



# DYING FLY

CORE SKILLS | PROTECTIVE FALLING,  
PLAYING THE BALL AND DUMMY-HALF PASS

## 3 - WARM UP CARD

### AIM

To raise the heart rate and prepare the body and mind for exercise. To practise falling and playing the ball

### ORGANISATION

Set up a 20m x 20m grid

### EQUIPMENT

Balls and cones

### CORE SKILLS

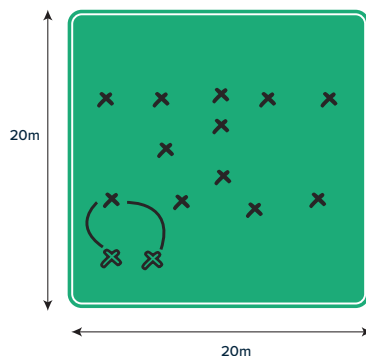
Protective falling, playing the ball and dummy-half pass

### EXPLANATION

- Two players (chasers) have to touch the other players between the shoulder and waist, within the grid
- If the players step out of the grid they are classed as being touched
- When touched, the players lie on their back waving their arms and legs
- The other players can get them back into the game by touching either their arms or legs
- When all players are touched, or the time limit set has elapsed, change the chasers

### VARIATIONS

- **Easier (for the chasers)** - add more chasers, narrow the grid
- **Harder (for the chasers)** - remove a chaser, widen the grid
- To get the touched players back into play, roll the players over on to their front
- Give all the players (except the chasers) a ball and when they are touched, they must crouch down and protective fall either forwards, sideways or backwards, depending on the coach's call
- Progress to the touched player falling then performing a play-the-ball and regaining their ball before rejoining the game
- In threes, one player plays the ball, one is the dummy half who passes to the third player who runs on to the ball and continues to find space in the grid



3 - WARM UP

**PROTECTIVE FALLING,  
PLAYING THE BALL AND  
DUMMY-HALF PASS**

10 minutes

**ACTIVITY OVERVIEW**

**SUGGESTED TIME**  
10 minutes

**EQUIPMENT**  
Balls and cones

**SET UP**  
20m x 20m grid

**CORE SKILL**  
Protective falling,  
playing the ball and  
dummy-half pass

**COACHING POINTS -  
SKILL DEVELOPMENT**

- Falling - secure ball in two hands, chin to chest, then fall (front, side and back)
- Playing the ball - if on forearms and knees - sweep leg around and touch the ball with foot
- If on back or side - roll to ball, snap knees to chest, sweep leg around and touch the ball with foot
- If on belly - snap knees to chest, sweep leg around and touch the ball with foot

**KEY**

- CONE
- TEAM A LEADER
- TEAM B LEADER
- BALL
- BALL TRAVEL
- PLAYER DIRECTION OF TRAVEL
- NO-GO AREA
- GATE
- ZONE

# PROTECTIVE FALLING & PLAYING THE BALL DUMMY-HALF PASS

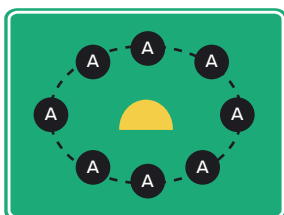
CORE | PROTECTIVE FALLING, PLAYING THE BALL



## 3 - TECHNICAL CARD

### AIM

To develop safe falling technique and confidence when falling, and to develop correct play-the-ball



### PROTECTIVE FALLING

#### Activity 1

Players start in a crouched position with ball gripped in two hands. Gently rock backwards until your balance is lost.

As you fall, curl your body into a ball, making sure to keep the head tucked forwards. A good visualisation is to have the player pretend they are a turtle going into its shell. Let the player fall as and when they wish. The coach can then call a player's name. Progress to working in pairs with partner 'pushing' player (should be controlled). Progress to extended crouch. Further progression could be from standing position with players falling on coach's call.

