

Touch Central

Firstly, I'd like to congratulate you on your fine choice of sport. I hope you find that Touch football is a fantastic social sport that encompasses teamwork, athleticism, skill and most of all, fun!



Peter Shaw

Princes Park Touch would like to enhance your enjoyment by offering you some information about the game that may assist your team and individual players on the park. We understand there is nothing more frustrating than playing a sport without a workable knowledge of the rules and the basic skills and strategies.

The below resources should help you in learning more about touch football and learning to or improving your play.

[What is Touch](#)

If you are new to the game learn more.

[Individual Skills](#)

Learn about and master the skills you need as an individual

[Sub Unit Skills](#)

Learn the sub unit skills to help your team.