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Level Two Coaching Accreditation



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Introduction

The Australian Ozttag Sports Association (AOSA) has recognised the critical role Coaches play in fostering the development of our athletes both on and off the field and as such the Ozttag Level Two Coaching Course has been developed to provide Coaches who are passionate about the Game, have a desire to develop the skills of our young players and to provide a fun, safe environment where they are continually learning new skills and leave the session wanting more.

Becoming an accredited coach is an important step in ensuring that you are providing a quality service to all players.

By undertaking this course, you will be trained in applying more advanced coaching principles for Ozttag, obtain access to basic, intermediate and more advanced skills, drills and games that are best suited to Ozttag and gain an understanding to some of the Laws of the Game.

The course is delivered online with a 90% pass mark of the multiple-choice questionnaire required for Accreditation to be provided.



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The Game of Oztag

Oztag is an International sport played by men, women and children of all ages who play in competitions and tournaments at local, state, national and international level.

Local competitions and leagues are played all over the World, with the largest participation levels being in Australia, New Zealand, Ireland and Great Britain.

Oztag is a non-tackling game with the standard dimensions of a senior playing field being 70m x 50m. This means that 2 Oztag fields fit on a Rugby League/Union or soccer field. At International Tournaments there is a scoring box that is 5m wide within the in-goal area of the field and if teams happen to score within that scoring box, they are given a bonus point which enables the games to remain close.

There are eight players on the field per team, with teams usually having 12 – 16 players in total who interchange amongst each other throughout the game.

A minimum of 5 players are required for each team before a game can commence.

Players wear shorts with a Velcro patch on either side of the shorts at hip height. A strip of cloth, known as a Tag is attached to this Velcro patch and defenders are required to remove one or both tags whilst the attacking player is in possession of the ball for it to be regarded as a tag. There are 6 tags per set before the attacking team are required to hand over the ball. The object of the game is for the attacking team to score as many tries as possible or at the very least to promote the ball down the field and get as close to the oppositions try line as possible.

In Oztag, the ball is allowed to touch the ground as long as it is not propelled forward of an attacking player's hand and regathered to which a knock on would be called.

Teams kick off with a place kick from half way to commence play and the scoring team restarts play in the same manner after a try has scored. Line drop-outs are taken from the centre of the try line if the ball is kicked dead by the attacking team. Kicking in general play is allowed as long as it is not kicked above the shoulder height of the referee. Games are usually played over 40 minutes, 2 x 20-minute halves although these may vary depending on the age of the players and various conditions.

The game is fast-paced and exciting with attacking players making it extremely challenging for the defenders to remove the Tag with their evasive skills and attacking ability. The act of "tagging" is a definite act and definitely makes it easier for referees when determining whether a player was tagged or not.

The game is referred to as a non-contact sport, and the rules are designed to minimise the amount of contact, for example you as an attacker cannot run straight



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at a defender, you must run at the gap/space. Similarly, the onus is also on defenders to avoid making contact by not impeding the progress of an attacking player. Ultimately, the player deemed by the referee to initiate contact, will be penalised

There are representative opportunities for all players from a local level all the way through to Australian teams with players being able to compete at State and National Championships as well as World Cup Tournaments. This course aims to provide accreditation for coaches who aspire to coach at Junior/Senior State Cups and National Championships.



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Basic Terms

Ball Carrier: The player in possession of the ball

Play the Ball: When the player places the ball on the ground and uses his foot to roll the ball backwards to the player positioned behind them (dummy half)

Marker: The player from the defending team who stands directly in front of the opposition player who is playing the ball

Dummy Half: The player receiving the ball in a play the ball

Passing: When a player gives/distributes the ball to another player. The ball must travel backwards out of the hands of the person passing the ball

First Receiver: The first player to receive a pass from the dummy half

Try: A try is scored when a player grounds the ball over the oppositions try line. The scoring player must be in control of the ball and use downward pressure when grounding the ball

Forward Pass: A pass in which the ball is thrown out of the hands in the direction of advance towards the oppositions try line

Dummy: A player "throws a dummy" when they pretend to pass the ball to a team mate however continues to hold the ball themselves

Catching: When a player receives a pass or kick using their hands

Kicking: Where a player moves the ball in any direction with their foot – this is generally in a forward direction.

Tap Kick: When a team is given a Penalty a player from the attacking team will tap the ball with his foot, then picks it up and has the ability to then run, pass or kick the ball.

Grubber Kick: Where the ball is kicked by an attacking player along the ground, below the height of the referee's shoulder. The ball once kicked may bounce above the referee's shoulder height however this may only occur if the ball has made contact with the ground first

Drop Out: Where the ball is kicked after briefly touching the ground before the foot makes contact. This is generally a restart of play if the defending team has made an error in their in-goal area.



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Place Kick: This kick starts play at the beginning of each half or after a team scores a try. The kick is taken from the half-way line in the middle of the field with the ball being kicked from the ground.

Making a Tag/Tagging: Is where a defender removes the tag/s from an attacking player's shorts which leads to either a Play the Ball or handover if it is deemed the last tackle by the referee

