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# **Level One 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 One 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 the basic coaching principles for Ozttag, obtain access to basic skills, drills and games that are best suited to Ozttag and gain an understanding of the Basic 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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## WHAT IS OZTAG??

Australian Oztag was founded in 1992 and is a non-tackling version of rugby league played by both male & females from 4 – 65 years of age. Due to the non-contact nature of Oztag and the broad range of ages competing for both male and female, it has proven to be a great introduction to other sports for young children and also a popular alternative for those who have played Rugby League or Union and are looking to find that competitive spirit without the bumps and bruises.

It is a recreational game where players turn up and play. No training, just play. That's the beauty of Oztag & why it is so popular and with over 178,000 registered players competing, the Game will continue to grow because it caters for all.

Being played on a 70m x 50m field, it means 2 games of Oztag can be played on one Rugby League/Union or Soccer field. Eight players for each team are on the field at any one time with players wearing Velcro patches on each side of their shorts that the tags attach to with the object being to score as many tries as possible against your opposition with defenders having to remove the tags to prevent this from happening. Teams have six plays or tags in which to score a try, with a range of skills being able to be utilised such as kicking, passing, evasive skills and of course tagging.

The sport is considered non-contact and the Rules are designed in such a way that this is maintained with the person who initiates contact albeit the defender or attacker being 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.



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## HISTORY

Oztag started back in 1992 with two small senior competitions being held in the St George region (32 teams) & Cronulla region (16 teams).

The first junior competition was started in Cronulla in 1995 with 14 teams competing.

The Game has now grown nationally with the majority of players competing along the Eastern States of Australia, that being New South Wales, Queensland and the ACT.

Oztag has also expanded to some of the other states including Victoria, Western Australia and South Australia and there are also over 20 nations playing Oztag internationally.

The NSW Senior State Cup started back in 1995 with only 16 teams competing, the 2021 NSW Senior State Cup will see over 230 teams competing from all parts of the State including the ACT.

It is at the Junior level where Oztag has seen its biggest growth with the first NSW Junior State Cup being held in 2005 with 36 teams fielding 570 players, 2021 will see over 380 teams competing across 2 tournaments fielding over 5600 players.

These numbers are reflected in the Queensland Junior State Cup with the number of teams competing being a record high 175 teams fielding over 2500 players.

There are currently 150,000 players competing in Oztag competitions throughout Australia across 80 Associations which further emphasises the significance and continued growth of the Game.



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## Your Role as a COACH



What are some of the key words you would associate with the Role of a Coach??

Passionate, Knowledgeable, Communicator, Organized, Fair, Ethical, Ability to Teach and Develop Young Athletes, Instructor, Assessor, Friendly, Challenge their Players, Motivator, Role Model.

**The Role of the Coach is to enable the athlete to achieve levels of performance to a degree that may not have been possible if left to his/her own endeavours.**

The main role of all sporting coaches is to develop the participants they coach to reach their full potential in their chosen sport. How can this be achieved??

- Create the right conditions for learning to happen
- Analyse the participants performances
- Communicate effectively
- Instruct the required skills for the chosen sport
- Provide encouragement and motivation to the participants

A balanced and inclusive outlook to coaching is very important as is creating positive relationships with your participants, parents/guardians of the participants and officials at all levels.

You don't need to do everything as the Coach – by building relationships with other parents/guardians and by simply ASKING for assistance, you'll be amazed as to how many parents will put their hands up to help out. Not only does it take the pressure off you, it also provides those parents with a better understanding of what is actually involved in coaching their child's team.



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### **A GOOD COACH will:**

- Be enthusiastic and show enjoyment when coaching
- Be self-confident, consistent, friendly, fair and competent
- Have a thorough knowledge of the rules and teaching points of the sport
- Be a good role model and lead by example
- Have the ability to maintain discipline throughout the session

### **Coaching Styles**

- Authoritarian/Autocratic (do as I say) – very strict, makes all the decisions
- Democratic (athletes involved in the decision making) – looks for buy in from the athlete/s
- Laissez Fair (very casual) – athletes have all the decision-making power and use the coach when needed for advice and guidance

A combination of all 3 Coaching Styles may be adopted throughout your time as a coach. Ultimately you will find the method that best suits you, your personality and your athletes.

### **Communication**

An important tool for any coach is to have good communication skills – the ability to convey your messages clearly and effectively.

Non-verbal gestures can be just as effective – head nods, smiles, frowns, body posture, pointing, movement of hands are all ways in which a message can be given to your players without using your voice.

Coaching is about more than just teaching kids to play Oztag, it's also about creating a positive learning environment. One in which players are motivated, learning new skills, having fun and building meaningful relationships.

Below are a few ways in which a Positive Learning Environment can be created:

- Making sure players are adequately challenged
- A focus on development rather than winning
- Encouragement of friendship and teamwork
- Praise hard work and effort
- Make training fun - play lots of games
- Embrace and accept mistakes

By creating a positive learning environment, players will tend to develop internal motivation which in turn leads to players developing:

- Good sportsmanship



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- Positive attitudes towards players and coaches
- Improved confidence and a higher perception of their own ability
- Higher persistence levels
- Increased well-being and love of the Game

Fun is one of the main reasons young children play SPORT – what's important for coaches to realise is what we as Adults consider FUN, may not be FUN for the children. When preparing your training sessions consider the following when trying to create a FUN and pleasurable experience for the children.

- Have a variety of activities and be prepared to adjust your session
- Minimize the level of instruction and interference
- High level of involvement for all participants
- High opportunity for success
- High amounts of game based activities
- Use positive verbal and non-verbal communication techniques



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## Assessing the Ability of your Players

This may be difficult for some new coaches who are inexperienced or been thrown in the deep end to coach a team.

In most cases they may not have coached before or perhaps not even played the sport – as is the case with Oztag, most would have watched or played Rugby League or Rugby Union and would be applying the same principles. That's not such a bad thing however Oztag is a different game and the skill level is very different between Professional Rugby League/Union Players and a U/10's girls or boys' team.

This can be one of the most challenging concepts for any coach to understand and accept. There are clearly different stages of Development depending on the players age, game experience and skill level which all need to be considered when introducing new activities and drills into your training sessions.

This is where I believe we are often asking players to perform skills, drills and plays beyond their capabilities. The key is to stick to the Basic Skills of the Game and develop those to ensure a solid foundation is built – once that has been established then introducing more advanced skills and drills is the natural progression.

There would be many a coach who try to teach young players a “fancy” play that the coach has thought up or seen in a higher grade and is hoping his team can execute it so he/she looks like a super coach. The problem is they are not breaking the play down, they don't understand the role of each player and what they are meant to do and finally there is every chance it is beyond their players capabilities.

There is also consideration given to the fact that for some if not most of you that your coaching of young Oztag players is limited to tournaments albeit State or National Championships, so your time with the squad is limited. If that is the case, wouldn't it be great to see the team and individual players develop their skill levels and game sense which ultimately means they are getting a lot more joy out of what they are doing irrelevant of whether they are winning or losing.





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## Consistency

Be consistent in your coaching, offering both praise when required but also correcting the players technique if they are not executing correctly – the only way they will learn is if given the correct instructions and receiving feedback

Challenge your players at training and put them into various scenarios so they can work out what needs to be done and can adjust their style of play.

