



Australian Government

Australian Sports Commission

ACTIVE AFTER-SCHOOL COMMUNITIES

***playing for life***

# Rugby League

COMPANION BOOK



## Acknowledgments

The Australian Sports Commission wishes to acknowledge the contribution of the following people and organisations to the production of this resource.

A significant number of the activities included within the Rugby League Companion Book have been adapted from the Playing for Life Resource Kit, with the assistance of Maria Arthur (Australian Rugby League Development). Maria Arthur also provided suggestions for the inclusion of new activities and the sport specific content.

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## Disclaimer

The Playing for Life companion books have been designed for use with students aged 4–12. Each book assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the student's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these books, the publisher and authors do not accept any liability arising from the use of the books including, without limitation, from any activities described in the books.

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# About this book



The Playing for Life companion books have been developed to complement the Active After-school Communities (AASC) Playing for Life resource kit. They are primarily designed for members of the local community who will be delivering programs to participating primary school-aged children.

More specifically, they are designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy. This places an emphasis on providing safe, fun, engaging activities that ensure maximum participation from all children, regardless of their level of ability.

# Playing for Life – what is it?

The Playing for Life philosophy adopts a ‘game sense’ approach to physical activity.

- » **THE GAME IS THE FOCUS** — Players develop skills through fun, game-like activities (by ‘playing the game’) rather than through traditional skills and drills.
- » **COACH IS A FACILITATOR** — Coaches play more of a facilitator role than a director’s role. Rather than instructing players how to perform a particular skill, coaches provide key coaching points for performing the skill then set the players a challenge that they must solve through activity. For example, they might ask:
  - » How many different jumps can you perform in 30 seconds?
  - » Where will you stand to field the ball?
  - » How can you work together to stop the opponents scoring?
  - » How can you include everyone?

This engages players in the activity at a level that suits their own ability, and players learn through self-discovery rather than coach direction.

- » **DISCRETE COACHING** — Coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one coach support where required.
- » **ROLE MODELS** — Use player role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.

## Remember!

The activity sets the challenge

The game asks the questions, and

The players' response is the answer

### » **ASK THE PLAYERS** —

The use of player questioning is a valuable strategy to engage the players themselves in changing the activity to increase participation and to make the activity more or less challenging.

- » **CHANGE IT** — Simple variations to activities are introduced to make the activities easier or harder in order to accommodate all player ability levels and backgrounds. Use the CHANGE IT acronym to assist you in modifying the activities, and remember to 'Ask the players':

**C**

**Coaching style** e.g. deciding when to direct activities and when to ask the players. Knowing when to provide discrete coaching and when to 'just let the kids play'

**H**

**How you score or win** e.g. introduce zones for batting or target games

**A**

**Area (playing area)** e.g. make the playing area smaller or larger; alter distances to targets or between players

**N**

**Number of players** e.g. consider different team sizes to keep all players active. Have several games of 2 v 2 or, if focusing on defence skills, change to 3 v 2 or 2 v 1 etc

**G**

**Game rules** e.g. allow 2 bounces before catching or stopping a ball, or introduce a no-go zone

**E**

**Equipment** e.g. use a larger or softer ball; rackets instead of bats; bins or markers for targets

**I**

**Inclusion** e.g. modify the game to maximise the involvement of all players. Ask the players how to change the game

**T**

**Time** e.g. reduce or extend the time to perform actions; change the number of passes within a time limit; vary the length of time a player can hold the ball

It is more important to follow the concept of **CHANGE IT** than to remember what each letter represents.

**If it is not working.... CHANGE IT!!**

# How do I know when to **CHANGE IT**?

The first step is to play the game and observe player involvement and responses.

When observing the game being played, and player involvement and responses, ask yourself the following questions:

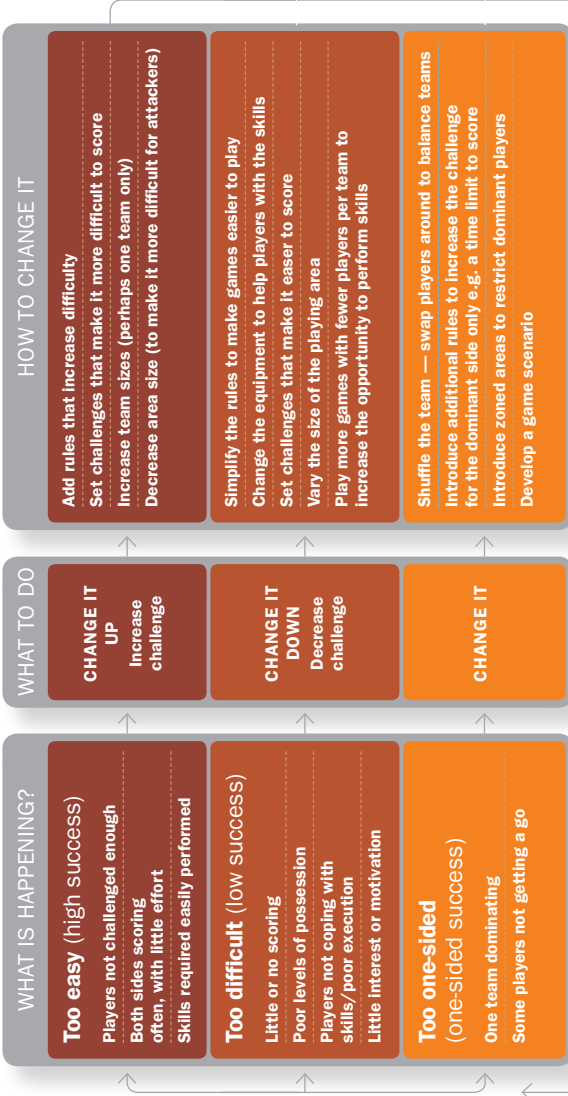
- » Is the game safe?
- » Are all players having fun?
- » Are all players engaged in the game?
- » Is the game working?
- » Do all players understand the game?
- » Is the objective of the game being achieved?
- » Are all the players being included?
- » Is participation being maximised?
- » Is the game appropriate to the ability level of each player?
- » Are all players being challenged?

If the answer to any of the above questions is No, then **CHANGE IT**.

The diagram on the following page provides a step-by-step guide about when and how to apply the **CHANGE IT** principles.



# When and how to apply the CHANGE IT principles



**OBSERVATION**

**Play the game**  
Observe player involvement and responses:

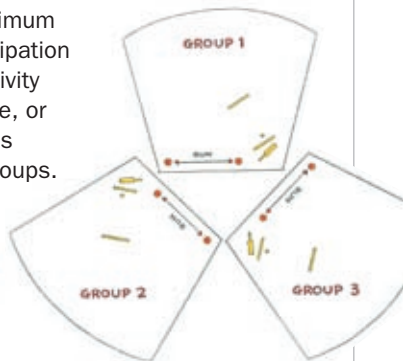
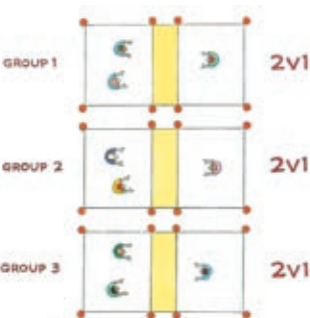
- Is the purpose being achieved?
- Are all players engaged?
- Are players coping with the skills required?
- Is it safe?
- Are players enjoying the game?

PLAY THE GAME AGAIN · OBSERVE RESPONSES · MAKE FURTHER VARIATIONS AS NECESSARY



# Tips for delivery

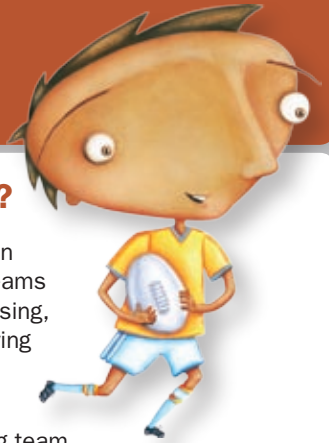
- » Do not limit yourself to the structure of the lesson plans provided. Be creative and add your own flair as you become more confident as a deliverer.
- » Use the Easier and Harder variations to modify the games to suit the ability levels of the players. Remember to use your own CHANGE IT variations and 'Ask the players'.
- » Use the Tips section to provide discrete coaching where needed to develop players' skill levels.
- » As the lessons progress, the games evolve to become more complex and similar to the sport itself. However, remember to match the game with the ability of the players and modify it as necessary.
- » On the other hand, if the players grasp the games quickly, you may find you complete them in a shorter timeframe than estimated. In these circumstances, introduce games that the children enjoyed from previous lessons, to fill in time.
- » Remember some games may not work with one group, whereas they could work really well with another. Don't be afraid to CHANGE IT to suit the needs of your group or even replace the game completely.
- » Keep group sizes to a minimum to ensure maximum participation of all children. Run the activity with several groups at once, or set up stations with various activities and rotate the groups.





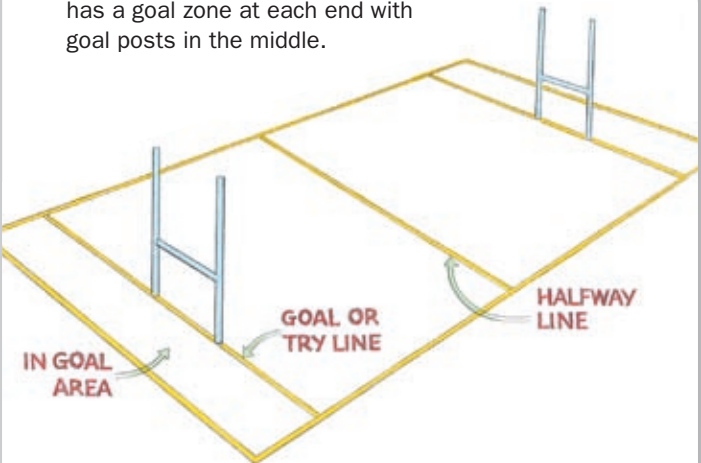
RUGBY LEAGUE

# Introduction to rugby league



## What is rugby league?

- » Rugby league is an Australian football code, played by 2 teams of 13 players, based on passing, catching and running or moving while carrying the ball.
- » The objective is to score more tries than the opposing team, by carrying the ball towards their goal line.
- » It is played on a rectangular field that has a goal zone at each end with goal posts in the middle.