#### Activity 2

Start on your knees and let yourself fall forwards on to your forearms. Catch your weight with the forearms away from the body slightly. With the elbows bent, allow your forearms to touch the ground first. Try to resist reaching out towards the ground, or placing your hands out in front. As contact is made, absorb the fall with your arms. Progress as Activity 1 above.

### COACHING POINTS

- |   |                                |
|---|--------------------------------|
| Must utilise all safety and coaching points | • Shoulders squeezed tight     |
| • Low to floor                              | • Bent knees                   |
| • Tight tuck position                       | • Land on pants (bottom/thigh) |
| • Chin on chest                             | • Arms in tight                |
| • Neck and shoulders rounded                | • Hands on ball (grip)         |

### Activity 1

#### Playing the ball

In pairs, set up the practice as shown below. A1 runs to the first cone - goes to ground, plays the ball to the supporting A2 who repeats the process at the next cone. Vary the landing position of the attacker



### COACHING POINTS

#### Back or side - four movements

- Roll to ball
- Snap knees to chest
- Sweep leg round
- Touch - play-the-ball

#### Forearms and knees - two movements

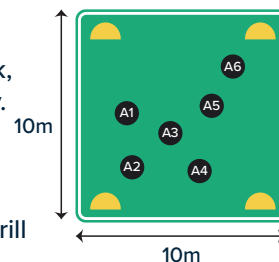
- Sweep leg round
- Touch - play-the-ball

#### Belly - three movements

- Snap knees to chest
- Sweep leg round
- Touch - play-the-ball

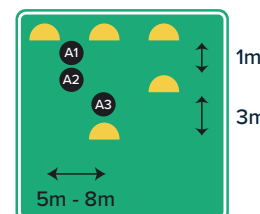
### Activity 2

Players move around grid waiting for coach's call - back, side, forearms/knees or belly. They go to ground as per instruction regain their feet - play-the-ball and move on to recover any other ball. The drill continues in this manner



### Activity 1 - Dummy-half Pass

A1 plays the ball. After the play-the-ball, the acting half-back (AHB) A2 passes from the ground to A3 who takes the ball on the run and runs to the cones. The AHB A2 then goes behind A3 and passes to A1 who has returned to the start. The practice is repeated. Rotate the AHB.



### COACHING POINTS

#### Approach

- Move into position (step to ball)
- Scan (opposition defence)
- Sit (knees bent, back straight and head up)
- Head and upper body towards the target
- Foot position (nearest foot to the receiver)

receiver pointing at the receiver)

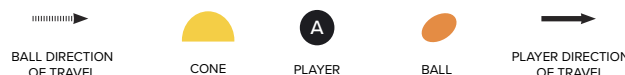
#### Contact

- Pass from the ground in one movement

#### Finish

- Follow through with fingers pointing towards the target
- Alive - ready for the next action

### KEY



# PROTECTIVE FALLING / PLAYING THE BALL / DUMMY HALF PASS

CORE SKILLS | PROTECTIVE FALLING, PLAYING THE BALL AND DUMMY-HALF PASS



## 3 - GAME CARD

### AIM

To develop protective falling and the play-the-ball technique

### ORGANISATION

Set up a 30m x 20m grid

### EQUIPMENT

Balls, cones

### CORE SKILLS

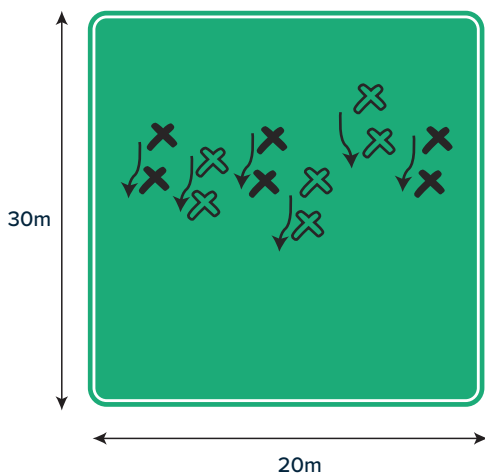
Protective falling, playing the ball and dummy-half pass