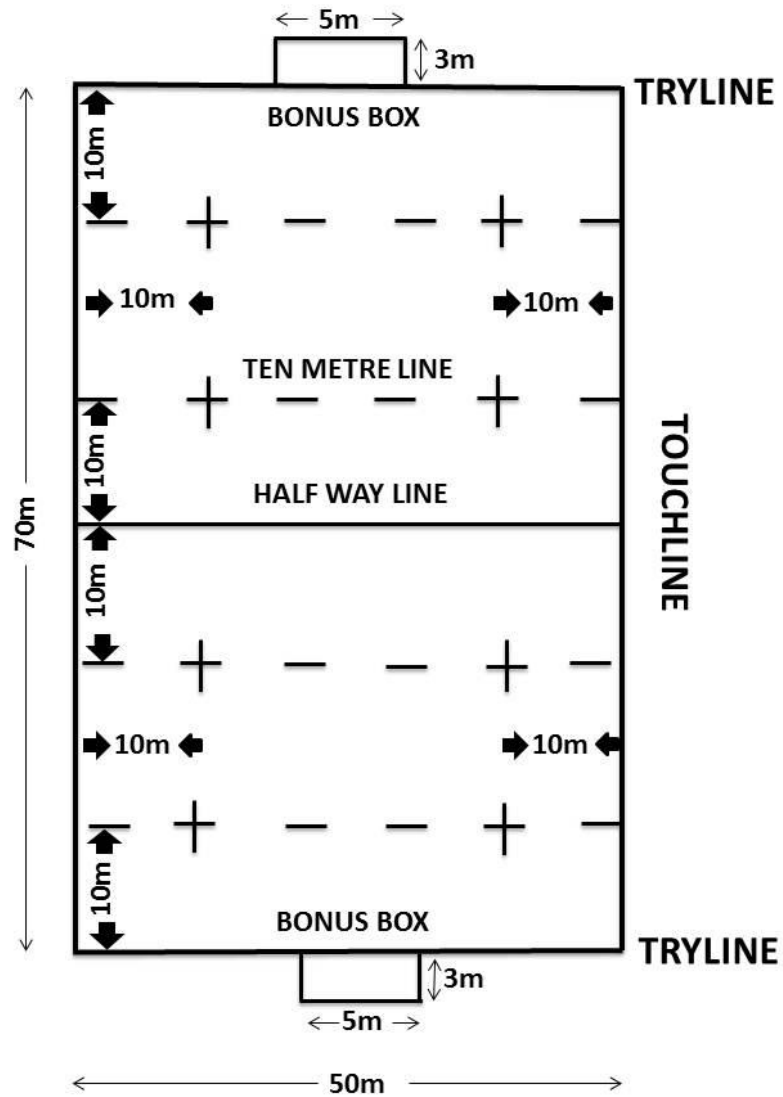
Knock On: When a player propels the ball forward of their hands or arms and it makes contact with the ground or another player. This action will constitute a Knock On

Change Over: The handing over of the ball to the opposition



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TAG PLAYING FIELD





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General Questions

1. How long is a Tag playing field?
 - a) 50m
 - b) 70m
 - c) 100m
 - d) 65m
2. How many tags should a player wear to start a game of Tag?
 - a) 1
 - b) 0
 - c) 3
 - d) 2
3. What is the minimum number of players required on the field to start a game of Tag?
 - a) 8
 - b) 6
 - c) 5
 - d) 4
4. How is a game of Oztag generally started?
 - a) A tap start
 - b) A play the ball
 - c) A centre bounce
 - d) A place kick
5. How is the winner of a game of Tag decided?
 - a) Referee
 - b) Least amount of tries scored
 - c) Most amount of tries scored
 - d) Scissors, paper, rock



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6. What is the correct position of the tags on a players shorts/tights?
 - a) Sideways
 - b) Straight down
 - c) Upside down
 - d) All of the above

7. How high can a ball be kicked in general play?
 - a) Shoulder height of the tallest player in the game
 - b) Shoulder height of the referee
 - c) The height of the goal posts
 - d) Hip height of smallest player on the field

8. What action is required for a player to have scored a try?
 - a) Simply run across the try line with the ball in hand
 - b) Placing the ball on the ground over the try line with control
 - c) Throwing the ball over the try line
 - d) Rolling the ball in the in-goal area

9. Where does a Marker stand in the defensive line?
 - a) Right next to the referee
 - b) Behind the defensive line
 - c) With the attacking team
 - d) In front of the person playing the ball

10. When running in possession of the ball, attacking players should?
 - a) Run at any defender who gets in their way
 - b) Always kick the ball for themselves
 - c) Avoid contact with opposition players by running into gaps
 - d) Pass the ball to the referee



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The Coach in Action

Oztag is a team sport which means coaches need to have good communication skills and the ability to manage all participants. In addition to their ability to communicate they also need to be very organized ensuring such things as training times and venues, equipment, uniforms and game day arrangements are all set in place or at least have someone allocated to assist with these issues.

As a coach you should be aiming to motivate your players, provide them with the correct information and teaching points that will allow them to train effectively and improve their performance as an individual and a team.

Things to consider when coaching players is

- Do I have the players attention?
- Am I explaining the skill/drill correctly?
- Do the players understand my explanation?
- Is the terminology and skill/drill age appropriate?

A huge plus for any coach is the ability to be able to demonstrate well – this would be considered a priceless gift. Not only does a good explanation make your job as a coach so much easier but a good demonstration provides a visual for your players – they can see what you are wanting them to do and also prevents the long-winded explanations.

Bear in mind, the ability to demonstrate well is a valuable tool as a coach however there are limits and not every sprint coach is going to be able to run 100m in under 10 seconds, so don't feel this is the only way you can get your message across. If you are not feeling confident, consider a preselected demonstrator, allow the players to try themselves or by using visual aids to assist with the demonstration.

The primary role for any good coach is to ensure the players have the opportunity to enjoy an environment where there is an emphasis on having fun, making friends and developing fundamental skills. If this is done right then this will result in positive gains in the development of all the players and a greater chance in those players wanting to come back and play/train each and every week.



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Planning for your training sessions

Planning your training session is a very important part of your job as a Coach. It is encouraged that coaches plan their sessions in a sequential and easy to follow format. It is essential that every session includes variety, appropriate activities and opportunities to practice and progress. The benefits of planning a training session are as follows:

- Allows the coach to provide a session that will be more beneficial for the players
- Alleviates the pressure on the coach when setting up the drills and organizing participants
- Allows for maximum use of time to run the session
- Ensures all resources are available when required
- Includes all players in the drills and activities
- Provides challenging activities that allows for a progressive development of the playing group

Not only is it important to plan your training sessions but consideration should also be given to planning the time in which you have with your team leading up to a competition or tournament and how many sessions you are looking to conduct, the experience of the playing group and what skills, drills and plays would best suit their ability.

When planning a training session, the following should be included:

- **Date** – recording the date will assist with planning future sessions so you know what you have already covered
- **Venue** – not all venues have enough room to accommodate all activities – wet weather could mean having to train inside and modifying your session, having other teams using the fields at the same therefore having access to only half the field
- **Number of players** – this assist with being able to execute your planned drills if you know what your approximate numbers will be. It also helps with the number of resources you need, what size groups you will be using and if you intend on having a game scenario either amongst the squad or against opposition whether this becomes viable for what you are hoping to achieve
- **Age/Ability** – different ages will have different skill levels and ability levels depending on their experience. Preparing your session for age-appropriate players is essential.
- **Duration** – the length of the session will determine how many skills/drills you will get through. Allocating a certain time to each drill or activity will assist in the



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flow of the session. This also means flexibility as a coach is important, if an activity/drill is not working then the ability to adjust and revert to another activity/drill will serve you well.

