

Objectives

Run, catch, pass.

Communicate.

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:

Improve communication and reactions.

Equipment:

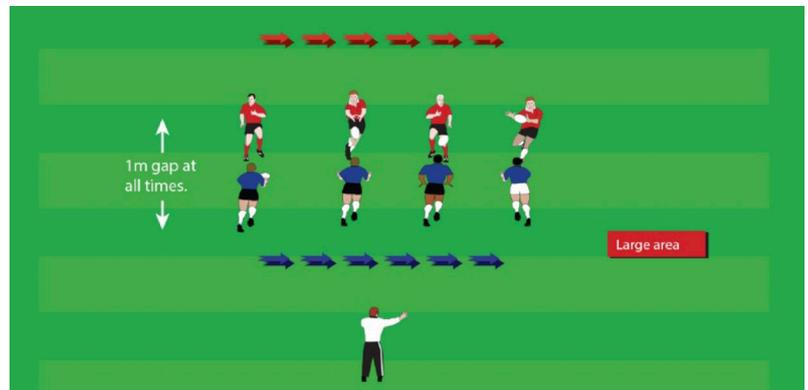
One ball per pair.

Group size:

Two - team.

Area:

Large.



Drill explanation:

- ▶ Players form pairs and position themselves so that only one player in each pair can see the coach.
- ▶ Each pair has a ball and the drill starts with the player in each pair, separated by one metre, passing back and forward to one another.
- ▶ The coach blows the whistle and at the same time points in a direction they want the players to go.
- ▶ The player who can see immediately goes in that direction and the other player adjusts.

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:

- ▶ Introduce groups of four players.
- ▶ Call out direction, i.e. left, right, forward, etc.

Activity 2: How many passes?

Objective:

To improve players' passing skills and reactions.

Equipment:

One ball.

Group size:

Four players.

Area:

5m x 5m.



Drill explanation:

- ▶ Four players group together inside the grid area with one player nominated as the interceptor.
- ▶ The interceptor is to try and pressure the other players into making bad passes or dropping the ball.
- ▶ If the ball is dropped or intercepted, the player who made the error and the interceptor change roles and the drill continues.

Observation:

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

Questions:

- ▶ How can we make it easier for the passer?
- ▶ How can we make it easier for the catcher?
- ▶ How can we get into a position for a pass?

Progression:

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

Game Activity: Rippa game

Objective:

Utilise game as platform for game understanding.

- ① Full RIPPA Rugby rules.
- ② Play on half the field.
- ③ 6 rips per team (then turnover).
- ④ No reserves if under 20 players.

Observation:

- ▶ Run straight.
- ▶ Pass before you get ripped.
- ▶ Use two hands to rip.

Questions:

- ▶ How do we get into position to receive a pass?
- ▶ What's the best way to rip someone?