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TOUCH SOUTHLAND FUNDAMENTAL CORE SKILLS

1. Running with, Tapping & Planting the ball
2. Run-Catch-Pass /Dummy half pass
3. Making a Touch – Running backwards

Year 1&2

ATTACK

- Run fast with the ball in two hands
- Plant the ball correctly once touched
- The role of “Dummy half” is introduced

DEFENCE

- Chase player with ball to make the touch and call out “Touch”
- Concept of running backwards (5m) to get onside post touch is introduced

Year 3&4

Players in year 3-4 can vary in ability so it is important to cater to the level of your players

ATTACK

- Introducing the concept of using six touches when in possession of the ball – ***up for three, out for three****
- Introduce player with the ball having the option of passing to a team mate
- Keeping players in their own space on attack and defence – the concept of players spreading across the field, at this level aim for your players to be 3-5m apart from each other to ensure players are able to pass the ball if needed.

****Up for three, out for three*** - team in possession of the ball uses the first three touches to run forward and get closer to the try line, for this to be successful players need to run straight forward and let the defenders touch them, followed by quickly planting the ball. Another player needs to be in close support to execute a pass straight from the ground (dummy half). The last three touches, focus on players trying to attack space out wide through using 1-2 passes and/or the ball carrier running into holes.

DEFENCE

- Players learn to come forward together once onside, and once the ball is caught by attacking receiver
- Concept of sliding is introduced – create the image players on defence are connected by a piece of rope, all players move together to wherever the ball goes

Year 5&6

ATTACK

- Positions on the field introduced – middles/links/wings, progression of keeping space across the field
- Introduce dummy half picking the ball up and running on the 5th touch (scooping) as an attacking move to get in behind the defence

DEFENCE

- Begin to scan and understand who is marking the person with the ball at any given time (*Progression for teams who become very good at the above*) – introduce the person marking the ball carrier as the “Point” defender, that player moves forward in front of everyone else to make the touch, allowing other players to get onside early and be ready to come forward for the next play
- Build on a sliding defence – players are introduced to forcing the player with the ball back to the inside, making sure players on defence are not beaten or run around on their outside (side closest to the side-line)