

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: Continuous drift

Objective:

Understanding drift defence.

Equipment:

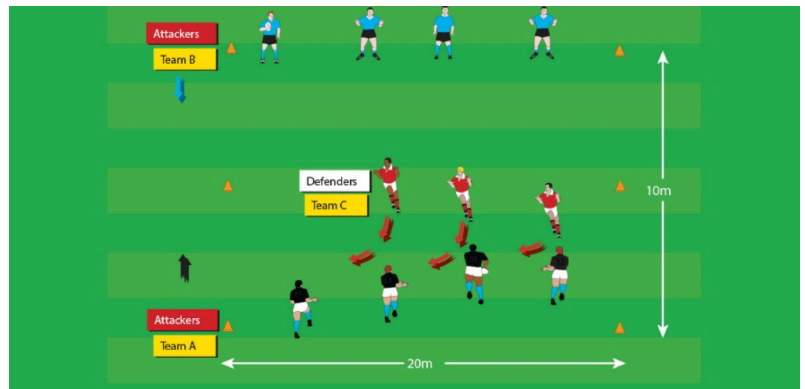
Four cones, two balls.

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.

Activity 2: Pommy

Objective:

In an opposed situation, players are running the correct angles.

Equipment:

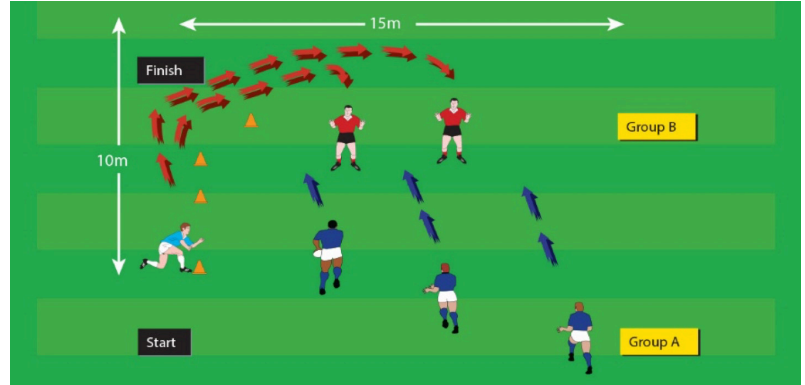
10 cones and two balls.

Group size:

11 in each group.

Area:

10m x 15m.



Drill explanation:

- ▶ Two or three teams of three players (A and B) attack against two or three teams of defenders (C and D).
- ▶ Team A run forward, receive a ball from the halfback and attempt to get over the tryline inside the right-hand cone.
- ▶ The two defensive players run around the top cone and attempt to defend against the attacking three players.
- ▶ Team B attack against Team D.

Observation:

- ▶ Attacking players are making space for their support.
- ▶ Accurate pass.

Questions:

- ▶ How do we use the ball to find space?
- ▶ How do we manipulate the defenders?

Progression:

- ▶ Restrict the space to put more pressure on the attacking players.
- ▶ Increase or decrease the number of attackers versus defenders.

Game Activity: Continuous game

Objective:

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

Equipment:

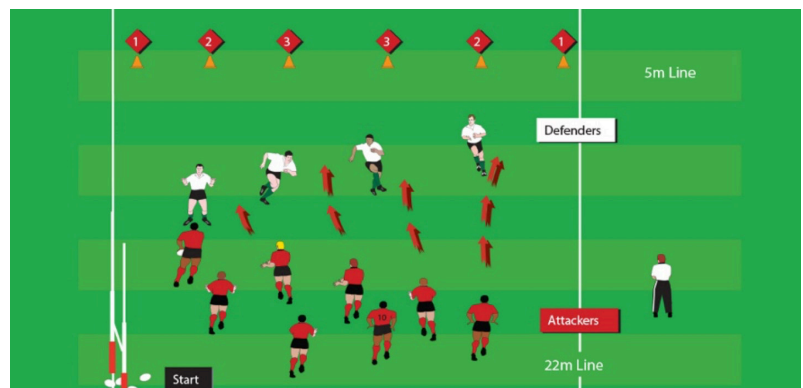
Five balls, six cones.

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?