- » Teams line up facing each other 10m apart. The attacking team has possession of the ball and the defending team forms a line across the field to stop their opponents advancing.
- » The player in possession can run with the ball, pass the ball (backwards only) or advance the ball down the field by kicking it.

- » The team not in possession tries to stop the ball carrier by tackling (or tagging) them, according to the rules.
- » When a player is tackled, they must play the ball to a team-mate and the defenders must retreat 10m until the ball is played.
- » After 6 tackles, possession changes.
- » A try is scored when the oval shaped ball is placed on the ground inside the opposing team's goal area.

### Modified rugby league rules

For the purposes of this book, the modified rugby league rules are:

- » The playing time is reduced.
- » Matches are played on a smaller field with a smaller ball.
- » Each player must play a minimum of one full half.
- » The football can be kicked in general play, but 'bombs' are prohibited.
- » There is one marker, but if the dummy-half (or first receiver) is tagged, it is a turnover.
- » Players cannot strip or steal the ball from another player.
- » Players in the defending team must retire 5m behind the play-the-ball area and may not move until the first receiver has caught the ball.
- » There are no scrums and no tackling — a change-over play-the-ball follows an error or the 6th tag.
- » When play is re-started following a try, the scoring team kicks a place kick towards the non-scoring team.
- » There are no field goals.
- » Tries are worth 4 points.
- » A shot at goal (a place kick) to convert a try is taken from 10m out and directly in front of the posts. Players must take turns to kick.

## Tips for delivering rugby league

### Following are some specific tips for delivering Playing for Life rugby league:

- » Establish a rule early on that players must keep the balls still while you are talking.
- » Size 4 balls are the best size for young children (aged 5–10 years). Similar sized and shaped balls may also be used, although these balls may not be as suitable for some rugby league-related activities. Rugby league balls will be referred to as footballs throughout this book.
- » For beginners, it is possible to play games without a marker.

## Introduction to basic rugby league terms and skills

### General

- » **BALL CARRIER** — the player who has possession of the ball (an attacking player).

- » **RUNNING WITH THE BALL** (ball running) — when the ball carrier runs the ball towards the opposition's goal line.

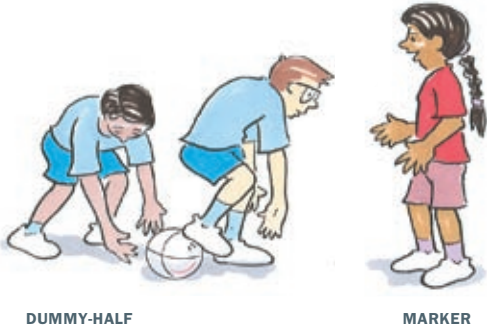


- **DODGING (OR SWERVING)** — when the attacking player (ball carrier) runs straight towards the defender (with the ball held firmly in two hands), then changes direction, moving the ball to the outside arm (furthest away from the defender) and sprints past the off-balance defender. Used to beat a defender who is about to make a tag.



- » **PLAYING THE BALL** — when the player places the ball on the ground and rolls it to the player behind (the dummy-half) with their foot. The dummy-half then passes the ball backwards to the first receiver. The play-the-ball is used to re-start play after a tag.

PLAYING THE BALL



DUMMY-HALF

MARKER

- » **MARKER** — the player from the defending team who stands directly in front of the opponent playing the ball. All other members of the defending team must retreat at least 5m from the play-the-ball until the first receiver has received the ball from the dummy-half.
- » **DUMMY-HALF** — the player receiving the ball in a play-the-ball.
- » **FIRST RECEIVER** — the first player to receive a pass from the dummy-half. Defenders may not move forward until the first receiver catches the ball.
- » **TRY** — the main way of scoring points in rugby league. A try is worth 4 points and is scored when a player grounds the ball over the opposition's goal line/try line. The scoring player must be in control of the ball and use downward pressure when it is grounded.



## Passing and catching

» **PASSING** — when an attacking player gives the ball to another attacking player. The ball must travel backwards. A number of different passes are used in rugby league and players should be able to pass to their left and right. Passes may be made from a standing position, from the ground (e.g. after a play-the-ball), or on the run.

» **BASIC PASS** — a pass where the ball moves through the air without spinning and is easy to catch.



» **DUMMY (OR FAKE)** — where a player pretends they are making a pass to a team-mate (to unbalance a defender) then continues onwards (still in possession of the ball).



» **CATCHING** — when a player receives a standard pass using their hands to catch a ball. When catching a high ball they should catch it in between their arms and chest. Players need to be able to: make standing catches; catch on the run; and catch balls bouncing from a kick. Players should be alert and expect to receive a pass at any time.



## Kicking

- » **KICKING** — where the player moves the ball forward with their feet. There are several different types of kick used in rugby league.

- » **TAP KICK (OR FREE KICK RE-START)** — a small kick used to restart play after a penalty. Place the ball on the ground, release it, then gently tap the ball with your foot before picking it up and running (or passing).



- » **DROP PUNT** — where the ball is dropped (guided) from the hands and kicked on the full. It is used to obtain field position, by kicking deep into the opposition's territory. If kicked correctly, the ball will spin backwards, end-over-end.



- » **CHIP KICK** — where the ball is kicked in the air, generally a short way over the defensive line, to gain field position. The aim is for the ball to be immediately re-gathered by the kicker or their chasers.



- » **GRUBBER KICK** — where the ball is kicked along the ground, generally a short way through the defensive line, to gain field position. The aim is for the ball to be immediately re-gathered by the kicker or their chasers.





- » **PLACE KICK** — the ball is placed on the ground in the centre of the halfway line, and kicked at least 10m to the opposing team (kick off). The kick off starts the game, and re-starts the game after a try is scored. When football posts are available, the place kick (conversion) is also used after a try is scored. To convert the try, a player from the try scoring team scores two points if they place kick the ball over the cross bar and between the posts.
- 



# What you need from the kit...



## START OUT

### WILDCARD

- START OUT WC 01 Form a group**
- START OUT WC 03B Look out for others!**
- START OUT WC 04A Throw, throw, throw**
- START OUT WC 05A Get the bean bag**
- START OUT WC 05B Stork tag**
- START OUT WC 06 How many bean bags?**
- START OUT WC 07 Tunnel and laps**
- START OUT WC 08A Partner tag**
- START OUT WC 09 Warriors and Dragons**

### COOPERATIVE PLAY

- START OUT CP 03 Run the circle**
- START OUT CP 08 Back-to-back pass**

### INVASION GAMES

- START OUT INV 01 Base run**
- START OUT INV 02 Names**
- START OUT INV 03 Pairs passing**
- START OUT INV 04 Boundary pass**
- START OUT INV 05 On-court, off-court rapid pass**

### TARGET GAMES

- START OUT TG 05 Target relay**

## GET INTO IT

### INVASION GAMES

- GET INTO IT INV 01 Interceptor**
- GET INTO IT INV 02 4-square**
- GET INTO IT INV 03 Pass and run**
- GET INTO IT INV 05 Defenders on the line**
- GET INTO IT INV 06 5-point player**
- GET INTO IT INV 08 End to end**
- GET INTO IT INV 09 Find the goal line**
- GET INTO IT INV 10 Keep the ball**
- GET INTO IT INV 13 Buroinjin**

### STRIKING & FIELDING

- GET INTO IT SF 03 Runners v passers**
- GET INTO IT SF 06 Beat the bucket**
- GET INTO IT SF 07 Hit 4 and go**
- GET INTO IT SF 10 Beat the ball**

### NET & COURT

- GET INTO IT NC 03 No-go**

### TARGET GAMES

- GET INTO IT TG 08 Bombard**
- GET INTO IT TG 09 Hit the target**
- GET INTO IT TG 12 D1 and D2**

## FINISH UP

### FINISH UP

- FINISH UP 01 Put it away!  
Great work!  
Let's see it!  
What did you learn?**
- FINISH UP 02 Relaxation  
Left or right**
- FINISH UP 03 Stay tuned...  
What did you like?**
- FINISH UP 04 Video ref  
Four corners  
Freeze frame  
Puppeteer  
What's ahead?**



Remove or print each of the above cards from the Playing for Life resource kit and add to the ring-bound holder provided.




This companion book cross-references these cards throughout the 8-week lesson plan.

# Overview of lessons

LESSON	1	2	3	4	5	6	7	8
OBJECTIVE	Introduction to rugby league, player awareness and space, dodging, playing the ball	Passing, catching, kicking technique	Passing and catching on the run, intercepting	Running with the ball, passing backwards, defending	Attacking and defending skills, tap kick	Attacking and defending skills, introduction to modified game play	Passing, catching, kicking, teamwork, ball placement	Passing and kicking accuracy, decision-making, teamwork
START OUT	Tunnel and laps Start Out WC 07 Stork tag Start Out WC 05B Form a group Start Out WC 01	Names Start Out INV 02 On-court, off-court rapid pass Start Out INV 05 How many bean bags? Start Out WC 06	Base run Start Out INV 01 Boundary pass Start Out INV 04	Back-to-back pass Start Out CP 08 Interceptor Get Into It INV 01	Look out for others! Start Out WC 03B Target relay Start Out TG 05	Partner tag Start Out WC 08A Warriors and Dragons Start Out WC 09	Run the circle Start Out CP 03 Throw, throw, throw Start Out WC 04A	Keep the ball Get Into It INV 10 Bombard Get Into It TG 08
GET INTO IT	Get the bean bag Start Out WC 05A 4-square Get Into It INV 02	Pairs passing Start Out INV 03 Beat the bucket Get Into It SF 06	5-point player Get Into It INV 06 Find the goal line Get Into It INV 09	End to end Get Into It INV 04 Pass and run Get Into It INV 03 Beat the ball GET INTO IT SF 10	Buroinjiri Get Into It INV 13 Defenders on the line Get Into It INV 05	D1 and D2 Get Into It TG 12 Buroinjiri Get Into It INV 13	Runners v passers Get Into It SF 03 No-go Get Into It NC 03	Hit 4 and go Get Into It SF 07 Hit the target Get Into It TG 09
FINISH UP	What's ahead? Finish Up 04 Put it away! Finish Up 01	Video ref Finish Up 04 What did you learn? Finish Up 01	Puppeteer Finish Up 04 Great work! Finish Up 01	Freeze frame Finish Up 04 Let's see it! Finish Up 01	Four corners Finish Up 04 What did you like? Finish Up 03	Left or right Finish Up 02 Video ref Finish Up 04	Great work! Finish Up 01 Relaxation Finish Up 02	Stay tuned... Finish Up 03 Put it away! Finish Up 01

# How to use this book

- 1 Read the introductory pages to make sure you have an understanding of the Playing for Life philosophy and a basic understanding of the sport, including terms and skills, safety considerations and equipment requirements.
- 2 Read through each lesson plan to make sure you understand the objectives and requirements for each lesson.
- 3 Collect and review the required Playing for Life activity cards referred to in each of the lessons.
- 4 Add the loose-leaf activity cards to the ring-bound holder (shown). A companion book can sit alongside the activity cards — just slide the cover into the holder.
 
