

## Objectives

Run, catch, pass.

Tackle.

Space.

## Warm Up

Jump and Land.

Hop and Land.

Skip Jumps (High Ball).

Alphabet Game.

Butt Kicks.

High Knees.

Numbers Game.

Fast Feet + (turns / down).

Lunge Push.

Mountain Climber.

Crocodile Crawls.

Skiers.

Here-There-Where.

LOG / BIG.

Rock n' Roll.

Locks-Props-Backs.

Army Army.

Bear Crawls.

Ball Touch.

Vision T.

Knee Tackles.

Back to back.

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## Activity 1: Pommy

### Objective:

In an opposed situation, players are running the correct angles.

### Equipment:

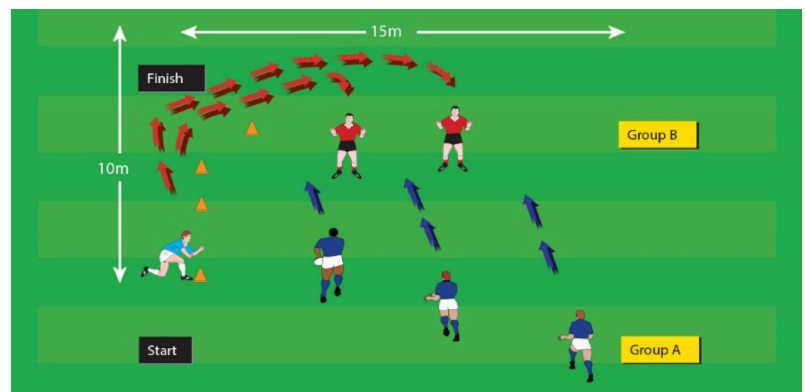
10 cones and two balls.

### Group size:

11 in each group.

### Area:

10m x 15m.



### Drill explanation:

- ▶ Two or three teams of three players (A and B) attack against two or three teams of defenders (C and D).
- ▶ Team A run forward, receive a ball from the halfback and attempt to get over the tryline inside the right-hand cone.
- ▶ The two defensive players run around the top cone and attempt to defend against the attacking three players.
- ▶ Team B attack against Team D.

### Observation:

- ▶ Attacking players are making space for their support.
- ▶ Accurate pass.

### Questions:

- ▶ How do we use the ball to find space?
- ▶ How do we manipulate the defenders?

## Progression:

- ▶ Restrict the space to put more pressure on the attacking players.
- ▶ Increase or decrease the number of attackers versus defenders.

## Activity 2: Cut out & double around

### Objective:

To practice support running after a cut-out pass.

### Equipment:

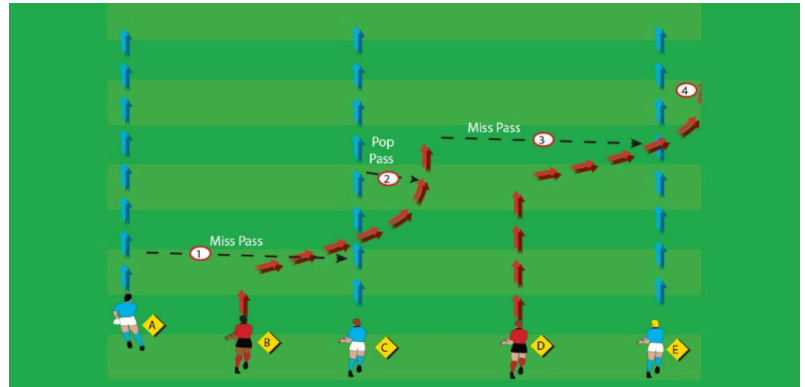
One ball per group.

### Group size:

5-7 players.

### Area:

20 x 10 metre grid.



### Drill explanation:

- ▶ Players line up in a single backline, one pass length apart.
- ▶ The player at the end of the line starts with the ball.
- ▶ The line begins to run down the grid.
- ▶ The player at the end of the line throws a cut-out pass to the third player.
- ▶ The player who is cut-out doubles around the third player and receives a short lateral pass.
- ▶ The ball-carrier then cut-out passes to the fifth player with the fourth player looping around to receive a short lateral pass.
- ▶ The process repeats itself back in the opposite direction.

### Observation:

- ▶ Support player should straighten and run slightly at the pass.
- ▶ Pass the ball out in front.

### Questions:

- ▶ When is the best time to support?
- ▶ When do we use a cut-out pass?

### Progression:

- ▶ Add defenders.

## Game Activity: Memory

### Objective:

To practise ball handling skills remembering who you passed it to.

### Equipment:

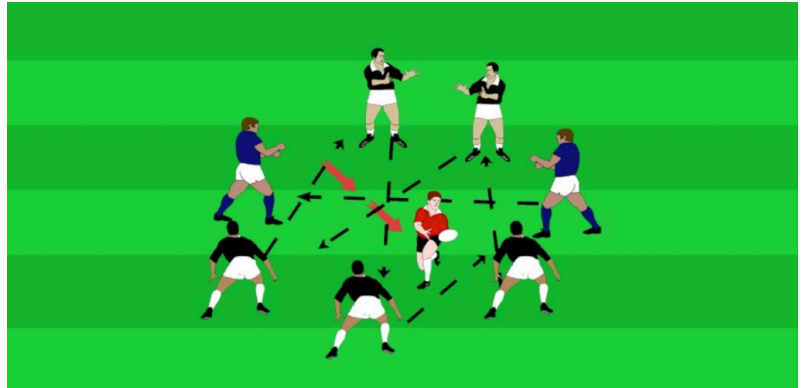
2 or more balls.

**Group size:**  
5–15 players.

**Area:**  
Circle of players 1m apart.

**Drill explanation:**

- ▶ Make a circle with players all sitting down – one person starts with ball.
- ▶ First player runs, passes ball to another player and stays standing (Cannot be someone NEXT to themselves).
- ▶ Continue with this pattern until all players have had the ball, then ball goes to player who started it all.
- ▶ When pattern is set this will be repeated but all players are standing, and tempo is fast.
- ▶ On “GO” player goes to player who they REMEMBER got the ball. Drill keeps going.



**Observation:**

- ▶ Accurate pass.
- ▶ Soft hands.

**Questions:**

- ▶ How do we let the passer know where we are?
- ▶ How do we avoid bumping into each other?