- **Equipment** – knowing what resources you require and have used for each activity will enable you when planning for future sessions
- **Introduction** – providing the players with a summary of the session, what you are hoping to achieve throughout the session and what is expected from the players throughout the session

Whilst planning your session will assist you in being prepared and confident as to what you are going to do with your team, taking the time throughout the planning phase to know which activities/drills would be most appropriate for your team will create an element of “fun” for the players especially if the players are younger. Having said that, even older players like to have fun so a variety of drills and activities need to be considered.

Consider some of the following when deciding what the session might look like:

- High amounts of Game Based activities
- Having a variety of activities and modifications within the activities
- Minimize the amount of instruction and interference
- Provide the ability for a high level of success
- Allow the players to have input into their experience

The types of activities can be broken down into 3 categories:

Closed activities – these allow players to practice skills in an environment that has no external pressure. These are best done when trying to teach players a new skill and is often overlooked by coaches – it is one of the key aspects of any coaching to ensure the skill can be performed adequately in a closed situation before progressing to an Open Activity or Skill Biased Games.

Open Activities – these allow players to practice skills in an environment that provides external pressures. An example could be a 2 v 1 drill where the closed activity would see the 2 attackers perform the skill with a pole/marker as a defender. This would then progress to an **Open Activity** with the players actually performing the drill against a defending player and having to make decisions as to the type of pass or dummy that is required based on what the defender does.

Skill Biased Games – these allows players to practice skills in a game situation. They have the external pressures of opposition players, have the chance to perform the skill regularly throughout the game whilst making the activity competitive. It also means other skills will be used and developed throughout the games further



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developing the players skill set. They also assist in problem solving for the player – if you find yourself in this situation what are your options??

When using the Skill Biased Games in your session don't feel that the session needs to be perfect and mistake free. Sometimes "embracing the mess" is a positive and will then lead to players learning from their mistakes.

Training sessions don't need to be squeaky clean – in fact most of Oztag's best players are those that have creativity, imagination, vision and the ability to play "what's in front of them" and these skills can only be learned through Skill Biased Games and from making mistakes in pressure situations.

In fact, training is a place where new skills can be practiced – and should be encouraged by coaches with the guidance and support as to how to execute the skill and when the best time is to perform it in a game situation.

The other benefit of Skill Biased Games is they generate healthy competition with your squad. It also develops your players character, confidence and encourages respect and good sportsmanship amongst the playing group.



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Becoming a Better Coach

As we look beyond Oztag and look at some of the most successful coaches, no matter what sport it is, there is one thing they all have in common and that is a hunger for knowledge.

Coaching is an ever-evolving process with further studies into player development and coaching strategies regularly being made available online and not unlike our players, coaches have a competitive nature about them that sees them want to strive to be their best.

The role you play as a Coach is to develop your players and help them improve their performances and be the best they can possibly be, this should be no different for the coach themselves. Developing as a coach is a constant cycle, where identifying a weakness with your team or individual is the first step, working out the skills or drills to assist the team/individual improve that particular part of their game, then assessing or reflecting as to how beneficial the skill/drill was in improving that weakness. Understanding this process and applying it at your training sessions, and seeing the benefits of this application is what coaching is about.

Anybody can read from a booklet or jump online and compile a list of drills for the players to execute at training. A real coach has the ability to identify weaknesses, adjust their thinking and improve that skill set. It may take time to improve the skill set but it is an essential part of coaching.

How does a coach learn?

There are many ways in which a coach can learn and improve their coaching ability. Again your coaching ability is not always measured by your win/loss ratio although it is very hard not to be consumed by that considering most professional sport coaches are hired and fired based on their team results – for some of them it may be warranted, for others it may be a process that is taking time and really depends on many other factors as to where you started with your playing group and the ability of your squad and how long you as a coach need with this particularly group to get the competitive.



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However, since we are referring to coaching Oztag, the 2 Key Learning Areas for coaches include:

Informal Learning – considered the most beneficial form of learning for coaches. It is self-driven and enables the coach to learn on the run. Some of the key ways in which this type of Learning is developed is through:

EXPERIENCE – the most effective way to become a better Coach is to COACH. This is not like most things, the more you do the better you get at it and coaching is no different. Communicating to players and parents becomes easier, improving your drills and skills and ensuring the sessions are a better learning experience for the players becomes second nature.

OTHER COACHES – networking and learning from other coaches either visually or by seeking advice and support.

PLAYERS – You can learn so much from players and this should never be underestimated. Depending on the group and age of the players their development will closely correlate with your development as a Coach

RESEARCH – accessing books or online resources is a very effective way of increasing your knowledge as a Coach. They are generally well written and from highly successful coaches who have managed to reach the top of their sport.

Accreditation Courses – these are courses where you can achieve qualifications and the correct training and support for the level at which you are coaching. It enables you to understand your roles and responsibilities as a coach ensuring player safety and enjoyment are paramount when undertaking a coaching position. Australian Oztag are offering Accreditation Courses for the following Coaching Levels:

Level One – Local Association and School Coaches

Level Two – State and National Championship Coaches

Level Three – International Coaches



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Game Day

Developing a competitive spirit is the essence of sport. Coaches play a significant role in developing this competitive spirit within their teams however it is imperative this desire to win does not come at the expense of your players development, their willingness to enjoy the sport and to feel a part of a team environment.

Coaches should encourage their players to be competitive, be it at training or on Game Day however this should always be done in a respectful manner with the emphasis being placed on good sportsmanship rather than a win at all cost mentality.

It is important for coaches to emphasize to their teams that there are two outcomes of competing – Winning and Losing. That is not only the nature of sport but it applies to life in general. We are not going to always win and we are not always going to lose but we will continue to compete whether it's on or off the field. You as a Coach have a great responsibility to shape the mindset of your players in understanding and accepting the outcomes of games no matter what the result.

This can be done by creating a competitive practice environment allowing the players to continually compete against each other providing feedback focused on their effort and improvement.

It can also be done by you modelling positive behaviour with your players learning traits from you whether you like it or not. This includes attitudes towards match officials, decisions made by match officials (good, bad or indifferent) and not blaming them for any losses.

It is ok to want to win every time you run onto the field or training paddock, it's the acceptance that you may lose and how you play the game which is to be emphasized with a constant focus on learning and growing.



