

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: 2 to score

Objective:

To practice tackling from a side-on approach.

Equipment:

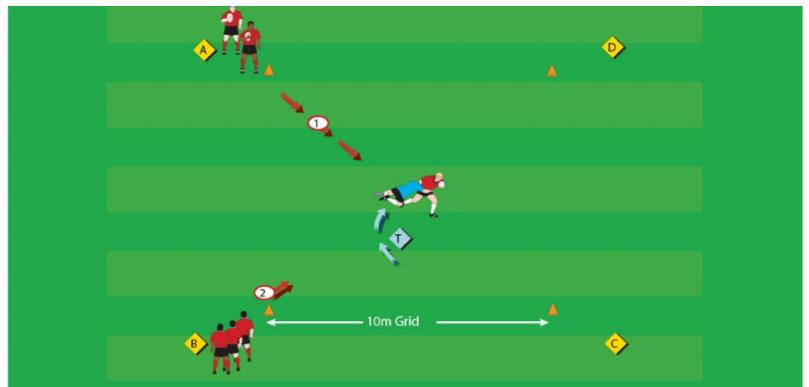
Four cones and 3 balls.

Group size:

6-7 players.

Area:

10 x 10 metre grid.



Drill explanation:

- ▶ The tackler stands/kneels in the middle of the grid with three players lined up on cones A and B.
- ▶ The aim of the players at cone A is to pass through the grid and to run through to cone C, and for players at cone B to pass through the grid and run through to cone D.
- ▶ The player in the middle of the grid attempts to tackle alternating runners.
- ▶ As soon as the tackler stands up from making the tackle the next player from the opposite cone sets off.

Observation:

- ▶ Head on correct side.
- ▶ Good wrap.

Questions:

- ▶ How do we remember what side to put our head?
- ▶ How do we fall in a tackle?

Progression:

- ▶ All standing.

Activity 2: Fitness Passing 1

Objective:

Maintain basic passing skills under pressure.

Equipment:

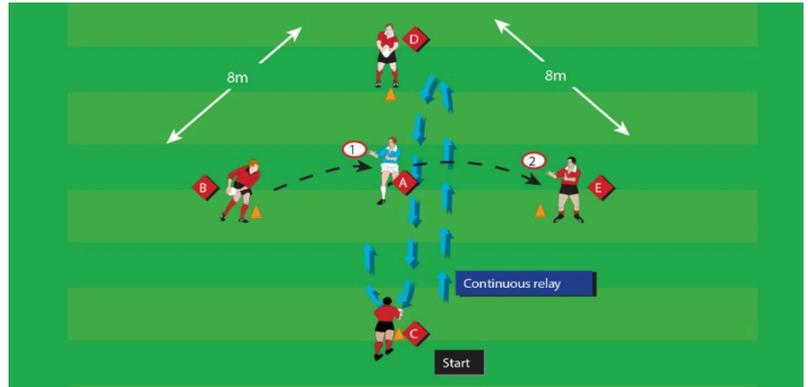
Four cones and 3 balls.

Group size:

6-7 players.

Area:

8m x 8m.



Drill explanation:

- ▶ Players stand on four corners of grid with player A in the middle.
- ▶ Players B, C and D on three of the four corners have a ball while player E does not.
- ▶ Player A faces player C and as he/she runs toward C, he/she catches a pass from B and gives to E.
- ▶ When A is a couple of metres from C, C passes to A who immediately returns the ball, turns and runs back towards D, catch/passing from E to B.
- ▶ The exercise continues for a set time, a set number of loops, until the middle player drops the ball or reaches exhaustion.

Observation:

- ▶ No forward passes.
- ▶ Hands up.

Questions:

- ▶ Where do we want the ball passed to?
- ▶ What happens when we get tired?

Progression:

- ▶ Add another runner so two passes are being performed in the middle of the grid.

Game Activity: Memory

Objective:

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

Equipment:

2 or more balls.

Group size:

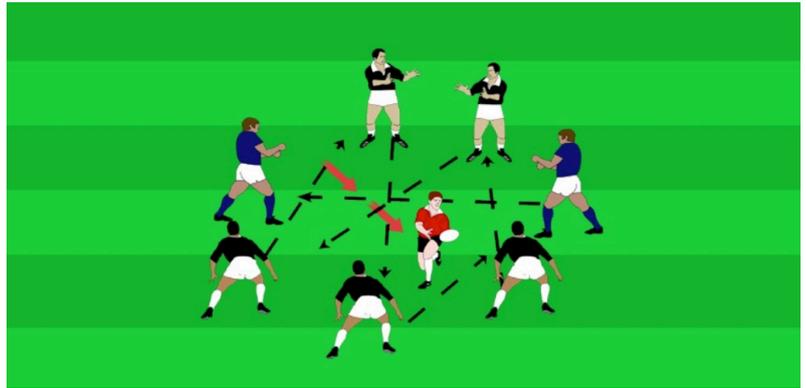
5-15 players.

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?

Progression:

- ▶ Introduce more than one ball.
- ▶ Make it a pass first then run.
- ▶ Reverse pattern so you go to person who you received it from first.