

EASY MED HARD

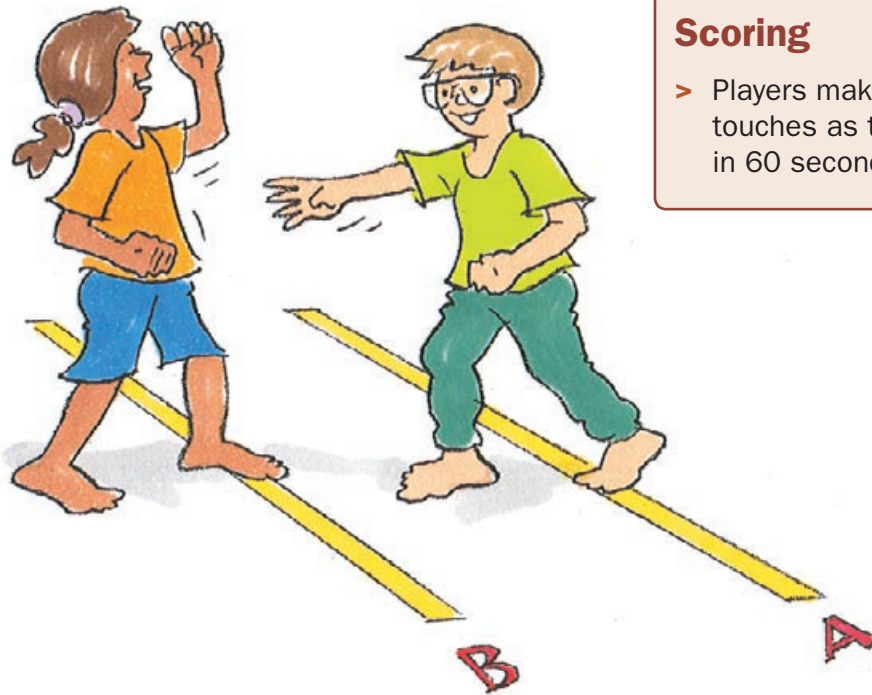


# Speed touch

SESSION  
PLANS

B

Players pair off and face each other. One player attempts to lightly touch the other player on the arm. The other player attempts to evade being tagged.



## Scoring

- > Players make as many touches as they can in 60 seconds.

## Safety

- > Players should be instructed to lightly touch above the elbow but below the shoulder.

## Ask the players

- > How can you avoid being tagged?

## What to do

- > Players stand an arm's length apart in pairs, facing each other.
- > One player attempts to lightly touch the other player on the side of the arm (with an open hand).
- > The other player attempts to evade the touch.
- > After the time limit is up, swap roles.

## LESSON LINK:

*Speed touch* is an energiser or warm up that can be performed at any time. It also develops the martial arts skills of sparring and self-control.