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Oztag Training Session

Date: _____ Venue: _____ Team: _____

Age: _____ No of players: _____ Session time: _____

Equipment required: _____

Warm Up: _____

Skills/Drills/Games: _____

Diagrams:

Cool Down: _____

Feedback on Session: _____



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Assessment task

Prepare a 4-week training plan for your team leading up to the NSW Junior State Cup. You choose the age of your team, the number of sessions you will be coaching them in the lead up to the tournament and the most appropriate drills/skills and games that would suit this age group.

Use the Sample Session Planner on the previous page to assist with the process.

You also have access to many drills from both the Level One Coaching Course and in the Skills and Drills section of the Level Two Coaching Course.

The Australian Oztag website also provides all coaches with an online resource with videos and explanations of drills that suit players across all levels.

Email your Training Plan to mick@oztag.com.au



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Skills and Drills

Warm Up Drills

Quick Release Catch/Pass

Equipment required: 6 markers, 2 x football

Aim: To improve communication skills, hand/eye coordination and passing under pressure

Action: Players in a circle, 1 ball starts at Player 1 and Player 2.

Player 2 throws the ball in the air whilst Player 1 passes to Player 2. Player 2 catches and passes ball received from Player 1 onto Player 3. Player 2's ball that was tossed into the air is caught by Player 2 and then passed onto Player 3 who has tossed first ball received into the air and passes 2nd ball received onto Player 4 – and the drill continues around the circle.

Progression: Change direction, players stand in a straight line with Player 1 after passing the ball having to run to the end of line and so on, add a clap in between passes.



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Square Passing Drill

Equipment required: 4 markers, 4 – 5 x footballs

Aim: Players to execute catch and pass in a clockwise direction and will run to join the back of the line where they just passed the ball to.

Action: Markers placed in a square approx. 8 m apart and 3 players behind each marker.

This can then be done in an anti-clockwise direction

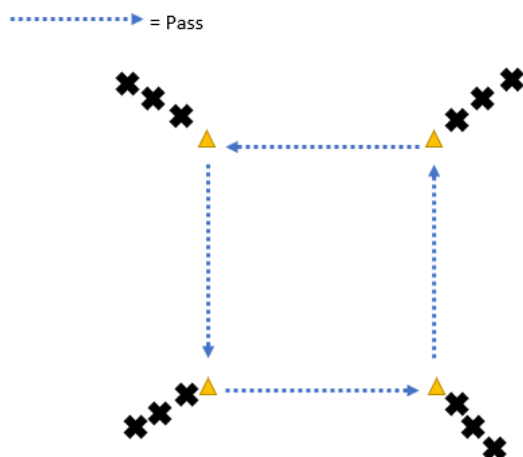
Players will then catch and pass on the run – performing in both directions

Progression: Add 2 balls into drill, add a 3rd ball with players from opposite corners to execute pass in the middle of square.

Key Aspects

- Early catch
- Passing on run
- Type of pass
- Timing
- Communication
- Positioning
- Hand Positioning
- Evasion

Square Passing Drill





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Unders/A Line

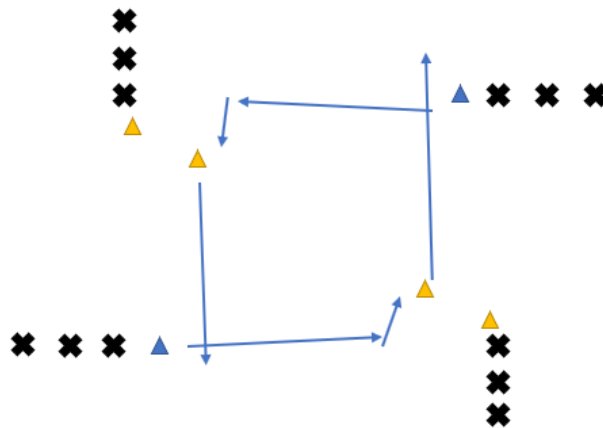
Equipment required: 6 markers, 2 x football

Aim: A passing warm up drill that targets players running the correct lines

Action: Players focus on running the correct lines and executing the appropriate pass depending on the type of play required.

Players to drop off at one corner (A Line) and then run an unders picking up the straight runner who has to get their timing right from the other corner.

Warm Up Drill





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Passing Drill

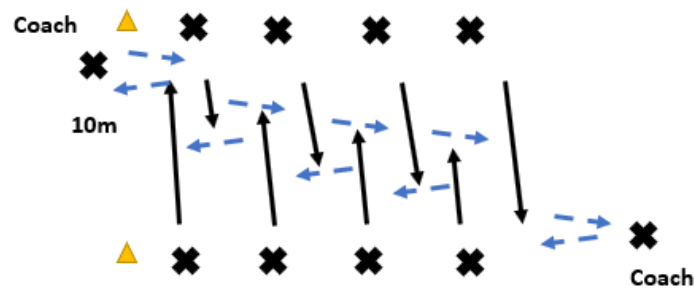
Equipment required: 4 markers, 1 x football

Aim: Passing drill focusing on quick hands and accurate passes

Action: A competitive game where a coach is at either end of the line and players are passing the ball whilst running through. Focus is on catch/pass and speed at which this is executed.

Split group into 2 team and have them compete against each other

Passing Drill





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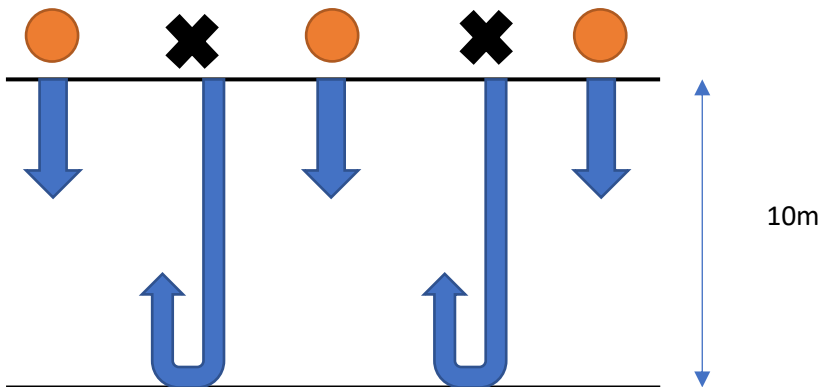
3 v 2

Equipment required: 7 Markers, 1 x football

Aim: Players to execute plays in a 3 v 2 situation

Action: 5 players spaced out on a line, player 2 and 4 run out to the 7m line and turn around, as soon as they touch the 7m line coach passes the ball to 1 of the 3 players remaining on the line, the players then draw and pass the defenders to score on the 7m line.

