

Objectives

Run, catch, pass.

Communicate.

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 Crawl.

Duck Walks.

Here-There-Where.

Monkey Run.

Mountain Climber.

Bench Ball.

Gotcha Name.

Shoulder Bumps.

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Activity 1: Shadow run

Objective:

To practise quick evasive movement.

Equipment:

One ball per pair.

Group size:

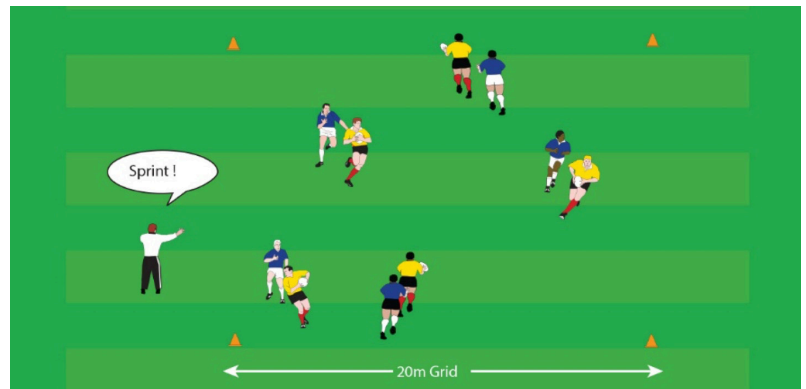
Any number, even number preferable.

Area:

20m x 20m.

Drill explanation:

- ▶ One of each pair has a ball.
- ▶ On the coach's call the ball-carrier runs evasively at speed. The fellow group member tries to follow keeping only one metre away.
- ▶ Continue for 5–15 seconds depending on the pace desired. Give a similar period of recovery and repeat the drill.



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:

- ▶ On the coach's call, the ball-carrier turns, sets and feeds to their partner who becomes the front runner.
- ▶ The ball-carrier faces the partner, who tries to remain directly in front of the ball-carrier. If the partner is passed, the players swap roles.

Activity 2: Pass progression

Objective:

Developing the fundamental skills of the basic lateral pass.

Equipment:

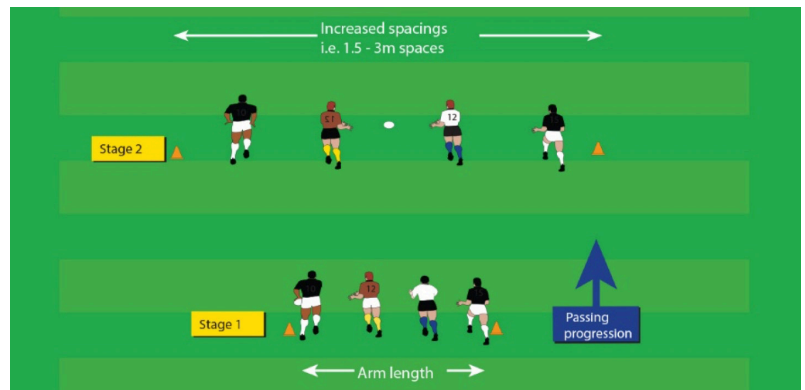
One ball per group, cones.

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 pass.
- ▶ 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.

Game Activity: Rippa

Objective:

Utilise game as platform for game understanding.

- ① Full RIPPA Rugby rules.
- ② Play on half the field.
- ③ 6 rips per team (then turnover).
- ④ No reserves if under 20 players.

Observation:

- ▶ Run straight.
- ▶ Pass before you get ripped.
- ▶ Use two hands to rip.

Questions:

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