

Objectives

Run, catch, pass.

Tackle.

Space.

Warm Up

Butt Kicks.

High Knees.

Fast Feet + (turns / down).

Knee Boxing.

Lunge Push.

Jump and Land.

Dog and Bone.

Hop & Land.

Alphabet game.

LOG / BIG.

Rock n' Roll.

Army Army.

Grab It (on your feet).

Bear Crawls.

Duck Walks.

Here-There-Where.

Monkey Run.

Mountain Climber.

Bench Ball.

Gotcha Name.

Shoulder Bumps.

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Activity 1: Cone passing

Objective:

Players will run onto the ball in correct alignment.

Equipment:

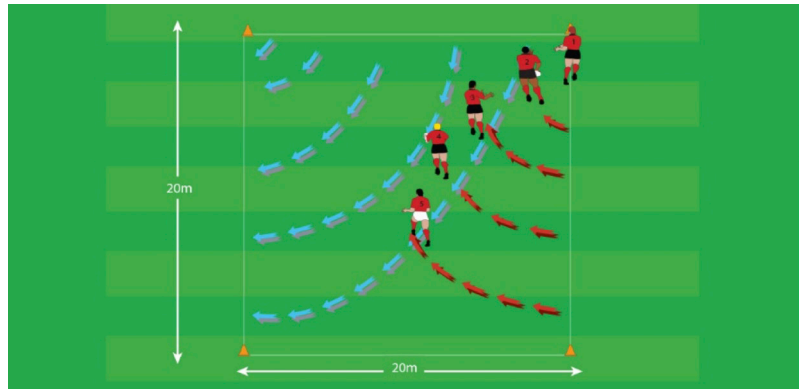
Four cones and one ball.

Group size:

9 minimum – 25 maximum.

Area:

20m x 20m.



Drill explanation:

- ▶ Ball is placed beside a cone and players line up along the edge of a square, one behind the other with the front player beside the placed ball.
- ▶ Ball is passed along the back line as the players fan out then straighten towards the adjacent side of the square.
- ▶ Ball gets to last player before they reach the line, where they place it next to the cone. The last person in Group B passes to the player in Group C.
- ▶ Players realign on the line they have just crossed and restart the drill again.

Observation:

- ▶ Support lines.
- ▶ Soft hands.
- ▶ Accurate pass.

Questions:

- ▶ How can we make sure we stay in grid?
- ▶ How can we make sure we get a good pass?

Progression:

- ▶ Work two or more groups in same grid.
- ▶ Reverse direction.

Activity 2: Power Machine

Objective:

To practice techniques with the side-on tackle and falling in the tackle.

Equipment:

3 cones.

Group size:

In a group of three.

Area:

Small.



Drill explanation:

- ▶ Tackler stands facing two attackers, positioned in the middle only 1m away. All are on their knees.
- ▶ On "go", the tackler must make as many tackles as they can in 10-20 secs.
- ▶ One on left then on right then back to left and so on.

Observation:

- ▶ Head on correct side.
- ▶ Good thrust with arms.

Questions:

- ▶ How can we remember where to put our head?
- ▶ How can we squeeze our arms tight?
- ▶ Did we land on top?

Progression:

- ▶ Introduce a ball.
- ▶ Widen area.
- ▶ Do it standing.

Game Activity: Which way?

Objective:

To develop passing and support skills of players.

Equipment:

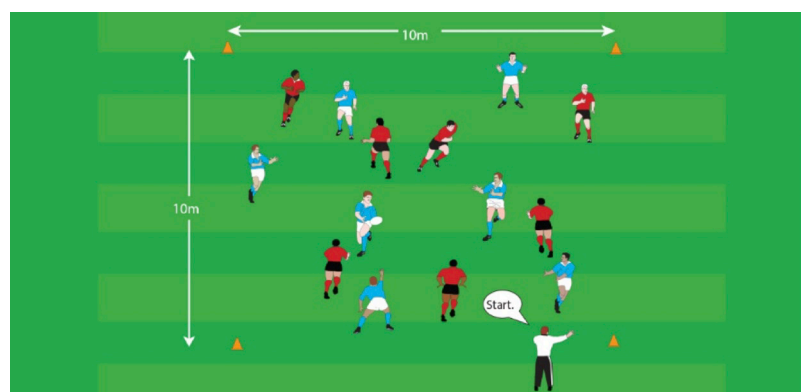
One ball.

Group size:

16-20 players.

Area:

10m x 10m.



Drill explanation:

- ▶ All players must stay within the grid.
- ▶ The team with the ball runs around passing the ball to other members.
- ▶ Defending team is allowed to obstruct the player passing the ball or to intercept but there can be no contact and defenders must stay one arm's length away from the attackers.
- ▶ On the sound of the whistle, the player with the ball must get to another team member who rips away the ball.
- ▶ If a defender can get two hands on the ball before the attacking team, the ball is turned over.
- ▶ If the ball is dropped or an intercept occurs the ball is turned over.

Observation:

- ▶ Communication.
- ▶ Variety of passes.

Questions:

- ▶ How do we get into position to receive a pass?
- ▶ When do you know to pass the ball?

Progression:

- ▶ Introduce two balls.
- ▶ On the whistle, the ball-carrier makes contact with a defender, goes to ground and the supporting player steps over and picks up the ball.