### EXPLANATION

- Relay races with play-the-balls
- Race to one end - players finding the floor on coach's call - playing the ball and then the dummy half runs two meters in front of their partner and plays the ball again
- Vary the play-the-ball position - front or back, side, or forearms and knees

### VARIATIONS

- Amend the width and length of the grid
- Award points for each efficient play-the-ball
- In threes, introduce a dummy-half pass - one player plays the ball, one becomes the dummy half and the third receives the ball. Rotate positions, ensuring all players have played each position
- In fours, introduce shields. Player 1 holds the shield, player 2 plays the ball, player 3 is at dummy half and player 4 receives the dummy-half pass and hits the shield, then plays the ball. Players 2-4 rotate up the grid. Change player 1 at the end of the grid
- Deduct points for poor play-the-balls or dummy-half passes; alternatively, send the team back to the beginning to start again



3 - GAME CARD

**PROTECTIVE FALLING, PLAYING THE BALL AND DUMMY-HALF PASS**

20 minutes

**ACTIVITY OVERVIEW**

**SUGGESTED TIME**  
20 minutes

**EQUIPMENT**  
Balls and cones

**SET UP**  
30m x 20m grid

**CORE SKILL**  
Protective falling, Playing the ball and Dummy Half Pass

**COACHING POINTS - SKILL DEVELOPMENT**

- Falling - secure ball in two hands, chin to chest, then fall (front, side and back)
- Playing the ball - if on fourarms and knees, sweep leg around and touch the ball with foot. If on back or side, roll to ball, snap knees to chest, sweep leg around and touch the ball with foot. If on belly, snap knees to chest, sweep leg around and touch the ball with foot.

**QUESTIONS**

- What was effective?
- Who had quick play-the-balls? Why?

**KEY**

- CONE
- TEAM A LEADER
- TEAM B LEADER
- BALL
- BALL DIRECTION OF TRAVEL
- PLAYER DIRECTION OF TRAVEL
- NO-GO AREA
- GATE
- ZONE
- SHIELD

# PROTECTIVE FALLING/ PLAYING THE BALL



CORE SKILLS | TO DEVELOP SAFE FALLING TECHNIQUE & CONFIDENCE WHEN FALLING. TO DEVELOP CORRECT PLAY-THE-BALL

## 3 - MOVEMENT CARD

### STABILITY | PUSHING, BLOCKING, FALLING ROLLING AND STANDING

#### SYMPTOM

Inability to position body effectively at point of contact to absorb tackle

Finds it difficult to regain footing effectively enough to be able to play-the-ball

#### SOLUTION

Firstly, check one-foot balance is developed

Balance with eyes closed:

- Change the use of arms and trunk in response to overbalancing to one side
- Lift and control non-supporting leg with knee fully bent and outside of body line
- 'Fix' on an object to assist balance
- Switch feet without loss of balance - using more demanding range of movement

Then improve the **three** different types of balance:

- **Static** balance through balancing on one foot and then the other for a sustained period of time - then progress on to object control development. Develop strength in legs to be able to sustain a wide base of support
- **Axial** balance through twisting, turning and bending on the spot or within the immediate reach of the body. Activities like twister are ideal for this. Progress on to receiving and passing a ball during this m
- **Dynamic** balance through walking, jogging, sidestepping along straight and then irregular lines. Use different levels of movement - high, medium, low-for players to understand the optimum position for a strong, stable position and movement from this. Progress on to object control development



### OBJECT CONTROL | GRIPPING, CARRYING AND PLACING

#### SYMPTOM

Plays the ball inaccurately as a result of losing control of the ball

#### SOLUTIONS

Develop techniques from Card 1 on gripping and carrying

Use team-based activities and games that encourage a high volume of passing the ball between players in a variety of ways using a variety of balls

Try pairs games where one holds the ball while the other tries to grip and pull the ball free

### LOCOMOTION | RUNNING AND SIDESTEPPING

#### SYMPTOM

Player slows down going into the tackle

#### SOLUTIONS

Accelerate into the tackle by driving legs more forcefully

