

Objectives

Run, catch, pass.

Communicate.

Space.

Warm Up

Jump and Land.

Hop and Land.

Skip Jumps (High Ball).

Alphabet Game.

Butt Kicks.

High Knees.

Numbers Game.

Fast Feet + (turns / down).

Lunge Push.

Mountain Climber.

Crocodile Crawls.

Skiers.

Here-There-Where.

LOG / BIG.

Rock n' Roll.

Locks-Props-Backs.

Army Army.

Bear Crawls.

Ball Touch.

Vision T.

Knee Tackles.

Back to back.

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Activity 1: Zig Zag Passing

Objective:

Develop pass, catch and run.

Equipment:

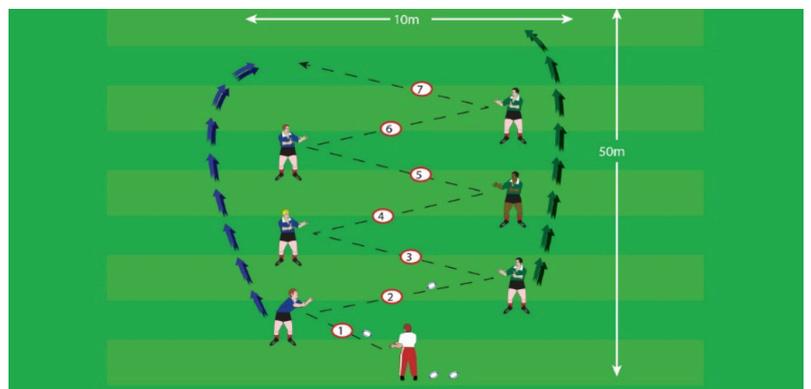
As many balls as the group's skills will allow.

Group size:

Any number but using full squad if possible.

Area:

10 x 50 metre grid.



Drill explanation:

- ▶ Two lines facing each other. Each line should be 3-5 metres apart and each player should be one metre from the player beside them.
- ▶ The coach feeds as many balls one at a time, as the player's skill will allow, to player 1 and these are passed in a zigzag from one line to the other right down the two lines.
- ▶ Once all the balls being used have been handled by a player, that player runs to the end of the line to receive the balls again.
- ▶ The drill continues until the players reach the end of the 50-metre grid.

Observation:

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

Questions:

- ▶ Can we add another ball?
- ▶ When do we know when to run?

Progression:

- ▶ The players run down the centre line between the two groups. The players must be careful not to hit the running players.

Activity 2: Rats and Rabbits

Objective:

To develop speed, acceleration, reaction time and evasive skills.

Equipment:

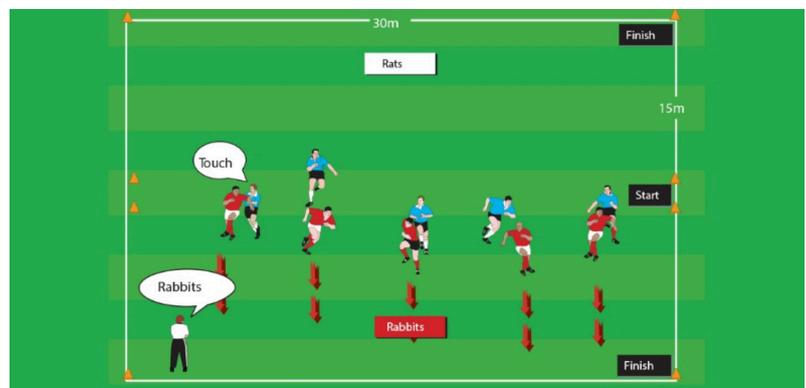
8-10 cones.

Group size:

6 - 30 players.

Area:

15 x 30 metre grid depending on the size of the group.



Drill explanation:

- ▶ Players pair off and stand side by side in lines. One line is called "Rats", the other "Rabbits". A line is marked 10-30 metres parallel to both groups.
- ▶ On the call 'Rats', the Rats sprint out towards their line.
- ▶ At the same time the Rabbits chase the Rats and try to tag them on their waists.
- ▶ Points are given for tags that are made.
- ▶ When 'Rabbits' is called the reverse happens i.e. the Rats give chase.

Observation:

- ▶ Listen.
- ▶ Fast feet.

Questions:

- ▶ How can we run faster?
- ▶ Is it best to stand tall or crouched at the start?

Progression:

- ▶ Increase or shorten distance apart.

Game Activity: Octopus

Objective:

To improve evasive running and tackling techniques.

Equipment:

4 cones.

Group size:

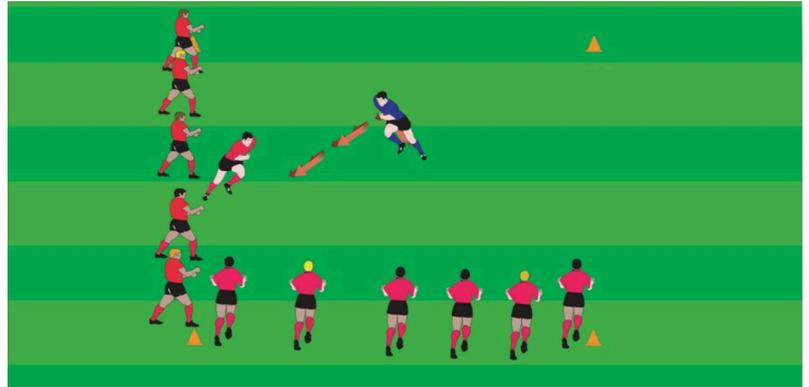
Team.

Area:

Depends on team size.

Drill explanation:

- ▶ Line half the team along one side of the grid and the other half along the next line of the grid. Choose an octopus, who goes in the middle.
- ▶ Octopus or coach calls a group and they run across the grid.
- ▶ Octopus tries to tag or rip flags from the runners.
- ▶ If tagged or ripped, the runner goes to the point they were caught and stands there.
- ▶ On the octopus' next call, stationary runner can rip or tag, but they can't move feet. (They have become an octopus's tentacle.)



Observation:

- ▶ Keep feet alive.
- ▶ Look for space.

Questions:

- ▶ How do we get into position to receive a pass?
- ▶ What's the best way to rip someone?