

## Objectives

Run, catch, pass.

Tackle.

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: 2 to score

### Objective:

Practice the draw and pass or dummy.

### Equipment:

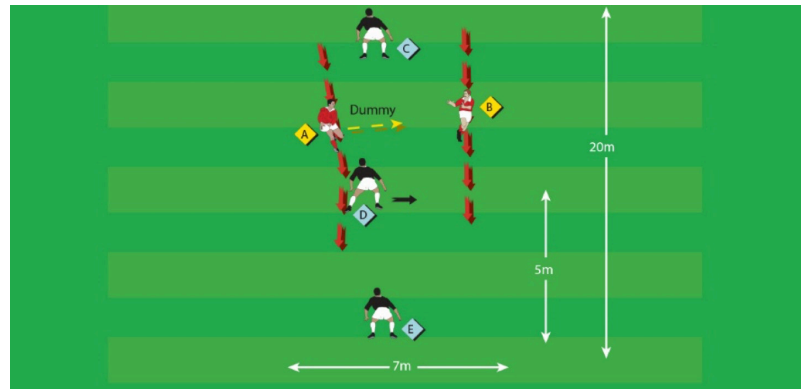
One ball per two attackers.

### Group size:

3 - 4 defenders / 10 - 12 attackers.

### Area:

7 x 20 metre grid.



### Drill explanation:

- ▶ Two attackers run up the grid with the ball.
- ▶ Defenders are placed every five metres but can only move sideways - not forwards or backwards.
- ▶ The attacker's aim is to score at the other end.
- ▶ The attackers and the defenders swap positions after the attackers have been up and down the channel twice.

### Observation:

- ▶ Run straight with the ball.
- ▶ Pass the ball out in front.

### Questions:

- ▶ How can we get the defender to move?
- ▶ Why is this harder with opposition?

## Progression:

- ▶ Defenders move forward or back to put pressure on the defenders.
- ▶ Decrease the grid size to give the attackers less time and space.

## Activity 2: Grid Tackling

### Objective:

To practice tackling from a side-on approach.

### Equipment:

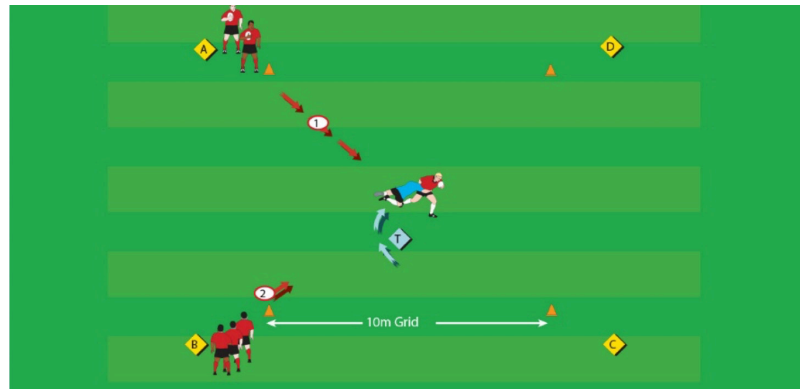
Four cones and 3 balls.

### Group size:

6-7 players.

### Area:

10 x 10 metre grid.



### Drill explanation:

- ▶ The tackler stands/kneels in the middle of the grid with three players lined up on cones A and B.
- ▶ The aim of the players at cone A is to pass through the grid and to run through to cone C, and for players at cone B to pass through the grid and run through to cone D.
- ▶ The player in the middle of the grid attempts to tackle alternating runners.
- ▶ As soon as the tackler stands up from making the tackle the next player from the opposite cone sets off.

### Observation:

- ▶ Head on correct side.
- ▶ Good wrap.

### Questions:

- ▶ How do we remember what side to put our head?
- ▶ How do we fall in a tackle?

### Progression:

- ▶ All standing.

## Game Activity: Memory

### Objective:

To practise ball handling skills remembering who you passed it to.

### Equipment:

2 or more balls.

### Group size:

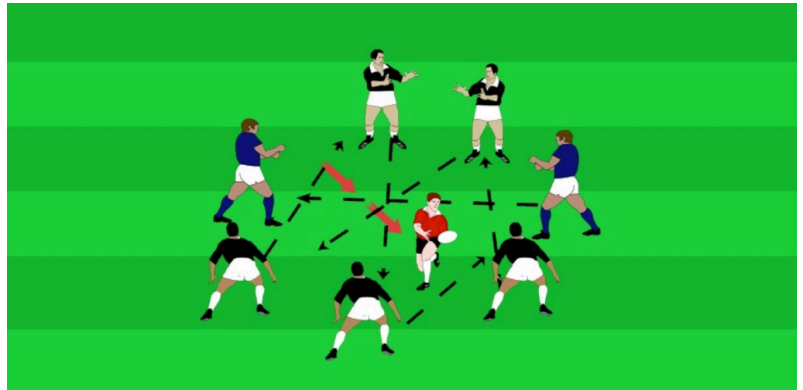
5-15 players.

**Area:**

Circle of players 1m apart.

**Drill explanation:**

- ▶ Make a circle with players all sitting down – one person starts with ball.
- ▶ First player runs, passes ball to another player and stays standing (Cannot be someone NEXT to themselves).
- ▶ Continue with this pattern until all players have had the ball, then ball goes to player who started it all.
- ▶ When pattern is set this will be repeated but all players are standing, and tempo is fast.
- ▶ On “GO” player goes to player who they REMEMBER got the ball. Drill keeps going.

**Observation:**

- ▶ Accurate pass.
- ▶ Soft hands.

**Questions:**

- ▶ How do we let the passer know where we are?
- ▶ How do we avoid bumping into each other?

**Progression:**

- ▶ Introduce more than one ball.
- ▶ Make it a pass first then run.
- ▶ Reverse pattern so you go to person who you received it from first.