- 5 Before conducting each lesson, organise an appropriate and safe playing area and the necessary equipment (based on the number, ability levels and backgrounds of the players and the available area and equipment). A full equipment kit for this companion book has been prepared and is available through the Active After-school Communities preferred supplier. To order, visit our web site at [www.ausport.gov.au/aasc](http://www.ausport.gov.au/aasc).
- 6 Deliver the lesson, using the indicated Playing for Life activity cards and the instructions provided in the book. Remember to vary the activities, where required, to cater for the needs of different players. If the activity is not working, remember to CHANGE IT.
- 7 Review the lesson immediately afterwards so you can identify what worked well/what didn't, what level the players are at, and what you need to remember for next time. The outcome of this review will influence what you include in the next lesson and how you deliver it.

While this book is primarily designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy, we do encourage you to consider attending a coaching course to improve your knowledge and skills. Information about the relevant coaching courses can be found in the 'Where to from here' section of the book.

# Lesson 1

<b>OBJECTIVE</b>	Introduction to rugby league, player awareness and space, dodging, playing the ball
<b>TIME</b>	60 minutes
<b>AREA</b>	Area the size of a netball or volleyball court
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 10 marker cones per group of 8</li><li>» 3 size 4 footballs per player</li><li>» Coloured bibs</li><li>» Variety of medium sized balls - 3 per player</li></ul>

## Card summary

- » **Start Out WC 01**
- » **Start Out WC 05A**
- » **Start Out WC 05B**
- » **Start Out WC 07**
- » **Get Into It INV 02**
- » **Finish Up 04**
- » **Finish Up 01**



Remember, if the game isn't working **CHANGE IT**

# 1

# Tunnel and laps

**START OUT WC 07**  
10 MINUTES

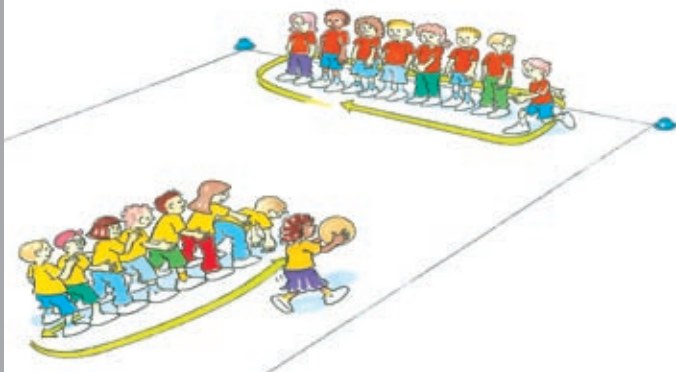
A member of the attacking team throws a ball and then runs around team-mates, who are standing shoulder to shoulder, to score points. At the same time, the fielders come together to make a tunnel. The ball is rolled through the tunnel. The last person runs to the front with the ball and calls 'STOP!'. (Play with teams of 8 or more.)

**SKILL FOCUS** *Fun energiser that encourages teamwork*

**ADDITIONAL EQUIPMENT** *1 size 4 football per group*

## Use the activity card, PLUS...

- » The striker throws a football into the field.



## Easier:

- » Use a volleyball, basketball or similar.

# Stork tag

**START OUT WC 05B**  
10 MINUTES

**Taggers chase runners. If runners are tagged, they have to stand on the spot in a stork stand. A tagged runner can be freed by a fellow runner by exchanging a ball with a basic rugby league pass. (Play with 8 or more.)**

**SKILL FOCUS** *Encourages space and player awareness*

**ADDITIONAL EQUIPMENT** *1 size 4 football per runner*

## Use the activity card, PLUS...

- » Each runner carries a football.
- » Players who have been tagged must freeze on the spot and place their ball between their feet.
- » Frozen players can be released by catching a football passed to them by other players and returning the pass.



## Easier:

- » Add more taggers.

- TIPS**
- » Change taggers regularly.
  - » When running with the ball, players should hold the ball in two hands in front of their body.
  - » When dodging, players should brace the ball on the side under their arm.

- ASK THE PLAYERS**
- » How can you avoid being tagged?
  - » How can you work together to tag a player?

- SAFETY**
- » Encourage players to watch out for other people running around when they are preparing to pass the football.
  - » Frozen players must be aware of the ball at their feet.

## Form a group

**START OUT WC 01**  
5 MINUTES

Players run around in random directions avoiding body contact with other players. You call a number and players form groups of that size. Finish with groups of 6.

**SKILL FOCUS** *Encourages running, player awareness, finding 'space'.*

### Refer to the activity card...

**SAFETY** » Emphasise the need to be aware of, and avoid running into, other players.

## Get the bean bag

**START OUT WC 05A**  
10 MINUTES

Players on opposite sides of a playing area each have 3 balls. Players run to the other side and steal one ball at a time. The winner is the first player to increase their total to 5. This can be an individual or a team activity. (Play with 6 or more.)

**SKILL FOCUS** *Encourages space and player awareness, and agility*

**ADDITIONAL EQUIPMENT** *3 medium sized balls per player*

### Refer to the activity card...

**TIPS** » Players should run with two hands holding the ball.



**SAFETY** » Encourage players to keep their heads up, watching out for other people.



# 4-square

**GET INTO IT INV 02**  
15 MINUTES

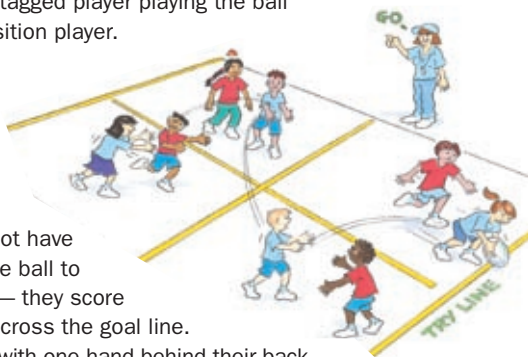
A playing area is divided into 4 with a try line at each end. A player from each team goes into a square. The team in possession of the ball passes it to team-mates in any of the 4 squares, trying to avoid interception and score a try. Players stay in their square. (Play in 2 teams of 8 players.)

**SKILL FOCUS** Practises passing, catching and defending

**ADDITIONAL EQUIPMENT** 1 size 4 football per group

## Use the activity card, PLUS...

- » When you say 'GO!', whoever has the ball tries to score a try over their goal line before they are tagged by their opponent.
- » Running with the ball is permitted within the boundary of the square.
- » If the player with the ball is tagged, possession changes through the tagged player playing the ball to the opposition player.



### Easier:

- » Players do not have to ground the ball to score a try — they score by running across the goal line.
- » Taggers run with one hand behind their back.

### Harder

- » Call out a set number of passes that must be made, before a try may be scored.

- TIPS**
- » If one team is dominating, call a 'play the ball' to change possession.
  - » Vary the points for tries and tags.
  - » Encourage players to use left-side or right-side basic passes.
  - » Encourage players to keep moving until they have the ball, to help them learn to find space and catch while running.

**ASK THE PLAYERS** » Is it easier to pass to the left or right side?

**SAFETY** » Do not allow players to dive to score a try.



# Lesson 2

<b>OBJECTIVE</b>	Passing, catching and kicking technique
<b>TIME</b>	60 minutes
<b>AREA</b>	Area the size of a basketball court
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 4 markers to define the playing area</li><li>» 2 markers per pair (or alternative e.g. skipping ropes, tape)</li><li>» 1 plastic bucket or hoop</li><li>» 2 size 4 footballs per pair (or similar sized balls)</li></ul>

## Card summary

- » **Start Out WC 06**
- » **Start Out INV 02**
- » **Start Out INV 03**
- » **Start Out INV 05**
- » **Get Into It SF 06**
- » **Finish Up 01**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

# 2

## Names

**START OUT INV 02**  
5 MINUTES

**Players in a circle pass a ball to other players in the circle. An interceptor inside the circle tries to intercept the ball. Only the interceptor can move. (Play in groups of 6–8.)**

**SKILL FOCUS** *Practises passing, catching and intercepting*

**ADDITIONAL EQUIPMENT** 1 size 4 football per group

### Use the activity card, PLUS...

- » Players pass to others in the circle using left-side or right-side passes.
- » Use NRL team names (e.g. Roosters, Storm), players' names or team colours.



- TIPS**
- » Help players become familiar with names if they do not know them.

## On-court, off-court rapid pass

**START OUT INV 05**  
10 MINUTES

**Four players on-court pass the ball around, each player trying to receive as many passes as possible. Two other on-court players are taggers who try to tag a passer with the ball. Off-court, 2 players pass the ball to each other, trying to reach a record total. The game is readily adapted to a wide range of ability levels. (Play with 8 or more.)**

**SKILL FOCUS** *Improves passing and catching*

**ADDITIONAL EQUIPMENT** 1 size 4 football per pair

### Use the activity card, PLUS...

- » Use left-side and right-side basic passes.