Some examples include:

2 minutes remaining in the game – the scores are tied

5 minutes to go - behind by 2 tries

3 minutes to go your team is a try ahead but the opposition have all the momentum defend the last 3 sets of the game because your team keep giving away penalties or knocking the ball down

practice an extra time (GOLDEN POINT) scenario with 5 players

All these scenarios enable you as a Coach to provide some detailed information to the players as to how to manage a situation without becoming flustered and by sticking to their processes – being able to execute their plays under pressure and knowing they have practiced it before.

Your coaching ability is not determined by your Win/Loss ratio or whether you win the tournament or not – remember there is only 1 winner and there are many reasons why one team may or may not win so don't sweat the small stuff. Focus on the kid's development and less on the win column – that will eventually look after itself.

There is nothing wrong with being passionate about your Coaching – in fact it is definitely encouraged, however there is a balance between passion and over stepping the mark. Remember we are not playing for sheep stations or the World Cup – for most of you, it's just a game of Oztag down at the park.



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## Child Safety

Australian Oztag is an organization committed to promoting a safe environment for all children participating in our Game. The safety and welfare of children is a priority and as a coach you will need to ensure the safety of all participants before, during and after each session.

When coaching children, you will need to adhere to the child safety guidelines in your state/territory including having a Working with Children Check in addition to maintaining appropriate boundaries and reporting any suspicious or potential abuse to the relevant authorities.

Maintaining appropriate boundaries in terms of keeping children safe include:

**Physical Boundaries** – only use physical contact that is appropriate for the development of a particular skill and is with the permission of the child

- Work within sight of other parents/adults at all times
- Use drills to develop fitness, not as a form of punishment

**Emotional Boundaries** – the use of positive feedback on performance not negative feedback on the individual

- Be encouraging and avoid put downs

**Avoid being alone with a Child** – do not isolate yourself with a child

- If a child wishes to talk to you privately, do so in an open area in sight of other parents/adults
- Try to have at least one adult with you in a change room with children

Other areas that need to be considered when it comes to Child Safety include:

- **Environmental Conditions** – be conscious of any potential temperature extremes such as rain, hail, electrical storms, high winds and high temperatures
- **Hydration/Hygiene** – Children can often overheat and dehydrate quickly so regular drink breaks are essential especially in hot or humid conditions. Ideally players should have their own water bottles which can be used throughout the session
- **Injury Prevention/Assessment** – preventing injuries by ensuring players are warmed up adequately, the environment they are training on is safe and the players are wearing the appropriate playing gear including footwear and any protective equipment if required. Coaches also need to be able



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to deal with any injuries that occur during training by applying the basic First Aid procedures.

- It is also important to be aware of players returning from injury and ensuring they are not pushed beyond their capabilities and consideration is given to what the best approach is for a full return to training and playing at full capacity.



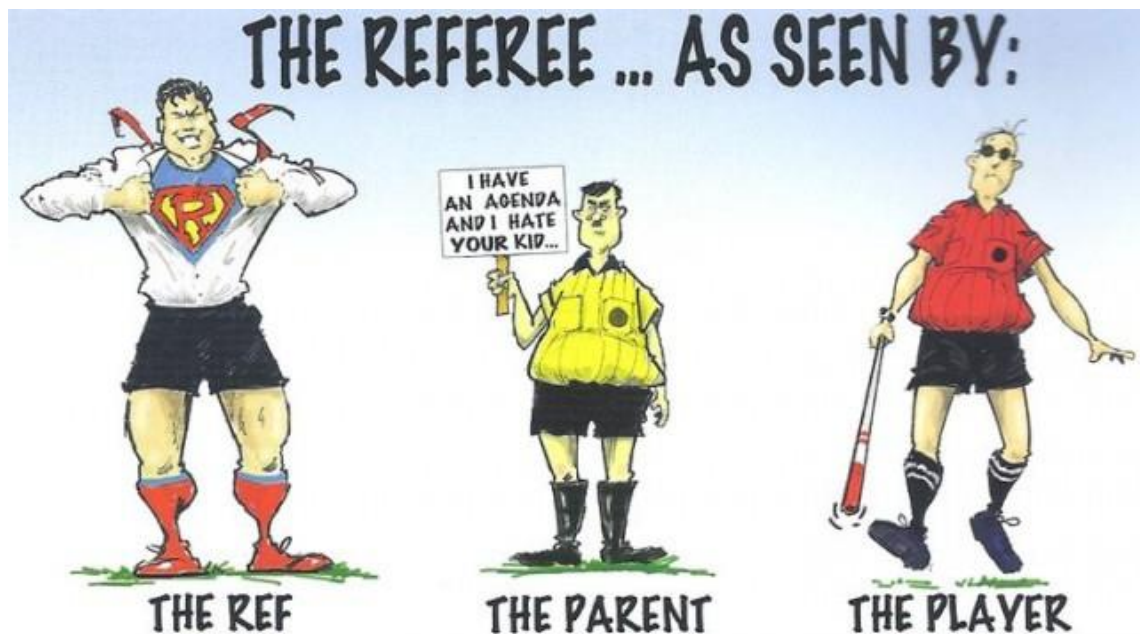
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## How important is your attitude and behavior towards Match Officials as a Coach??

Match Officials play a very important role in our Game – in fact we are all well aware that if we don't have Match Officials then it would be unlikely, we would have any game.

As such it is imperative that as a role model to young athletes that your conduct and attitude towards Match Officials is exemplary.

Obviously Match Officials are going to make mistakes – as we all do. After all they are human and like you and your players, they are out on the field doing their absolute best.





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# OZTAG RULES AT A GLANCE

## SUMMARY OF THE BASICS

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**Maximum of 8 players on the field at any one time.**

**Minimum 5 to start the game.**

- ✓ Place kick from centre of the halfway line to start.
- ✓ 6 tags to complete a set when in possession.
- ✓ Objective is to score tries. 1 point per try. (2 points for a female try in mixed).
- ✓ Defender must remove one or both tags to stop attacker's progress. He/She then holds up the tag and drops it to the ground marking where the play the ball should occur.
- ✓ To play the ball correctly, the ball must be rolled between the legs, by using the foot.
- ✓ There is a marker in the play the ball, however the marker is not compulsory.
- ✓ Even if no dummy half is in position, the marker cannot move. The referee will count for three seconds, then if there is still no dummy half in position, the defenders will be given possession of the ball
- ✓ The game is non-tackling – there may be contact throughout the game however this should be minimal. The referee will police contact.
- ✓ The attacker cannot deliberately bump into a defender. A defender cannot change direction and move into attacker's path.
- ✓ Whoever initiates contact will be **penalised**. The onus is on the **attacking player to avoid defender**.
- ✓ The ball carrier is not allowed to protect his tag, jump or fend off defenders.
- ✓ A try is awarded to the attacking team when they ground the ball on or over the try line.



