

A large, semi-transparent image of a rugby ball is centered on the page, serving as the background for the text. The ball's characteristic oval shape and laced texture are visible, though slightly faded. The overall color scheme is a deep red.

rugball

**COACHING
PLANS**



FÉDÉRATION INTERNATIONALE
DE RAQBALL
F.I.R.B

INTERNATIONAL RAQBALL
FEDERATION
I.R.B.F

raqball

RAQBALL COACHING PLANS

2023

ASBL - F.I.R.B - I.R.B.F

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INTRODUCTION

These coaching plans contain all the essential information to develop RAQBALL with children.

RAQBALL helps exercising the child's basic skills. The rules of the game are simple (15 basic rules) and make it easier to learn the game from the first sessions. RAQBALL can keep a group of children active all together. Each child handles the racket and the ball in a variety of situations in order to improve their orientation and concentration skills.

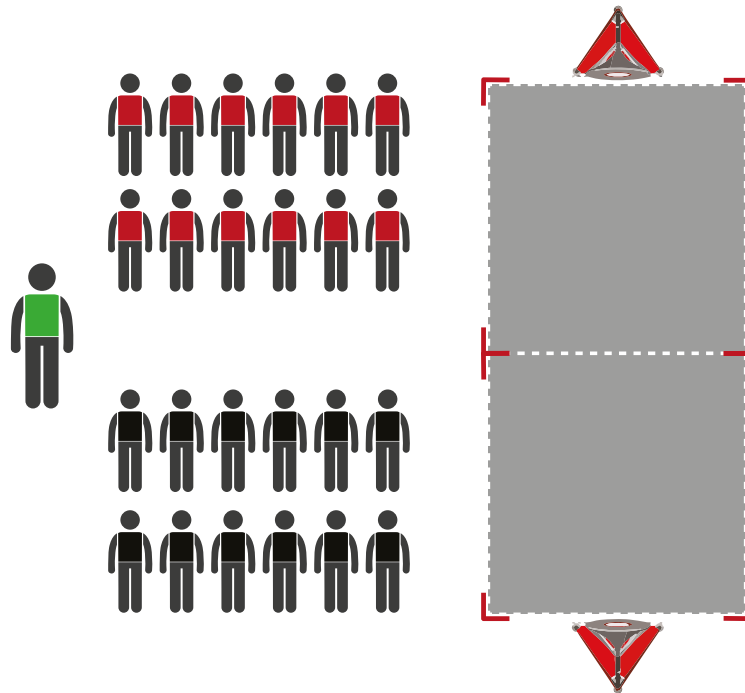
Because physical contact is not permitted, RAQBALL is a sport without the interactions of forces that this contact would generate. This makes the game accessible to all, and allows the development of agility, movements and general motor skills, while being fun and appealing. Children make rapid progress.

Promoting team spirit, respect for the opponent and inclusion, RAQBALL also helps with the child's behaviour.

The RAQBALL coaching plans allow the implementation of a programme that meets the requirements and objectives for the child's development from a young age. Promoting the child's practice of sport contributes to their future development. The impact on their education, health and social skills is more important when the different activities are built around a well-adapted sport programme.

Many warm-up exercises help the child to learn the specific motions of the game, while also learning to handle the equipment. The children follow a development path with different topics.

SET - UP



Court (portable equipment)

The RAQBALL court equipment can be positioned either indoors or outdoors, and on any type of surface. The play area should be sufficient.

SET-UP AND SUPERVISION OF RAQBALL ACTIVITIES

Recommended equipment for a group of 24 children:

- 24 rackets
- 24 balls
- 2 or 4 Targets (target boards)

Up to 24 children:

- 1 teacher or 1 coach with the relevant I.R.B.F. qualifications

More than 24 children:

- 1 teacher and 1 coach with the relevant I.R.B.F. qualifications, or another teacher per additional group of 12 children

RUNNING OF SESSIONS

HOW TO START A RAQBALL CYCLE?

1. INTRODUCING THE NEW TEAM RACKET SPORT

Ask the children about the origin of the game:

- “Do you know how and where RAQBALL was invented?”
- “What does the word ‘sport’ mean?” (*from Old French ‘desport’, meaning amusement, entertainment*)

2. EQUIPMENT

- Show and introduce the RAQBALL portable court equipment
- Equip those taking part in the session

3. RULES OF THE GAME

The rules will be taken in as the sessions progress in a fun and relaxed manner.

