

TOUCH FOOTBALL ATHLETE DEVELOPMENT FRAMEWORK



Athlete Development Pathway

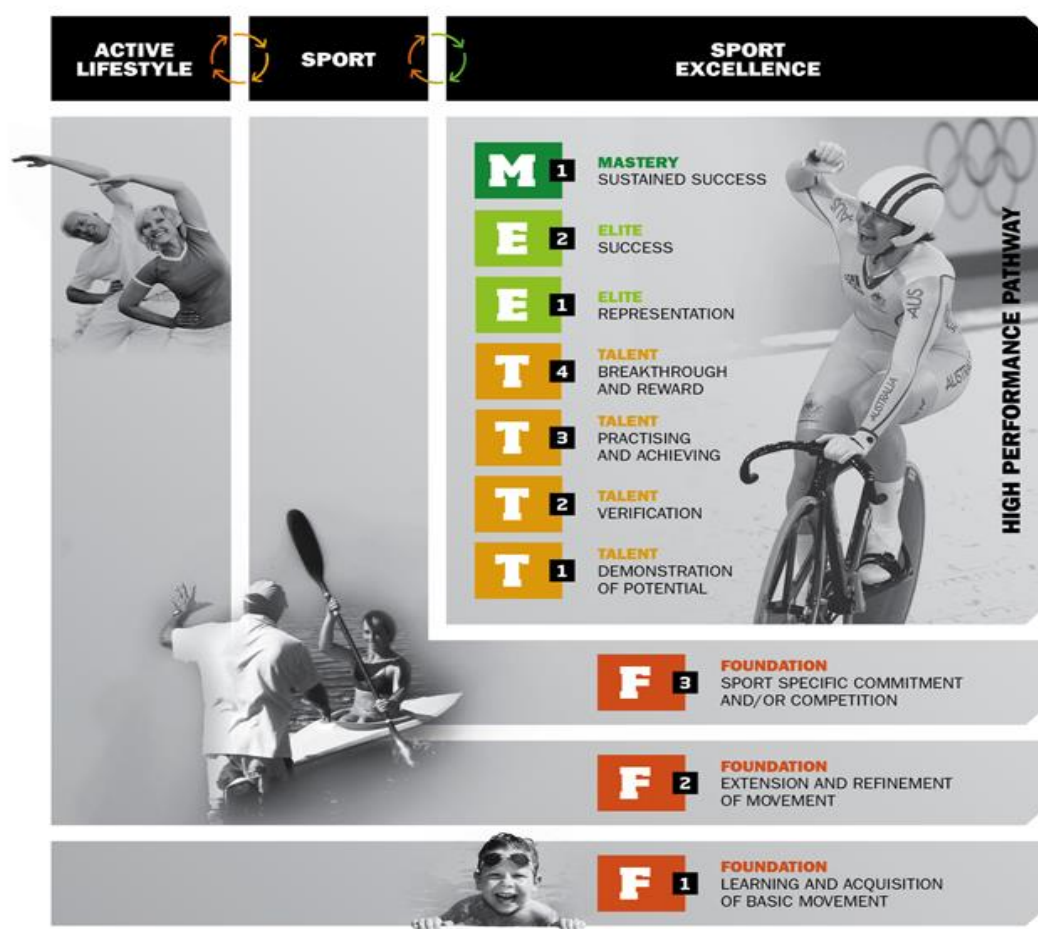
www.ausport.gov.au/ftem

We all participate in sport for many different reasons. Some are interested in maintaining an active and healthy lifestyle, others love the thrill of competing with their friends and a rare few set their sights on winning medals for their country. Whatever the motivation, we mostly choose our own pathways, although sometimes the pathway chooses us.

The Australian Institute of Sport (AIS) has developed a new framework to capture these different pathways and address the current shortfalls in applied research and practice specific to athlete development. It is called FTEM.

What is FTEM?

FTEM (representing Foundation, Talent, Elite and Mastery) is a user-friendly framework of sporting development that is representative of the 'whole of sport' pathway continuum. It integrates three key outcomes of sport participation: active lifestyle, sport participation and sport excellence.



How can FTEM be applied?

The FTEM framework can be used as a practical planning and review tool for a broad range of sporting stakeholders including parents, teachers, clubs, coaches, sports science and sports medicine personnel and national and state sporting organisations.

This enhanced understanding of sporting pathways will help us to improve the experiences of more people, at more levels of the pathway, more often.

Key features

- Representative of the '3 worlds': active lifestyle, sport participation and sport excellence
- Holistic and multidisciplinary sports model
- Fully integrated
- Recognises that individuals can be simultaneously participating in multiple sports at multiple levels of the pathway
- Features variable entry and exit points within the developmental pathway
- Non-prescriptive, allowing broad user flexibility and adaptability
- Devoid of fixed age boundaries
- Incorporates those with the potential to be elite, which has previously been identified as an insufficiently considered component of high performance modelling
- Reinforces the need for the right support at the right time and with the right athletes

FTEM and Touch Football

In an overview the table below applies the FTEM model to the various pathway levels of Touch Football. Coaches play a very important role in the development and experience encountered by athletes, whether that is the progression of the pathway from Foundation to Talent and beyond, or retention at an affiliate competition for a lifetime of enjoying our great sport.

