch Football

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1/1/2010

Grids & Drills

PASSING AND FITNESS



Description:

4 Players: Players 'A' & 'D' are stationary on center hats 'A' passes to 'B', 'B' to 'C', 'C' to 'D'. Both 'B' & 'C' run to next hat turn & repeat from other direction, with 'D' passing to 'C' and so on. Players repeat 6 times then swap with outside players.

Coaching Points:

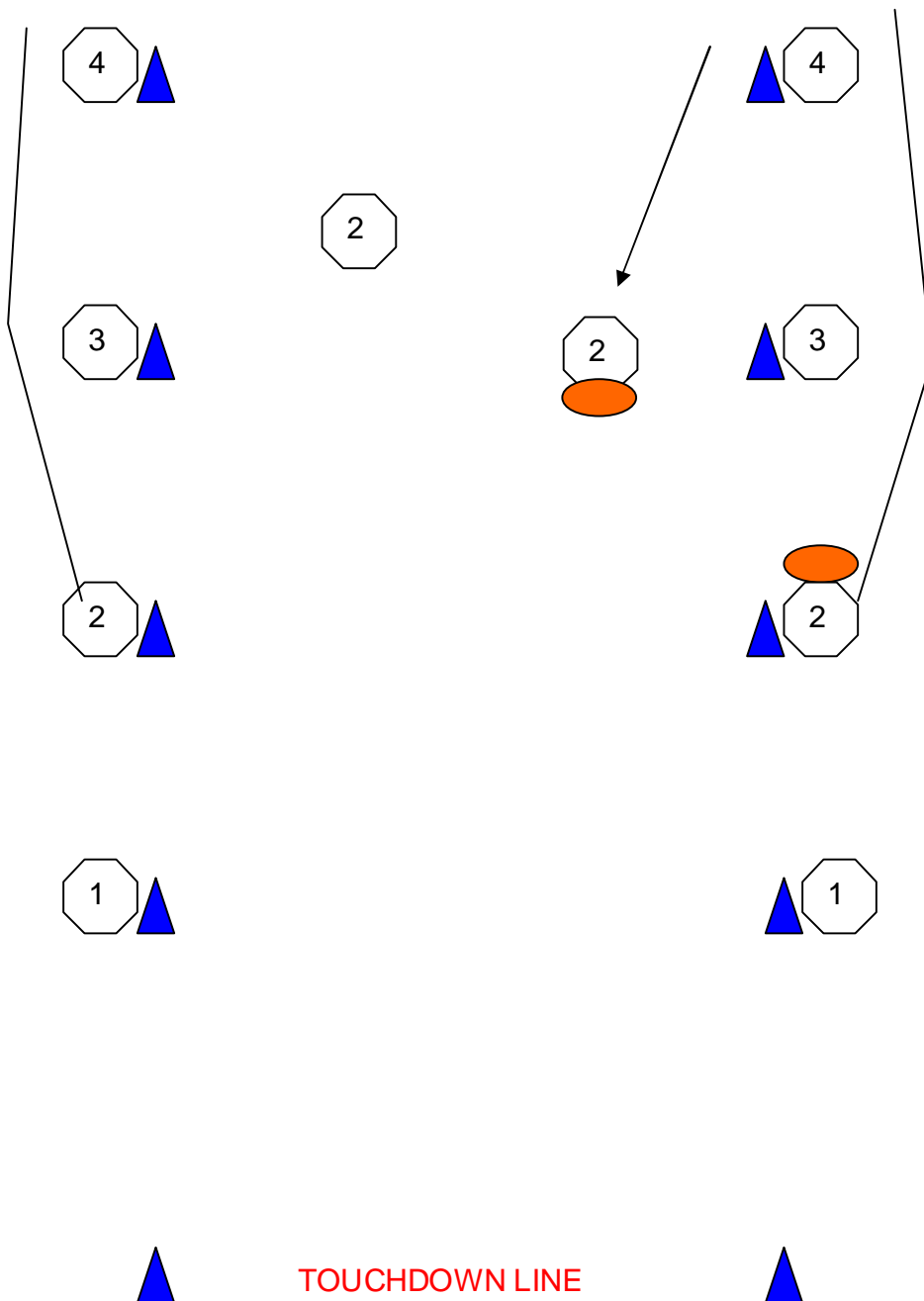
Look for smooth passing techniques, make sure players are looking at the ball and the receiver. As the players advance add speed to the passes and widen the distance they have to pass.

Variations: Add a defender.

Area Size: Distance can be varied depending on age & level of players involved.

Equipment: 6 Hats 1 ball.

Grids & Drills



Description:

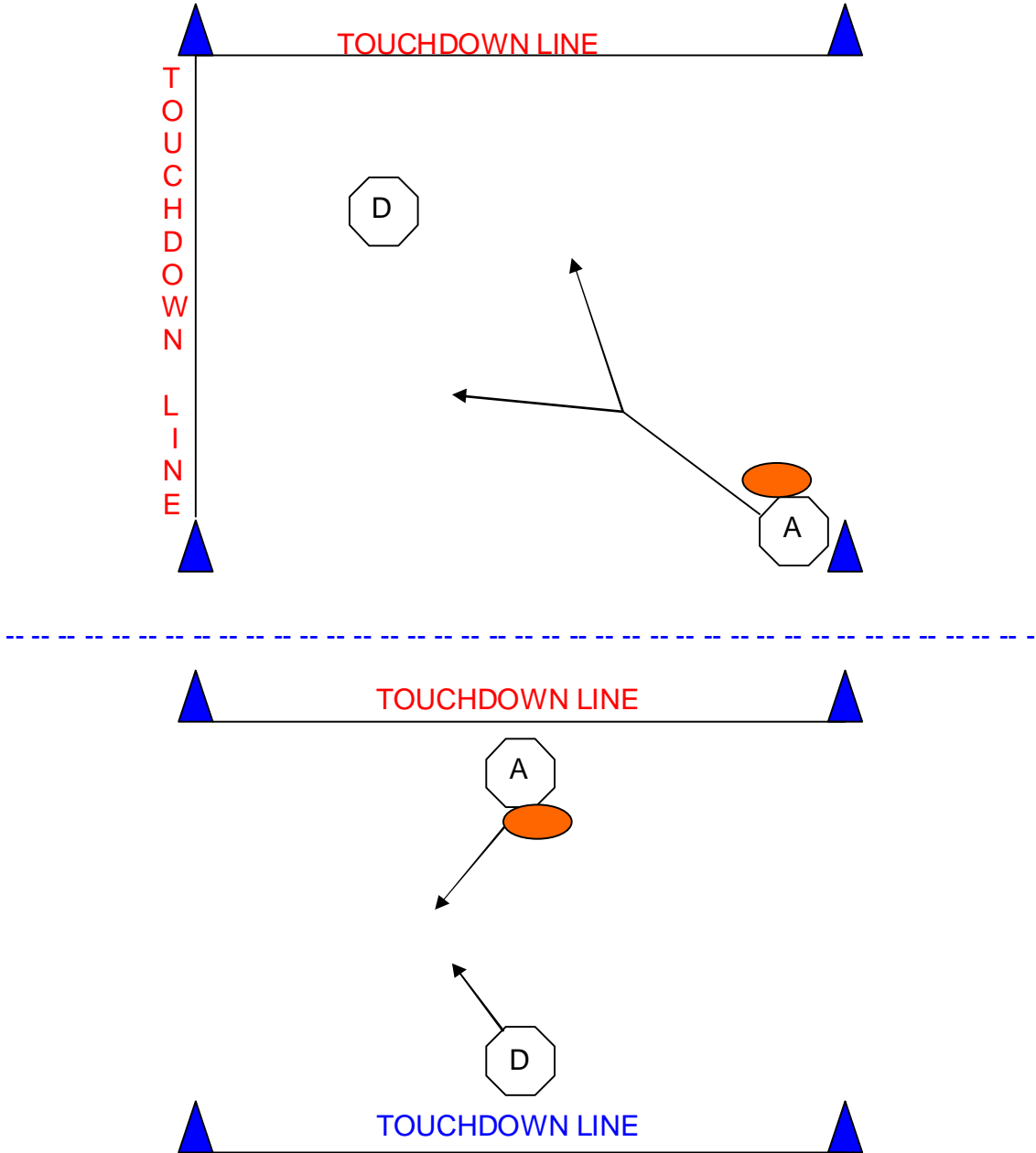
Players pass the ball up and down the line the coach calls a number when the player has the ball both players with that number sprint around top hat and attempt to score.

Area size: 25mts long 10mts wide

Equipment: 10 Hats, 1 ball.

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EVASIVE DRILLS



Description:

Top drill; Attacker has two score lines to attack, defender has two to defend.