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- ✓ Defence must be back 7 metres from the 'play the ball'.
- ✓ Defensive line and marker can move forward only when dummy half touches the ball. Dummy half can run and be tagged with the ball. The dummy half can score a try.
- ✓ An attacker must stop and play the ball if he is in possession with only one tag on.
- ✓ The only player able to promote the ball with one tag on is the dummy half, and the player taking the tap (as long as they do not take more than one step with the ball).
- ✓ Simultaneous tag is play on. (If the referee is unable to decide, the pass is allowed - play on. The advantage goes to attacking team.)
- ✓ If the ball is kicked or passed into the referee, the referee will order a changeover where he was struck.
- ✓ Players can dive to score a try.
- ✓ If a player's knees hit the ground whilst diving for a try and a defender is within tagging distance a try is disallowed and a tag is counted.
- ✓ If the dive is dangerous the try should be disallowed.
- ✓ There is no dead ball line. Common sense prevails.
- ✓ Unsportsmanlike conduct covers the behaviour and attitude of players on the field and may result in a penalty, sin bin or dismissal. **Be strong.**



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## Kicking

- ✓ Kick offs and line drop outs. If the ball lands in the field of play and then rolls across the try line whether touched or not a line drop out occurs. The try line becomes the dead ball line for all kicks. (There are exceptions so refer to the rule book for clarification)
- ✓ Kicks in general play can be kicked before the initial tag and after the fourth tag and must be lower than the shoulder height of the referee.
- ✓ Attacking team cannot dive on a kicked ball in any situation, (safety reasons) but can kick on.

### **Rule Change for the following age groups**

#### **U8's & U10's**

- ✓ Play the ball with **No** Marker
- ✓ Defence cannot move until 1<sup>st</sup> receiver has the ball unless Dummy half runs with the ball.
- ✓ Dummy Half can score but if they are tagged it is a change over where the tag was made



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# Breaking Down the Game of Oztag

## Player Positions

POSITION	ROLE IN ATTACK	ROLE IN DEFENCE
<b>MIDDLES</b>	Dummy Half/Ball Player Will generally control the attack High work rate and skill level	Will work hard in the middle of field Needs to be agile, fit and a good tagger Creative and has good vision
<b>ROVERS</b>	High skill level Ability to play football but also do the dirty work at times	Works alongside middles and links Needs to be agile, fit and a good tagger
<b>LINKS</b>	Good speed, ability to beat opposition player one on one Prepared to hit gaps at speed, evasive skills	Confident tagger, very good communicator Needs to be able to count numbers in defence
<b>WINGERS</b>	Good speed, read the game well Positional play very important Can do the hard yards when required	Good communicator to insider team members Confident one on one tagger Works hard to cover opposition kicks





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## Attack

Passing, catching, running with the ball, Passing whilst running, Ball grip and hold, Dummy half passing

Evasion – side step, swerve, hip swivels

Kicking – grubber, long kicks, kick offs drop kicks, kicking for team mates, kicking for field position, setting up for kicks, 50/10's

Various sets and plays for different parts of the field – playing with tempo/different speeds

Setting up for plays – sacrifice run

Engaging defenders

Support play

“Playing footy” the ability to play what is in front of you and not have pre conceived ideas or to be over structured – can only be achieved if basic skills are in place

Simple but effective plays

A good theory to work from is **K.I.S.S.** – keep it simple stupid

There is no need to over compliment things – if your core skills are high then executing and being able to play off the cuff will become instinctive.

## Defence

One on One, Side on, Front on, Chasing and Defending kicks

Spacing, Player positioning - Wingers Pendulum

Communication

Marker Play

Working on the inside

Defending with a fullback



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## Preparation for your training sessions

Ensure you have a plan/structure for your session and what you want it to look like.

What are you trying to achieve from the session?

Be conscious about "Time on Task" – that the players aren't standing at the back of a line for too long waiting to participate in the drill being performed.

It's important the session includes variety, appropriate activities and opportunities to practice and progress.

Ensure you have enough equipment – balls, tags, markers etc and the equipment is in proper working order.

When planning the session make sure the session is progressive and that you are planning for what you are trying to achieve in the coming weeks.

All sessions should include:

**Warm Up:** preparing the body for physical activity performed at the start of each session. Warm ups should be fun and should be varied.

**Activities:** this is where the Fundamental Skills are performed through games and skills.

**Cool Down:** helps the body transition back to its resting state. Also provides a time for the Coach to provide feedback to the player/s.

Coaches should also spend some time post the session to evaluate the positives and negatives. This will assist with future training sessions knowing what worked, what didn't work and how the various activities were received/executed by the player/s.



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## Team Ethos

Consider using an acronym that can be used to describe your key messages or values for the team

**C** – ompete

**A** – ttitude

**R** – esilience

**E** – ffort

**T** – alk

**E** – nergy

**A** – ttention

**M** – ovement

Below is a list of words that can be used and of course you could use your own – I believe it sets the tone for the team and they definitely get the chance to understand what you are trying to implement.

***Skills, Happy, Smiles, Fun, Commitment, Together, Working, Enthusiasm, Learning, Trying, Mates, Execute, Reaction, Communication, Positive, Tough***

I'm sure you have many other words that could be used to describe your team ethos.



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## Junior coaches' attitude - the biggest problem in Rugby League

I was recently asked what I thought was the number one problem with rugby league, My answer? Junior Coaches.

I have been involved with rugby league all my life and I take my hat off to the countless number of junior coaches around the state and country who volunteer their time to coach kids and develop rugby league. Some are men or women with vast amounts of rugby league experience and some are just mums and dads filling a void and doing their best. Without these guys, the sport would not be able to survive and some of our greatest players might have never been given the guidance that led them to play at the elite level.

My criticism is not directed at the above-mentioned guys. Instead, it is directed at the "wannabe" junior coaches who are putting their hand up to coach a team for their own gratification. The selfish ones who have their own agenda, the ones that push their own son's cause or the ones that just want to win a premiership at any cost so they can bask in that glory.

I have said this before and I will say it again - junior rugby league needs to be a development path for turning young boys/girls into young men/women. Hopefully along the way we can make some great footballers as well. I have seen many over qualified juniors miss out because they were not given the proper guidance and I have seen some OK footballers reach the summit due to the ethics and values instilled in them in their youth.

One of the greatest things about rugby league is its ability to create mateship. It has always helped boys become men, teaching them values and life lessons. A good junior rugby league coach can inspire and leave a lasting impression on a player, and a junior club can be a great environment for a young boy to learn important life skills. Rugby league has saved many former and current NRL players from a life of despair and this can often start at the junior level.

On the other hand, poor coaching can have a detrimental effect on young minds, and I sometimes wonder how some bad coaches found their way into such a privileged position. I have seen junior coaches ejected from grounds following altercations with referees, I have seen kids in tears after being chastised by a coach and I have watched in absolute amazement the continued appointment of some of these guys. Is it simply because there is either no one else prepared to take on a coaching role or it's just too difficult to challenge them for the position?

So, I suppose the next logical question to ask is, who is coaching and monitoring the coaches?



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My first year as a junior coach was the year after I retired from the NRL. I embarrassingly confess I was a terrible junior rugby league coach. I tried to coach 10-year-olds the same way I was coached in Melbourne and I soon found out how stupid that was. I had to adjust my coaching skills and ambitions as a coach and concentrate on not just building better players but building better people. Rather than mark my success on whether we win the premiership or not, I now mark my success on how many of my team come back to play the following year. We try to win our games along the way, but victory doesn't get in the way of the real goals.

