

## Objectives

Run, catch, pass.

Tackle.

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: Pair kicking

### Objective:

To improve players' ability to kick accurately.

### Equipment:

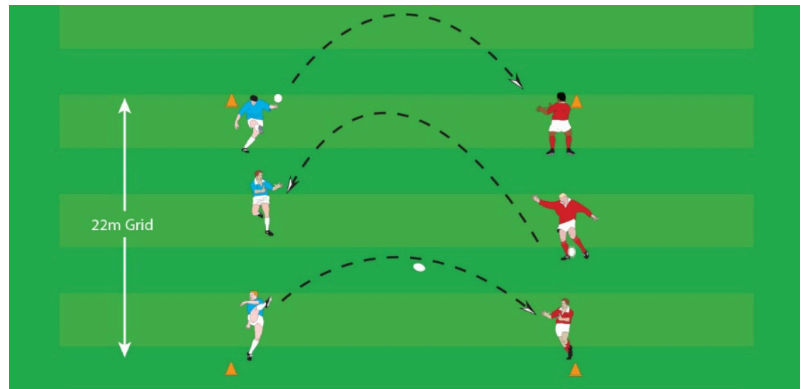
One ball for each pair of players.

### Group size:

Any number depending on the number of balls.

### Area:

22 x 22 metre grid.



### Drill explanation:

- ▶ The group is split in two. Players line up opposite another person. Each pair has a ball.
- ▶ Players kick the balls accurately to one another across the grid.
- ▶ Punts and drop-kicks should be made so they can be caught on the full.
- ▶ Grubber kicks: the ball should be almost stopped as it reaches the partner.

### Observation:

- ▶ Accuracy.
- ▶ Ball is dropped to the foot.

### Questions:

- ▶ How did it feel coming off your foot?
- ▶ What other kicks can we try?

**Progression:**

- ▶ The coach may increase the pressure on players by reducing the time they have to kick the ball.
- ▶ Use both feet.

## Activity 1: Continuous drift

**Objective:**

Understanding drift defence.

**Equipment:**

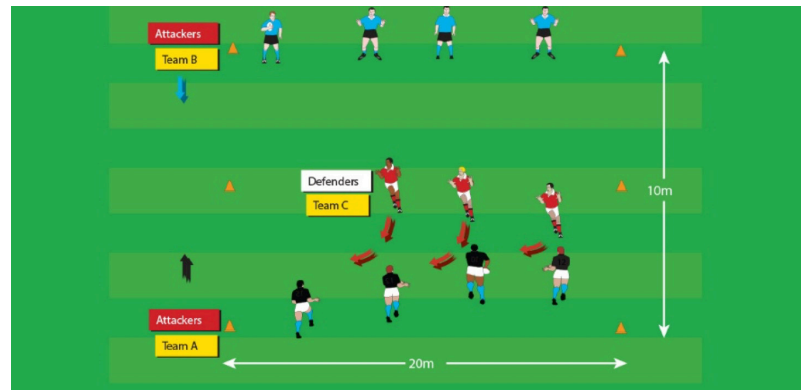
Four cones, two balls.

**Group size:**

Eight or more.

**Area:**

10m x 20m.



**Drill explanation:**

- ▶ Attackers try to score on the other side.
- ▶ Defenders must attempt to stop them, using drift defence.
- ▶ Once they score, or are stopped, then the other attackers start with defenders shifting to opposite end of rectangle, hence continuous drifting.

**Observation:**

- ▶ Talk.
- ▶ Staying inside.

**Questions:**

- ▶ How do we stay inside attacker?
- ▶ What do we call out?

**Progression:**

- ▶ After each team, run around middle cones.

## Game Activity: Continuous game

**Objective:**

To promote talk and the use of space and overlap in defence.

**Equipment:**

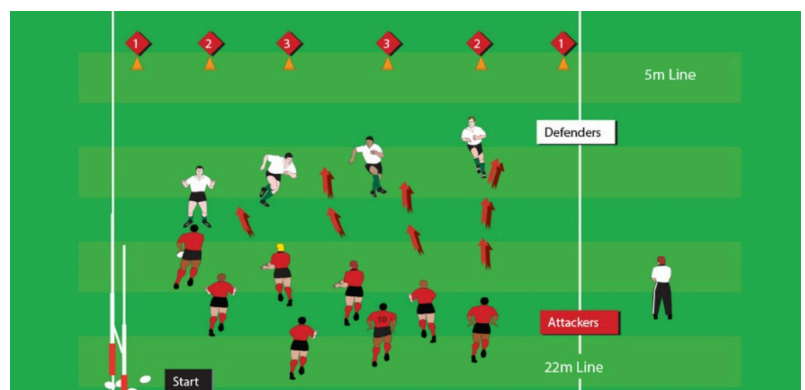
Five balls, six cones.

**Group size:**

12 players.

**Area:**

Half field - tryline to 22-metre line.



## Drill explanation:

- ▶ Six cones are lined up along the five-metre line and the balls are placed in a pile under the goalposts. Players split into four defenders and eight attackers.
- ▶ One or two double-handed touches are allowed.
- ▶ The aim is to score a try on the cones earning 1, 2, or 3 points.
- ▶ The attacking team has two minutes to score as many tries as possible.
- ▶ If the ball is dropped, intercepted, a try scored, or the designated number of touches completed, the attacking team drops the ball and runs back to the start to begin with another ball.
- ▶ The referee sends the defenders around one of the markers whilst the attackers are retrieving their new ball.
- ▶ When the two minutes are up the teams change around.

## Observation:

- ▶ Talk.
- ▶ Look for space.

## Questions:

- ▶ What can we call out to our players?
- ▶ Where are the overlaps?