✘ = Defender ● = Attacker



Key Aspects

- Early catch
- Footwork – Passing on the run
- Type of pass – Short/long
- Communication
- Positioning when receiving pass – Unders /overs



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Playing Down or Up on a Defender

Equipment Required:

2 Poles, 2 Markers, 1 x football

Aim: To single out a defender, create space or numbers

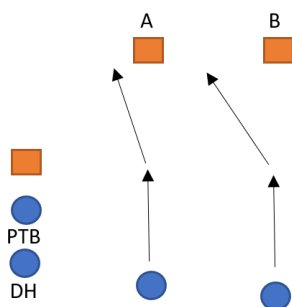
Action: Set up a play the ball ruck with a marker and 2 defenders (Poles)

Players will practice playing down and up, running correct lines/angles

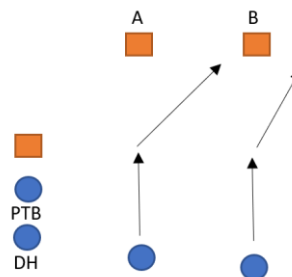
The attacker's job is to move the defenders to create space – eye contact, start going forward then change your angle & tempo.

Communication – relay the message - do your attacking partners know their role?

Playing Down



Playing Up





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Catch & Pass on Marker

Equipment Required: 12 Markers & 1 x Football per 4 players

Aim: To improve catch & pass skills while running

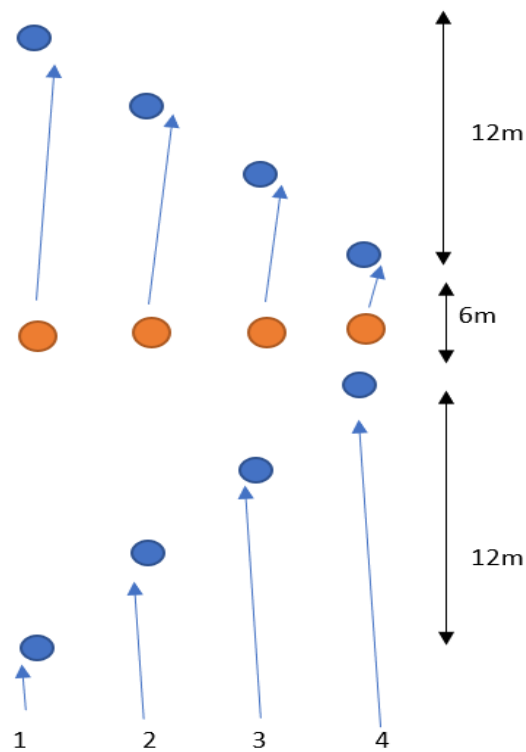
Action: 4 Attackers carry the ball to the marker, playing straight

Each Player must draw and pass on the marker

When they reach the orange marker, players swap markers so you're in a different position (i.e

Player 1 swaps with 2)

When ready go again passing right to left.





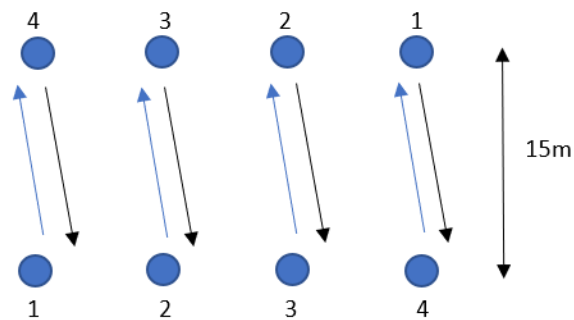
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Kamikaze

Equipment Required: 8 Markers, 2 x Footballs

Aim: To improve catch & pass skills while under pressure

Action: attackers on the marker, Player 1 in each group starts with the ball
Simple catch pass waves, Players must look up, run the right line and chose when to pass the ball
Once the wave is completed, the next group must go, at the same time





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Catch Pass Relay – Warm up game

Equipment:

20 markers, 4 coaches/helpers,

Aim:

To catch a pass as quickly as possible in the one motion while at a reasonable pace making sure there is no adjustment between that of when you catch and when you pass. Make sure your weight is balanced and grip is correct so you could throw a dummy if you needed too.

Action:

Place 4 markers opposite each other 10m apart. Then place 1 marker about 1m to the side of those 2 horizontal lines of 4 and 5m towards the middle forming a hexagon shape.

Mirror this about 15m apart on the opposite side of the field. These 2 teams of 8 will race against each other.

One of the coach/helpers starts by passing it to the first player closest to them in the groups of 4, They go through the hands running straight towards the other markers in front of them.

Once they have gone through the hands, they hand it off to the coach who then passes it to the first receiver of the group that hasn't had a go and then they do the same.

Nominate a number of laps to do and the first one to complete it wins. No forward passes or drops otherwise disqualified.



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Catch Pass while moving defenders

Equipment Required: 8 markers, 1 x football.

Aim: Catching and passing while trying to move defenders to create space for your team mate. incorporating vision and reacting to defenders to choose the right pass or dummy option. Teaching teammates what hole to run into and the timing involved.

Action: 4 on 4 drill designed to simulate a game-based scenario. Player receiving the football will go straight first and then try to skip to the outside of his opposite defender.

Once the player with the ball skips to the outside of his opposite defender, his team mate will then react by dropping back under the player with the football to hold up the first defender from sliding across to help his team mate defend.

If the player with the football does not pass to his team mate dropping back under then he must straighten to the inside shoulder of the second defender.

The player in the position of link is to be running straight at his opposite defender (3rd defender) and time his run so when the player with the ball straightens at the second defender's insider shoulder and releases his pass the person attacking in the position of link changes his line to run to the outside shoulder of his opposite defender.

The link will then have two options;

1. If the opposite defender slides out with them then they should step back to their inside shoulder.
2. If the pass beats the defender then they have to choose to pass (if the opposition winger cones in) or dummy and go (if the opposition winger stays out).

Players can rotate positions and alternate what they do but the principle needs to stay the same in regards to what defender they are getting to and which way they are going to move them. Then how their teammates need to react and what hole/line they should be hit/run.