Unfortunately, many people don't learn and they still try to coach 12 to 16-year-olds the same way Craig Bellamy, Mal Meninga or Des Hasler coach their men. But junior coaching should be skill based and not result based. We need to teach kids to be better footballers by playing footy, not by following a script. Our NRL ranks are running low on vision players because in the juniors, they are rarely being taught to look up, count numbers for an overlap and play what they see. More often I have witnessed a team coached to give the ball to the biggest and fastest players at every opportunity, to run over smaller players or around slower players, rather than use the collective skill set of the team to craft a try or a line break.

Junior rugby league coaches are presented with the unique opportunity to teach young men/women so many things about life. Sacrifice, accountability, teamwork, sportsmanship, mateship and hard work are characteristics of the greatest value and should always supersede a misguided, self-indulged coach's ambitions of winning at all cost.

Some parents are just as guilty and need to look past their own ambition, especially with kids at such young ages. They need to understand what is best for their young boy and stand up for them if they feel the coach is in it for the wrong reasons. Only a small percentage of junior players make it to the big league but all need to be educated in life values. My eyes have been opened and I hope I can open someone else's.

**This is an article written by former Melbourne Storm Premiership winner Matt Geyer.**



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# Level 1 Coaching Course

## Multiple Choice

1. What are the dimensions of an Oztag field?
  - a. 90m x 30m
  - b. 70m x 50m
  - c. 40m x 20m
2. What is the maximum number of players on the field for an Oztag team?
  - a. 8
  - b. 6
  - c. 10
3. The Role of the Coach is to enable the athlete to achieve levels of performance to a degree that may not have been possible if left to his/her own endeavours?
  - a. True
  - b. False
4. A Good Coach is enthusiastic, self -confident, fair and has a thorough knowledge of the rules and teaching points of Oztag??
  - a. True
  - b. False
5. Non-verbal gestures are not an effective way of communicating with Players?
  - a. True
  - b. False
6. One of the main reasons young children play sport is:
  - a. To win at all costs
  - b. To have fun and enjoy the sport
  - c. Because their parents want to live their lives through their children
7. What sort of example as a Coach should you be setting in relation to your attitude and behaviour towards Match Officials?
  - a. Criticise any wrong decision by yelling abuse at the Match Officials
  - b. Get a parent or player to question every decision
  - c. Show them respect and accept all decisions gracefully



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8. Players can play the ball by rolling the ball between their legs without it touching their foot?
  - a. True
  - b. False
  
9. The ball carrier is allowed to protect his tag, jump and fend off defenders?
  - a. True
  - b. False
10. How far back is the defensive line from the "play the ball"?
  - a. 7m
  - b. 5m
  - c. 10m
  
11. How many tags complete a set when a team is in possession of the ball?
  - a. 4
  - b. 6
  - c. 8
  
12. Attacking players can dive on the ball which has been kicked by his team?
  - a. True
  - b. False
  
13. A kick in general play is allowed to go above the shoulder height of the referee?
  - a. True
  - b. False
  
14. A try is scored when:
  - a. A player grounds the ball on/over the oppositions try line
  - b. A player drops the ball on/over the oppositions try line
  - c. A player kicks the ball on/over the oppositions try line
  
15. When preparing for a training session, Coaches should have the following organised:
  - a. A training plan, the correct equipment and consideration for progression for future sessions
  - b. Just show up to the training session and hope one of the players has a spare footy
  - c. A shopping list for what he needs to get on the way home
  
16. The 4 key playing positions in Oztag are:
  - a. Middle, Fullback, Centre, Wingers



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- b. Fly half, Rovers, Full Forward, Wingers
  - c. Middle, Rover, Links, Wingers
17. How is a game of Oztag started?
- a. A centre bounce
  - b. Tap kick
  - c. Kick off from the centre of half way
18. Parents, officials and administrators play a vital role in sport. Establishing positive and supportive relationships with everyone involved is important.
- a. True
  - b. False
19. Your coaching ability is determined by your win/loss ratio?
- a. True
  - b. False
20. Some of the basic skills of Oztag include:
- a. Passing, Tagging and Kicking
  - b. Passing, Tackling and Kicking
  - c. Passing, Tagging and Jumping





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## Skills and Drills

### Passing and Catching

Beginner

#### Catch and Pass

<b>AIM:</b> Players learn how to pass the ball from a stationary position	<b>KEY TEACHING POINTS:</b> <ul style="list-style-type: none"><li>• Hand Placement on the Ball – holding like a Hamburger</li><li>• Turn side on to target</li><li>• Step forward with leg closest to target</li><li>• Follow through with hands/fingers to target – Pistol style</li><li>• Receiver has hands up creating a target for the passer</li></ul>
<b>EQUIPMENT REQUIRED:</b> <ul style="list-style-type: none"><li>• 5 balls</li><li>• 10 markers</li></ul>	

#### INSTRUCTIONS:

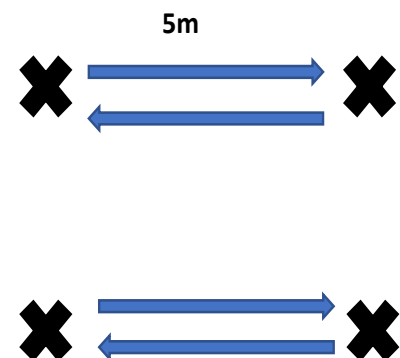
In pairs Players stand 3m apart opposite each other

Using teaching points above players will pass the ball right to left between each other

Once each player has passed the ball 10 times the players will then try passing the ball left to right – for most this will not be as comfortable

Reminders to players to aim for the target and to follow through (Pistols), receivers to have their hands up providing a target for passer and preparing for the pass

This drill is a very basic one however learning to pass the ball is an essential skill in Oztag.



#### Progression:

- Increase distance of passes 5m, 7m, 10m, 15m
- Pass on outside foot.

With an increase in distance players will be taught how to throw a spiral pass – grip on ball is different however the rest of the teaching points are applicable. It is also important that players are made aware of when the spiral and non-spiral pass is to be used – both skills need to be developed first



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## Passing Relay

### **AIM:**

For players to pass the ball based on the skills developed in first drill however by adding a relay component they have to think about executing the skill correctly in addition to performing other skills correctly whilst under pressure

