

## Objectives

Run, catch, pass.

Evade.

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: How many passes

### Objective:

To improve players' passing skills and reactions.

### Equipment:

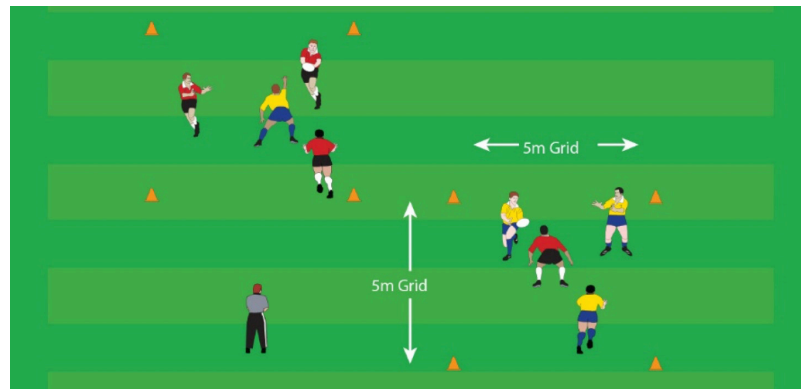
One ball.

### Group size:

Four players.

### Area:

5m x 5m.



### Drill explanation:

- ▶ Four players group together inside the grid area with one player nominated as the interceptor.
- ▶ The interceptor is to try and pressure the other players into making bad passes or dropping the ball.
- ▶ If the ball is dropped or intercepted, the player who made the error and the interceptor change roles and the drill continues.

### Observation:

- ▶ Hands up.
- ▶ Soft hands.
- ▶ Accurate pass.
- ▶ Find space.

### Questions:

- ▶ How can we make it easier for the passer?
  - ▶ How can we make it easier for the catcher?
- How can we get into a position for a pass?

## Progression:

- ▶ Introduce a scoring system for the greatest number of passes made uninterrupted.
- ▶ Increase the number of interceptors.

## Activity 2: Shadow run

### Objective:

To practise quick evasive.

### Equipment:

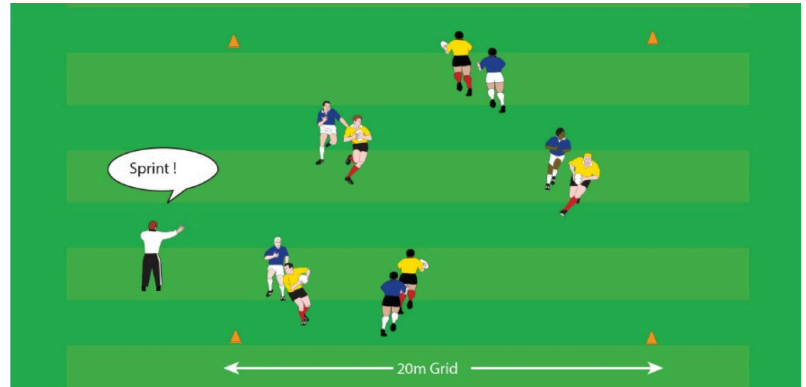
One ball per pair.

### 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.

## Game Activity: Rippa

### Objective:

Utilise game as platform for game understanding.

- ① Full RIPPAs 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?