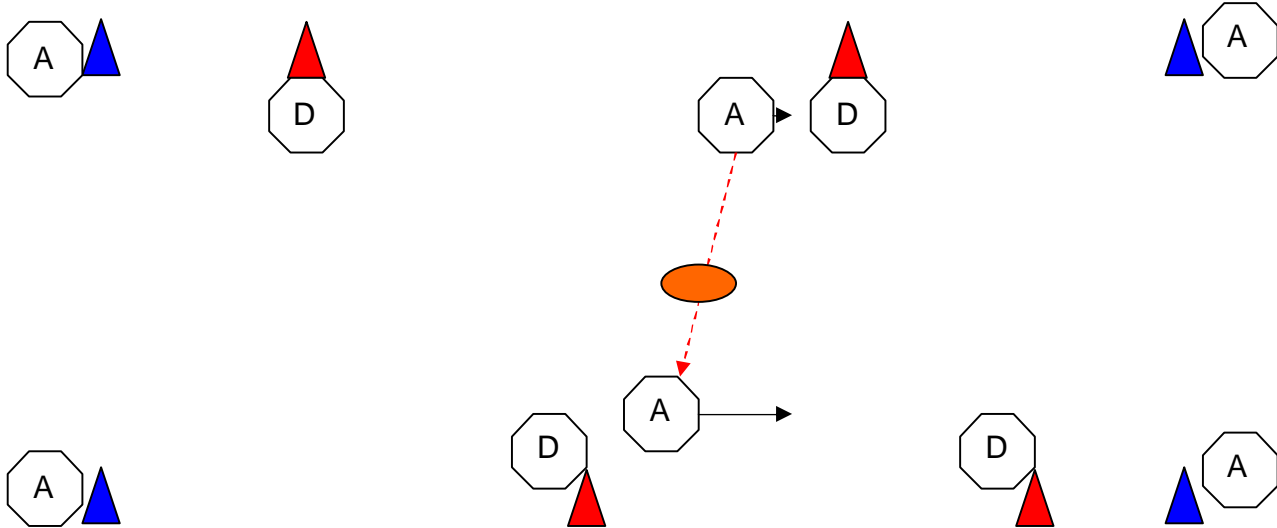
Bottom drill; Attacker attempts to score when touch places ball on ground defender becomes the attacker. When touched after placing ball on ground the player must give the new attacker two Mts. in defense.

Area size: 10m X 10m can be increased.

Equipment: 4 Hats, 1 Ball.

Grids & Drills

RUNNING THE GAUNLET



Description: **Stage one**, Two players run down the grid passing prior to each defender, next group start when first group reach the second defender, when all attackers run through defenders turn and the drill starts again. **Stage Two**, The defenders can now take steps toward the attackers.

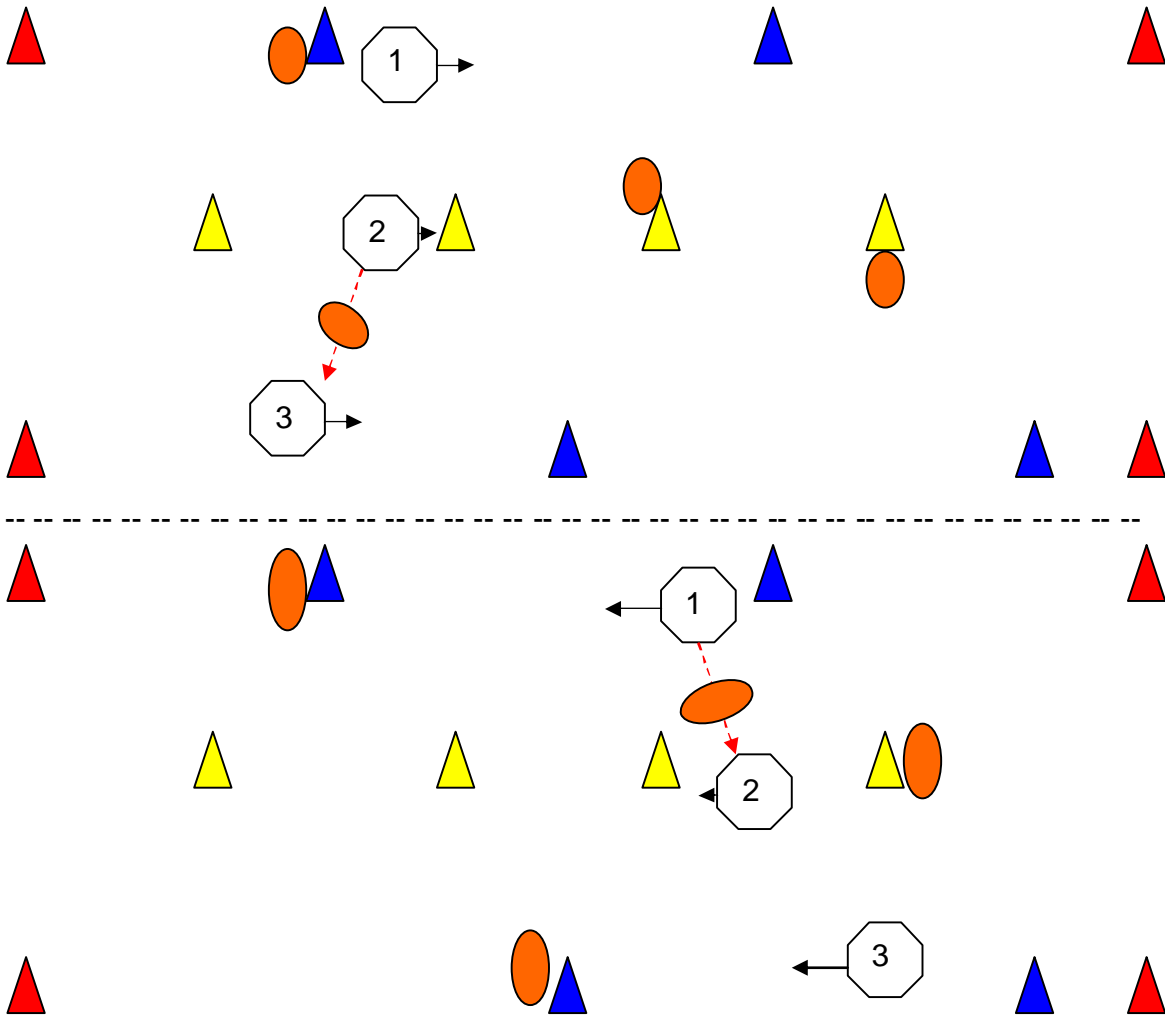
Coaching Points: Passing under pressure, Draw and passing.

Area Size: 10m - 12m apart. 20m – 30m in length.

Equipment: 8 Witches Hats 3 Balls.

Grids & Drills

Scoop, Pass & Dump



Description: Top Section: Three players start, centre player picks up & passes to the left, then passes to the right, outside players Rollballs down on hats, then runs in support for next pass. They then run to the end, turn around.

Bottom Section: Outside player picks up ball and passes to centre player who has to Rollball on centre hats. Next group starts and repeats.

Coaching Points: Players will need to time themselves off each other so they have time to place balls on the witches hats. Good Rollball drill making the players Rollball at each hat.

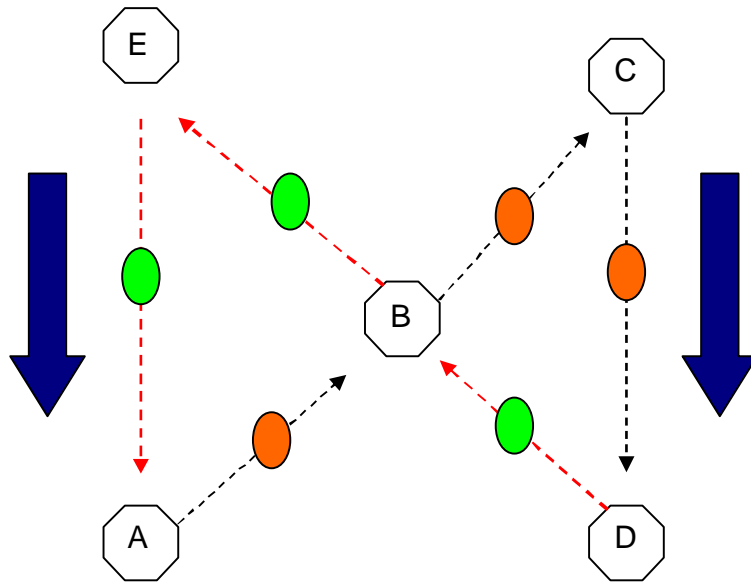
Area Size: Will depend on age and skill level Centre hats can be place close together for elite players further apart for beginners allowing them time. Distance from centre to outside will also depend on skill level.

Equipment: 12 Hats, 4 Balls.



Grids & Drills

Passing



Description: Five players are positioned as shown above. A & B have possession. **Stage One:** One ball, A passes to B, B passes to C, C to D so on.