- TIPS**
- » To pass, swing the hands through an arc, keeping the elbows close to the body.
  - » Make eye contact with the receiver.
  - » Use role models to highlight good technique.
  - » Provide discrete coaching on the side to develop players' skills.

# How many bean bags?

**START OUT WC 06**  
10 MINUTES

Players work in pairs. One player from each pair runs to a central point to collect one ball at a time and pass the ball back to their team-mate at their base and then tag the next player. The aim is to collect the most number of balls.

**SKILL FOCUS** *Practises passing from the ground and catching*

**ADDITIONAL EQUIPMENT** *2-3 size 4 footballs per pair*

## Use the activity card, PLUS...

- » Use basic rugby league passes and pass from the ground (like the dummy-half after a play-the-ball).



- TIPS**
- » Bend the knees and stay low to the ground.
  - » Make eye contact with the receiver.
  - » Pass from the ground in one movement, shifting the weight over the leg closest to the receiver.

# Pairs passing

**START OUT INV 03**  
10 MINUTES

Players form pairs. On your signal, players pass to each other for 30 seconds. At the end of 30 seconds the player with the ball moves to form a new pair. Passing starts again.

**SKILL FOCUS** *Improves passing and catching*

**ADDITIONAL EQUIPMENT** *1 size 4 football per pair  
Marker cones for try line*

## Use the activity card, PLUS...

- » Players pass to one another using a basic rugby league pass.
- » Pass from both the left and right-sides.
- » Make a random call of 'Go' where players must run in pairs, passing the ball to one another, to score a try at one end.



## Harder:

- » Players must run and pass through 2–4 gates before scoring a try.
- » Players repeat the activity using rugby league right-side or left-side passes or grubber kicks.

- TIPS**
- » Hold the ball in two hands with the fingers spread across the seam.
  - » Follow through with the fingers pointing to the target.
  - » Hold hands up as a target when receiving the ball.

**ASK THE PLAYERS** » Where should the receiver be positioned to make sure the pass goes backwards?

**SAFETY** » Make sure players watch out for cones and other players.

# Beat the bucket

**GET INTO IT SF 06**  
15 MINUTES

**Choose a kicker (the attacker) and up to 6 fielders (defenders). The attacker kicks 3 balls into the field and then attempts to run around 4 markers before the defenders place all 3 balls in a bucket and call 'STOP!'. (Play in groups of 6 or 7.)**

**SKILL FOCUS** *Practises kicking technique, ball placement and defender positioning, and encourages teamwork*

**ADDITIONAL EQUIPMENT** *3 size 4 footballs per group*

## Use the activity card, PLUS...

- » Attackers may vary the type of kick.
- » Defenders use basic rugby league passes to pass the ball.
- » Attackers are to alternate legs each time they kick the ball.



**DROP PUNT**



**CHIP KICK**



**GRUBBER**



**PLACE KICK**

- TIPS**
- » Encourage players to take their time when kicking.
  - » Players should guide the ball onto their foot, using their kicking-side hand, with their arm extended.
  - » Use role models to demonstrate correct technique.

**ASK THE PLAYERS** » Where is the best place to kick the ball?

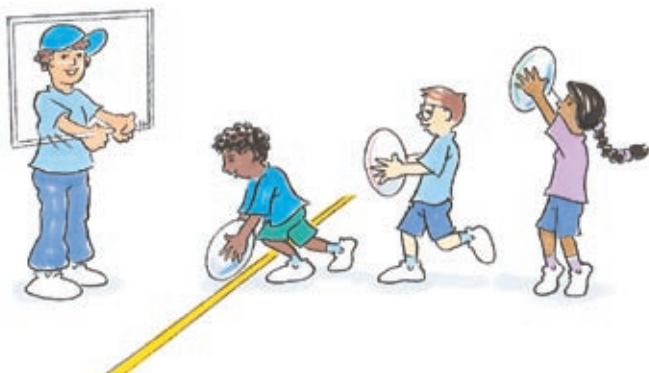
- SAFETY**
- » Make sure defenders are watching when the ball is kicked.
  - » Beware of balls kicked in the air.

## Video ref

**FINISH UP 04**  
5 MINUTES

Children mime rugby league actions in slow motion.

Refer to the activity card...



## What did you learn?

**FINISH UP 01**  
5 MINUTES

Question and answer. Reinforce key skills or tactical points. Link back to previous experiences.

Refer to the activity card...





# Lesson 3

**OBJECTIVE** Passing and catching on the run, intercepting

**TIME** 60 minutes

**AREA** Area the size of a netball court

- EQUIPMENT**
- » 8 markers per group of 8–10 players
  - » 1 medium-sized ball (size 4 football or similar) per pair
  - » Coloured bibs
  - » 1 stopwatch

## Card summary

- » **Start Out INV 01**
- » **Start Out INV 04**
- » **Get Into It INV 06**
- » **Get Into It INV 09**
- » **Finish Up 01**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

# 3

# Base run

**START OUT INV 01**  
10 MINUTES

**Two players (defenders) with one ball try to stop a third player (the attacker) from reaching a goal at either end of a playing area. Start by playing without the goals. (Play in groups of 3.)**

**SKILL FOCUS** *Practises passing, finding space and decision-making*

**ADDITIONAL EQUIPMENT** *1 size 4 football per group*

## Use the activity card, PLUS...

- » Defenders use basic rugby league passes.



### Easier:

- » Use a smaller playing area.
- » Increase the size of the goals.

### Harder:

- » Add extra attackers.

- TIPS**
- » Vary the size/type of ball and distance between goals according to the ability level of players.
  - » Encourage players to fake the pass, to confuse the attacker.

- ASK THE PLAYERS**
- » How can the attacker reach the goal safely?
  - » How can the defenders prevent the attacker reaching the goal?

- SAFETY**
- » Make sure there is enough space between groups or introduce rules for retrieving loose balls safely.

## Boundary pass

**START OUT INV 04**  
5 MINUTES

**In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, every pass has to be across a different boundary line.**

**SKILL FOCUS** *Practises passing on the run and playing the ball*

**ADDITIONAL EQUIPMENT** *1 size 4 football per pair*

### Use the activity card, PLUS...

- » Players must pass backwards.
- » On your whistle, the player with the ball plays the ball over the boundary line and the activity continues.



PLAYING THE BALL

- TIPS**
- » Encourage players to hold the ball in two hands when running, with their fingers spread across the seam.
  - » Release the ball with a flick of the wrists and fingers.
  - » Encourage players to keep running as they catch the ball.

**ASK THE PLAYERS** » How do you ensure a backwards pass when running alongside a team-mate?

## 5-point player

**GET INTO IT INV 06**  
15 MINUTES

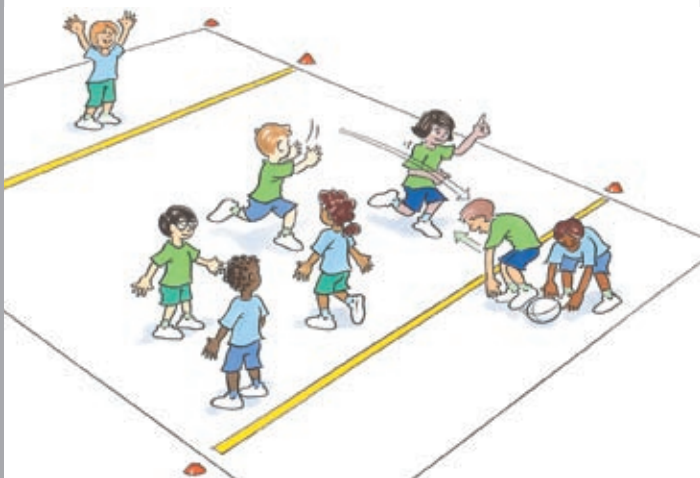
**Attackers score points by passing to each other for 30 seconds. For bonus points, the ball is passed to a team-mate in one of the 2 end zones. Defenders try to intercept the ball. (Play in teams of 4–6.)**

**SKILL FOCUS** *Teaches fast passing and anticipation*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

### Use the activity card, PLUS...

- » Once a player catches the ball in the end zone, they play the ball.
- » The closest defending team member enters the end zone, picks up the ball as the dummy-half and play continues until the timeframe elapses.
- » The last passer is the new end zone player for the scoring team.



### Harder:

- » Passes must go backwards (except to the player in the end zone).

**TIPS** » Extend the timeframe to allow for playing the ball.

**ASK THE PLAYERS** » What can you do to increase your chance of intercepting the ball?

# Find the goal line

**GET INTO IT INV 09**  
20 MINUTES

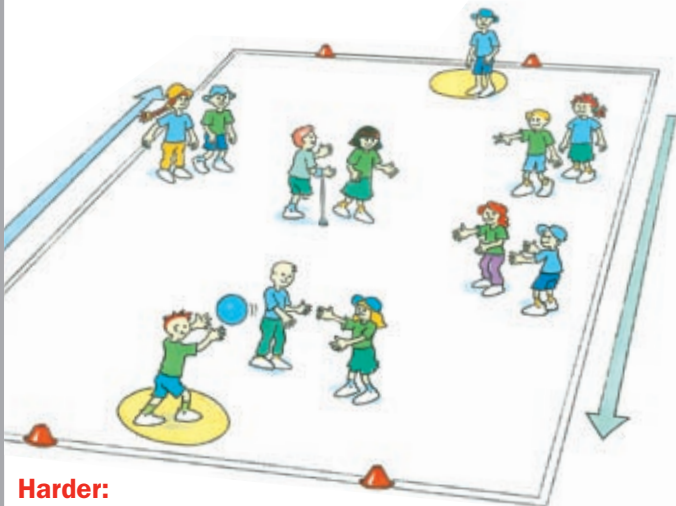
The team with the ball passes it among team-mates, aiming to get it over their goal line. All team-mates must touch the ball at least once before the team scores. Running with the ball is not permitted. (Play in 2 teams of 6).

**SKILL FOCUS** *Practises passing, catching and intercepting without body contact*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

## Use the activity card, PLUS...

- » Use a football and basic rugby league passes.



