

## 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.

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## Activity 1: How many passes?

### Objective:

To improve players' passing skills and reactions.

### Equipment:

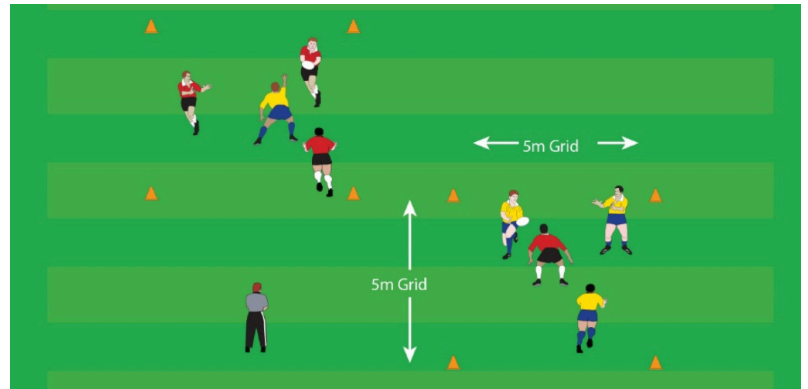
One ball.

### 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.

## Activity 2: Pressure pass

### Objective:

Develop good technique and accuracy of the pass.

### Equipment:

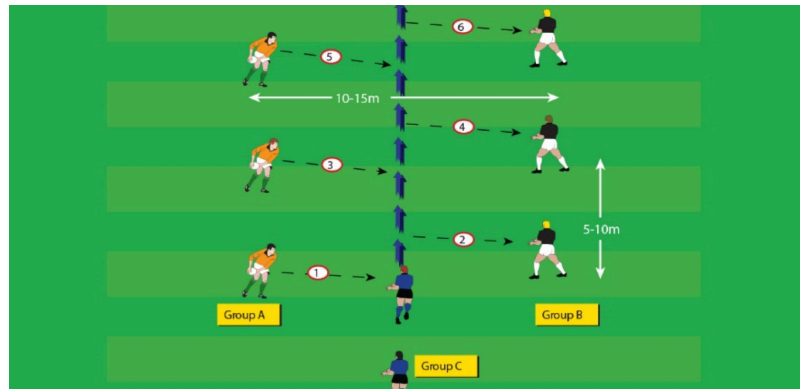
Up to six balls.

### Group size:

Three players for each ball.

### Area:

10 x 22 metre grid.



### Drill explanation:

- ▶ Place players into three groups. Groups A and B line up facing each other, and Group C lines up as shown in the diagram.
- ▶ Groups A and B should be between 10 and 15 metres apart.
- ▶ The individual players of Groups A and B stand between five and 10 metres apart. Each player of Group A starts with a ball.
- ▶ Player 1 of Group C runs/jogs down between Groups A and B receiving passes from Group A and passing on to the players opposite in Group B.
- ▶ With the balls now with Group B, player 2 in Group C links a pass from Group B to Group A, player 3 in Group C then links a pass from Group A to Group B.
- ▶ When all players from Group C have gone through the drill, they run around the outside and join the end of Group C.
- ▶ The drill continues.

### Observation:

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

### Questions:

- ▶ Where should we have our hands?
- ▶ How can we be more accurate?

### Progression:

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

## Game Activity: Ratz Rush

### Objective:

To improve evasive running.

### Equipment:

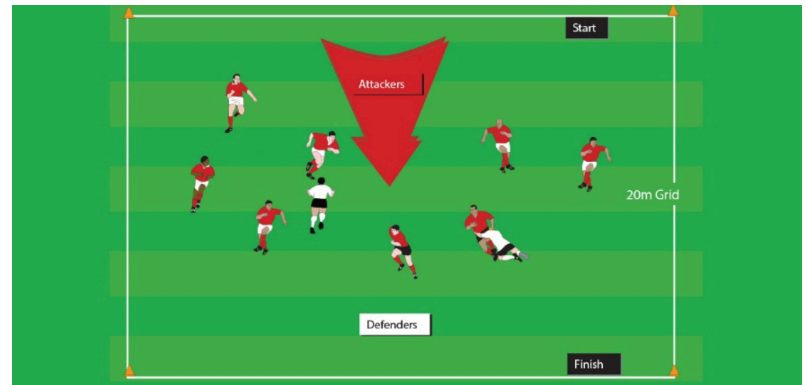
10-16 cones to mark area.

### Group size:

16-26 players.

### Area:

20 x 20 metre grid or larger.



### Drill explanation:

- ▶ Players line up on one side of the grid, with one player selected as the defender in the middle.
- ▶ On the coach's call, players must run from one line to the opposite line without being tackled by the selected defender.
- ▶ Once tackled, that player joins the defending team.
- ▶ This continues until the last attacking player is declared the winner.
- ▶ No more than one defender at a time should attempt to tackle any one player.

### Observation:

- ▶ Fast feet.

### Questions:

- ▶ How do we dodge past someone?