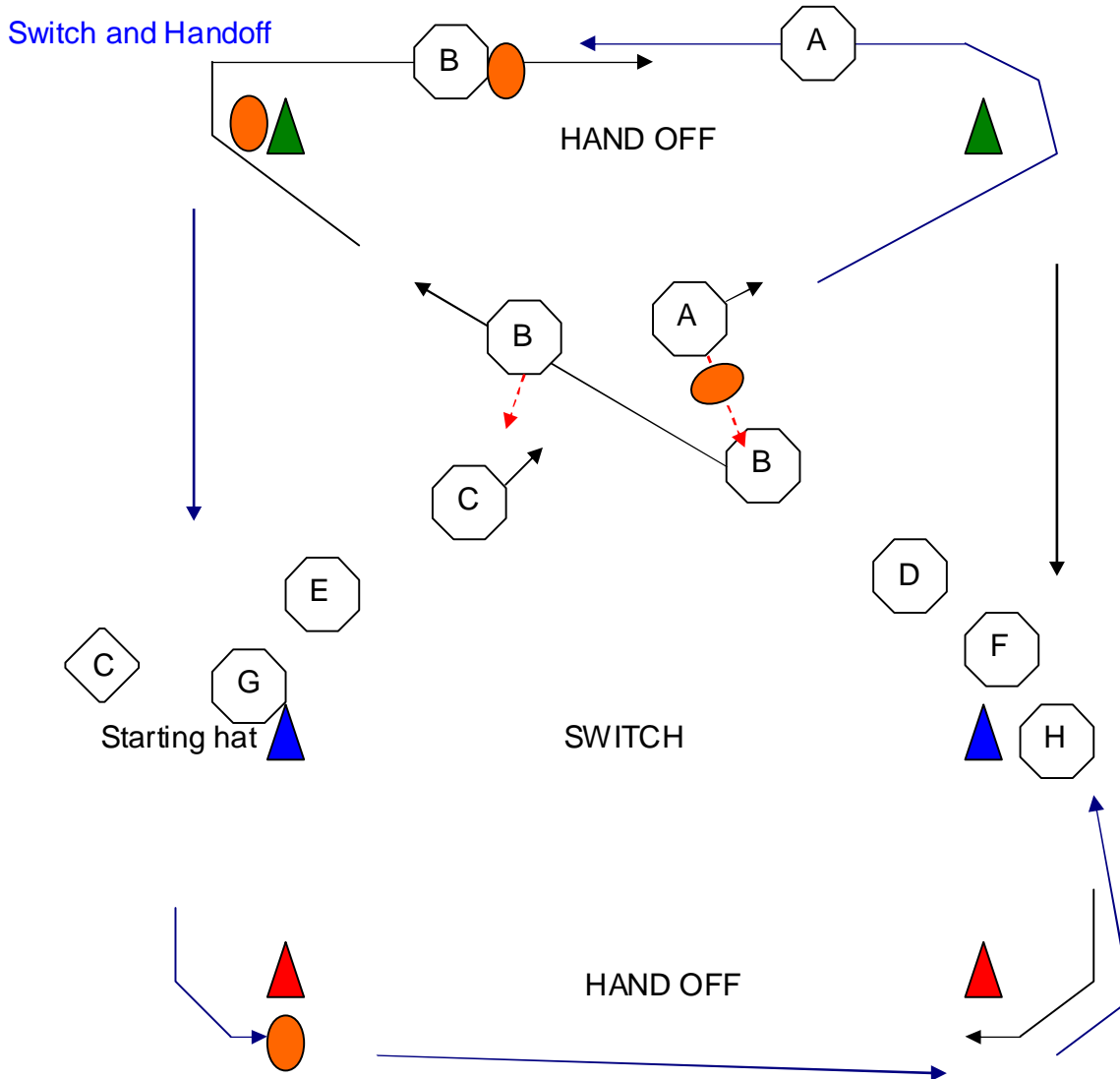
Stage Two: Two balls, A & D start with balls same as stage one, but when the centre player passes the first ball on, the next ball is passed to the centre player. **Stage Three:** in both stage 1 & 2 the players remain still in stage 3 you get the players moving down the field.

Coaching Points: Work on the technique, smooth passes good vision.

Area Size: Stage 1 & 2, 10m X 10m Stage 3, 10m X 50m

Equipment: 2 Balls

Grids & Drills



Description: 'A' switches with 'B', 'B' to 'C' so on, 'H' passes back to coach, Coach place ball back on starting hat. Players continue to run at top hats they hand off to the right last player places ball on the witches hat. Players go down the grid to red Hat pick up the ball hand off to the left, back to the beginning and repeat.

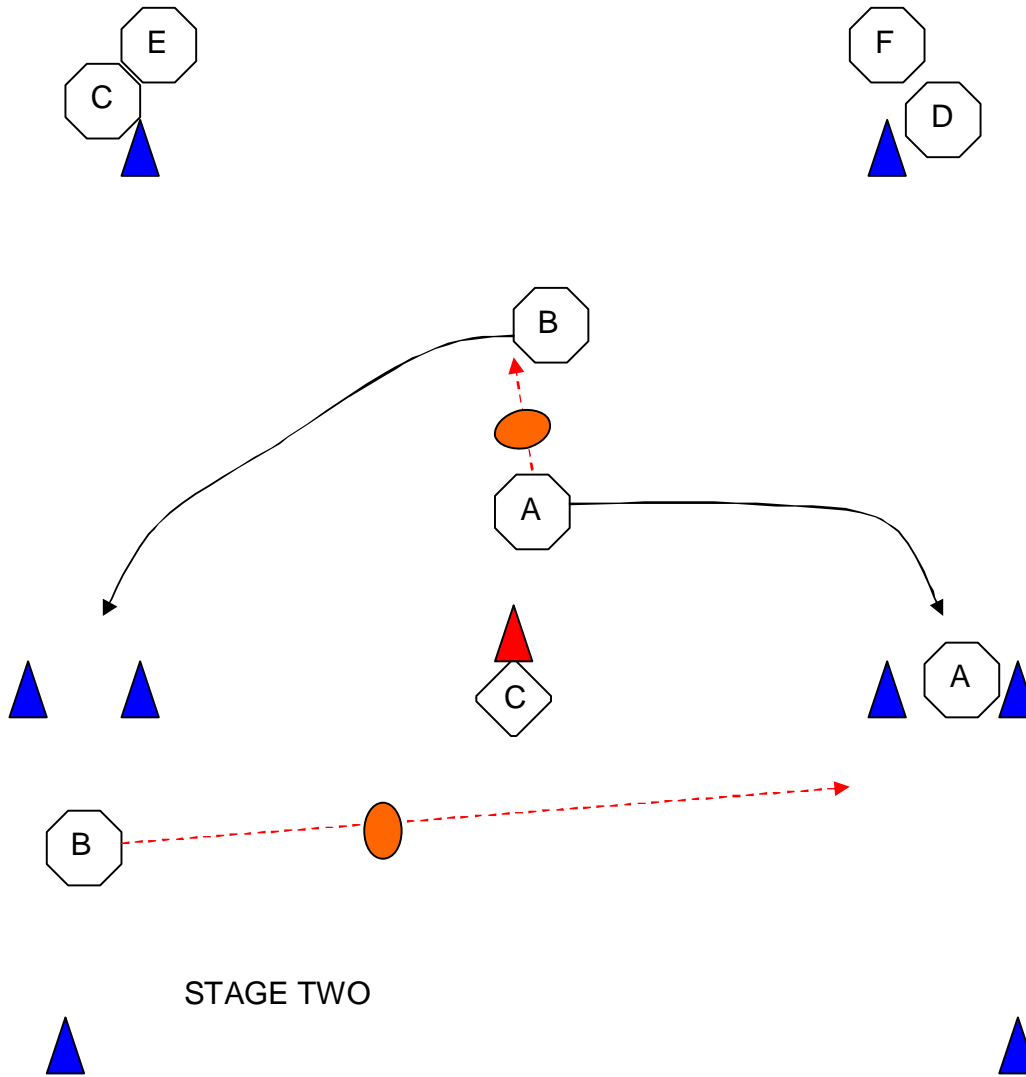
Coaching Points: Keep the group close together, so eyes on the ball, clean passes. This drill needs to be walked through first then when players know what to do speed can be increased.

Area Size: Stage 1 10m X10m

Equipment: 6 Witches Hats, 3 Balls.

Grids & Drills

Switches



Description: Stage 1, Each group starts with a ball, performs a switch using the coach as a defender the player that has the ball starts the switch next time.
Stage 2, The coach starts with the ball passes to one of the players they then perform the switch, ball goes back to coach. **Stage 3** same as 1 & 2 except that the players continue down the grid and the player passes back to the other player before they reach the next set of hats.

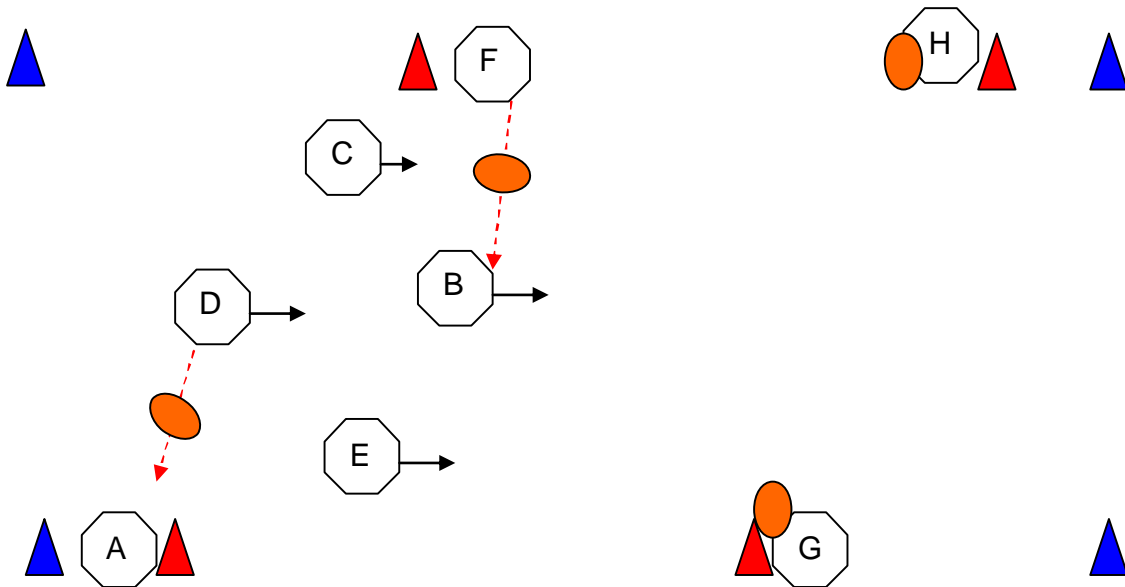
Coaching Points: Late passes, deep switches, correct technique.