### Harder:

- » One backward pass or one play-the-ball must be completed before scoring.
- » Play a running version of the game. When players are tagged, they must play the ball to a team-mate.

- TIPS**
- » Highlight good examples of passing and catching.
  - » When passing, swing the hands through an arc and keep the elbows close to the body.
  - » Release the ball with a flick of the wrists and fingers.
  - » When catching, hold arms up and out in a cradle form, with the fingers spread.

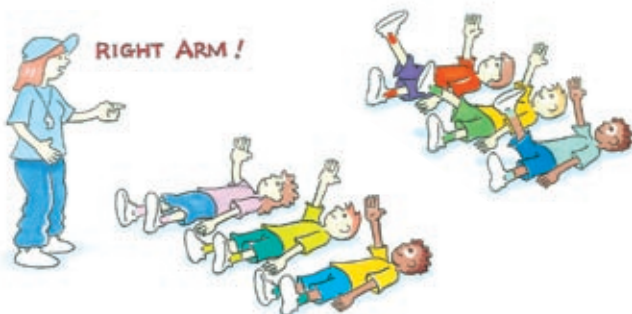
- SAFETY**
- » Encourage players to be aware of others when running to receive the ball.

# Puppeteer

**FINISH UP 04**  
5 MINUTES

Players are puppets moving their body to your calls (you are the puppeteer).

Refer to the activity card...



# Great work!

**FINISH UP 01**  
5 MINUTES

Pat on the back feedback and encouragement.

Refer to the activity card...



# Lesson 4

<b>OBJECTIVE</b>	Running with the ball, passing backwards, defending
<b>TIME</b>	60 minutes
<b>AREA</b>	Area the size of a basketball court, per group of 10–12 players
<b>EQUIPMENT</b>	» 12 markers per group » 2 goals (markers or plastic bins) per group » 2 or 3 size 4 footballs (or similar) per pair

## Card summary

- » **Start Out CP 08**
- » **Get Into It INV 01**
- » **Get Into It INV 03**
- » **Get Into It INV 04**
- » **Get Into It SF 10**
- » **Finish Up 01**
- » **Finish Up 04**



# 4

Remember, if the game isn't working **CHANGE IT**

## Back-to-back pass

**START OUT CP 08**  
5 MINUTES

In pairs, players are back-to-back and pass a ball to one another. (Play with 4 or more.)

**SKILL FOCUS** *Teaches ball handling and control*

**ADDITIONAL EQUIPMENT** *1 size 4 football per pair*

### Use the activity card, PLUS...

» Use a football for this activity.

**TIPS** » Emphasise that working together and making passes easy to catch is important.

**ASK THE PLAYERS** » How can you make sure you keep the ball moving?  
» Where should you stand to make quicker passes?

**SAFETY** » Make sure there is enough space between pairs.

## Interceptor

**GET INTO IT INV 01**  
5 MINUTES

Two players pass a ball to one another. An opponent between the 2 players attempts to intercept the ball. Players change roles frequently.

**SKILL FOCUS** *Improves passing, anticipating and intercepting*

**ADDITIONAL EQUIPMENT** *1 size 4 football per group*

### Use the activity card, PLUS...

» Use a football for this activity.



**TIPS** » Encourage receivers to keep moving.



# End to end

**GET INTO IT INV 04**  
15 MINUTES

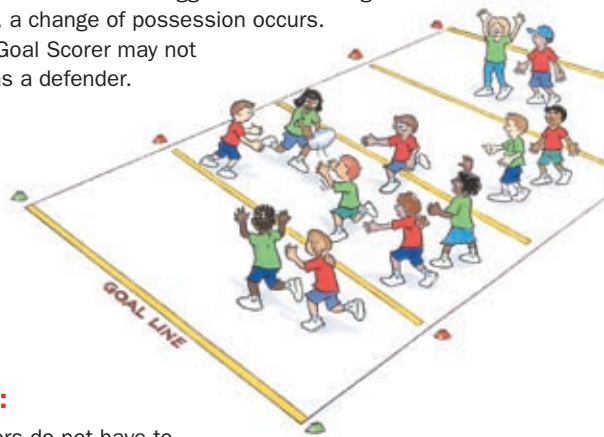
Players from 2 opposing teams are paired off and spread the length of the playing area. On your signal, the player with the ball at one end passes the ball to a team-mate in the next zone. This continues until a goal is scored at the other end. (Play with teams of 6.)

**SKILL FOCUS** *Practises running with the ball, passing backwards, creating space and defending*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

## Use the activity card, PLUS...

- » Players must pass backwards.
- » Players may run with the ball.
- » An attacker may run into adjacent zones if they have possession of the ball. They may only run one additional zone.
- » After entering another zone and passing or playing the ball, they must return to their original zone, and may not engage in play outside of their zone.
- » To score points the Goal Scorer must touch the ball down over the goal line (score a try).
- » If a player is tagged, they must stop and play the ball to a team-mate who continues the game.
- » If the Goal Scorer is tagged before scoring a try, a change of possession occurs. The Goal Scorer may not act as a defender.



## Easier:

- » Players do not have to pass backwards and are restricted to one zone.

**TIPS** » Make sure players spread out and do not crowd the goal scorer.

# Pass and run

**GET INTO IT INV 03**  
10 MINUTES

Players run in parallel down opposite sides of the playing area, passing the ball to each other. Interceptors try to intercept the ball but are restricted in their movements. Interceptors can only run up and down their designated line, as shown. (Play with 8 or more per group.)

**SKILL FOCUS** *Practises running with the ball, passing backwards, catching and intercepting*

**ADDITIONAL EQUIPMENT** *2 or 3 size 4 footballs per pair*

## Use the activity card, PLUS...

- » The ball must be passed backwards.
- » Runners score a try at each end.
- » Interceptors score a point for tagging a ball carrier.



## Harder:

- » Allow players to grubber kick to each other.

**TIPS** » There has to be downward pressure on the ball to score a try.

**SAFETY** » Make sure there is enough space between groups.  
 » Encourage players to use their peripheral vision to avoid collisions with other players.  
 » Do not allow players to dive when scoring tries.

# Beat the ball

**GET INTO IT SF 10**  
15 MINUTES

**A kicking team, a fielding team and 4 bases. A ball is kicked into the field. The kicker runs around the bases holding a ball while the fielders pass the ball around the bases in the opposite direction. (Play in teams of 5.)**

**SKILL FOCUS** *Running with the ball, passing, teamwork*

**ADDITIONAL EQUIPMENT** *6 size 4 footballs per game*

## Use the activity card, PLUS...

- » The ball is kicked off a marker or punted.
- » Fielders pass the ball clockwise around the bases using basic passes.
- » All of the kicking team run anti-clockwise around the bases while holding a ball each.
- » Score a point for each kicker who beats the ball.

### Easier:

- » Pass the ball or use standing grubber kicks to place the ball in the field.



**GRUBBER**



**PLACE KICK**

- TIPS** » Have a high follow-through when kicking the ball for distance.

- ASK THE PLAYERS** » Is it easier to drop punt or kick off a marker?  
» Where should defenders be spread to gather the ball efficiently?

- SAFETY** » Players need to be aware of balls kicked in the air.  
» Do not allow players to kick the ball directly at fielders.

## Freeze frame

**FINISH UP 04**  
5 MINUTES

Players freeze (like statues) in certain positions.

Refer to the activity card...

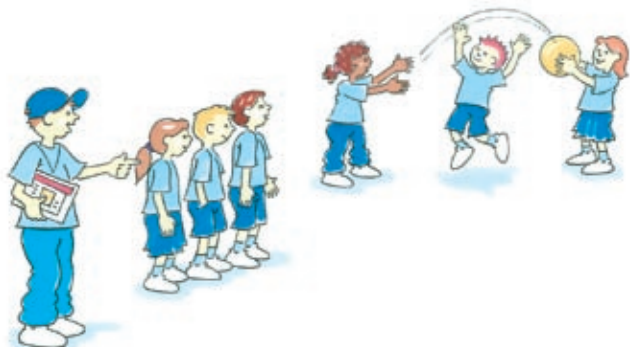


## Let's see it!

**FINISH UP 01**  
5 MINUTES

Short, focused demonstration. Similar to 'What did you learn?', but practical.

Refer to the activity card...



# Lesson 5

**OBJECTIVE** Attacking and defending skills, tap kick

**TIME** 60 minutes

**AREA** Area the size of a basketball court (with end zones for goals), per group of 8 players

- EQUIPMENT**
- » 11 marker cones per group of 5–6 players
  - » 1 ball (size 4 football or similar) per person
  - » 1 set of bibs per group of 8
  - » 1 stopwatch

## Card summary

- » **Start Out WC 03B**
- » **Start Out TG 05**
- » **Get Into It INV 05**
- » **Get Into It INV 13**
- » **Finish Up 03**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

# 5

# Look out for others!

**START OUT WC 03B**  
5 MINUTES

Players run in random directions in a defined area. Players are made aware of the fact that the activity is focused on learning to play safely in the presence of others.

**SKILL FOCUS** *Encourages player and space awareness***Refer to the activity card...****ASK THE PLAYERS** » How can you stay clear of other players?

# Target relay

**START OUT TG 05**  
10 MINUTES

Gates are set up over a course. Players in pairs kick a ball around the course, passing between each gate.

**SKILL FOCUS** *Practises kicking with accuracy and speed***ADDITIONAL EQUIPMENT** *1 size 4 football per player*

## Use the activity card, PLUS...

- » Use footballs.
- » Working in pairs, one player kicks the ball through the first gate.
- » The second player runs alongside the ball, picks it up after it has passed through the gate and then kicks it through the next gate. Repeat this pattern through the course.

**CHIP KICK****GRUBBER**

## Easier:

- » Use volleyballs.

- TIPS**
- » Emphasise that control is more important than speed.
  - » For a grubber kick, kick the ball with your foot close to the ground.

**ASK THE PLAYERS** » How can you predict which way a football will roll?**SAFETY** » Make sure there is enough distance between groups when kicking.