	JUNIORS/INTRODUCTION 5 - 12 YEARS	YOUTH/DEVELOPMENT 13 - 20 YEARS	ADULT 21 + YEARS
MASTERY SUSTAINED SUCCESS		YOUTH TRANS-TASMAN	WORLD CUP
			TRANS TASMAN
			ELITE 8
			STATE OF ORIGIN
ELITE REPRESENTATION AND SUCCESS		NATIONAL TOUCH LEAGUE	NATIONAL TOUCH LEAGUE
		NATIONAL YOUTH CHAMPIONSHIPS	STATE TOURNAMENTS
TALENT PRACTICE AND ACHIEVEMENT	SCHOOL SPORT NATIONALS 12'S	SCHOOL SPORT NATIONALS 15'S	REGIONAL TOURNAMENTS
	STATE/REGIONAL TOURNAMENTS	STATE/REGIONAL TOURNAMENTS	
FOUNDATION PARTICIPATION/SOCIAL	AFFILIATE AND SCHOOL GALA DAYS	JUNIOR AFFILIATE COMPETITIONS	AFFILIATE COMPETITIONS
	JUNIOR AFFILIATE COMPETITIONS		
	AUSTOUCH PROGRAM	SCHOOL COMPETITIONS	
	SCHOOL CLINICS		
	PHYSICAL EDUCATION SCHOOL CURRICULUM		

TOUCH FOOTBALL

ATHLETE DEVELOPMENT FRAMEWORK



Touch Football Categories

The following skills and topics are provided to assist coaches in ensuring that they apply each skill to their athletes at the appropriate level. Athletes should achieve competency in each of the topics before progressing through the levels. It is important to continue to reinforce the skills and incorporate correct coaching points at each level. More information on each skill can be found in the corresponding Coaching Course.

Category	Foundation	Talent	Elite	Mastery
Movement	Running – sprinting Running – backwards Running – with the ball Agility – side stepping Agility – side to side shuffling Agility – swerving	Running - sprinting technique Agility - Stepping a defender Agility – forwards Agility – backwards Agility – sideways	Running – appropriate attacking lines Running – backwards at speed	Stepping off both feet Exploiting space
Ball	Ball grip Passing – stationary Passing – on the run Catching Half pass (introduce)	Spiral pass Passing left and right Half pass Draw and pass Dummy Wrap pass	Running pass both sides Cut out pass Switch pass variations Wrap pass variations Catching - elite	Long pass both hands Long pass from ground Reverse/rewind/quarterback pass 4 on 3 cut out pass
Rollball	Static rollball Dynamic rollball (introduce)	Dynamic rollball Rollball positioning (side of defender) Dump-split	Downtime awareness Roll ball at speed Static rollball elite (strike-dump)	Left and right hand execution Footwork into roll ball Swiping Splitting off the ball Controlling the Rollball
Rucking	Half role First receiver role	First Receiver positioning Rucking at pace Wrapping from half	Rucking patterns Direct rucking Expansive rucking	Transition into line attack Exit patterns
Attack	Running into space Effecting the touch in attack Supporting ball carrier Progressing ball toward scoreline Scoring a Touchdown The Tap	Slide dive - introduce Switch Wrap Scoop Decision making - 2 on 1 Attacking space	Slide dive - elite Switch variations (As & Bs) Wrap variations Decision making- 3 on 2 Attacking lines - hook Defender manipulation	Phase Plays Sequencing set plays Attack variations – static, running Decision making – 4 on 3 execution Attack lines – in, out, bounce Scorezone tactics

TOUCH FOOTBALL ATHLETE DEVELOPMENT FRAMEWORK



Defence	Returning onside Effecting the touch in defence Foundation 'team' defence	Ruck defence Wrap defence Switch defence Defensive space awareness Body positioning in touch Compressed/ shutdown defence	General defensive policy – 1,3,5 Line defence policies – hold/tread	Defensive policies – hold (no bite), press, and isolate Defensive tactics – sniping, flattening, proximity cues Position specific roles Pre touch position Mastery touch execution Post-touch action
Game Concepts & Strategies	Communication Basic understanding of rules Basic positional understanding	Non verbal communication Application of rule knowledge Effective substitution Positional differences	Substitution rotations Elite rule interpretations/variations Position specific roles Elite drop off strategies Playing with five on field	Various/all game plan tactics and scenarios Knowledge of mastery referee interpretations
Athletic Performance	Warm up /Cool down– education and introduction Stretching	Warm up – movement specific Mental preparation – basic Nutrition for performance Recovery – stretching & hydration	Recovery – Ice baths, injury management ASADA Anti-Doping Education Strength & conditioning elite	Psychology Leadership Improve performance through life balance Strength and conditioning - mastery