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Kicking

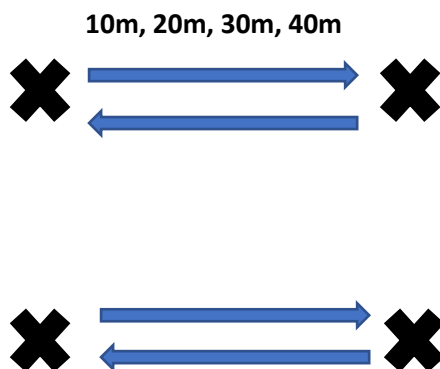
Partner Kicking

Equipment: 1 x football, 10 markers

Aim: To get the correct technique to kick the ball long

Action: Partners start opposite each other 10m Apart. Players perform 5 Kicks each ensuring the "Ball drop" action onto the foot is done correctly. Educate players on the correct hand position and where on the foot you should be kicking the ball. Once 5 kicks have been completed increase distance of kick to 20m, 30m & 40m apart

Progression: kick with non dominant foot for 10m and 20m distances





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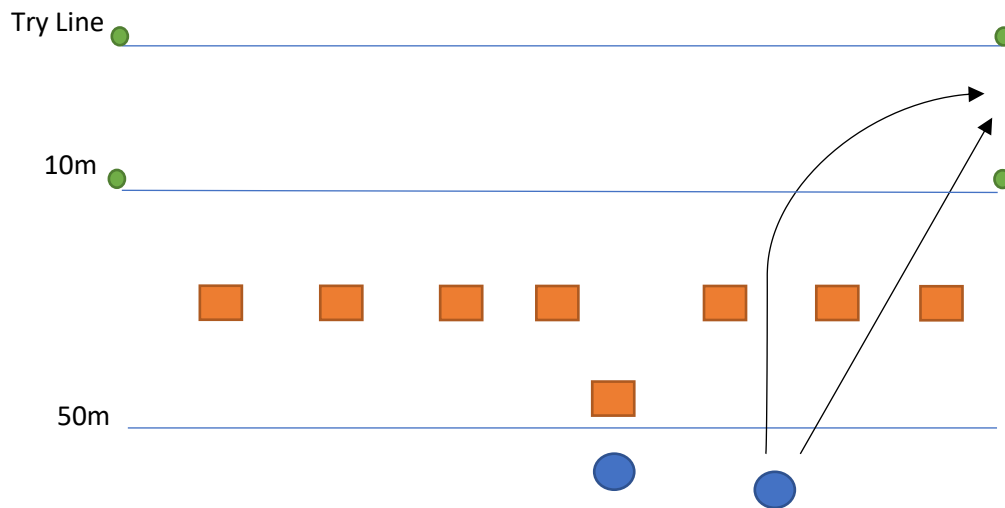
50/10 Kicking

Equipment required: 1 x football, 4 markers, 6 poles

Aim: To practice the weight and accuracy of your kicks

Action: Practice kicking a 50/10 with poles as defenders
Try to find the gap and get the right angle/weight on kick
Practice from the preferred play the ball position

Progression: Add pressure to the kick from the marker
Replace poles with defenders





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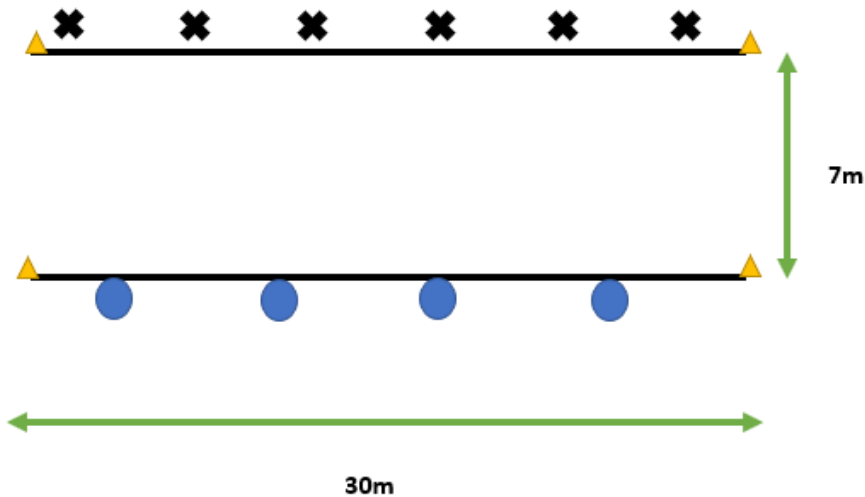
6 attackers v 4 defenders

Equipment required: 1 x football, 10 x Players with Tags on, 4 x markers

Aim: Defending team works on maintaining spacing and working together as a unit by communicating to their team mates. Attacking team get the chance to execute their plays under time constraints.

Action: Attacking team tests the defensive team by running plays against them. Attacking team gets 3 plays at defensive team before restarting again. Attacking team maintains possession for 2 minutes and then rotate players into different roles.

6 v 4





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A - Line

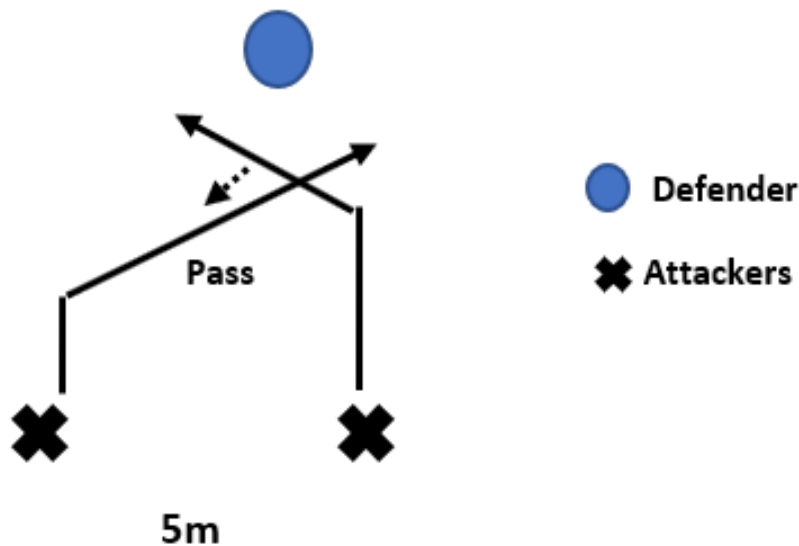
Equipment required: 1 x football, 5 markers

Aim: For players to understand roles and responsibilities when trying to run an A-Line

Action: Ball Carrier aims to square up defending player and changes direction – generally an overs line trying to get the defender to chase hard to execute the tag. Outside support runner waits until he sees the defender chasing hard and looks to change angles, cutting under the ball carrier. Ball carrier to provide a soft “pop” pass making it easier for the support runner to catch. Once the support runner has gained possession, the line in which they run is determined by the defensive team - either runs a hook line if the inside defender is not tying in or uses footwork to cut back inside if the inside defender is closing the gap. Support runner can also look to link up with other support runners on the other side of where the play was executed – maintaining the ball in two hands and giving themselves numerous options to continue the play.