# Buroinjin

**GET INTO IT INV 13**  
15 MINUTES

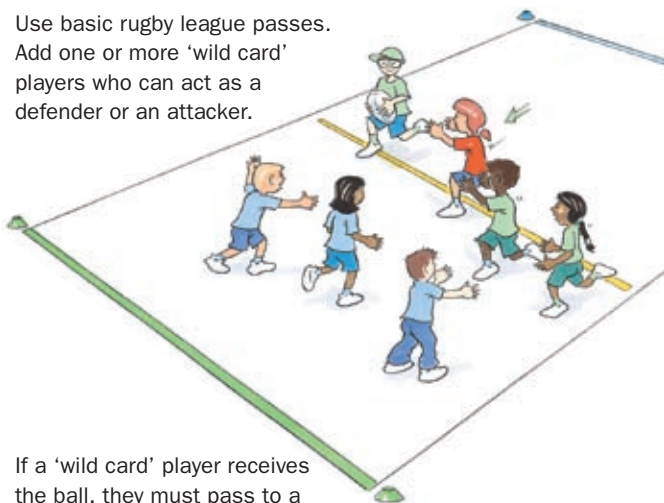
Players pass the ball to one another in an attempt to run across a goal line and score a point. The opposition can intercept to gain possession or lightly touch a player with the ball. (Play in teams of 3–6.)

**SKILL FOCUS** *Focuses on passing, teamwork, finding space and defending*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

## Use the activity card, PLUS...

- » Use basic rugby league passes.
- » Add one or more 'wild card' players who can act as a defender or an attacker.



- » If a 'wild card' player receives the ball, they must pass to a member of the attacking team.
- » Once they release the ball, they may become a defender again.

### Easier:

- » Use volleyballs.

### Harder:

- » Add kicks as a passing variation.

- ASK THE PLAYERS**
- » How can you work together to score a try/cross the goal line?
  - » Where is the best place to intercept a pass?
  - » How can you work together to intercept a pass?

# Defenders on the line

**GET INTO IT INV 05**  
20 MINUTES

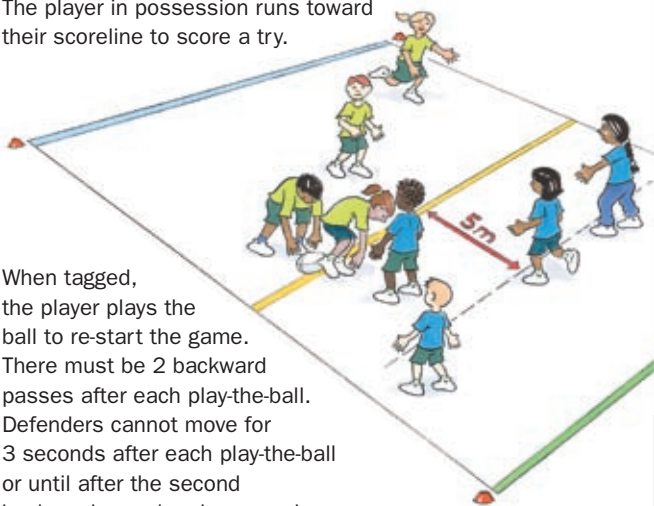
The playing area has a scoreline at each end. The team with the ball aims to pass the ball over their opponents' scoreline. Teams are allowed 3 minutes' possession. (Play in teams of 4.)

**SKILL FOCUS** *Practises attacking, defending, teamwork and the tap kick*

**ADDITIONAL EQUIPMENT** *1 size 4 football per player*

## Use the activity card, PLUS...

- » Start play with a tap kick.
- » The player in possession runs toward their scoreline to score a try.



- » When tagged, the player plays the ball to re-start the game.
- » There must be 2 backward passes after each play-the-ball.
- » Defenders cannot move for 3 seconds after each play-the-ball or until after the second backward pass has been made.
- » One player can mark the player playing the ball.

## Easier

- » Use volleyballs.

## Harder

- » Allow grubber kicks in general play. Team-mates must be behind the kicker (that is, onside).

**TIPS** » When kicking, control the ball drop so that it does not wobble through the air onto the foot.

**ASK THE PLAYERS** » Is it better to pressure the passer or the receiver when defending?



# Four corners

**FINISH UP 04**  
5 MINUTES

Players choose a corner to stand in and, as the game continues, must move to the middle.

Refer to the activity card...



# What did you like?

**FINISH UP 03**  
5 MINUTES

This is your chance to do some 'customer surveying'.

Refer to the activity card...



# Lesson 6

<b>OBJECTIVE</b>	Attacking and defending skills, introduction to modified game play
<b>TIME</b>	60 minutes
<b>AREA</b>	Area the size of a basketball court
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 8 markers per group of 6–8 players</li><li>» 2 bins per game</li><li>» 1 size 4 football (or any suitable ball) per pair</li><li>» 1 set of bibs per group</li></ul>

## Card summary

- » **Start Out WC 08A**
- » **Start Out WC 09**
- » **Get Into It INV 13**
- » **Get Into It TG 12**
- » **Finish Up 02**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

# 6

## Partner tag

**START OUT WC 08A**  
5 MINUTES

Players are paired off. On your signal, one player — the tagger — tries to tag the other player. At the same time, all the other pairs are doing the same thing, taggers are trying to tag their partners.

**SKILL FOCUS** *Practises attacking and evasion skills, including dodging*

**ADDITIONAL EQUIPMENT** *1 size 4 football (or similar) per pair*

### Use the activity card, PLUS...

- » Players being chased have a football in their hands.



- TIPS**
- » Carry the ball in both hands in front of the body at chest height.
  - » When dodging, players need to look as though they are going to run straight into their opponent, then push hard off one foot to change direction.
  - » When dodging, transfer the ball into the outside hand and brace under the arm.

- ASK THE PLAYERS**
- » Does it matter how fast you run when you are trying to dodge an opponent?
  - » Is it harder or easier to run with the ball in two hands?

- SAFETY**
- » Do not allow tagging above shoulder height.

# Warriors and Dragons

**START OUT WC 09**  
10 MINUTES

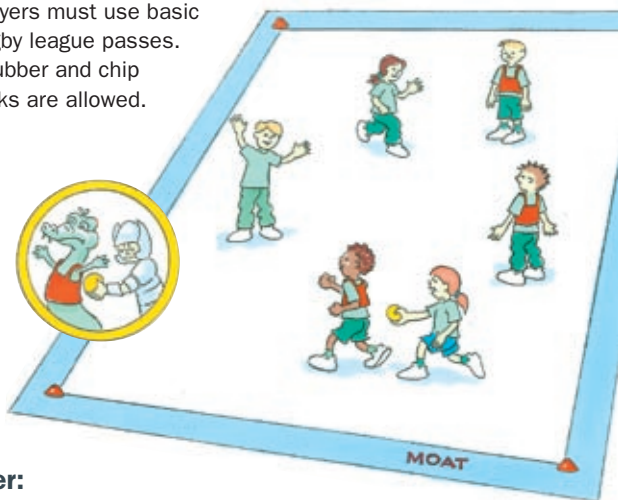
One team called **Warriors** passes a ball to other **Warriors** and tries to tag an opposition called **Dragons**. If **Dragons** are tagged, they become **Warriors**. When all the **Dragons** are caught, the teams swap over.

**SKILL FOCUS** *Focuses on passing, kicking, dodging and teamwork*

**ADDITIONAL EQUIPMENT** *1 size 4 football (or similar) per game*

## Use the activity card, PLUS...

- » Players must use basic rugby league passes.
- » Grubber and chip kicks are allowed.



### Easier:

- » Introduce a second ball into the game.
- » No kicking is allowed.

### Harder:

- » Taggers cannot run with the ball.

- TIPS**
- » Emphasise that communication is very important.
  - » Make eye contact with team-mates before passing.

- ASK THE PLAYERS**
- » What is the quickest way to tag a player – by using passes or kicks?
  - » If you kick, how can you make sure your team-mate catches the ball?

- SAFETY**
- » Taggers must not throw or kick the ball at players.
  - » Players must be aware of kicks in the air.

# D1 and D2

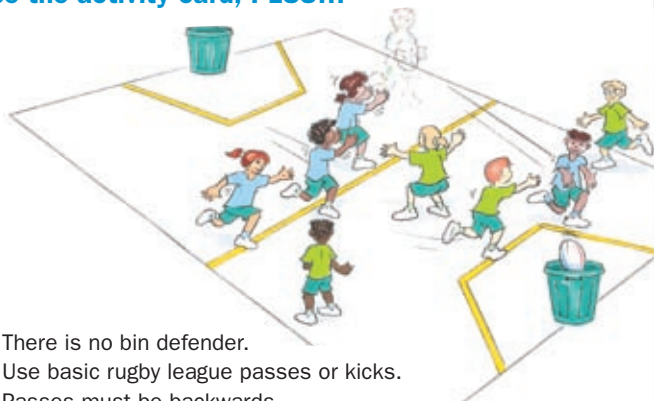
**GET INTO IT TG 12**  
15 MINUTES

**Form 2 teams with a bin in a goal circle at each end.**  
**The team with the ball passes it to team-mates until one is close enough to a bin to pass or kick a goal.**  
**(Play in teams of 4–6.)**

**SKILL FOCUS** *Practises accurate passing and kicking to hit a target*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*  
*2 bins for targets*

## Use the activity card, PLUS...



- » There is no bin defender.
- » Use basic rugby league passes or kicks.
- » Passes must be backwards.
- » Team-mates must be behind the kicker (that is, onside).
- » Play begins with a place kick from one team to the other.
- » Players play the ball when tagged.
- » All team-mates must touch the ball before having a shot at the target.

- TIPS**
- » The ball is dropped onto the foot in a horizontal position for grubber kicks and almost vertical position for chip kicks.
  - » The ball is kicked with a bent knee for grubber kicks and a straight knee for chip kicks.
  - » The hand on the kicking side is the last to leave the ball.

- ASK THE PLAYERS**
- » How is the kicking technique different for chip and grubber kicks?
  - » Is it better to kick or pass the ball to score quickly?
  - » Where should you place the kick?

