

## 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: Follow the coach

### Objective:

To improve players' passing and receiving technique.

### Equipment:

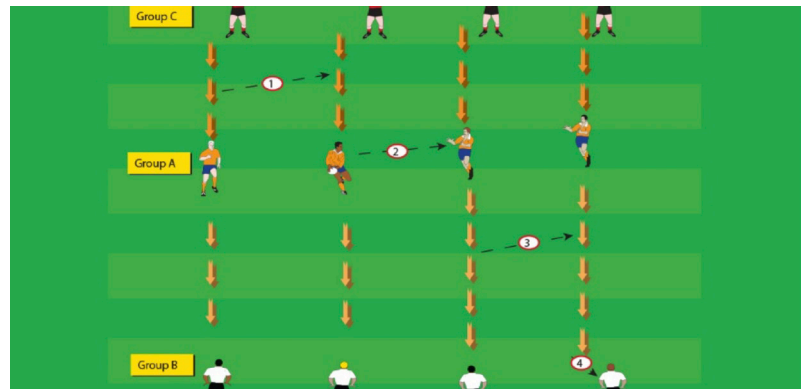
8 – 12 cones / One ball.

### Group size:

9 minimum – 25 maximum.

### Area:

10m x 10m (this will need to be extended with more players taking part in the drill).



### Drill explanation:

- ▶ Group A runs towards Group B passing the ball laterally. The last player who receives the ball in Group A passes to the person in Group B.
- ▶ Group B runs towards Group C passing the ball.
- ▶ Group A lines up where Group B was originally stationed.
- ▶ The last person in Group B passes to the player in Group C.

### Observation:

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

### Questions:

- ▶ How can we make it easier for the passer?
- ▶ How can we make it easier for the catcher?

## Progression:

- ▶ Move cones closer together to increase pressure.
- ▶ Two teams running in opposite directions if there are sufficient numbers (two balls can be used).
- ▶ Have a halfback feeding the ball to each team.
- ▶ Have an extra player coming into each backline with the opposition team acting as defenders.

## Activity 2: Power Machine

### Objective:

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

### Equipment:

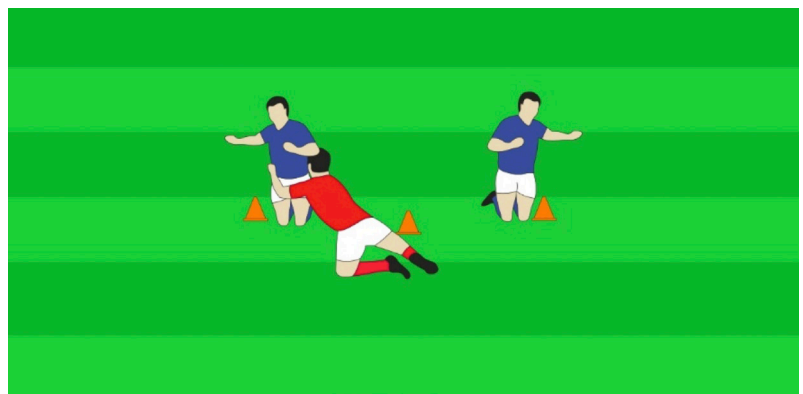
3 cones.

### 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.

## Game Activity: Order Ball

### Objective:

To improve ball-handling skills.

### Equipment:

One ball.

### Group size:

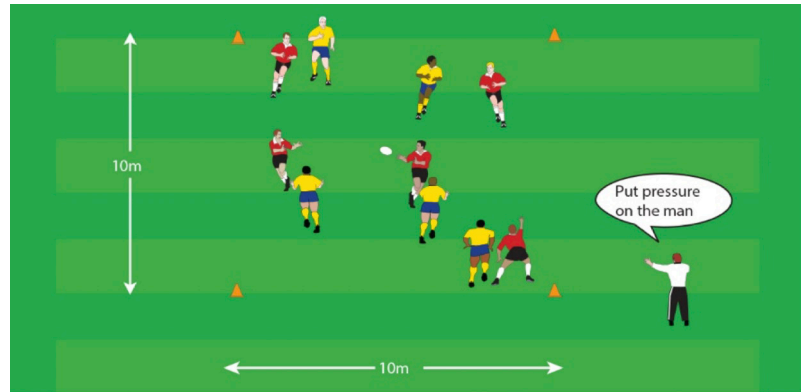
Two teams of four, five or six players.

**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.