

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: Corner ball

Objective:

Quick passing between teams.

Equipment:

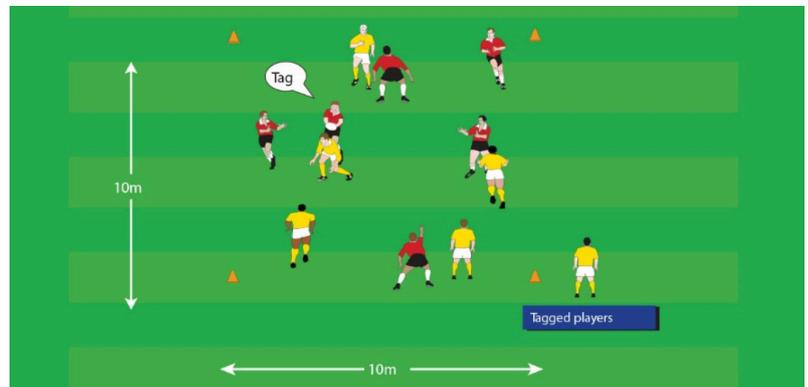
One ball, four cones.

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.

Activity 2: Shadow run

Objective:

To practise quick evasive movement.

Equipment:

One ball per pair.

Group size:

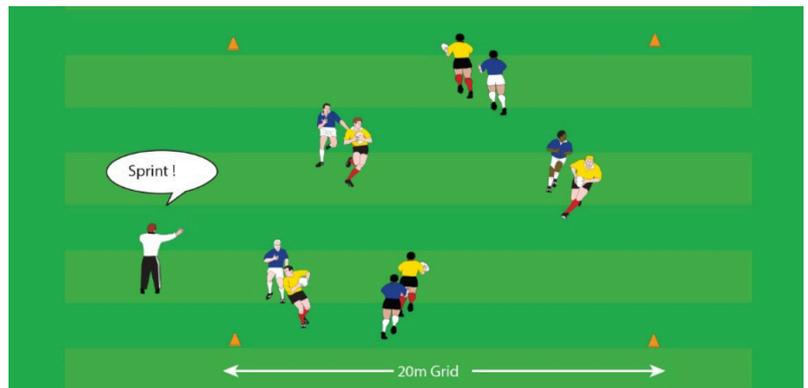
Any number, even number preferable.

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 game

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?