

Objectives

Run, catch, pass.

Tackle.

Space.

Warm Up

High Knees.

Fast Feet + (turns/down).

Lunge Push.

Red and Yellow.

Hop and Land.

Skip Jumps (High Ball).

Alphabet game.

Butt Kicks.

Jump and Land.

Army Army.

Bear Crawls.

Duck Walks.

SRP.

LOG / BIG.

Rock n' Roll.

Heads Shoulders Knees & Goes.

Monkey Run.

Mountain Climber.

Turbo Touch.

Gotcha Name.

Cheek to cheek.

Prone Arm Wrestle.

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Activity 1: Pressure pass

Objective:

Develop good technique and accuracy of the pass.

Equipment:

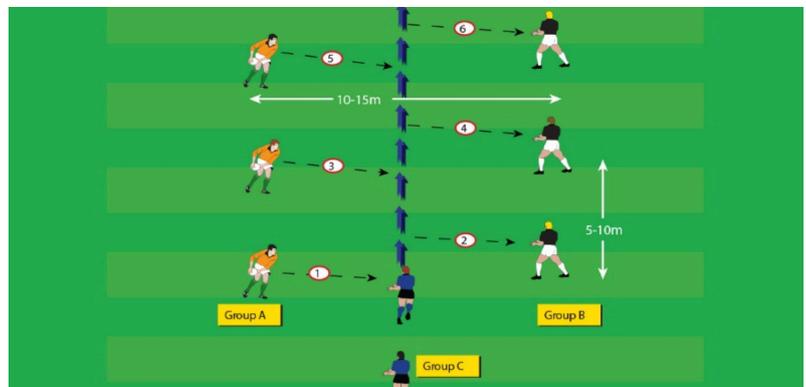
Up to six balls.

Group size:

Three players for each ball.

Area:

10 x 22 metre grid.



Drill explanation:

- ▶ Place players into three groups. Groups A and B line up facing each other, and Group C lines up as shown in the diagram.
- ▶ Groups A and B should be between 10 and 15 metres apart.
- ▶ The individual players of Groups A and B stand between five and 10 metres apart. Each player of Group A starts with a ball.
- ▶ Player 1 of Group C runs/jogs down between Groups A and B receiving passes from Group A and passing on to the players opposite in Group B.
- ▶ With the balls now with Group B, player 2 in Group C links a pass from Group B to Group A, player 3 in Group C then links a pass from Group A to Group B.
- ▶ When all players from Group C have gone through the drill, they run around the outside and join the end of Group C.
- ▶ The drill continues.

Observation:

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

Questions:

- ▶ Where should we have our hands?
- ▶ How can we be more accurate?

Progression:

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

Activity 2: One on three

Objective:

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

Equipment:

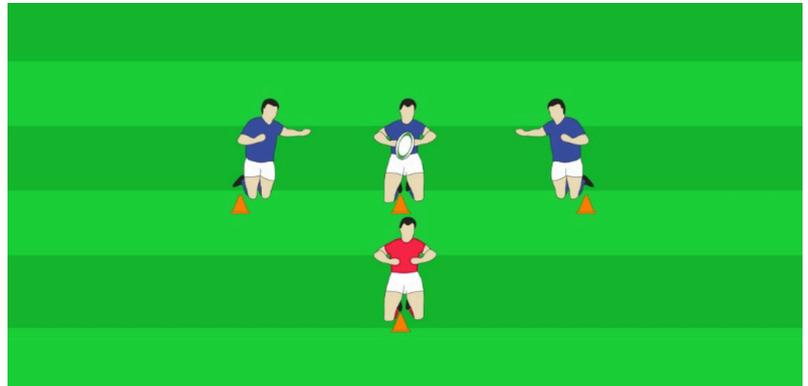
4 cones.

Group size:

In a group of four.

Area:

4m x 2m.

**Drill explanation:**

- ▶ There are three attackers, all on their knees. All positioned in a line about 2m apart. Defender, also on knees, is facing in the same direction as attackers, is 2m in front of attackers in line with middle defender. Middle attacker has a ball.
- ▶ On "go", the ball is passed either left or right, or held! Only one pass can be made.
- ▶ Defender turns to face attackers and tackles the attacker who is advancing with the ball and trying to get past the defender.

Observation:

- ▶ Eyes are open.
- ▶ Head on correct side.

Questions:

- ▶ How does it feel?
- ▶ How can we remember where to put our head?

Progression:

- ▶ Do it standing.
- ▶ Introduce hit shields.

Game Activity: Softball

Objective:

To improve Kicking and passing.

Equipment:

Ball, 4 cones.

Group size:

18–20 players divided into two teams.

Area:

10m x 15m.



Drill explanation:

- ▶ Members of the “batting” team kick or throw the ball by any method out into the field and try and get as far around the bases as they can before the ball is returned to the cones.
- ▶ If the kick/throw is caught, the player is out; if the ball is returned to a base before the player arrives, the player is out.
- ▶ When three players are out the team’s swap.
- ▶ Runs are scored each time a player makes it home around all four bases.
- ▶ The number of innings is to be determined by the coach.

Progression:

- ▶ A set number of passes to be used to return the ball to the bases.