Area Size: Stage 1 & 2, 10m X 10m **Stage 3** second hats can be moved closer as players skill level advances.

Equipment: 8 Hats 1 Ball for 2 Players

Grids & Drills

Passing Speed Diamond



Description: 'A' passes the ball to 'B', 'B' passes to 'C', 'C' passes to 'D', 'D' passes the ball back to 'A'. Diamond continue down the grid with 'F' passing to 'B', 'B' to 'E', 'E' to 'D', 'D' back to 'F' so on as the diamond works down the grid. Next diamond starts as the first has cleared the second passing player.

The number of distributors can vary I have kept it at four so one diamond can takeover from them.

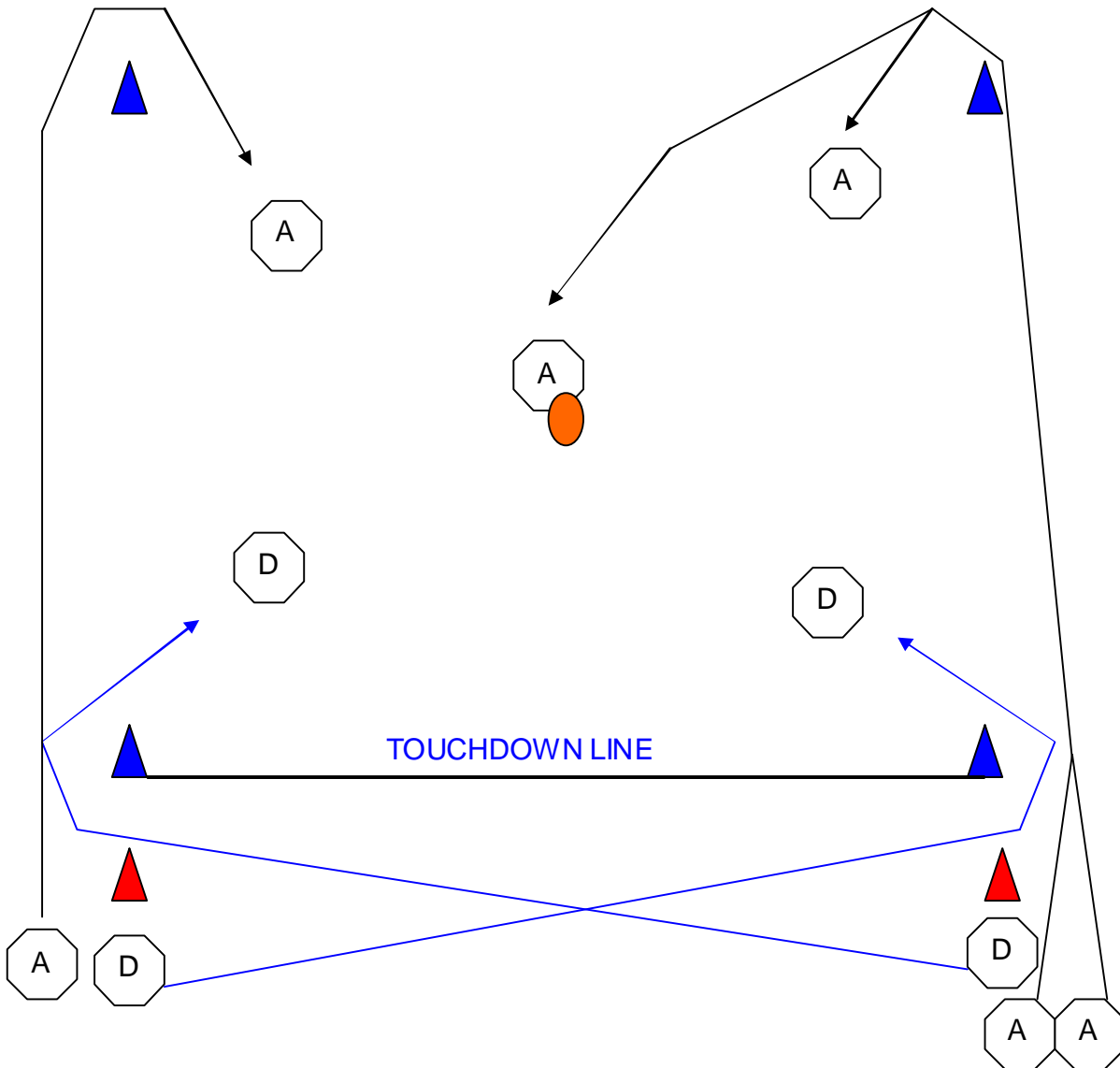
Coaching Points: Quick hands, Positioning is critical in this drill, players have to stay in formation or they will get in each others way.

Area Size: 20m X 30m

Equipment: 8 Hats, 4 Balls.

Grids & Drills

One Touch Mk1



Description: The drill starts with 2 attacker 1 defender from one side 1 attacker 1 defender from the other side. 1 attacker has the ball, attackers head up the grid then proceed down the grid the defenders cross over and enter the grid to defend the attackers. Both attackers and defenders leave at the same time.

Rules: At least 1 pass 1 touch only.

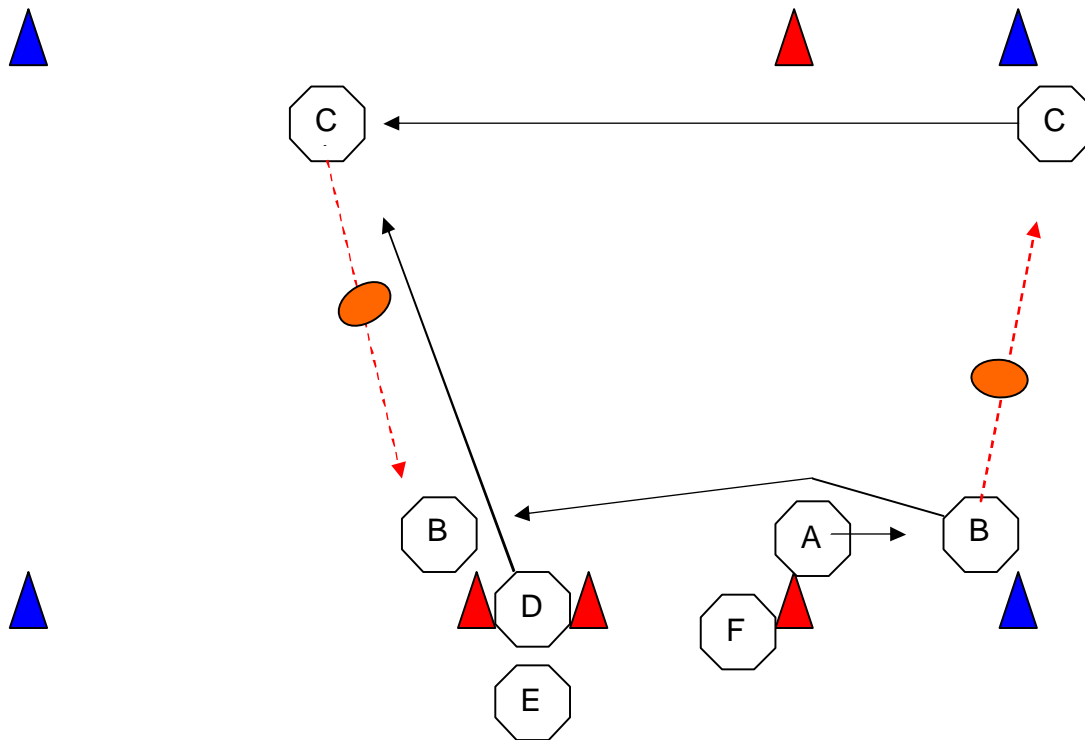
Coaching Points: Hole Running, Draw and Pass, Passing under pressure.

Area Size: 20m X 20m

Equipment: 6 Hats, 1 ball.

Grids & Drills

Passing under pressure



Description: 'B' starts with the ball, 'A' put pressure on 'B' when he passes to 'C', then 'A' joins the end of the queue. 'C' runs down the grid when 'C' passes 'D', 'D' sprints after 'C', 'C' must pass back to 'B' around 'D'. 'D' then joins the queue. 'B' & 'C' become the next defenders after 'E' & 'F'.