### **EQUIPMENT REQUIRED:**

- 2 balls
- 10 markers

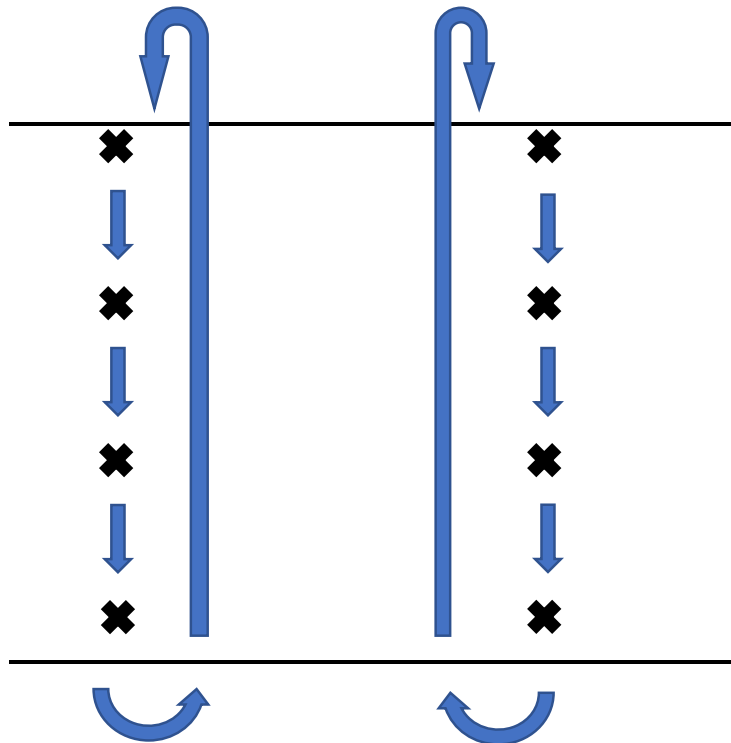
### **INSTRUCTIONS:**

5 players each team

Players in 2 teams pass the ball along the line to each other – player at the end of the line having received the pass runs to the front of the line – the rest of the team slide along one position and the passing relay continues. Once everybody has been on each position once the relay is over.

### **Progression:**

- Players to zig zag in between markers/evasion drill, players to put a grubber kick in on the way to start of the line/ running figure 8 between their legs/wrapping ball around the body/passing ball back and forth to each team member before getting to the front of the line.





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## Game Based Drill: Ten passes

### AIM:

Players to achieve 10 passes without a dropped ball or the ball being knocked down by a defender. Players can't run whilst in possession of the ball. This drill assists with spatial awareness and communication amongst team mates

### EQUIPMENT REQUIRED:

- 1 ball
- 4 markers

### INSTRUCTIONS:

8 players in possession within a 10m x 10m grid with 2 other players as defenders.

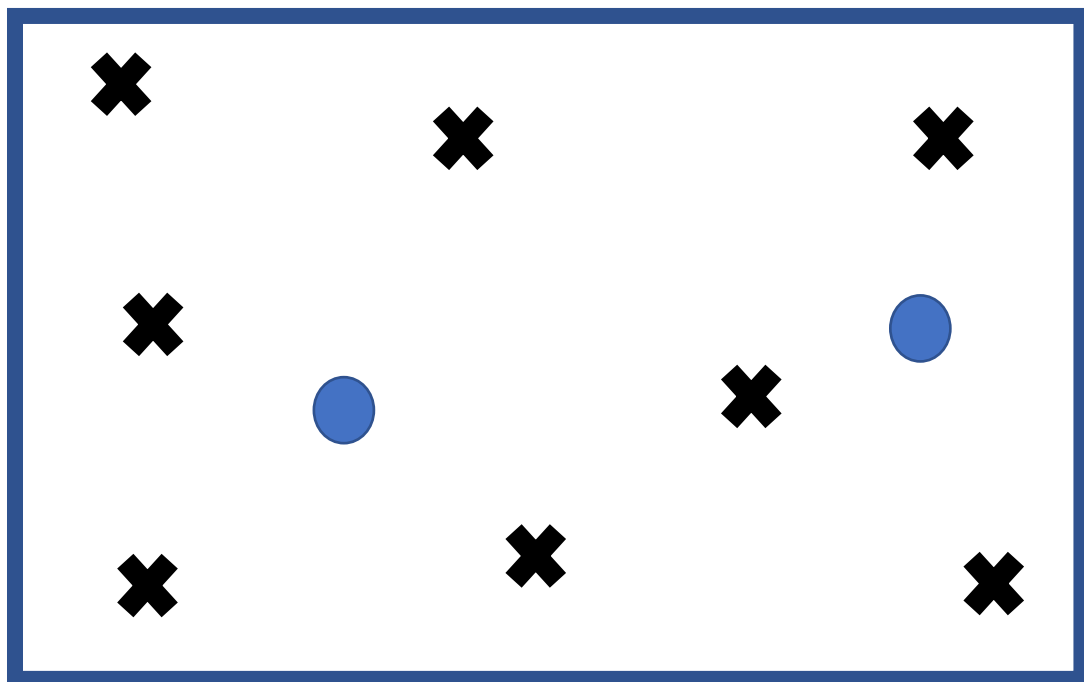
Players must pass a conventional football pass – no netball/basketball type passes

Defenders try to knock the ball down or apply pressure to team in possession which leads to a dropped ball.


### Progression:

- Add more defenders, players in possession of the ball can run, attacking team to wear tags and defenders try to remove tags when attacker is in possession of the ball (promotes quick hands)

15m



15m

 Defenders

 Attackers



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## Passing and Catching on the Run

### EQUIPMENT REQUIRED:

- 3 balls
- 4-8 markers

### KEY TEACHING POINTS:

- Pass off outside leg
- Grip on ball similar to previous drills
- Follow through to target very important
- Receiver to have hands up high to create a target for passer

### INSTRUCTIONS:

In groups of 4, players are passing the ball right to left whilst jogging down the field – approx. 15m in distance

Next group of players to follow

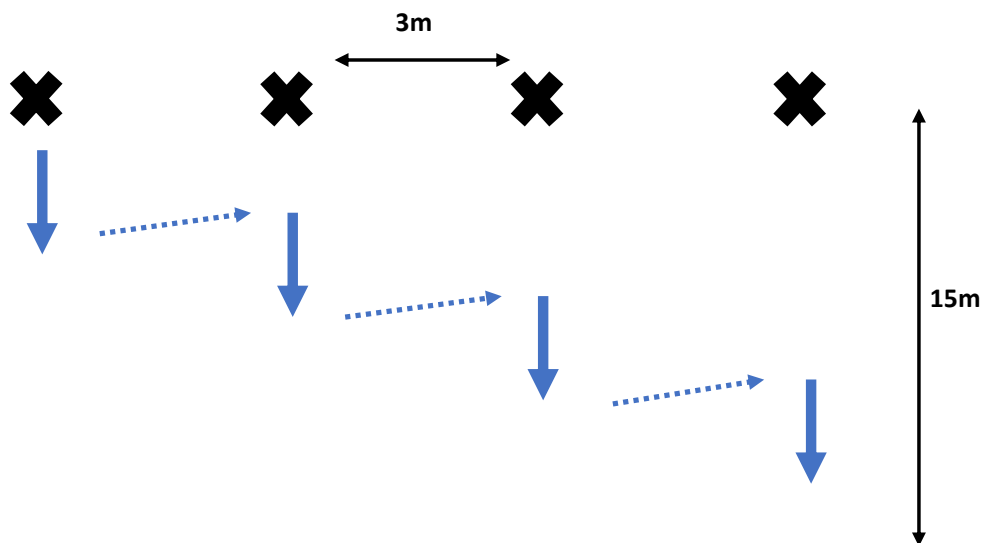
Players are approximately 3m apart

Players then look to pass left to right again using above mentioned teaching Points