The examples given in the plans are not exclusive and are there to help teachers to follow a specific RAQBALL programme. You may also consider others depending on the teaching project.

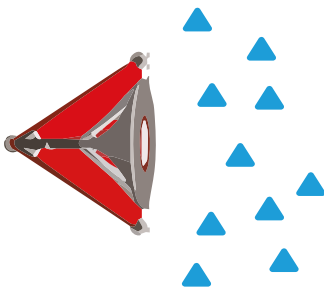
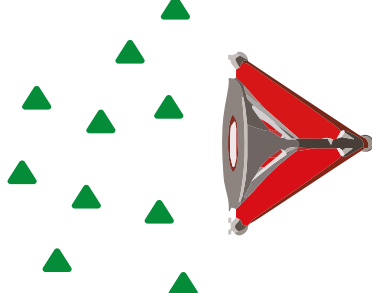
You are reminded that raqball is practised without contact between players.

However, some warm-up sessions produce contact between players when performing, for instance, balancing or dexterity exercises.

Session no.	Setting no.	Topic
1	1	Drib'up / Warm-up

Equipment	Objectives
<ul style="list-style-type: none"> Spot ground markers 	Warm-up and increasing the heart rate.

Description
<ul style="list-style-type: none"> Place the spot ground markers randomly on each half of the court. Two teams oppose each other. They each must retrieve the spot ground markers from the opposing team's half. Each team may decide to place guards (<i>defenders that can prevent opponents from retrieving markers by touching them</i>). If a player attempting to retrieve a marker is touched, they must replace the marker where it was and restart from their own half. If they manage to bring the marker to their half without being touched, they must leave it at the base of the Target. This marker cannot be retrieved again. The team that has retrieved the greater number of spot ground markers within the allotted time is the winner.

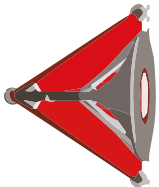
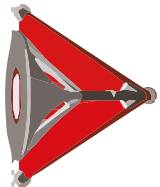
Diagram	
	

Variation +	Increase the number of teams, each with its own markers.
Variation -	Format without elimination (simple run to retrieve the markers).

Session no.	Setting no.	Topic
1	2	Drib'up / Discovery

Equipment	Objectives
<ul style="list-style-type: none"> Rackets Balls 	Handling the equipment and getting used to the racket and to the effects from its motion.

Description
<ul style="list-style-type: none"> Start by explaining how to hold the racket (hand on the end of the grip, not close to the head). Ask players to balance the ball on the racket, on the centre of the head. The players must move freely on the court without dropping the ball from the racket. After 5 minutes, the players must call the name of players they pass while still balancing the ball (<i>looking away from the ball</i>). When this skill is learned, increase the speed of movement by jogging.

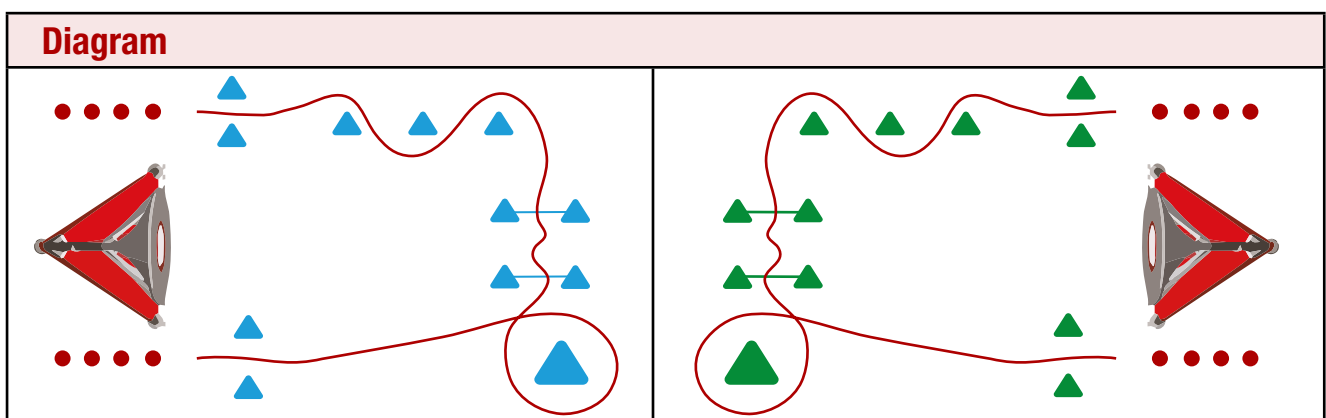
Diagram
 <p style="text-align: center;">Free movement.</p> 

Variation +	Instead of calling their name, tap players they pass on the hand.
Variation -	

Session no.	Setting no.	Topic
1	3	DDrib'up / Obstacle circuit

Equipment	Objectives
<ul style="list-style-type: none"> Rackets / balls Spot ground markers Range of obstacles (bars, cones, hurdles) 	Controlling the angle of the racket and understanding the balance of the ball while moving.

