

Objectives

Run, catch, pass.

Tackle.

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: Power Machine

Objective:

To practice techniques with the side-on tackle and falling in the tackle.

Equipment:

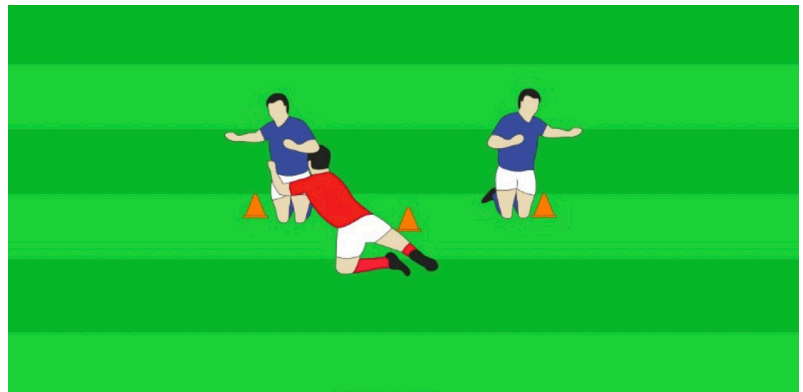
3 cones.

Group size:

In a group of three.

Area:

Small.



Drill explanation:

- ▶ Tackler stands facing two attackers, positioned in the middle only 1m away. All are on their knees.
- ▶ On "go", the tackler must make as many tackles as they can in 10-20 secs.
- ▶ One on left then on right then back to left and so on.

Observation:

- ▶ Head on correct side.
- ▶ Good thrust with arms.

Questions:

- ▶ How can we remember where to put our head?
- ▶ How can we squeeze our arms tight?
- ▶ Did we land on top?

Progression:

- ▶ Introduce a ball.
- ▶ Widen area.
- ▶ Do it standing.

Activity 2: 2 to score

Objective:

Practice the draw and pass or dummy.

Equipment:

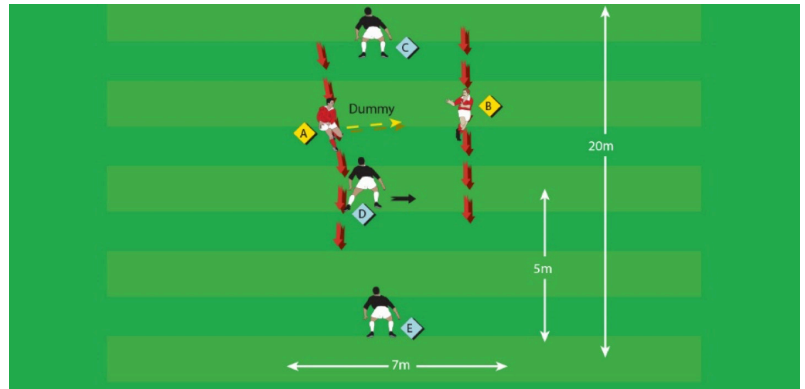
One ball per two attackers.

Group size:

3 - 4 defenders / 10 - 12 attackers.

Area:

7 x 20 metre grid.



Drill explanation:

- ▶ Two attackers run up the grid with the ball..
- ▶ Defenders are placed every five metres but can only move sideways - not forwards or backwards.
- ▶ The attacker's aim is to score at the other end.
- ▶ The attackers and the defenders swap positions after the attackers have been up and down the channel twice.

Observation:

- ▶ Run straight with the ball.
- ▶ Pass the ball out in front.

Questions:

- ▶ How can we get the defender to move?
- ▶ Why is this harder with opposition?

Observation:

- ▶ Defenders move forward or back to put pressure on the attackers.
- ▶ Decrease the grid size to give the attackers less time and space.

Game Activity: Order Ball

Objective:

To improve ball-handling skills.

Equipment:

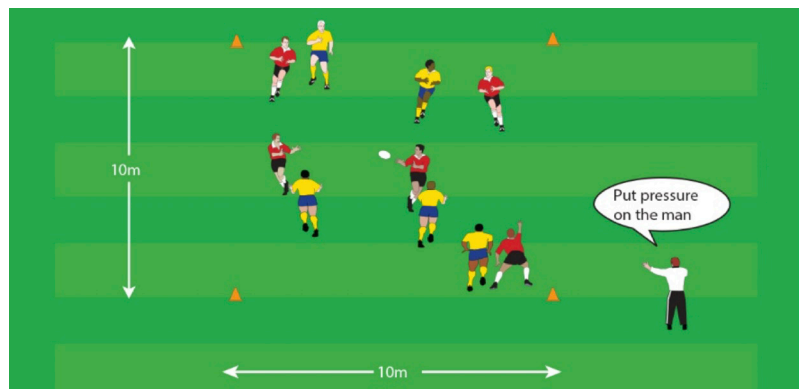
One ball.

Group size:

Two teams of four, five or six players.

Area:

10m x 10m.



Drill explanation:

- ▶ Each player in the team is given a number.
- ▶ The ball must be passed through the team in order (1 - 2 - 3 - 4 - 5 - 1).
- ▶ The players are free to move only within the boundary.
- ▶ The ball-carrier can move when they have the ball.
- ▶ The other team tries to pressure the team with the ball into bad passes or to intercept the pass.
- ▶ The ball changes team if it is dropped or intercepted.

Observation:

- ▶ Accurate pass.
- ▶ Soft hands.

Questions:

- ▶ How do we get into position to receive a pass?
- ▶ How can we acknowledge we want the pass?

Progression:

- ▶ Introduce a second ball.