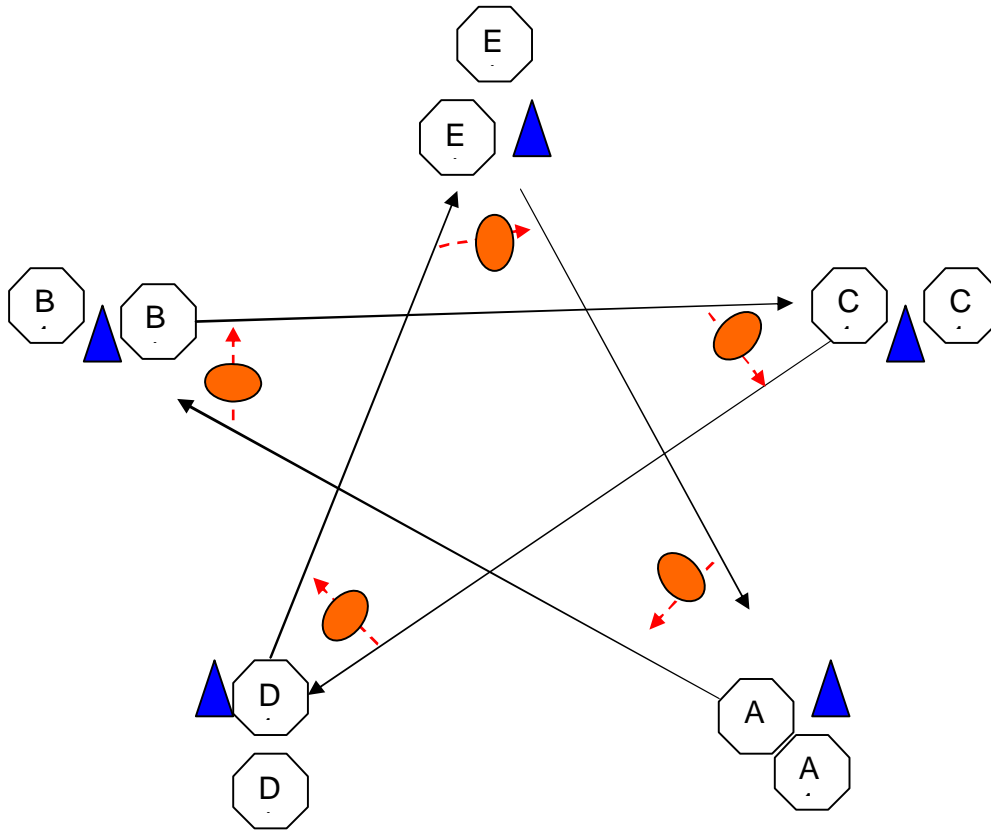
Coaching Points: Passing under pressure, Passing in traffic.

Area Size: 10m X 20m

Equipment: 8 Hats 1 ball for each group.

Grids & Drills

Star Passing



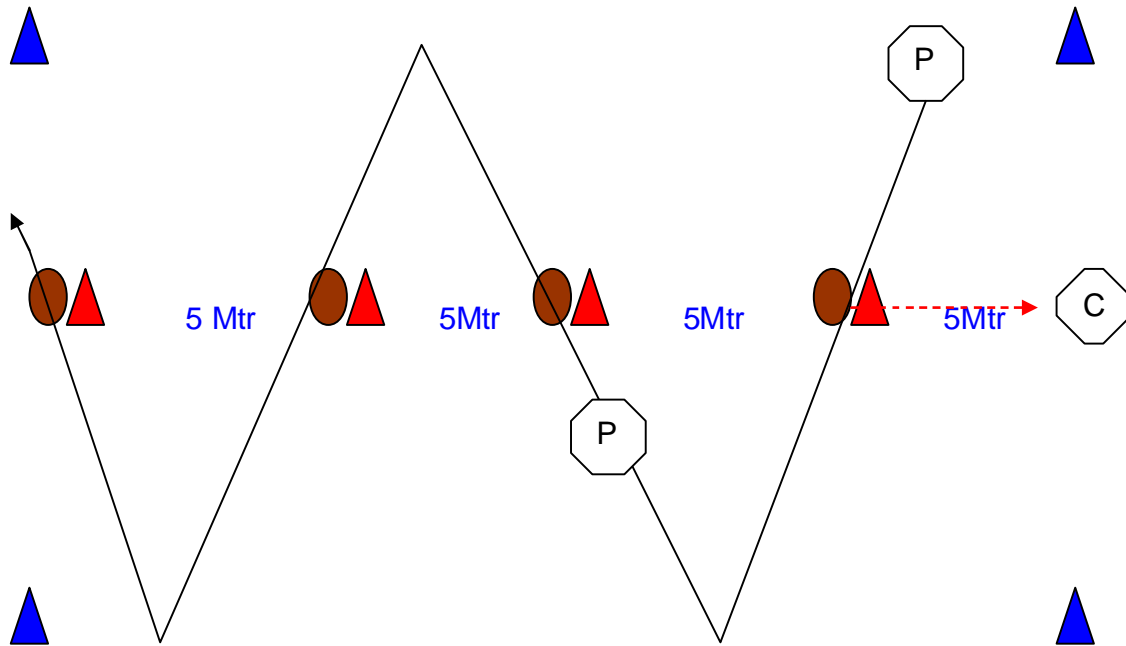
Description: Ball starts with 'A', 'A' runs to and passes to 'B', 'B' runs to and passes to 'C' so on. Start with 1 Ball then add extra balls as player skill level become higher.

Coaching Points: Peripheral vision Pop Passing

Area Size: 10m Star

Equipment: 5 Hats, 1 to 5 Balls.

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Acting Half Pass.



Description: Stage 1: Player starts at witch's hat runs to ball, performs stationary pass to coach at the 5m mark 10,15,20m mark. Stage 2 move centre markers 1m from centre line, so players can scoop and pass on the run.

Coaching Points: Acting half feet positioning, accurate passing, correct technique.

Area Size: 20m X 10m

Equipment: 8 Hats, 4 Balls.

KEY TO GRIDS & DRILLS



= Witches Hat



= Running direction



= Passing direction



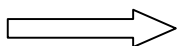
= Player  = Attacking Player  Defending Player.