Description
<ul style="list-style-type: none"> Two teams have a relay race over an obstacle circuit, keeping the ball balanced on the racket. If a player drops the ball, they restart from the start point. Once completed the circuit, the player taps the hand of the next player in his team as the sign to start their turn. The first team to get all its players completing the circuit wins.



Variation +	Complete the same circuit making players to run.
Variation -	If the ball is dropped, the player restarts from where it was dropped.

Session no.	Setting no.	Topic
1	4	Drib'up / Learning to bounce the ball

Equipment	Objectives
<ul style="list-style-type: none"> Rackets Balls 	Bouncing the ball on the racket, and bouncing it on the floor and catching it with the racket.

Description
<ul style="list-style-type: none"> Exercise 1: Let the ball drop to the ground and catch it with the racket after the first bounce. Stop the ball, keeping it balance on the racket. Exercise 2: One bounce on the ground, followed by a single bounce on the racket. Stop the ball. Exercise 3: One bounce on the ground, followed by three bounces on the racket. Exercise 4: Three bounces on the racket, followed by one bounce on the floor. Repeat uninterrupted these two actions. Exercise 5: Bounce the ball repeatedly on the racket. If ball control is lost, let the ball bounce once on the ground and try to regain control. After the second bounce, start again.

Diagram
<p>Free movement.</p>

Variation +	Bounce the ball on the racket with forehand and backhand strokes.
Variation -	Exercise one bounce on the floor followed by one bounce on the racket.

Session no.	Setting no.	Topic
1	5	Drib'up / Bouncing the ball on the racket while moving

Equipment	Objectives
<ul style="list-style-type: none"> • Rackets • Balls • Spot ground markers / Obstacles 	Control repeated bounces of the ball on the racket while moving.

Description
<p>Several games are proposed:</p> <ul style="list-style-type: none"> • Cat-and-mouse: Playing cat-and-mouse while performing the Drib'up. One or several players are designated as cats and must tap on the shoulder other players who are trying to escape from the cats. • Repeat session 1.3: Relay race on the circuit while performing the Drib'up. • Simple race: Run at speed while performing the Drib'up from one end of the court to the other. The next player in each team starts when the preceding player crosses the baseline.

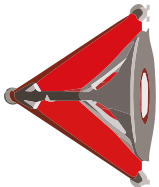
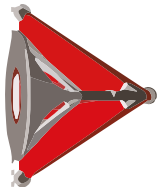
Diagram
 <p style="text-align: center;">Free movement / Discovery</p>

Variation +	Make players run while performing the Drib'up.
Variation -	Remove the requirement of racing, and give a point to each player finishing.

Session no.	Setting no.	Topic
2	1	Passing / Warm-up

Equipment	Objectives
<ul style="list-style-type: none"> Rackets Balls 	Holding the racket in hand and bouncing the ball, increasing the heart rate and loosening up the joints.

Description
<ul style="list-style-type: none"> Repeat the Drib'up exercises while moving freely. Play cat-and-mouse again. Work on the height of the Drib'up. One high Drib'up, followed by one low Drib'up. Vary the Drib'ups (<i>forehand and backhand</i>).


Diagram
 <p style="text-align: center;">Free movement.</p> 

Variation +	Do not allow the ball to bounce on the ground while performing the Drib'up. Make them run.
Variation -	Repeat at slower pace, without running, allowing the bounce on the ground.

Session no.	Setting no.	Topic
2	2	Passing / Introduction to passing

Equipment	Objectives
<ul style="list-style-type: none"> Rackets Balls 	Introduction to the interaction between two players.