- SAFETY** » Players need to be aware of kicks in the air.

# Buroinjin

**GET INTO IT INV 13**  
20 MINUTES

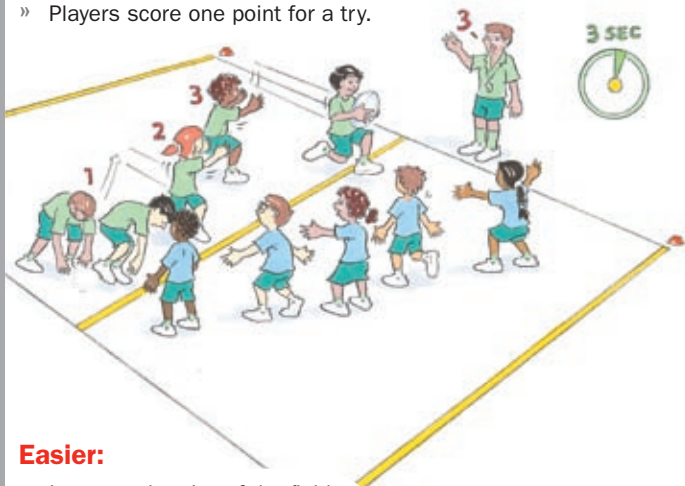
Players pass the ball to one another in an attempt to run across a goal line and score a try. The opposition can intercept to gain possession or lightly touch a player with the ball. (Play in teams of 4–8.)

**SKILL FOCUS** *Practises passing, kicking, dodging and finding space*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

## Use the activity card, PLUS...

- » Use basic rugby league passes or kicks and pass backwards.
- » Play begins with a tap kick.
- » Players play the ball when tagged — you call how many play-the-balls each team has.
- » Teams aim for at least 1 backward pass after the first play-the-ball, 2 backward passes after the second play-the-ball. Continue up to 6 play-the-balls.
- » Defenders cannot move for 3 seconds after the play-the-ball.
- » Players score one point for a try.



### Easier:

- » Increase the size of the field.

- ASK THE PLAYERS**
- » How can you work together to score a try/cross the goal line?
  - » How can you work together to intercept a pass?

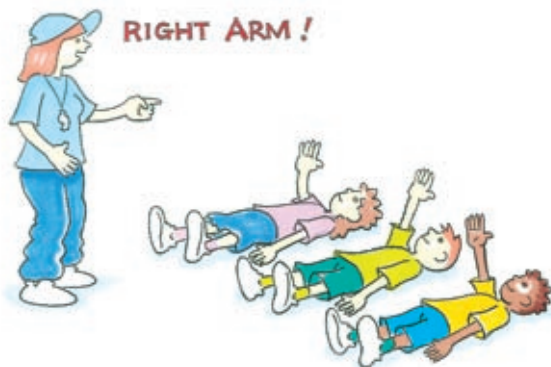
- SAFETY** » Do not allow diving when scoring a try.

## Left or right

**FINISH UP 02**  
5 MINUTES

Players lie on their backs and perform left or right limb movements following your call.

Refer to the activity card...

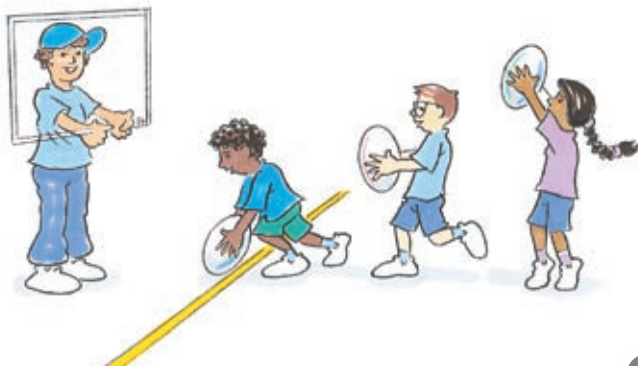


## Video ref

**FINISH UP 04**  
5 MINUTES

Children mime rugby league actions in slow motion.

Refer to the activity card...



# Lesson 7

<b>OBJECTIVE</b>	Passing, catching, kicking, teamwork, ball placement
<b>TIME</b>	60 minutes
<b>AREA</b>	Area approximately 30m x 30m, per group of 10 players (5 v 5)
<b>EQUIPMENT</b>	» 14 marker cones » 1 size 4 football (or similar) per player

## Card summary

- » **Start Out WC 04A**
- » **Start Out CP 03**
- » **Get Into It SF 03**
- » **Get Into It NC 03**
- » **Finish Up 01**
- » **Finish Up 02**



# 7

Remember, if the game isn't working **CHANGE IT**



# Run the circle

**START OUT CP 03**  
5 MINUTES

**Cooperative passing.** Players form a circle with **1 ball**. The ball is passed from player to player after a play-the-ball. (Play with 6 or more.)

**SKILL FOCUS** *Practises playing the ball, passing and catching on the run*

**ADDITIONAL EQUIPMENT** 1 size 4 football per group

## Use the activity card, PLUS...

- » The player who receives the ball plays it to a dummy-half.
- » The dummy-half passes to the person next to them in the circle.
- » The player who played the ball runs behind the person next to them in the circle and becomes the next dummy-half.



## Harder:

- » Introduce a second ball.  
The aim is for the second ball to catch up to the first.

- TIPS**
- » Make sure players place the ball on the ground before trying to roll it backwards with their foot.
  - » Make sure the dummy-half is in position before the ball is rolled.

- ASK THE PLAYERS**
- » How far should you roll the ball when playing it?
  - » How can you make the play-the-ball quicker?

# Throw, throw, throw

**START OUT WC 04A**  
5 MINUTES

Two groups of equal size face each other. Each player has a ball. On your signal, players throw their balls over a line in the direction of the opposite team. After a set period, balls are counted to see who has the fewest balls.

**SKILL FOCUS** *Short, sharp energiser that improves passing and kicking*

**ADDITIONAL EQUIPMENT** *1 size 4 football per player*

## Use the activity card, PLUS...

- » Use footballs.
- » Use basic rugby league passes or grubber kicks.

**BASIC PASS****GRUBBER KICK**

## Easier:

- » Players are only allowed to pass the ball, not kick it.
- » Use lighter, bigger balls (such as a beach ball or soft foam ball).

**TIPS** » Players should position themselves side-on to pass.

**ASK THE PLAYERS** » What technique allows you to pass furthest most accurately?

**SAFETY** » Use grubber kicks only.

# Runners v passers

**GET INTO IT SF 03**  
20 MINUTES

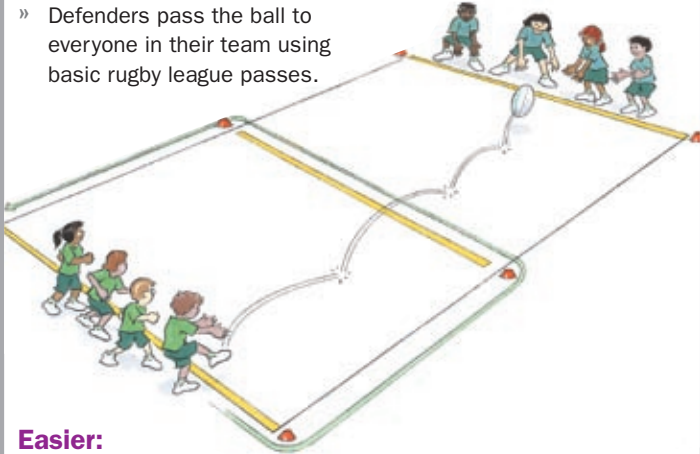
Form an attacking team and a defending team. The first attacker kicks the ball into the playing area and the entire team runs around markers. The defenders gather the ball and pass it to everyone in their team. When all the defenders have touched the ball, they call out 'STOP!'. (Play in teams of 4 or more.)

**SKILL FOCUS** *Focuses on passing, catching, kicking, teamwork and ball placement*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

## Use the activity card, PLUS...

- » The ball is kicked off a marker or punted.
- » Defenders pass the ball to everyone in their team using basic rugby league passes.



## Easier:

- » Pass the ball or use standing grubber kicks to place the ball in the field.

**TIPS** » Have a high follow-through when kicking the ball for distance.

**ASK THE PLAYERS** » Is it easier to drop punt or kick off a marker?  
» Where should defenders be spread to gather the ball efficiently?

**SAFETY** » Players need to be aware of balls kicked in the air.  
» Do not allow players to kick the ball directly at defenders.

# No-go

**GET INTO IT NC 03**  
20 MINUTES

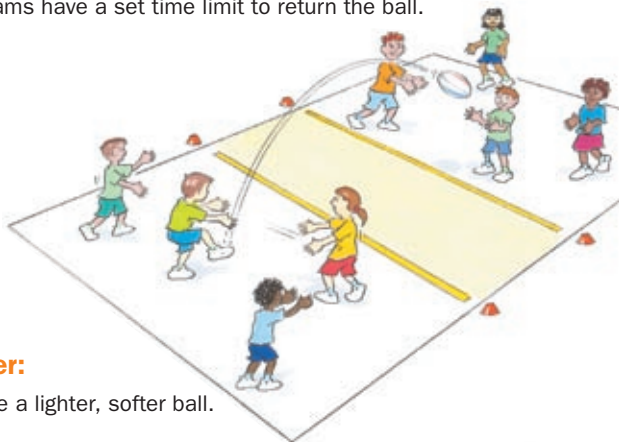
Players are divided into 2 teams separated by a no-go barrier. The ball is kicked across the barrier. The opposing team must catch the ball and kick it back. (Play with teams of 4.)

**SKILL FOCUS** *Focuses on passing, catching, kicking, teamwork and ball placement*

**ADDITIONAL EQUIPMENT** 1 size 4 football per game

## Use the activity card, PLUS...

- » The ball can be passed around for up to 3 passes before a kick is taken.
- » Players kick the ball across the barrier.
- » Alternatively, a play-the-ball is made then a kick is taken.
- » Teams have a set time limit to return the ball.



### Easier:

- » Use a lighter, softer ball.

### Harder:

- » Introduce 2 balls.

