

## Objectives

Run, catch, pass.

Communicate.

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: Pick & Place

### Objective:

To safely secure the ball from the ground.

### Equipment:

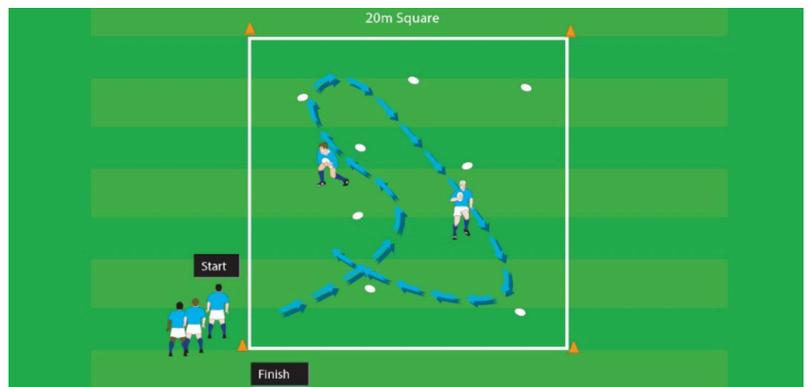
5 - 8 balls.

### Group size:

15 - 20 players.

### Area:

20 x 20 metre grid.



### Drill explanation:

- ▶ Players form a single file. The first player picks up each ball in turn, run two metres with it and places them randomly around the grid.
- ▶ The second player begins when the first player is halfway through the grid.
- ▶ The third begins when the second is halfway around and so on.
- ▶ Players re-join the end of the line after placing the last ball.

### Observation:

- ▶ Two hands on ball.
- ▶ Bend knees.

### Questions:

- ▶ Where should we put our hands when picking up the ball?
- ▶ Why place the ball with two hands?

### Progression:

- ▶ When "change" is called go the other way.

## Activity 2: Corner ball

### Objective:

Quick passing between teams.

### Equipment:

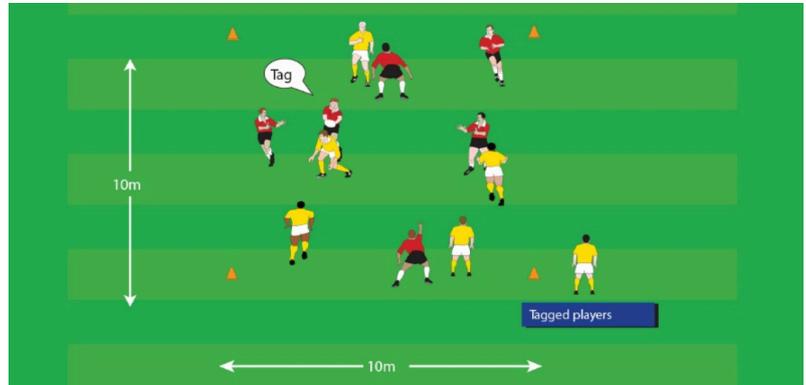
One ball, four cones.

### Group size:

10 - 20 players split into two teams.

### Area:

10 x 10 metre grid.



### Drill explanation:

- ▶ Both teams stand inside the grid marked out by cones.
- ▶ Players must not run outside the grid.
- ▶ The ball is passed among the members of one of the teams with the aim being to corner and tag a member of the opposite team with the ball.
- ▶ All members can move anywhere in the area but once the player is in possession of the ball they must not move.
- ▶ The team loses possession when the ball is dropped. [newline] 5. Once a player is tagged, they must leave the game.
- ▶ When the ball is dropped, those who have been tagged re-enter the game.

### Observation:

- ▶ Moving to space.
- ▶ Accurate passing.

### Questions:

- ▶ What are all the different ways we can pass the ball?
- ▶ How can we find space?

### Progression:

- ▶ The team being tagged can try and intercept the ball to regain possession.

## 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?