Description
<ul style="list-style-type: none"> The players are set in pairs. Player 1 lets the ball drop to the ground, and after the bounce, bounces the ball once on the racket. With the second bounce, they send the ball to their mate. The mate lets the ball bounce once on the floor and performs one Drib'up followed by a pass back to their mate (<i>player 1</i>)

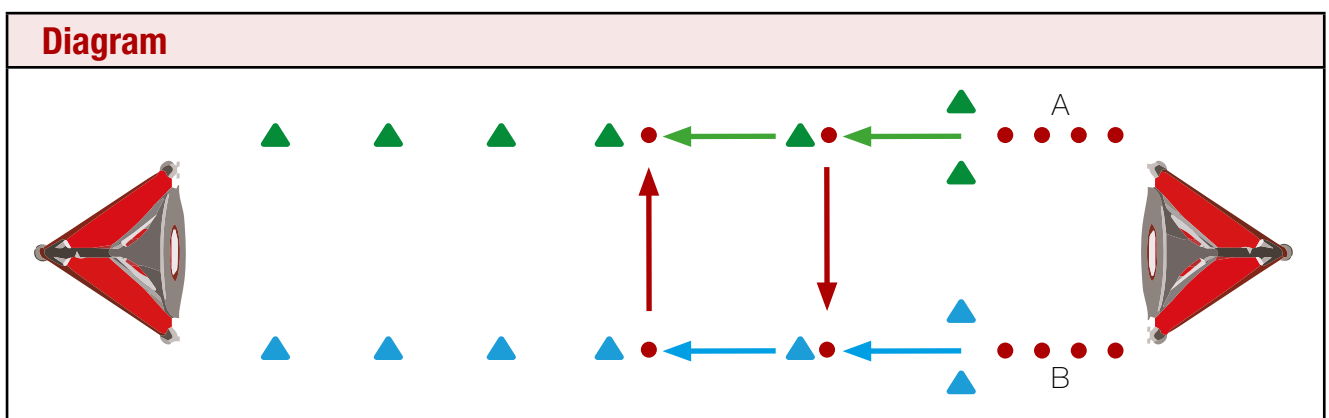
Diagram
 <p>Free movement.</p>

Variation +	Increase the number of Drib'ups required before passing the ball. Do not bounce the ball on the ground when passing.
Variation -	Stop the ball after each pass, and then restart.

Session no.	Setting no.	Topic
2	3	Passing / Introduction of movement while passing

Equipment	Objectives
<ul style="list-style-type: none"> Rackets Balls Spot ground markers 	Start controlling the Drib'up while moving.

Description
<ul style="list-style-type: none"> Two lines of players, A and B. The first player in line A advances to the first marker while performing the Drib'up. They then pass the ball to the first player from line B who has followed and advanced as well. This player from line B continues to advance while performing the Drib'up up to the next marker, and then passes the ball back to the player from line A. Once the end of the run is reached, they stop the ball and return to the start keeping outside of the lines of markers.



Variation +	Make them run. Do not allow bouncing the ball on the ground.
Variation -	Increase the distance between markers. Allow one bounce of the ball on the ground.

Session no.	Setting no.	Topic
2	4	Passing / Introduction to 1Ground

Equipment	Objectives
<ul style="list-style-type: none"> Rackets Balls 	Introduction of the deliberate and dynamic bounce of the ball on the ground in the pass (<i>1Ground</i>).

Description
<ul style="list-style-type: none"> Letting the ball bounce on the ground when receiving a pass is very different from receiving a ball that has been deliberately bounced on the ground by the player passing it. In the latter instance, the player making the pass must move the racket downwards to force the ball to bounce on the ground. Repeat the exercises in sessions 2.2 and 2.3. Additional requirement: the 1Ground.


Diagram
 <p>Free movement / Discovery</p>

Variation +	Pass the ball with forehand and backhand strokes.
Variation -	Stop the ball with each pass, and perform a 1Ground.

Session no.	Setting no.	Topic
3	1	Targ / Warm-up

Equipment	Objectives
<ul style="list-style-type: none"> • Rackets • Balls • Targget 	Loosen up and warm up, and repeat Drib'ups and passing.

Description
<ul style="list-style-type: none"> • Players exercise again free Drib'ups. Additional requirement: link Drib'ups while moving and without bouncing the ball on the ground.

Diagram
 <p>Free movement.</p>

Variation +	Alternate forehand and backhand Drib'ups.
Variation -	Allow one bounce on the ground when ball control is lost.

Session no.	Setting no.	Topic
3	2	Targ / Around the court

Equipment	Objectives
<ul style="list-style-type: none"> Spot ground markers Rackets Balls 	Take Targs from different points around the Target.