= Coaching position

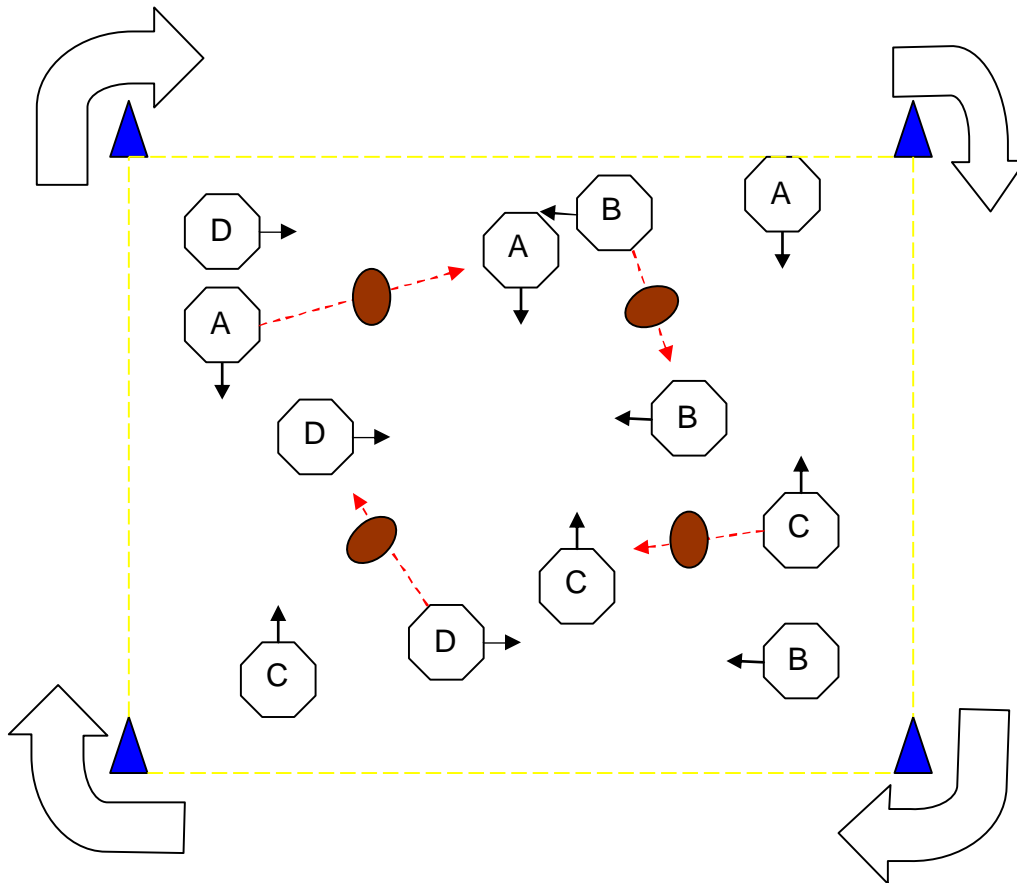


= Ball



= Group direction

Grids & Drills



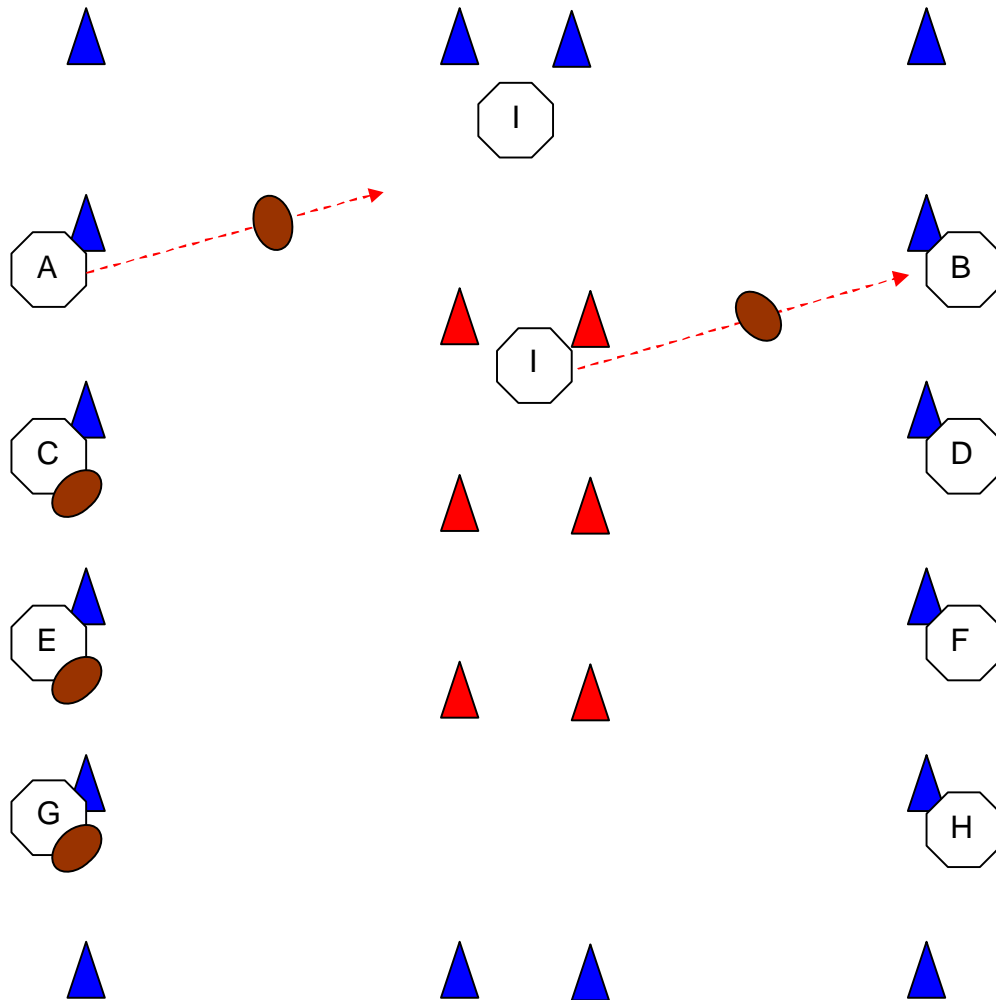
Description: Start with one group running and passing back and forth, add the opposite group, then add a side group, then the last group. Start in stages then when all players have mastered the drill, add changing the station after each rotation. When the players reach the end, the player places the ball on the witches' hat, all players move to the right.

Coaching Points: Peripheral vision, Catch and Pass

Area Size: 15m X15m

Equipment: 4 Hats, 4 Balls.

Grids & Drills



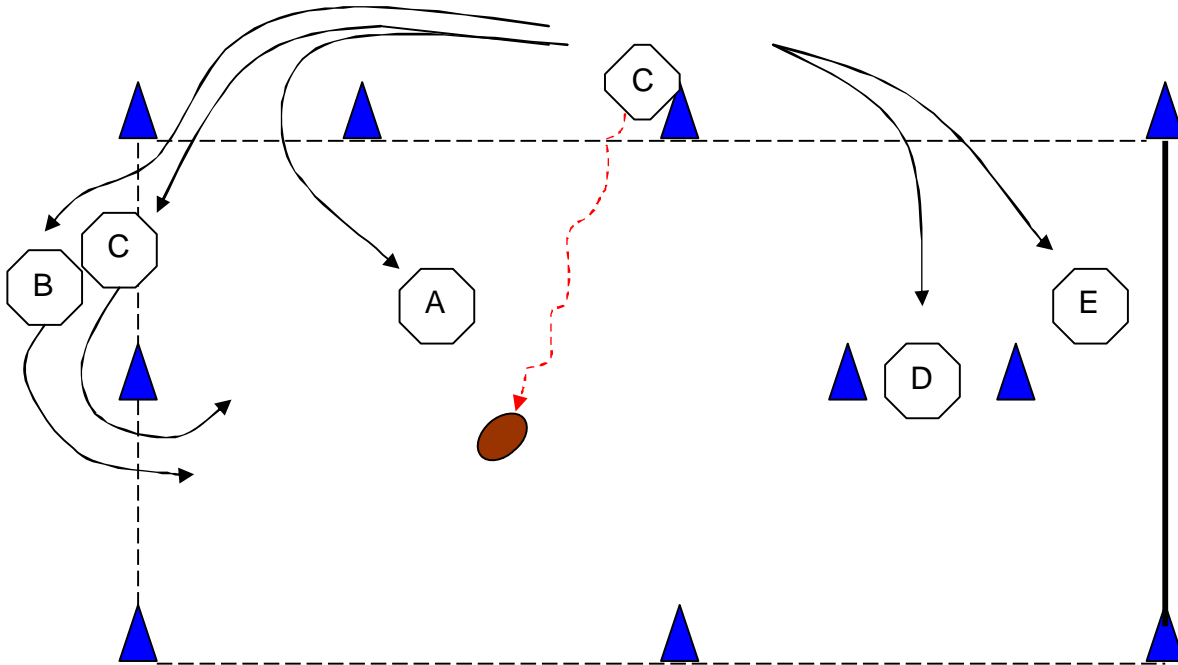
Description: **Stage 1** 'A' passes to 'I', 'I' passes back to 'B'. 'C' to 'I', 'I' to 'D'. After 'I' passes back to 'D' next player enters the grid. **Stage 2:** When 'A' passes to 'I', 'I' passes back to 'A', 'A' then passes a long ball across to 'B'. 'B' would then pass to the next player then give the long ball back to the other side. Players would run down the grid then back again for one rotation. **Note:** For juniors place two hats in the centre this will help keep them from moving close to the players passing the ball, these hats can be removed for older or more experienced players.

Coaching Points: Catch and Pass, Running onto ball, Long ball.

Area Size: 25m X 20m.

Equipment: 4 Balls, 17 Witches Hats.

Grids & Drills



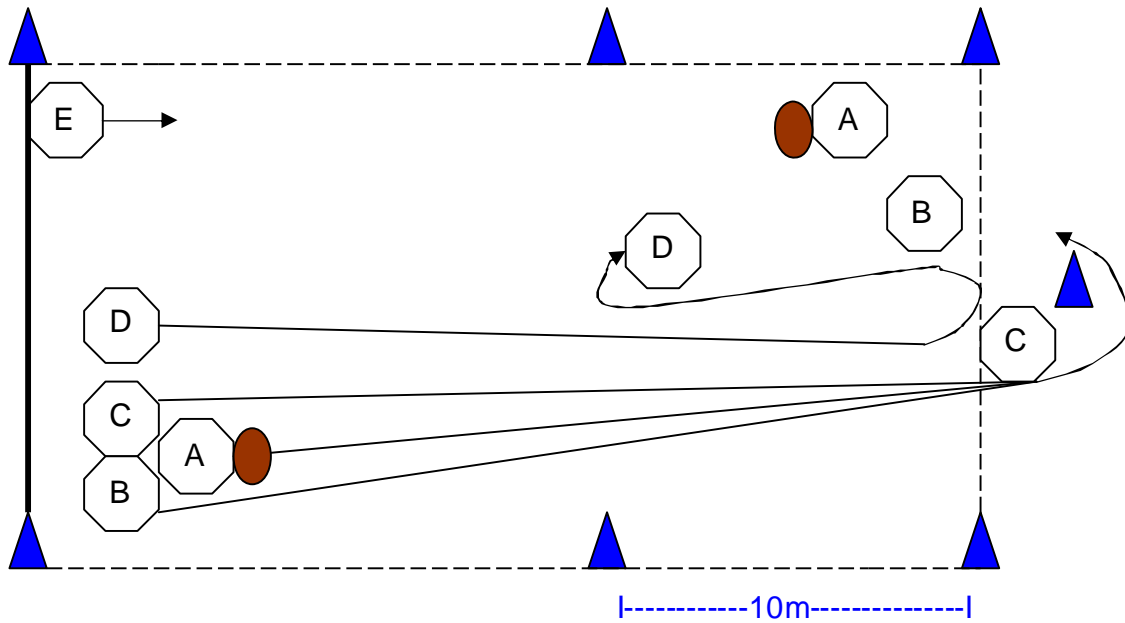
Description: When the coach throws the ball into the grid, both attackers and defenders start, the coach will call the name or number of the player who can scoop the ball, that player turns into the grid other attackers round the hat and support the ball carrier.

Coaching Points: Attacking skills, Timing, Support play, Communication.

Area Size: 30m X 20m

Equipment: 10 Hats, 1 Ball.

Grids & Drills



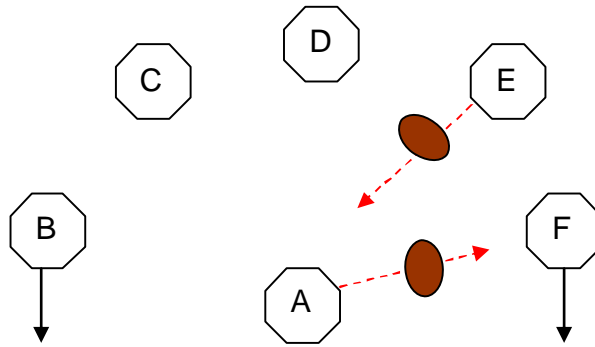
Description: Three attackers 'A', 'B' & 'C', defender 'D' sprint down the grid turn three attackers fan out two attack the scoreline, defender 'D' comes back to the 10m hat then can defend. Defender 'E' can move forward when attackers enter the grid. Rules: Ball carrier must pass the ball, 1 Rollball only.

