

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: Opposed 2 v 1

Objective:

To practice beating a defender as a pair.

Equipment:

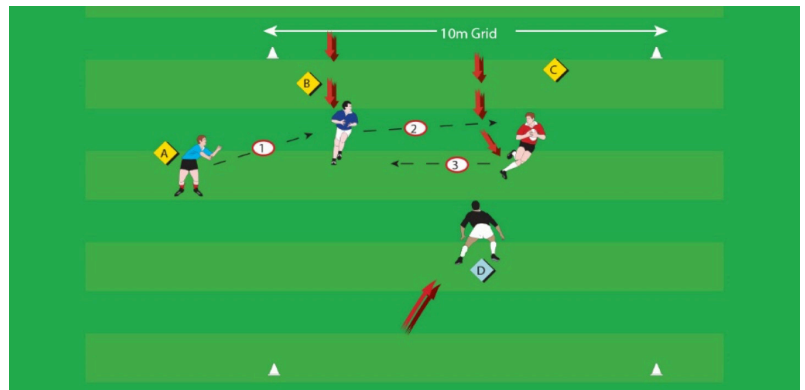
One ball per group.

Group size:

Four players.

Area:

10 x 10 metre grid.



Drill explanation:

- ▶ The feeder A passes to B.
- ▶ B or C must then beat their opponent D – no kicking.
- ▶ The attackers can beat their opponent by passing or evading.
- ▶ Starting positions to be varied by both the attackers and the defenders.
- ▶ Opponent to be conditioned to defend as appropriate i.e. touch or tackle.
- ▶ Repeat for the first pair as necessary.

Observation:

- ▶ Pass out in front.
- ▶ Move defender.

Questions:

- ▶ How do we move the defender?
- ▶ Where do you want the pass?

Progression:

- ▶ Increase speed of ball-carrier.
- ▶ Widen area.

Activity 2: How many passes?

Objective:

To improve players' passing skills and reactions.

Equipment:

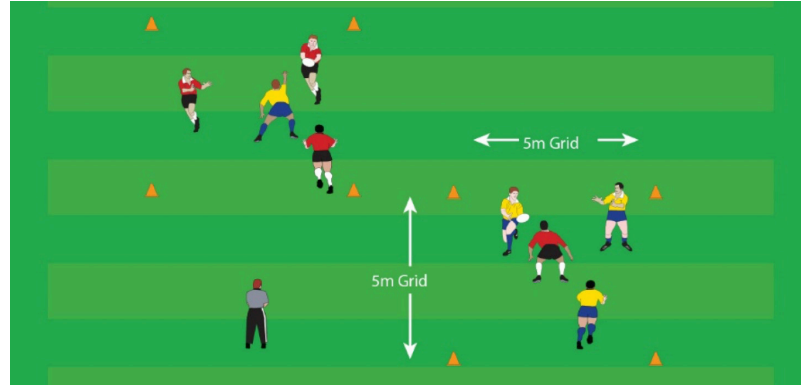
One ball.

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.

Game Activity: Ratz Rush

Objective:

To improve evasive running.

Equipment:

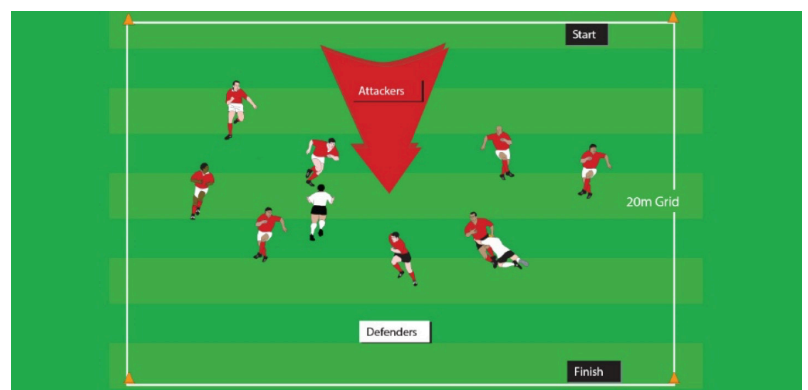
10-16 cones to mark area.

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?