Players to swap positions to ensure they are passing and receiving the ball from different parts of the drill

### Progression:

- Increase width of pass – 5m, 7m, 10m
- Introduce type of pass – spiral
- Ball passed back and forth quickly in same grid – quicker/shorter passes
- Group of 4 positioned opposite first group and have waves of players going back and forth.
- Additional plays can be added to movement once developed





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## Square Passing Drill

### EQUIPMENT REQUIRED:

- 4-5 balls
- 4 markers

### KEY TEACHING POINTS:

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

### INSTRUCTIONS:

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

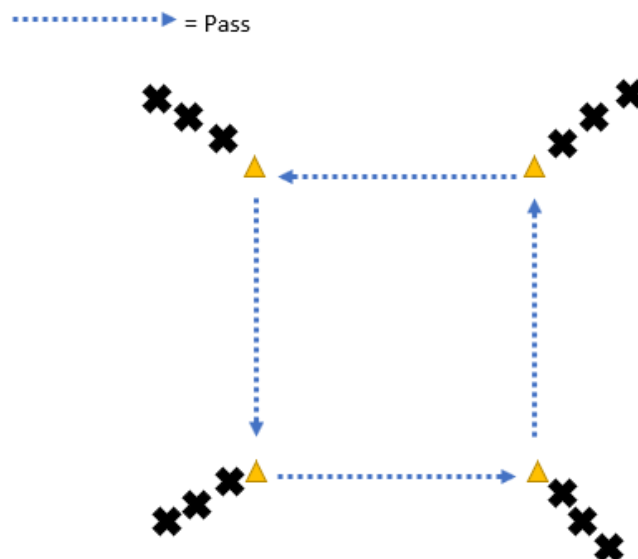
Players to execute catch and pass in a clockwise direction and will run to join the back of the line where they just passed the ball to.

This can then be done in anti-clockwise direction

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

### Progression:

- Add 2 balls into drill, players from opposite corners to execute pass in the middle of square





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## Playing Unders or Overs on a Defender

### AIM:

To single out a defender, create space or numbers

**Skill type** – Closed

### EQUIPMENT REQUIRED:

- 2 poles
- 2 markers
- 4 balls

### INSTRUCTIONS:

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

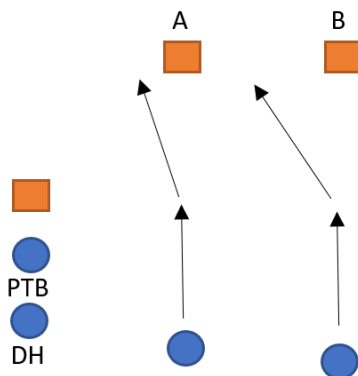
The attacker's job is to move the defenders to create space – eye contact, start going forwards then change your angle & tempo.

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

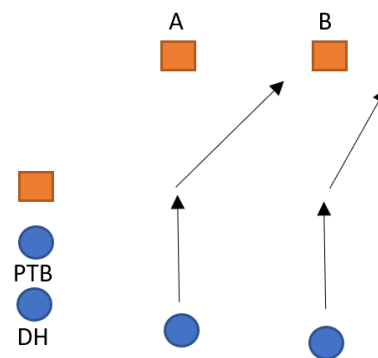
### Progression:

- Add marker who is working from the inside, replace poles with defenders
- Add a third runner so 1<sup>st</sup> and 2<sup>nd</sup> receiver are playing before the defensive line

### Playing Unders



### Playing Overs





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## Kicking

Beginner

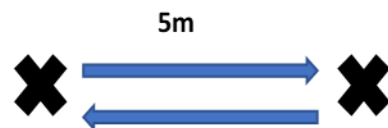
<b>AIM:</b> Players to develop their basic kicking skills.	<b>KEY TEACHING POINTS:</b> <ul style="list-style-type: none"><li>• Hand Position on Ball</li><li>• Dropping Ball onto Foot</li><li>• Contact area on Foot</li><li>• Contact area on Ball</li><li>• Positioning of Foot – Pointing Toes</li></ul>
<b>EQUIPMENT REQUIRED:</b> <ul style="list-style-type: none"><li>• 5 balls</li><li>• 10 markers</li></ul>	

### **INSTRUCTIONS:**

Players are 5m apart in pairs kicking the ball to each other focusing on the key teaching points above.

### **Progression:**

- Increase distance 10m, 15m, 20m
- Use non dominant foot.



## Game: Fumbles

Partners kicking to each other with the aim of players is to force their partner to make an error.

Points are allocated for handling errors or poor kicks and first player to accumulate 5 points wins

Progression: increase distance, use non dominant foot, add additional players

Improves kicking skills and works on hand/eye coordination, ball handling skills



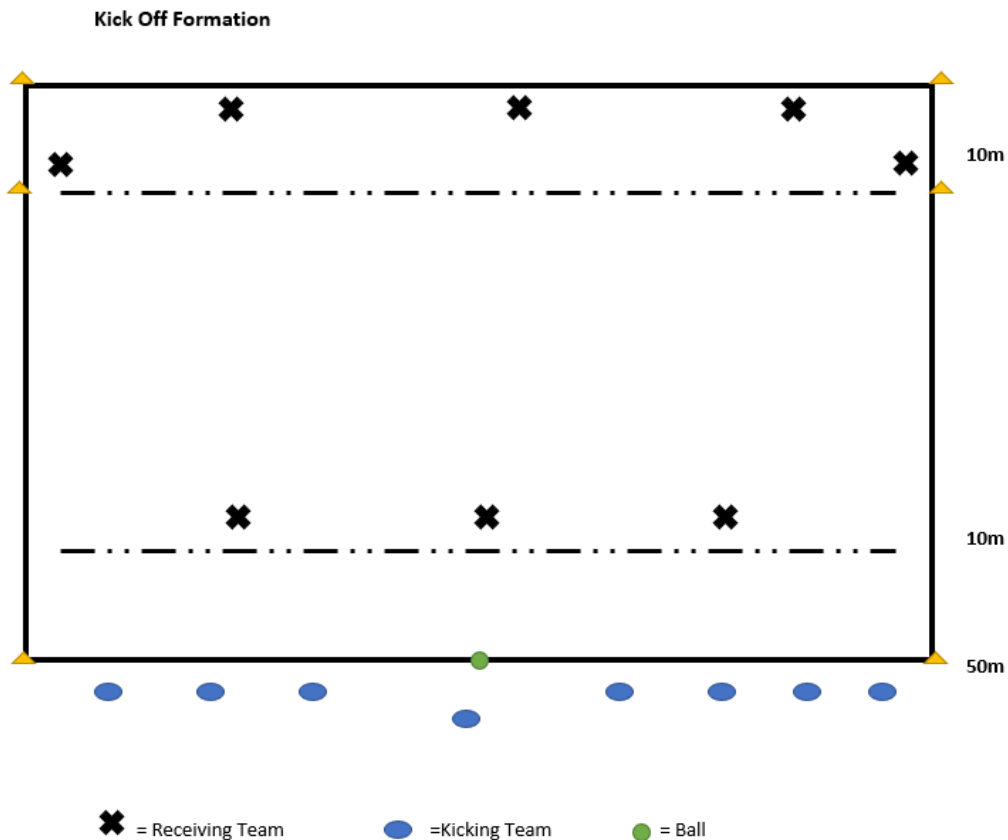
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## Kick Off Formation

The receiving team will generally have 3 players positioned on the 10m line and 5 players back towards the try line – with the 2 wingers covering the corridor between the try line and the 10m.