Coaching Points: Attacking skills, Timing, Support play, Communication.

Area Size: 30m X 20m

Equipment: 1Ball, 7 Witches Hats.

Grids & Drills



Description: 6 players positioned as above. The centre player and one other player have possession when the centre player passes to another player without the ball; the player with the ball passes to the centre player. Move player's level with and beyond the centre as skill level demands. When team is only new have centre player call the other players names before they pass the ball.

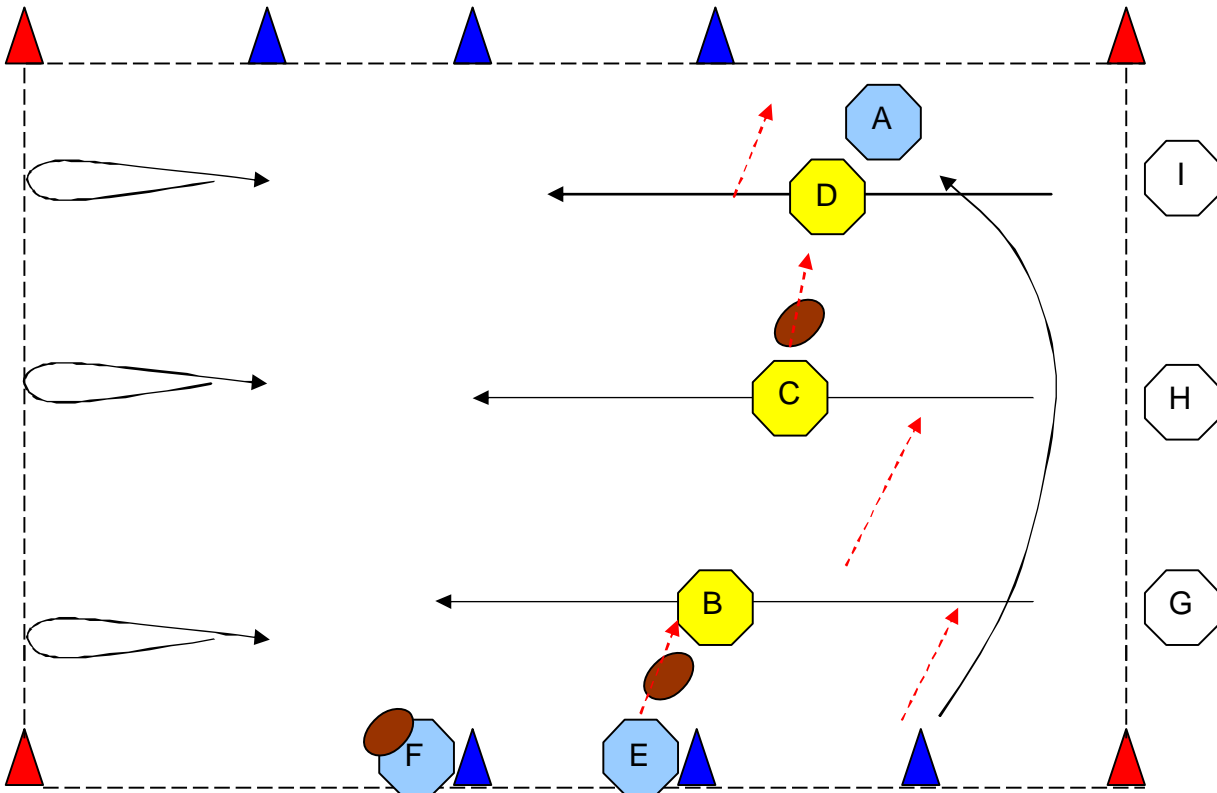
Note: with younger player's start with 1 ball

Coaching Points: Peripheral vision.

Area Size: This would depend on skill level.

Equipment: 2 Balls.

Grids & Drills



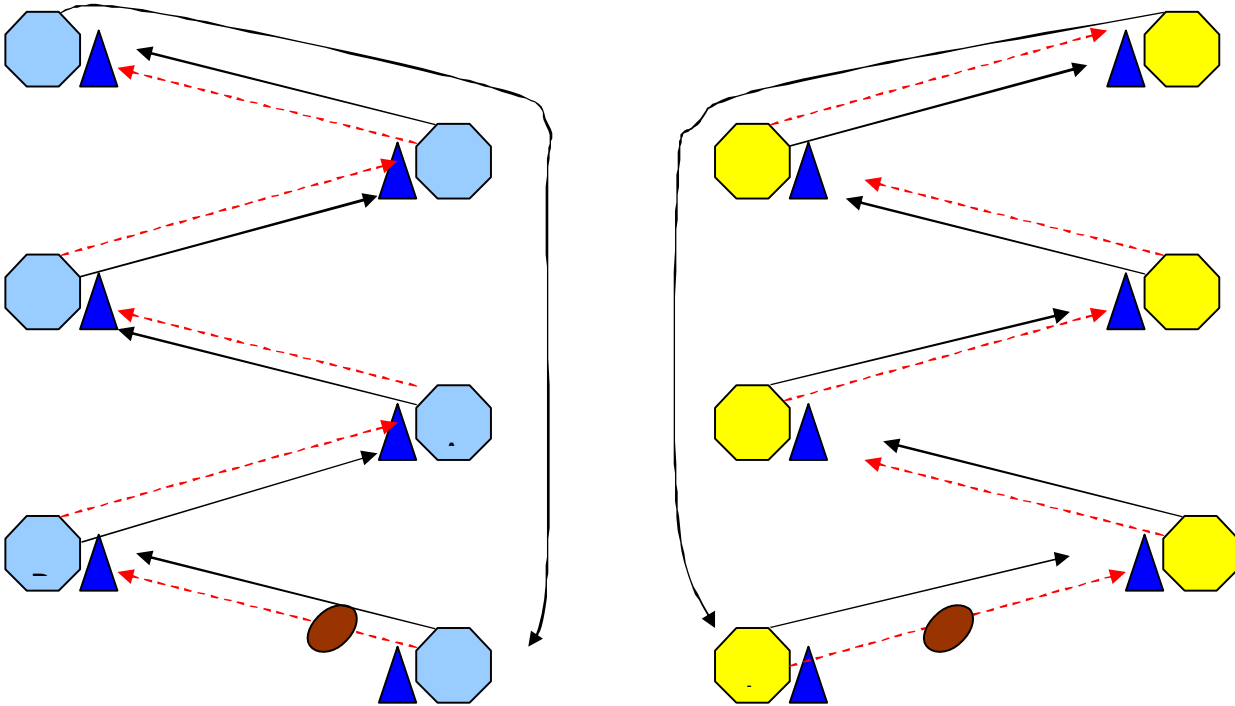
Description: Split team into groups of 3 above the Blue group A-E&F are all given a ball, they take positions on the hats as above. 'A' passes to 'B' then wraps around the group, 'B' passes to 'C', 'C' to 'D', 'D' passes the ball back to 'A'. 'A' then stands on the hat on the other side. When the yellow group B, C & D reach the end of the grid they turn around and repeat the drill, this time receiving from the blue group on the opposite side. Each member of the Blue group passes to the yellow and wraps twice before the next group starts, change groups so as all groups pass and wrap.

Coaching Points: Catching and passing, Timing, Support play.

