

Objectives

Run, catch, pass.

Evade.

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: How many passes

Objective:

To improve players' passing skills and reactions.

Equipment:

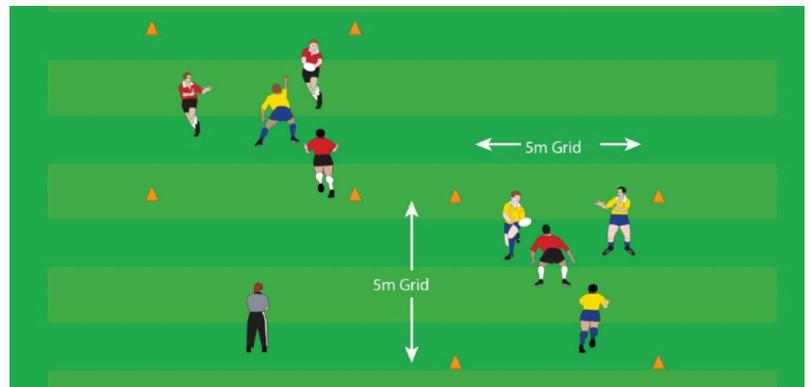
One ball.

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: Shadow run

Objective:

To practise quick evasive.

Equipment:

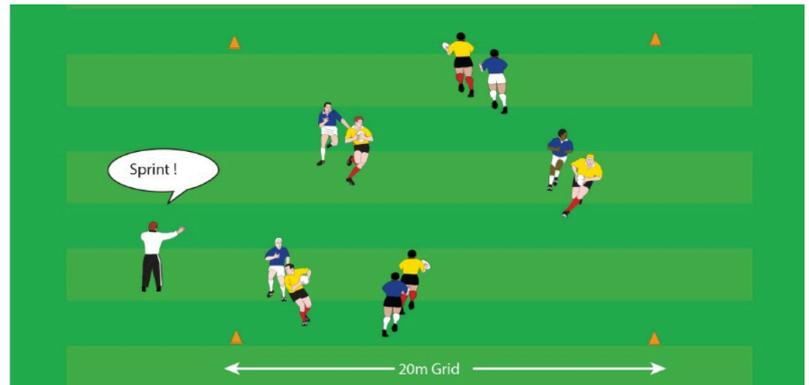
One ball per pair.

Group size:

Any number, even number preferable.

Area:

20m x 20m.



Drill explanation:

- ▶ One of each pair has a ball.
- ▶ On the coach's call the ball-carrier runs evasively at speed. The fellow group member tries to follow keeping only one metre away.
- ▶ Continue for 5–15 seconds depending on the pace desired. Give a similar period of recovery and repeat the drill.

Observation:

- ▶ Ball in two hands.
- ▶ Find space.
- ▶ Move feet quickly.

Questions:

- ▶ What are the different ways we can dodge?
- ▶ How can we make sure we don't run into each other?

Progression:

- ▶ On the coach's call, the ball-carrier turns, sets and feeds to their partner who becomes the front runner.
- ▶ The ball-carrier faces the partner, who tries to remain directly in front of the ball-carrier. If the partner is passed, the players swap roles.

Game Activity: Rippa

Objective:

Utilise game as platform for game understanding.

- ① Full RIPPAs 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?