Description
<ul style="list-style-type: none"> Game: Take Targs in succession, beginning from a starting point. Each successful Targ gives the right to move on to next point.



Variation +	Move the markers further away from the Target.
Variation -	Add intermediate markers.

Session no.	Setting no.	Topic
3	3	Targ / Shooting

Equipment	Objectives
<ul style="list-style-type: none"> • Rackets • Balls • Targget 	Initiate the Targ after the Drib'up.

Description
<ul style="list-style-type: none"> • The group is divided into two teams, each facing its Targget. • The players of each team take it in turns to make a short run while performing a Drib'up, and then take a Targ. • Introduce the notion of scoring points (<i>1 point for a hit on the round board of the Targget, 2 points for a ball through the central hole</i>). • Each team keeps its score. At the end of the allotted time, the team with the highest score wins.

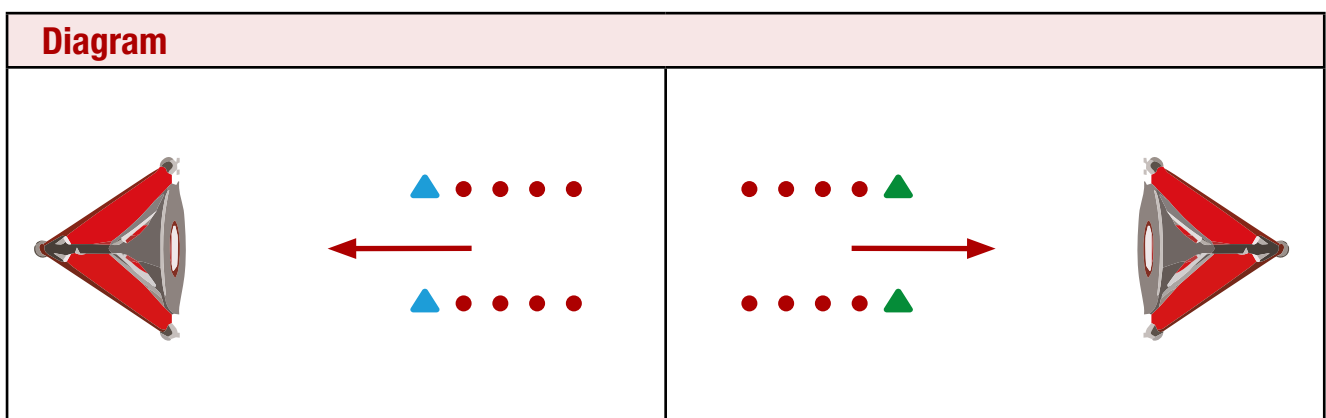
Diagram

Variation +	Requirement of Targ distance.
Variation -	Allow bouncing the ball on the ground before taking the Targ.

Session no.	Setting no.	Topic
3	4	Targ / Shooting after a pass

Equipment	Objectives
<ul style="list-style-type: none"> • Rackets • Balls • Targget 	Learn to take a Targ after having made one or several passes.

Description
<ul style="list-style-type: none"> • Similar setting to session 3.3. • Each team is set in two lines. The players move forward in turns in pairs, passing the ball to each other once or several times before taking a Targ. • As in session 3.3, each team keeps its score. At the end of the allotted time, the team with the highest score wins.

