

## Objectives

Run, catch, pass.

Communicate.

Space.

## Warm Up

Jump and Land.

Hop and Land.

Skip Jumps (High Ball).

Alphabet Game.

Butt Kicks.

High Knees.

Numbers Game.

Fast Feet + (turns / down).

Lunge Push.

Mountain Climber.

Crocodile Crawls.

Skiers.

Here-There-Where.

LOG / BIG.

Rock n' Roll.

Locks-Props-Backs.

Army Army.

Bear Crawls.

Ball Touch.

Vision T.

Knee Tackles.

Back to back.

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## Activity 1: Ball familiarisation 2

### Objective:

To improve ball handling skills.

### Equipment:

Ball each.

### Group size:

Any size.

### Area:

Depends on team size.



### Drill explanation:

- ▶ Coach calls an activity and players copy while running in grid. Players in the first three stages remain stationary.
- ▶ "ROUND" – move ball around the waist. "BOUNCE" – bounce ball on ground and catch it.
- ▶ "UP" – throw ball in air and catch it.

### Observation:

- ▶ Ball in two hands.
- ▶ Find space.
- ▶ Move feet quickly.

### Questions:

- ▶ What are the different ways we can dodge?
- ▶ How can we make sure we don't run into each other?

### Progression:

- ▶ Increase or decrease the size of the grid.
- ▶ Add more activities e.g. Ball awareness.

## Activity 2: Zig Zag Passing

### Objective:

Develop pass, catch and run.

### Equipment:

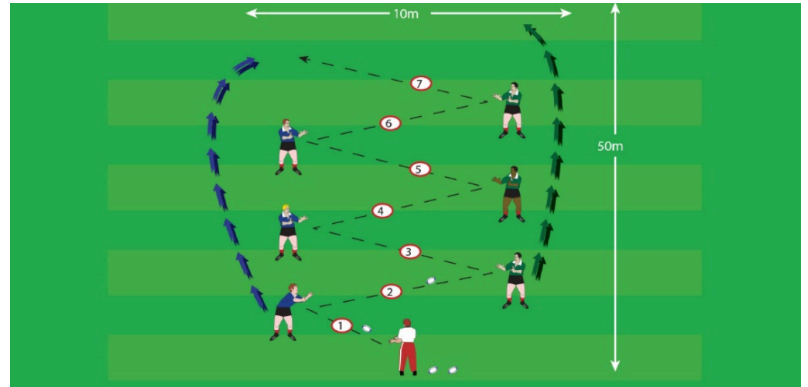
As many balls as the group's skills will allow.

### Group size:

Any number but using full squad if possible.

### Area:

10 x 50 metre grid.



### Drill explanation:

- ▶ Two lines facing each other. Each line should be 3-5 metres apart and each player should be one metre from the player beside them.
- ▶ The coach feeds as many balls one at a time, as the player's skill will allow, to player 1 and these are passed in a zigzag from one line to the other right down the two lines.
- ▶ Once all the balls being used have been handled by a player, that player runs to the end of the line to receive the balls again.
- ▶ The drill continues until the players reach the end of the 50-metre grid.

### Observation:

- ▶ Hands up.
- ▶ Soft hands.
- ▶ Accurate and passive pass.

### Questions:

- ▶ Can we add another ball?
- ▶ When do we know when to run?

### Progression:

- ▶ The players run down the centre line between the two groups. The players must be careful not to hit the running players.

## Game Activity: Octopus

### Objective:

To improve evasive running.

### Equipment:

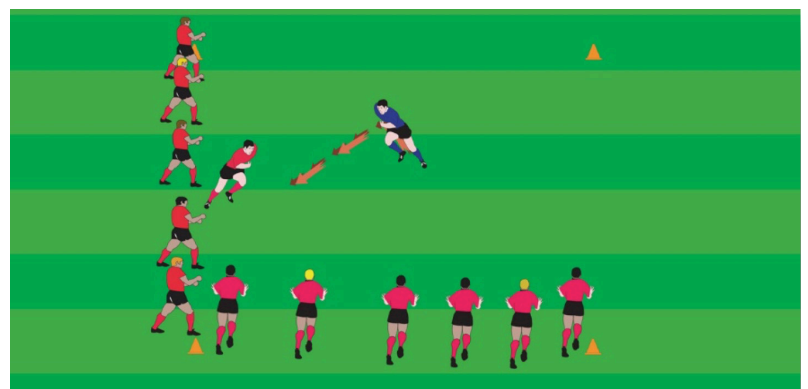
4 cones.

### Group size:

Team.

### Area:

Depends on team size.



## Drill explanation:

- ▶ Line half the team along one side of the grid and the other half along the next line of the grid. Choose an octopus, who goes in the middle.
- ▶ Octopus or coach calls a group and they run across the grid.
- ▶ Octopus tries to tag or rip flags from the runners.
- ▶ If tagged or ripped, the runner goes to the point they were caught and stands there.
- ▶ On the octopus' next call, stationary runner can rip or tag, but they can't move feet. (They have become an octopus's tentacle.)

## Observation:

- ▶ Keep feet alive.
- ▶ Look for space.

## Questions:

- ▶ How do we get into position to receive a pass?
- ▶ What's the best way to rip someone?