### TIPS

- » When preparing to catch a high ball, players should have their hands at chest height, with their thumbs up and fingers spread.
- » Young players can catch the ball by gathering it into their chest.
- » Encourage players to watch the ball into their hands.



**SAFETY** » Keep the fingers pointing back to avoid finger injuries.

## Great work!

**FINISH UP 01**  
5 MINUTES

Pat on the back feedback and encouragement.

Refer to the activity card...

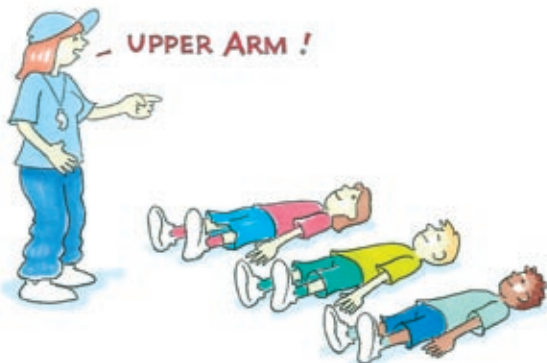


## Relaxation

**FINISH UP 02**  
5 MINUTES

Players concentrate on relaxed breathing and shifting this relaxation to different body parts.

Refer to the activity card...



# Lesson 8

<b>OBJECTIVE</b>	Passing and kicking accuracy, decision-making, teamwork
<b>TIME</b>	60 minutes
<b>AREA</b>	Area the size of a volleyball court, per group of 6 players
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 6 markers</li><li>» 1 large target ball per group</li><li>» A variety of targets e.g. 2-litre plastic bottles with a little sand in the bottom, cricket wickets, buckets or boxes for each group of 3</li><li>» 1 or 2 size 4 footballs (or similar) per player</li><li>» Coloured bibs</li><li>» Optional: a bin or hoop</li></ul>

## Card summary

- » **Get Into It INV 10**
- » **Get Into It SF 07**
- » **Get Into It TG 08**
- » **Get Into It TG 09**
- » **Finish Up 01**
- » **Finish Up 03**

Remember, if the game isn't working **CHANGE IT**



## Keep the ball

**GET INTO IT INV 10**  
5 MINUTES

Two teams of 3 players are distributed over the playing area. The team with the ball aims to make 5 passes between team-mates without the ball being intercepted.

**SKILL FOCUS** *Focuses on passing, catching, defending and teamwork*

**ADDITIONAL EQUIPMENT** *1 size 4 football per game*

### Use the activity card, PLUS...

- » Use basic rugby league passes.



# Bombard

**GET INTO IT TG 08**  
10 MINUTES

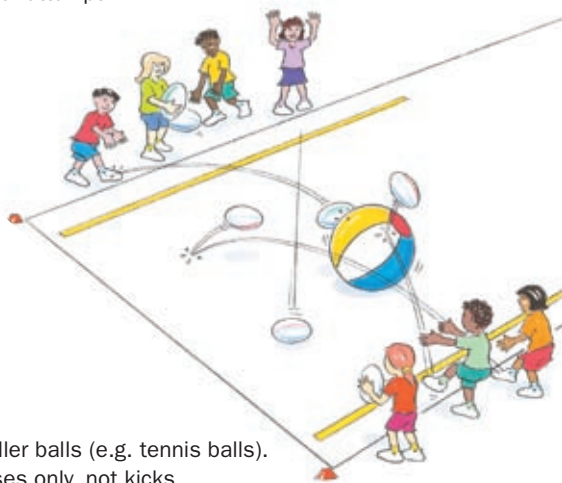
**Two or more teams facing each other pass or kick a football at a large target ball and try to move the target ball over their opponents' goal line. (Play in teams of 4–6.)**

**SKILL FOCUS** *Focuses on passing and kicking accuracy, tactics and teamwork*

**ADDITIONAL EQUIPMENT** *1 or 2 size 4 footballs per player*

## Use the activity card, PLUS...

- » Use basic rugby league passes or grubber kicks.
- » Once all the balls have been thrown or kicked (1 or 2 attempts per player), you call 'STOP!' and all the balls are collected for another attempt.



### Easier:

- » Use smaller balls (e.g. tennis balls).
- » Use passes only, not kicks.

### Harder:

- » Reduce the number of balls per team.
- » Reduce the size of the target ball.

**ASK THE PLAYERS**

- » How can you pass the ball to get better speed and distance?
- » Which is more accurate, passing or kicking?

**SAFETY**

- » Players need to be aware of passes and kicks coming from the other team.
- » Players cannot collect the balls until you instruct them to.



# Hit 4 and go

**GET INTO IT SF 07**  
20 MINUTES

**An attacking player kicks 4 consecutive balls into the field and then runs between marker cones as many times as possible. When the defenders (fielders) have returned all 4 balls, they call out 'STOP!'. (Play with teams of 4 or 5.)**

**SKILL FOCUS** *Focuses on kicking placement, positioning and teamwork*

**ADDITIONAL EQUIPMENT** *4 size 4 footballs per game  
1 bin or hoop for a target*

## Use the activity card, PLUS...

- » Defenders must accurately pass or kick the balls into a target at home base.
- » Passes and kicks can only be taken outside a no-go area.
- » Defenders receive bonus points if their pass or kick lands in the bin or hoop at home base on the full.



### Easier:

- » Reduce the size of the no-go area.

### Harder:

- » Players cannot run with the ball — they must pass or kick it to another player closer to home base.

- ASK THE PLAYERS**
- » Where will you place the balls you kick — will you scatter them or kick them in one direction?
  - » Will you kick them high or low or make them bounce?

# Hit the target

**GET INTO IT TG 09**  
15 MINUTES

**Targets are set up away from a kicking line.  
Players score points by kicking a ball at the targets.  
(Play in groups of 3 or 4.)**

**SKILL FOCUS** *Improves kicking accuracy,  
decision-making and teamwork*

**ADDITIONAL EQUIPMENT** 2–3 size 4 footballs per group

## Use the activity card, PLUS...

» Use various types of kicks e.g. drop punt and grubber kicks.



**DROP PUNT**



**CHIP KICK**



**GRUBBER**

**TIPS** » Targets should be a suitable distance from the kicking line.

**ASK THE PLAYERS** » Which is the easiest type of kick to control?

**SAFETY** » All players must finish kicking before balls are collected.

## Stay tuned...

**FINISH UP 03**  
5 MINUTES

Short announcements and handouts – where to from here.

Refer to the activity card...



## Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



## Where to from here?

There are many ways you and your players can become involved in rugby league. Below is an outline of some of the programs and resources provided by the Australian Rugby League (ARL) that can help you all get involved.

### LeagueFun

In addition to this book, Australian Rugby League (ARL) Development will supply an eight-week resource called *LeagueFun* to coaches in the Active After-school Communities Program. Community coaches can obtain a copy of *LeagueFun* from their local ARL Development Officer. Visit **[www.arldevelopment.com.au](http://www.arldevelopment.com.au)** for development officer contact details.

### Junior rugby league

Junior rugby league competitions are conducted in all mainland states of Australia. Mini Footy is the modified game for children aged 5–8 years and Mod League are the modified rules for children aged 9–12 years. These rules take into account children's skill level and developmental stage, and aim to maximise participation. League Tag competitions are also run in many regions at different times of the year. If you would like more information about how to join a rugby league team, the first step is to find your local club.

If searching on the internet, the ARL Development web site at **[www.playrugbyleague.com](http://www.playrugbyleague.com)** will guide you to the closest junior club. An alternative web site at **[www.arldevelopment.com.au](http://www.arldevelopment.com.au)** has substantial information about all school and general rugby league development activities. Alternatively, you can contact your relevant state organisation.

### Junior sport policy

Rugby league's Kids to Kangaroos National Plan incorporates the principles of the Australian Sports Commission's Junior Sport Policy to ensure sound pathways

and practices are inherent within the sport. Playing rules are modified to foster a safe playing environment for children and adolescents. All Junior Rugby League competitions are conducted under the Australian Rugby League Code of Conduct. The Safeplay code also governs all junior football up to 15 years of age.

All Junior League officials (including coaches, referees and first aid officers) are accredited through the National Coaching Accreditation Scheme (NCAS).

## More information

For information on rugby league development events or general information (including a comprehensive list of skills and rules), visit **[www.arldevelopment.com.au](http://www.arldevelopment.com.au)**

Alternatively, a phone call to the relevant state organisation (listed here) will set you on the path to join a club:

### Queensland Rugby League

PO Box 434  
Stones Corner QLD 4120  
Ph: (07) 3393 2222  
Fax: (07) 3393 2233  
Web: [www.qrl.com.au](http://www.qrl.com.au)

### NSW Rugby League Academy

PO Box 533  
Narrabeen NSW 2101  
Ph: (02) 9971 0877  
Fax: (02) 9971 0977  
Web: [www.nswrl.com.au](http://www.nswrl.com.au)

### Country Rugby League of NSW

GPO Box 5000  
Sydney NSW 2000  
Ph: (02) 9232 5867  
Fax: (02) 9232 8639  
Web: [www.crlnsw.com.au](http://www.crlnsw.com.au)

### Victorian Rugby League

PO 141  
Parkville VIC 8052  
Ph: (03) 8412 4900  
Fax: (03) 8412 4963  
Web: [www.vrl.org.au](http://www.vrl.org.au)

### South Australian Rugby League

PO Box 146  
Hindmarsh SA 5007  
Ph: (08) 8340 4155  
Fax: (08) 8340 4266  
Web: [www.sarl.leaguenet.com.au](http://www.sarl.leaguenet.com.au)

### Northern Territory Rugby League

PO Box 1198  
Nightcliff NT 0814  
Ph: (08) 8941 1440  
Fax: (08) 8941 0924  
Web: [www.ntrl.leaguenet.com.au](http://www.ntrl.leaguenet.com.au)

### Western Australian Rugby League

PO Box 8650  
Perth Business Centre WA 6849  
Ph: (08) 9228 9275  
Fax: (08) 9228 9215  
Web: [www.warugbyleague.com.au](http://www.warugbyleague.com.au)