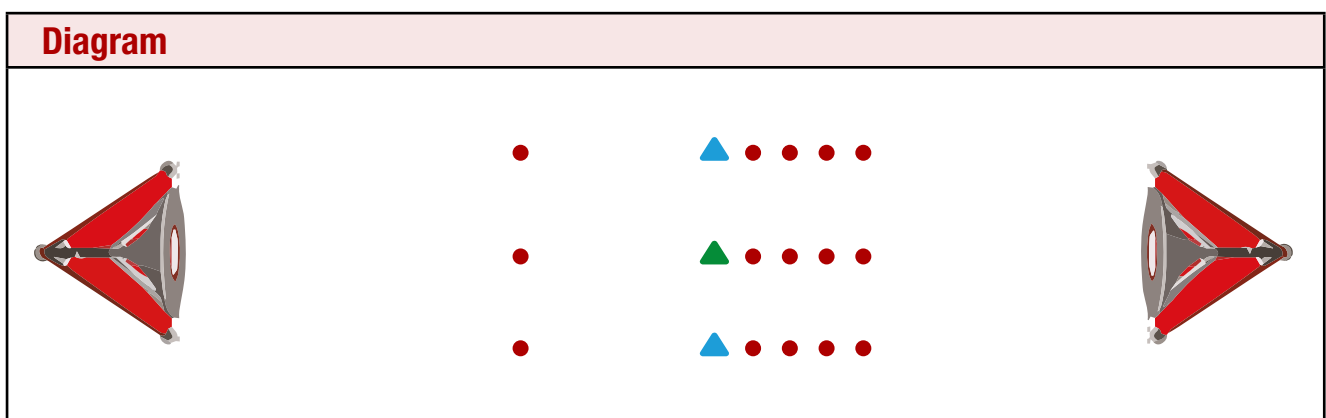


Variation +	Set a certain number of passes. Do not allow bouncing the ball on the ground.
Variation -	Allow bouncing the ball on the ground. Number of passes not set.

Session no.	Setting no.	Topic
4	1	Attack / Defence

Equipment	Objectives
<ul style="list-style-type: none"> • Rackets • Balls • Spot ground markers 	<p>Introduce the notion of the defender. Marking and losing the marker.</p>

Description
<ul style="list-style-type: none"> • Adopt the setting used in session 3.4. One team divided into two lines. The players move forward in turns in pairs, passing the ball to each other. The objective is to take a Targ without losing the ball. • A third line in the middle is made up of defenders who in turns will move forward at the same time as the pairs from the attacking team. • If the attackers commit a foul (<i>Raqball rules</i>), it is the next pair's turn to start and move forward.

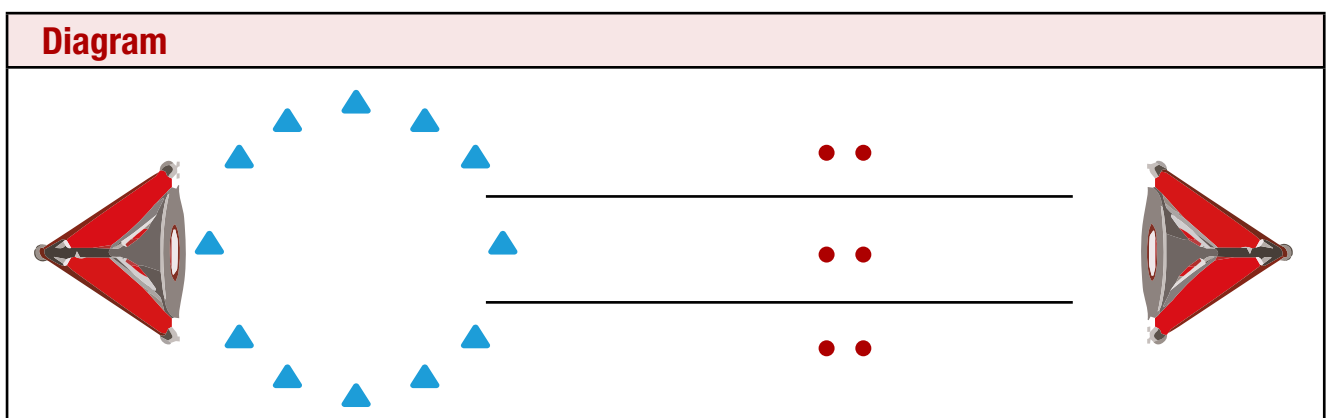


Variation +	Two lines of defenders.
Variation -	Three lines of attackers for one of defenders.

Session no.	Setting no.	Topic
4	2	Attack / Defence

Equipment	Objectives
<ul style="list-style-type: none"> • Rackets • Balls • Spot ground markers 	<p>Defence objective: Physical opposition to the attacker.</p> <p>Attack objective: Advance passed the defence.</p>

Description
<ul style="list-style-type: none"> • The court is divided into three channels. Each player is allocated to a channel and is not allowed to leave it. One defender and one attacker are set in each channel. • The attackers must pass the ball to reach the defenders' zone (<i>markers</i>) without losing control of the ball. They are allowed a maximum of 6 passes to reach the zone. • The defenders must oppose the attackers physically to prevent them from advancing, but without committing fouls.



Variation +	Set a time limit to reach the zone.
Variation -	Allow unlimited number of passes.

SESSION

Further sessions intended to develop attack and defence can be set increasing the number of channels, and progressing towards using the full court, until matches can be played under all the rules of the game.

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