

## 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.

BECOME FAMILIAR WITH THESE SMALL BLACKS WARM UPS ON [SMALLBLACKS.COM](http://SMALLBLACKS.COM)

## Activity 1: One on three

### Objective:

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

### Equipment:

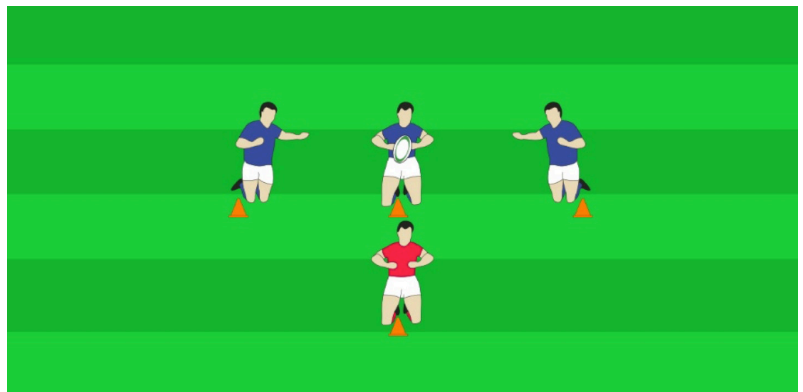
4 cones.

### 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.

## Activity 2: Zig Zag Passing

**Objective:**

Develop pass, catch and run.

**Equipment:**

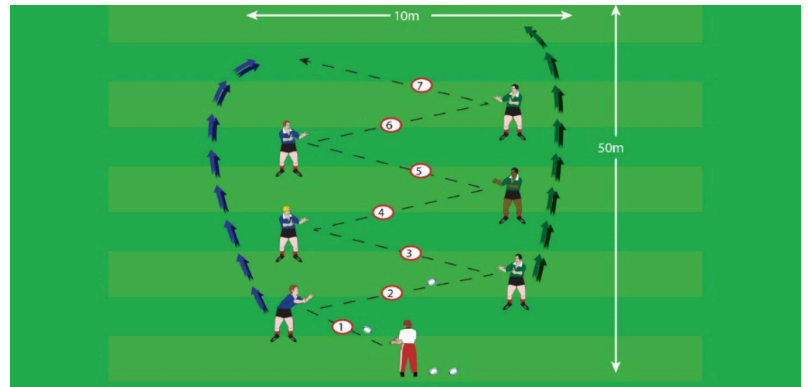
As many balls as the group's skills will allow.

**Group size:**

Any number but using full squad if possible.

**Area:**

10 x 50 metre grid.



**Drill explanation:**

- ▶ Two lines facing each other. Each line should be 3-5 metres apart and each player should be one metre from the player beside them.
- ▶ The coach feeds as many balls one at a time, as the player's skill will allow, to player 1 and these are passed in a zigzag from one line to the other right down the two lines.
- ▶ Once all the balls being used have been handled by a player, that player runs to the end of the line to receive the balls again.
- ▶ The drill continues until the players reach the end of the 50-metre grid.

**Observation:**

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

**Questions:**

- ▶ Can we add another ball?
- ▶ When do we know when to run?

**Progression:**

- ▶ The players run down the centre line between the two groups. The players must be careful not to hit the running players.

## 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.