



4 SPORTS IN ONE!

The Perfect Cross-trainer for Sports Teams

Turbo Touch® is one of the fastest growing sports in NZ. It was invented in NZ by Kiwi's and is thrilling players of all ages all over the country and soon internationally.

Turbo Touch® combines elements of Touch, Rugby, League, Netball, Ultimate Frisbee, Basketball, Gridiron into an action-packed game that is the perfect 5-a-side cross-training activity for people of all sporting backgrounds.

It's now becoming part of fitness and skills training for other sports.



The fundamentals of Turbo Touch® are:

1. Passing
2. Spatial awareness – driving into space and creating space
3. Defending – man to man or space marking
4. Teamwork & communication



All of these fundamentals are in all our key sports – Rugby, Netball, Rugby League, Soccer, Basketball, Hockey and coaches are telling us that they're running out of inspirational ways of getting their teams to practice these skills and to get great fitness training in.

Turbo Touch delivers on all of these with the added bonus that it's played indoors so this training can never be rained off.

You use a Turbo Touch oval ball, but you can pass the ball anyway you like – traditional Rugby, Netball Chest Pass, Gridiron Throw and it can forwards, backwards sideways. It's played on a netball/basketball size court with 5 aside and rolling subs.

It's fast and strategic so they have to think quick.

So if you're looking to spice up your training with a new way to teach your team skills, you want to get an extra fitness training in and you want guaranteed training and playing time with no rain offs, then you should come down and try Turbo Touch.

If the whole team isn't keen we only need 7 ideally to play.

This suits all ages from year 3/4 all the way through to youth and adult teams.

First Try It Free!

We want you to be sure it's for you and your team, so we're offering you the first game as a Try It for free.

Simply register your interest with Sandi Hackett by either phoning on 021 286 8242 or email sandi@touchnz.co.nz.

If you know you're keen to enter please register your team at www.turbotouch.co.nz at any of the available competitions.

Here's what other coaches have to say...

Shane Knowles – Director Of Football, Bay Olympic Soccer

As Director of Football and the coach of a 10th grade as well as the Premier Bay Olympic Team, I'm always looking for ways to teach the skills needed for Football in innovative ways. When the Premier team played Turbo Touch it ticked the box in a number of areas – holding and driving into space, looking to find space to pass, teamwork and game fitness. I plan on introducing this into our academy training with the kids as well as encouraging coaches to get their teams involved ... funny considering it's not even played with a round ball!



Brett Young – CEO Netball Waitakere

Many of our Netballers are already enjoying playing and training with Turbo Touch®. It's a great game to use as a cross-trainer, to practice netball skills and to increase fitness without even realising it's more training. As well as encouraging our players, umpires and coaches to try this out at grassroots level we plan on introducing Turbo Touch® into our high performance Netball programmes. The best part is Turbo Touch® suits all ages and everyone has loads of fun.



Tuteri Rangihaeata – Te Atatu Roosters Junior Rugby League Coach

Turbo Touch® has helped us to develop other skills that are essential to the mini and mod rugby league game. More importantly, the fitness and fun that the boys have got from playing Turbo Touch this season has been massive. I believe that if more junior players from rugby, netball and rugby league come and play in the Turbo Touch competition it will help them to develop missing skills from their preferred sport.



Top 5 reasons why your team can get the edge by cross-training with Turbo Touch®

Apart from the fact it's indoors in winter... so you can cross-train in any weather conditions

1. Fitness with Fun

If speed is what you need - Turbo Touch is seriously fast and strategic. If you want your team to make good decisions under pressure and get an awesome workout at the same time then the back and forth of Turbo Touch cannot be matched. Your team will push themselves to the extreme and not even notice they're exhausted!

2. Think Outside of the Box

With so many different ways to approach the game and so many different variations on how you can move the ball around the court, you can bring some fresh thinking to your primary sport.

3. Improve Defence

Learn to mark the man and the space. It's key to every sport and sometimes players struggle with the concept. In Turbo Touch you become good at this or lose the game. We have seen particular improvement with younger kids going back to their primary sport with huge improvement and understanding.

4. Team Building

It's a fun way to keep the crew together in a fun setting outside of normal training and improve communication and teamwork.

5. Non Contact

It's minimal contact so you get to keep your body away from the hard knocks.

