

## 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: Cut out & double around

### Objective:

To practice support running after a cut-out pass.

### Equipment:

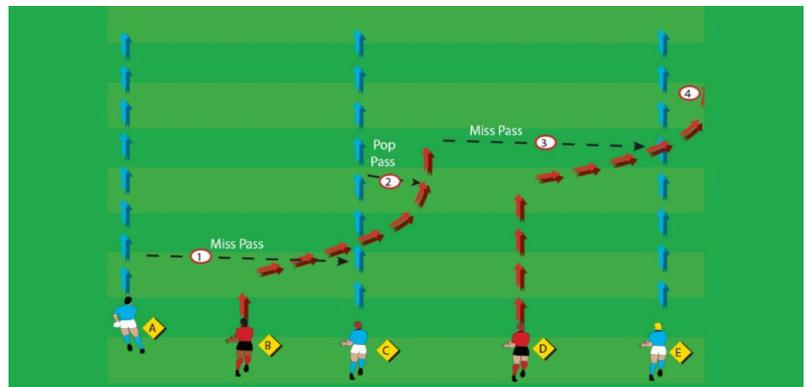
One ball per group.

### Group size:

5-7 players.

### Area:

20 x 10 metre grid.



### Drill explanation:

- ▶ Players line up in a single backline, one pass length apart.
- ▶ The player at the end of the line starts with the ball.
- ▶ The line begins to run down the grid.
- ▶ The player at the end of the line throws a cut-out pass to the third player.
- ▶ The player who is cut-out doubles around the third player and receives a short lateral pass.
- ▶ The ball-carrier then cut-out passes to the fifth player with the fourth player looping around to receive a short lateral pass.
- ▶ The process repeats itself back in the opposite direction.

### Observation:

- ▶ Support player should straighten and run slightly at the pass.
- ▶ Pass the ball out in front.

### Questions:

- ▶ When is the best time to support?
- ▶ When do we use a cut-out pass?

**Progression:**

- ▶ Add defenders.

## Activity 2: Go dance go

**Objective:**

To get into the correct position to make an effective tackle.

**Equipment:**

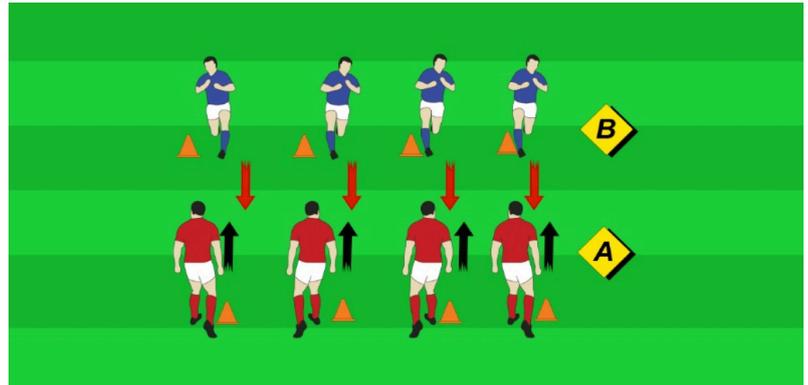
Cones.

**Group size:**

In pairs.

**Area:**

Small.



**Drill explanation:**

- ▶ Tacklers (B) stand in a line facing ball-carriers (A) one metre from the cone.
- ▶ On coach's call, tacklers (B) move feet quickly (hustle with small quick steps) and ball-carriers (A) walk quickly to the left or right of the cone.
- ▶ The Tackler moves forward in a crouch using the small, quick steps and takes a larger step close to the ball-carrier with lead foot. As they do this the head moves to the correct side which would take it to the backside of the attacker if a full tackle was to be made. The defender then touches them with two hands on the waist and pushes them back.

**Observation:**

- ▶ Head on correct side.
- ▶ Small and fast steps.

**Questions:**

- ▶ How can we remember where to put our head?
- ▶ How can we approach the ball-carrier?
- ▶ Where do we place our leading foot?

**Progression:**

- ▶ Increase speed of ball-carrier.
- ▶ Give ball to carrier.

## Game Activity: Memory

**Objective:**

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

**Equipment:**

2 or more balls.

**Group size:**

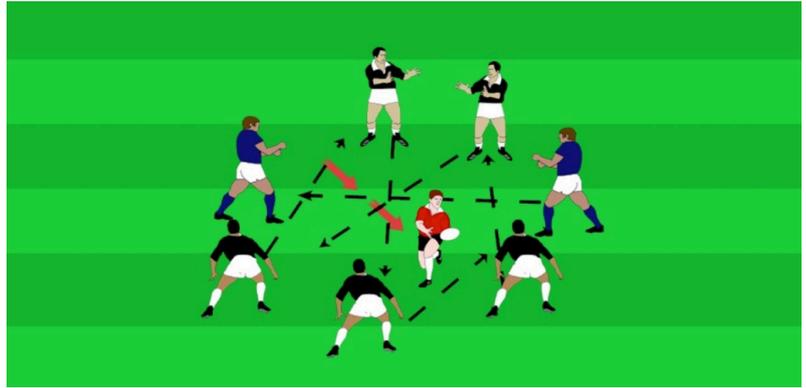
5–15 players.

**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?