Depending on where the ball is to be kicked and generally the positioning of the ball will indicate this then you can place players in that area and have them cover behind their team mates where possible.

The attacking team will place 4 players on the side where the ball is being kicked. The far side winger will sweep behind the chasers in the event the attacking team decide to kick on the first play.



Players should focus on the types of kick offs and experiment with different contact areas on the ball and placement of the ball as to what is the most effective kick off style.





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## Defence

### One on one: Tag Gate

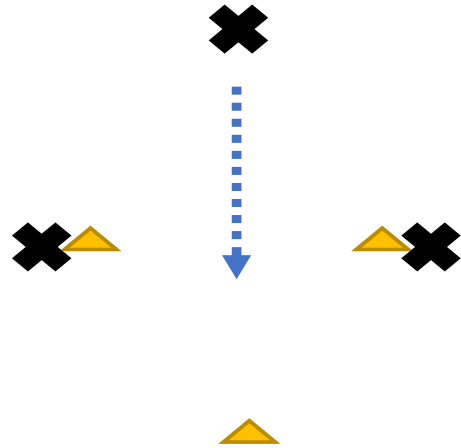
2 defenders stand beside the 2 cones in the middle, feet are stuck in the mud and space between the cones is a no-go zone.

1 at a time, attackers will run through the no go zone and the defenders attempt to make a tag.

Tally up how many tags each player gets and that's the score to beat.

Don't clap or snatch at the tag, follow the tag and use your palms to grab the tag.

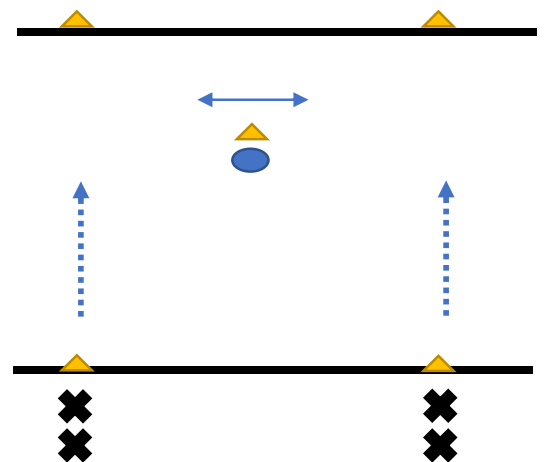
Keep eye on the tag, use 2 hands.



### Side on: Corridor tag

Set up a grid of 4 cones, 10m wide by 10m long

1 defender in the middle and as the coach calls which side to run the player in the middle attempts to make a tag on that player before returning to the marker in the middle and repeating listening to which way the coach calls.





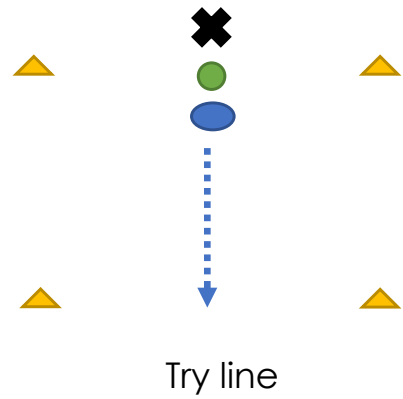
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### Front on: Ball Tap

Defender taps the ball and retreats to touch the try line before being allowed to attempt to make a tag

Attacker picks ball up once touched by defender and attempts to score a try between the 2 cones before being tagged

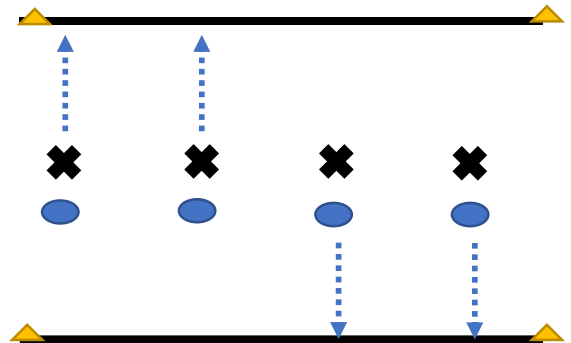
● Ball    ✕ Attacker    ● Defender



### Front on: Cat and Mouse

Players pass the ball back and forth to each other at about 3m away from each other.

Once the coach blows whistle or says "GO" the player with the ball turns and heads towards his try line whilst the other player chases and attempts to make the tag before the try is scored.





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## Spacing/Communication

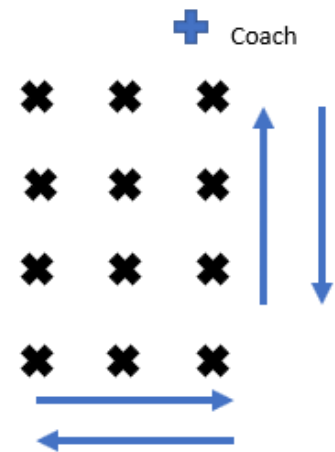
### Closed Drill

Players are in 4 lines of 3 spaced approx. 5m apart.

The coach instructs the players either with visual signals or verbally (or both) to run up, down and across the field maintaining their shape, spacing and communicating with each other as to the distance they are trying to maintain between each other.

Works on players being conscious about the distance between each player, communicating with team mates and using their peripheral vision.

### Spacing



### Open Drill/Game Based Drill

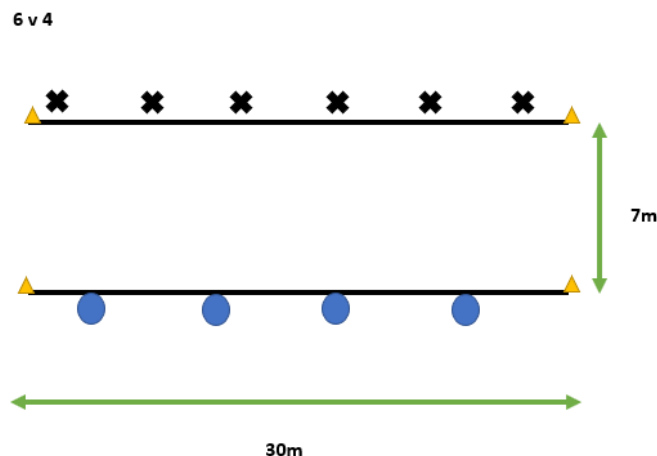
Equipment required: 1 x football, 10 x Players with Tags on, 4 cones

6 attackers v 4 defenders

Defending team works on maintaining spacing and working together as a unit by communicating to their team mates.

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.

Aim: Defensive Players to focus on communication and maintaining spacing in defensive line





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## Evasion and Footwork

### Tag Ball

Equipment required:

4 x markers, 1 x football

One player has possession and must tag other players with the ball - tagger is holding ball in 2 hands at all times. Once tagged players stand with their arm in the air – a team mate can give them a high five to get them back into the game. The Player with the ball aims to TAG as many players as possible in a 30 second time frame.