Tempo of the initial ball carrier is important – has to definitely attract the defender to chase him hard – if this fails to happen then the ball carrier then looks to execute an Overs 2 v 1 situation with support runner maintaining their line and hitting the Gap outside of the B Defender

A Line





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Wrap

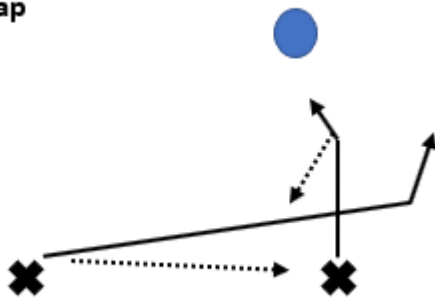
Equipment: required: 6 markers, poles, 2 x footballs and tags

Aim: For players to understand roles and responsibilities when trying to run a Wrap play

Action: Ball carrier (holding ball in 2 hands) must square up defender and get them engaged to make the tag. Wrapper comes late and must wait for the defender to be moving towards ball carrier before starting to change his line.

The pass from the ball carrier is important - a soft "pop" pass (non spiral) enabling the wrapper the best opportunity to catch the ball. Wrappers line and what options are available to him/her after the Wrap has taken place is also important (support runners). Tempo of the ball carrier is essential and the ability to engage the defender and take them away will assist in the WRAP being executed effectively.

Wrap





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3 v 2 Decision Making

Equipment required: 5 markers, poles (if available) and 1 x football

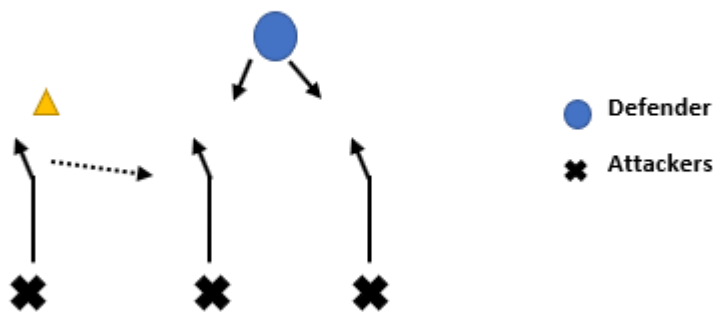
Aim: For players to be able to execute various plays in a 3 v 2 situation and then as they develop be able to execute based on what the defenders do

Action: 1st receiver plays at the line running Unders Line on Pole. Support player 1 and 2 are hitting gaps, whilst defensive player is making a decision as to which support runner he is going to pass to and the ball player has to then execute the best play based on what the defender does.

It's important the ball player positions themselves to be able to execute a range of different passes, long/short or soft/hard. It is not always about guessing what the defender is doing - the ball player needs to use their peripheral vision to see what action the defender is taking. Whilst the focus on the drill is on what the ball player is doing and the lines being run by the support players, the defenders are able to get plenty out of the drill by working on their decision making and ability to deny the attacking team a chance at scoring a try or making a break.

Progression: Replace pole with another defender and have attacking players work against 2 active defenders. Suddenly ball carrier can start to execute other plays including: quick hands, face ball, short ball to 2nd receiver, A Line, A with a tip on, Double A, Dummy A for a grubber kick. The ball carrier also has the option of dummyming and going himself.

3 v 2





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5 v 5 Fitness Drill

Equipment required: 20 markers, 1 x football and tags

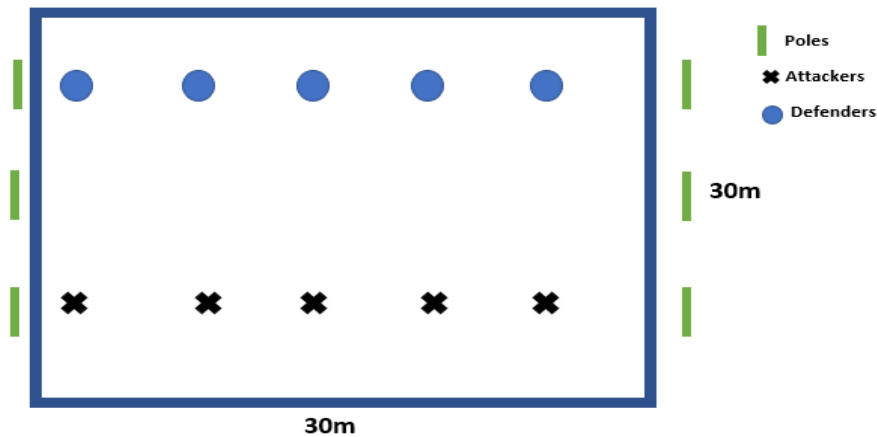
Aim: To bring a fitness element into a Game situation – defenders have to work hard and communicate while attackers are looking to assess the situation and aim to take advantage of having extra players in attack

Action: Teams of 5 competing against each other – defensive team are at a disadvantage because when a defending player makes a tag, they are required to run outside the field of play around any one of the 6 poles/markers positioned along the sideline. Attacking team will generally be playing against 3-4 defenders therefore should be able to execute some plays and take advantage of the extra numbers.

The defensive team has to work together, and also be able to adjust defensively once players come back from running around the poles.

Normal Oztag rules apply

5 v 5 Fitness Drill





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8 v Countdown

Equipment required: 20 markers, 1 x football and tags

Aim: Defenders to work on communicating and working together as numbers in the defensive line reduce. Attackers to focus on scoring tries against the opposition with minimal errors.

