

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: Pass progression

Objective:

Developing the fundamental skills of the basic lateral pass.

Equipment:

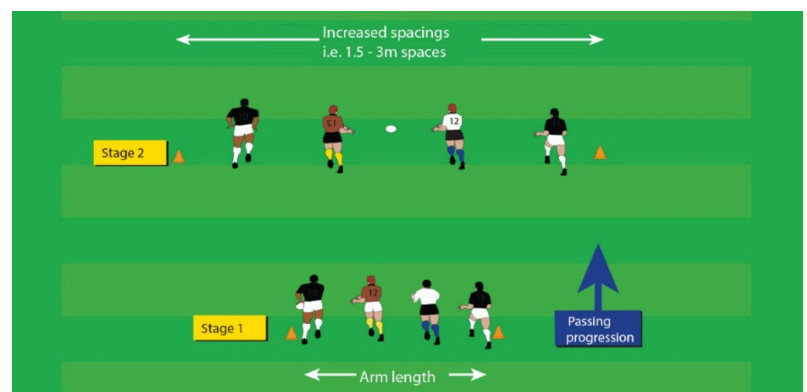
One ball per group, cones.

Group size:

5 - 8.

Area:

5m x 15m.



Drill explanation:

- ▶ Stage 1. Players are positioned along a straight line separated by around one arm's length.
- ▶ Players in the first three stages remain stationary.
- ▶ Players simply swing the ball along the line to the next player, who simply reaches out to receive the ball.
- ▶ Stage 2. Now players separated by 1.5m pass the ball along the lines.
- ▶ Stage 3. Increase the separation to about 3m.
- ▶ Stage 4. Lateral passing at a walking pace for about 30m.
- ▶ Stage 5. Lateral passing at jogging pace for about 30m.
- ▶ Stage 6. Lateral passing at running pace for about 30m. (Vary speeds.)

Observation:

- ▶ Soft hands.
- ▶ Accurate pas.
- ▶ Look at ball.

Questions:

- ▶ How can we make it easier for the passer?
- ▶ How can we make it easier for the catcher?

Progression:

- ▶ Have group walking toward them to add obstacle.

Activity 2: 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.
- ▶ "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.

Game Activity: Octopus

Objective:

To improve evasive running.

Equipment:

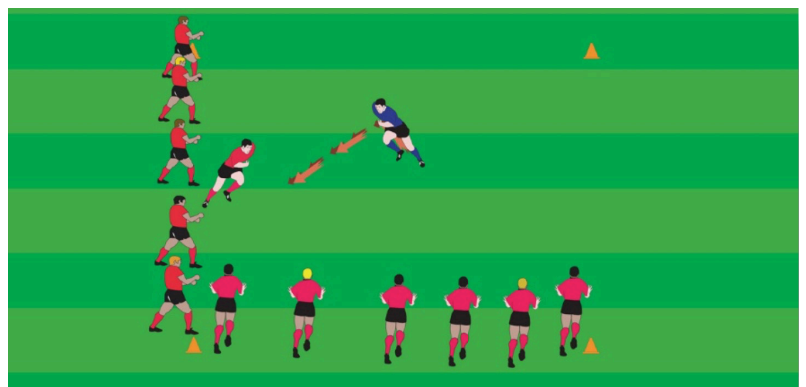
4 cones.

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?