Rotate player with the ball.

Aim: promotes holding the ball in two hands and evasion skills

### Side Stepping – Transfer of Weight

Equipment required: 12 markers

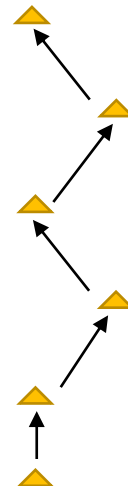
#### 1A

- Side Stepping on the cone in a zig zag with no football
- Focus on stepping before the cone not going around it
- Explain the transferring of weight

#### 1B

- Make 2 Grids with even numbers on each grid
- Make it a race, side stepping each cone, around the last and finish at the start

Progression: Develop various grids that work on change of direction



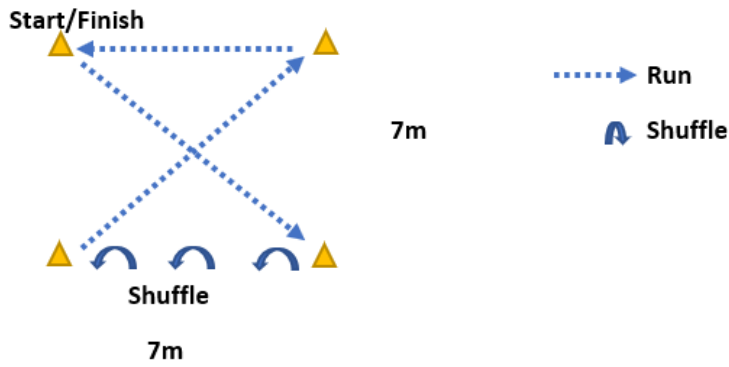


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# Agility Drills

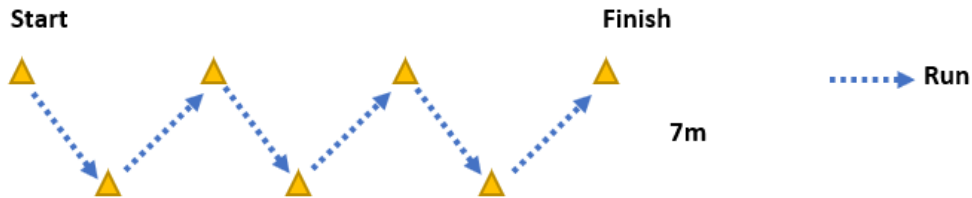
## X Drill

4 x Markers



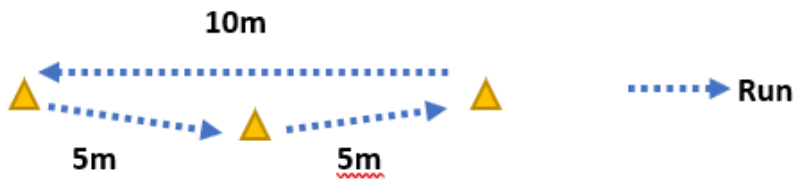
## Up and Back Drill

7 x Markers



## 5 – 10 – 5 Shuttle Drill

3 x Markers





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## Games

### Pass Tennis

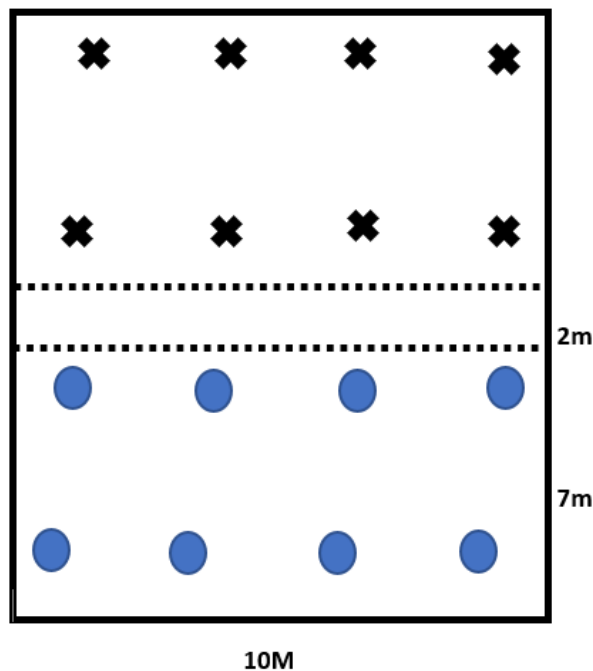
Players divided into 2 teams of 8 and are split into 2 playing areas of 10m x 7m area – the 2 areas are divided by a 2m corridor which acts as a net for the Game.

Players pass the ball over the net area into the oppositions area where the opposition attempt to catch the ball and in doing so pass the ball back to opposition area.

Points are awarded if the opposition team drops the ball or the pass finds the ground within the playing area. Passes must be above the waist line as determined by the coach.

Passes can be any style – spiral/non spiral and left to right or right to left

Progression: Coach can determine type of pass that can be used.





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## **Rob the Nest**

Equipment required: 12 footballs, 4 markers

Players into 4 groups and are required to be positioned on the corners of a 10m x 10m square.

12 balls are placed into the middle of the square, once the Game commences a player from each corner is allowed to run into the middle of square and grab one football and return back to the front of their corner and tags the next team member in the line who does likewise. Eventually all the balls are taken from the middle and then players are required to "Rob" take balls from the "Nest" corner of the other teams. Only one player can run from each team at any one time and they can only take one ball at a time and return it to their "Nest" corner. The team that collects the designated number of balls is the winner – this drill promotes communication amongst team mates, running with the ball in 2 hands and scoring the try when returning the ball back to the "Nest" their corner.

## **Kick Baseball**

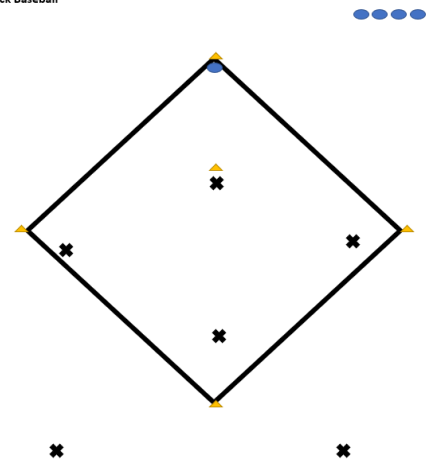
Equipment required: 1 Football, 5 markers

Players divided into 2 teams – one team considered the batting team, the other the fielding team. The "Pitcher" passes the ball to the "Batter" who must catch the ball – a dropped ball is considered a "Strike", a bad pass from the "Pitcher" considered a Foul.

Once the "Batter" has caught the ball they are then required to kick the ball, ball must not travel higher than shoulders unless it hits the ground first. Upon kicking the ball, the "Batter" runs as many bases as possible – the fielding team fields the ball and passes to the bases in an attempt to tag the runner out. The rules of baseball apply in relation to 3 outs before teams' swap over.

Promotes kicking skills, passing and catching skills and team work.

Kick Baseball





*Get tagged, you'll love it*