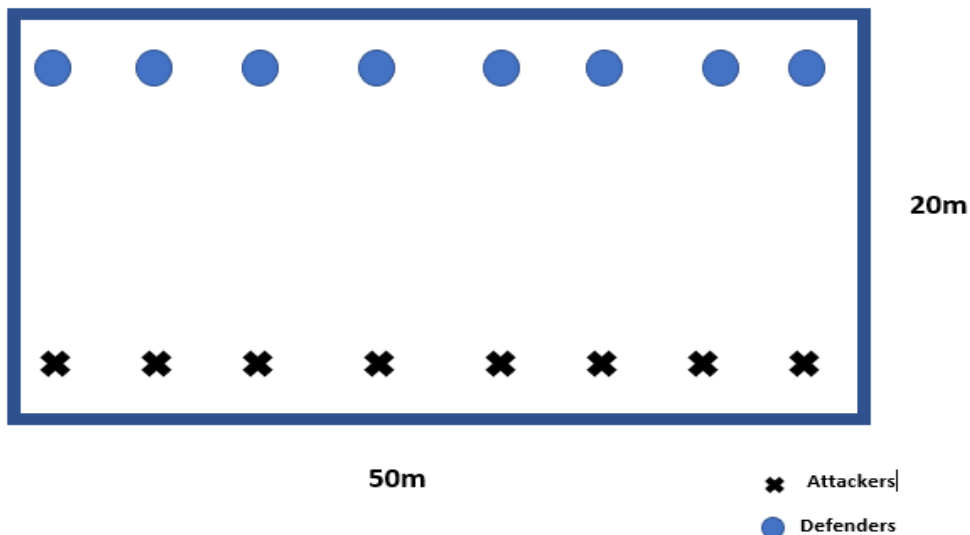
Action: Attacking team has the chance to run 3 plays against the defensive team 8 v 8 to see how many times they can score – if the attacking team lose possession or are forced into making an error by the defensive team, they then forfeit their 3 plays.

After 3 plays the defensive team then lose a defender from their team – 8 v 7. The same rules as above are applicable – 3 plays and plays are forfeited if the attacking team makes an error.

This continues with one defensive player being taken from the defensive team 8 v 6, 8 v 5, 8 v 4 last set is 8 v 3.

At the completion of this, the number of tries scored by the attacking side is accumulated and then the teams swap over.

8 v Countdown





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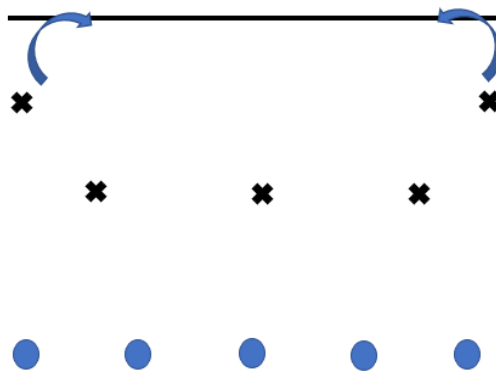
Scramble defence – 5 v 5

Equipment required: 1 x football, players with tags

Aim: 5 v 3 attacking scenario which then encourages attacking players to support and continue playing against 2 cover defenders

Action: Attacking side is 5 v 3 and try to beat them in attack. Once they break through the line 2 extra defenders (wingers) have positioned themselves so they are the second line of defence – attacking team try to beat these 2 defenders to score a try

Scramble Defence 5 v 5





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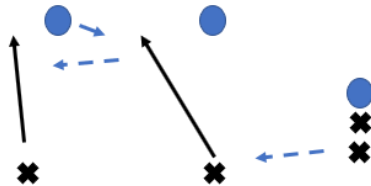
2 v 2 Short side

Equipment required: 1 x football, players with tags, 4 markers

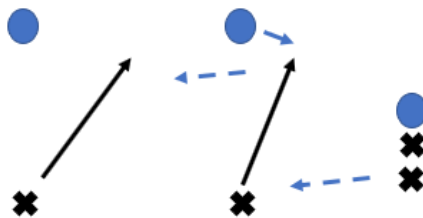
Aim: to provide players with options when presented with a 2 v 2 scenario

Action: With some deception from the dummy half (trying to keep the marker on the open side) the ball then goes down the shortside in a 2 v 2 scenario where players get the chance to show their attacking ability. Pass from dummy half is a short one which provides the first receiver with more space to work in.

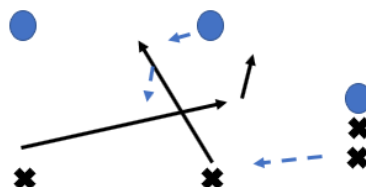
2 v 2 Overs



2 v 2 Under's



2 v 2 A/Drop





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Skill Game/Conditioning

Equipment required: 1 x football, players with tags, 6 x poles, 10 markers

Aim: A conditioning game to test the defensive team and improve communication and spacing

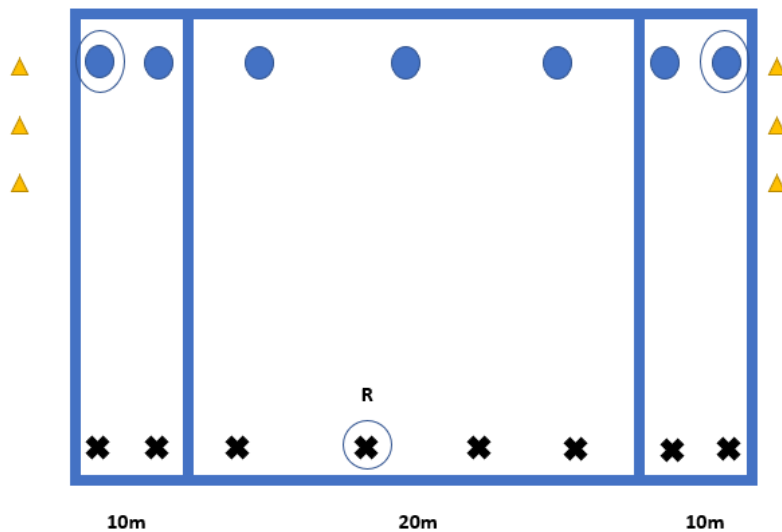
Action: 8 v 7

Attacking team - Link and winger stay in designated grid, middles and rovers stay within grid, one middle is a rover and can go in any grid.

Defensive Team – wingers must stay in grid, other players can go anywhere, once defending team makes a tag the defender must run around a marker outside the field of play. Wingers who make tag don't need to run around marker.

Teams get 5 sets at opposition and then swap over – if they lose possession then that set is void.

8 v 7





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