

TOUCH RUGBY VARIATIONS

The key to effective touch is making sure it is strictly refereed. Make sure defences are not allowed to encroach offside and punish them when they do. Also make sure ball carriers stop when they are touched and don't continue running. Touch games are for skill development, running, passing, support etc, so please referee in context. In other words if a team is barging up the park without stringing 2 passes together then award the other team a turnover.

NEW IMAGE:

- 2 handed touch on waist
- Ball carrier has 3 seconds to keep running before having to pass
- Unlimited touches
- Ball turned over when a try is scored or the ball is dropped, intercepted or passed forward

RUGBY LEAGUE TOUCH:

- 2 handed touch (below chest or waist)
- Unlimited touches for team with ball
- Touched player stops and plays ball between legs
- Ball is turned over when a try is scored or the ball is dropped, intercepted or passed forward
- Make sure defenders get back at least 5m every time a touch is made

5-TOUCH:

- As above but after 5 touches ball goes over to opposition

FIJI TOUCH:

- Ball is turned over to opposition after every touch

2-TOUCH:

- After being touched ball carrier keeps on running
- Ball carrier has to pass or score before being touched by a second defender or ball is turned over.

STAY ALIVE:

- When touched ball carrier goes to deck and pops ball to supporting player

SUPPORT:

- When touched, ball carrier has to turn and pass to a support player within 2m

RUCKA:

- When touched go to deck, 1st support player steps over the ball and the 2nd support player picks and goes or pops

MAULA:

- When touched the ball carrier stays big, next man in, rips and pops

MISMATCH:

- 2 teams with even numbers of backs and forwards
- Backs can only touch backs and forwards can only touch forwards

COUNTERATTACK:

- When ball carrier is touched ball must be kicked forward or sideways at least 5m
- Excellent for fitness when played 7 or 8 a side on a full pitch

ALL IN TOUCH:

- Play any form of touch but the attacking team can only score if all members of their team are inside the 22m area

FITNESS & CONDITIONING TOUCH:

- Play any form of touch
- Players get sin-binned for being offside, poor passes, poor decisions etc
- They either spend 2 mins off the pitch or have to perform a fitness exercise while the game continues
- This creates an advantage for the attacking team

15 METRE TOUCH

- 4 touches allowed in 15M channels either side of pitch, only 1 touch in middle area. If touched in middle twice - turnover
- Promotes width play & re-alignment, role of 1st receiver

ROUND THE BACK TOUCH

- If a player steps & passes round the back of defender = play on
- If a player is touched with 2 hands square on the chest = down, ball presentation, clear & play on

NAME THAT TUNE TOUCH

- Start with equal numbers. 1 team constantly attacks for 1 – 3 mins. Every time there is a touch, the toucher leaves the field!
- When the attacking team score how many defenders are on the pitch?

COACHING ON THE RUN TOUCH

- 1 coach on each touchline with 1 coach controlling the game. Identify 2 x very specific areas of the game you will concentrate on
- Game continues if player does not perform technique correctly then they're sent to 1 off the coaches on the touchline for remedial work then re-introduced

NUMBER TOUCH

- all teams on both sides are numbered and you can only touch you're opposite number

BIB TOUCH

- put one or 2 players in each team in bibs, these players are not allowed to touch opposition – makes teams attack these players (could simulate weak players etc)

SIDE LINE TOUCH

- when a player makes a touch they have to go to the nearest sideline before they can rejoin the game – gives attack an extra player

JACK KNIFE / OFFLOAD TOUCH

- 2/3 players in each team in bibs. On normal touch players go to deck and jack-knife, if touched by a player in a bib player goes to deck and can offload – good for lines of support, awareness etc.

COUNTER ATTACK TOUCH

- play touch as normal, coach/ref has another ball which he can throw behind the defending team at anytime and they turn to retrieve ball and become the attackers
– works on regrouping, going from attack to defence and vice versa

SCRUM HALF PASS TOUCH

- 6 tackles - ball down – scrum half must pass - defenders back 5m

SCRUM HALF BREAK TOUCH

- 6 tackles - ball down – scrum half can break - defenders back 5m

NORMAL TOUCH

- Unlimited tackles – no ball down, pass immediately after touch tackle – defenders cannot interfere with pass – turnover if ball hits deck

SCRAG TOUCH

- 6 tackles – ball down if scragged (half tackle – more contact) – attackers can break tackles