Area Size: This will vary with group's skill level. The grid width can be

Equipment: 3 Balls, 10 Witches Hats

Grids & Drills



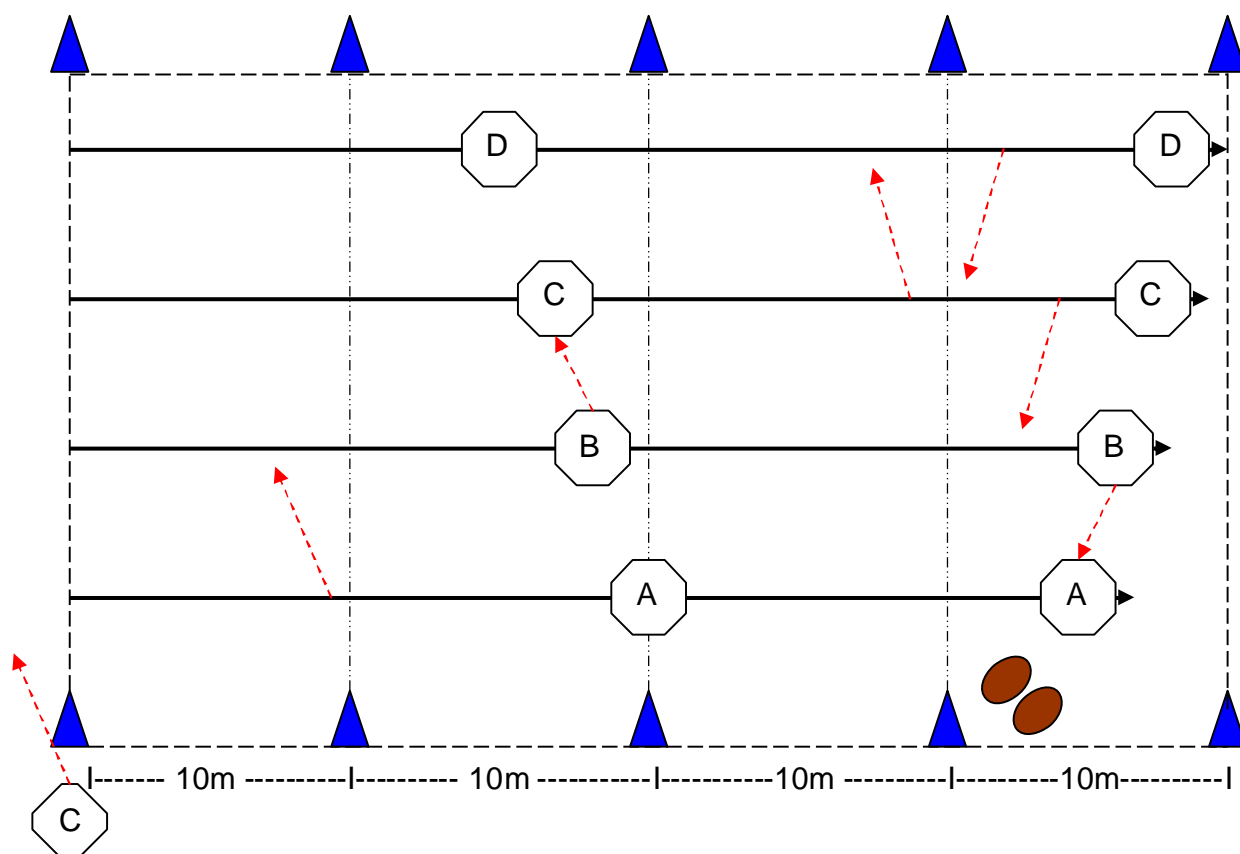
Description: This drill can be done as a relay or by 6 to 8 players. First player starts with the ball passes to the next then, follows the ball. The second player passes to the next and follows, until the last player catches the ball. That player then sprints to the first witch's hat. The first group to have the original first player back to the first hat wins.

Coaching Points: Insist on good passing technique, eyes on the ball and on the receiver.

Area Size: Will depend on skill level.

Equipment: 1 Ball per each group, 1 Witches hat per player.

Grids & Drills



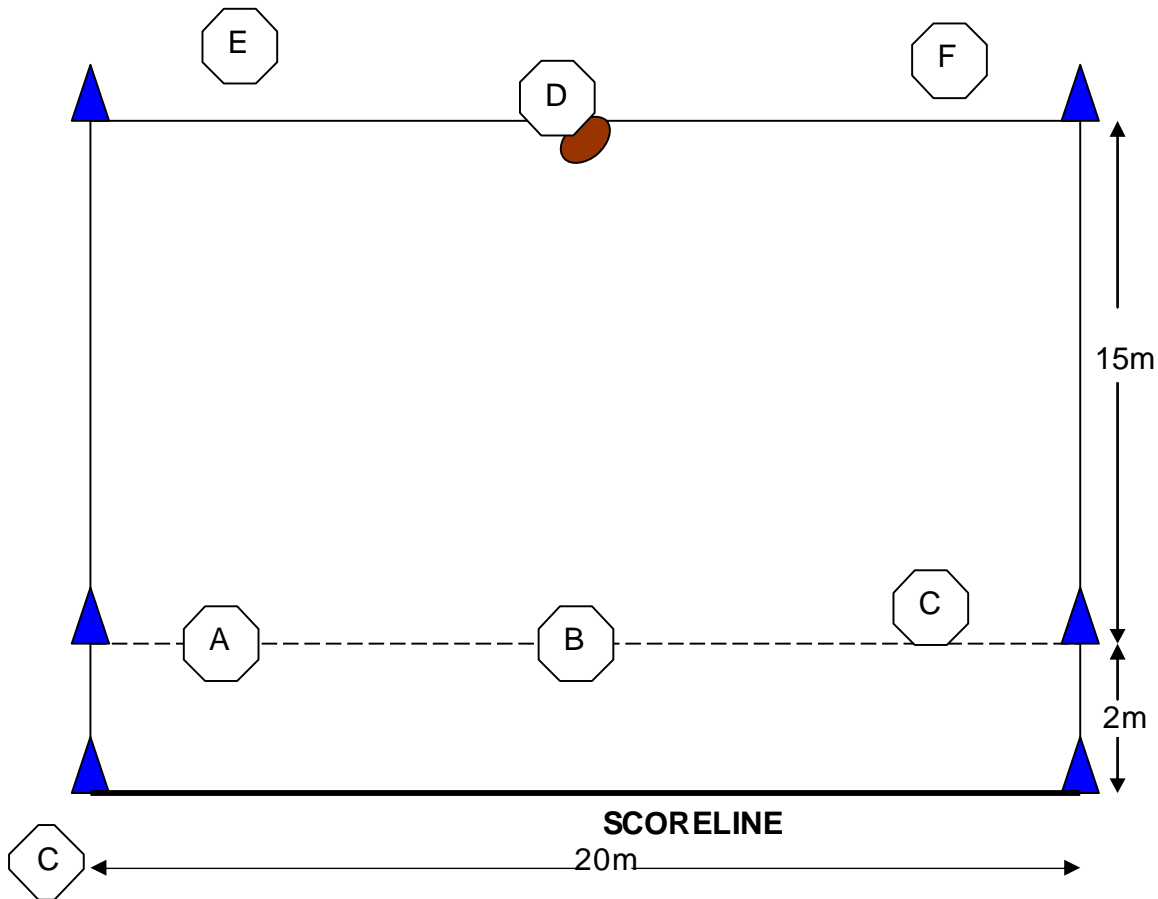
Description: Coach passes the ball to 'A', 'A' should enter the grid at pace, 'A' passes to 'B' before the next witches hat, 'B' to 'C' before the next witches hat, 'C' to 'D' before the next witches hat. 'D' then must pass back to 'C', 'C' to 'B', 'B' to 'A' before the last witches hat.

Coaching Points: this drill may seem simple, what we are trying to do is to perform the simple handling skills at full pace. Keep the players close together at first 10m to 15m. Then 20m to 25m this will challenge the handling ability of some of your players. **Note:** This drill may not be suitable for beginners or juniors

Area Size: 50m X 15m

Equipment: 1 ball per group, 10 Witches hats.

Grids & Drills



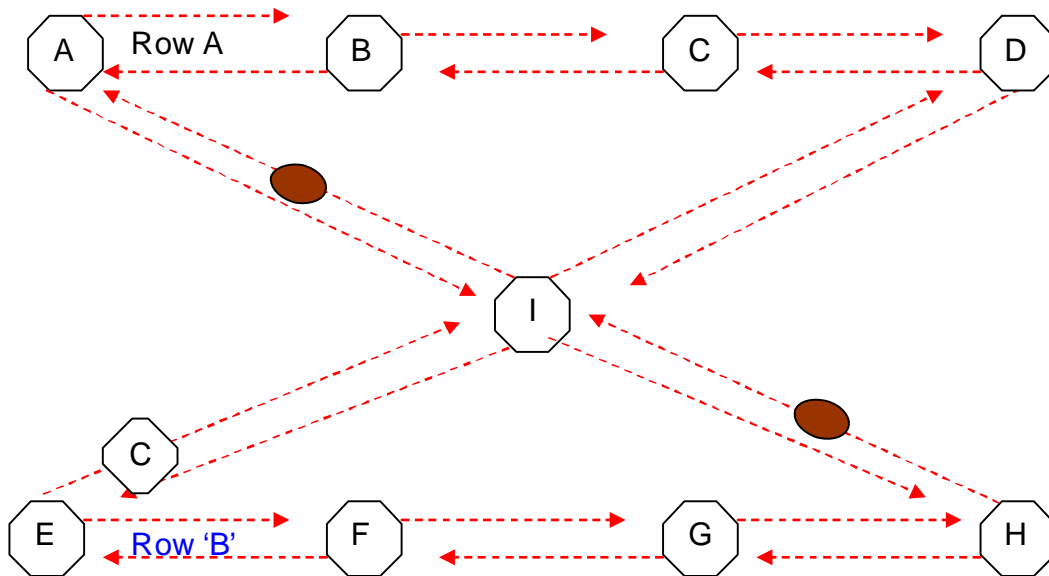
Description: This drill starts with the defending team 'A', 'B' & 'C' with their backs to the attacking team 'D', 'E' & 'F'. When the coach says GO! The defending team sprints to the line, then turn and defend, at the same time the attacking team starts to attack the scoreline. Keep score between defense and attack. Keep the same attackers in for 6 plays. Could allow 1 or 2 touches only

Coaching Points: Communication, Defensive patterns, Attacking plays

Area Size: 20m X 17m

Equipment: 6 Witches hat, 1 Ball.

Grids & Drills



Description: 'A' in row A passes the ball to 'I', 'I' passes straight back to 'A', 'A' passes it to 'B', 'B' to 'C', 'C' to 'D', 'D' to 'I', 'I' straight back to 'D' and so on. Player 'H' in row B waits for 'I' to pass back to 'D' then calls 'I' by name passes the ball and receives the ball straight back he then passes it down the line. Change the middle player after 2 minutes. Sounds more complicated than it really is!

Coaching Points: Ball Control, Stationary Passing, and Communication.

Area Size: 10m X 10m.

Equipment: 2 Balls.