

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: Passing Circle

Objective:

To develop good passing and catching technique.

Equipment:

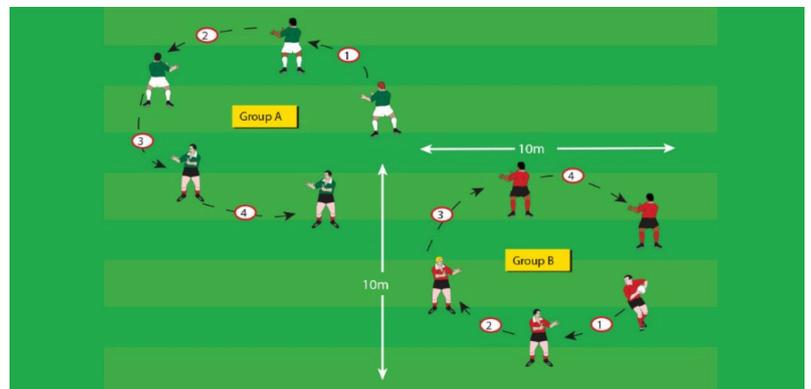
One ball per group.

Group size:

6–8 in each group.

Area:

10m x 10m.



Drill explanation:

- ▶ Players should stand in a circle.
- ▶ One circle competes against another, with all players facing outwards.
- ▶ Players pass the ball around the circle from one player to the next.
- ▶ The winner is:
 - The team that completes the circle first;
 - The team that completes the greater number of passes in a set time; or
 - The team that makes a certain number of passes without a drop.

Observation:

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

Questions:

- ▶ What's it like catching a fast pass?
- ▶ How can we make our passes better?

Progression:

- ▶ Perform the drill jogging on the spot.
- ▶ Increase the distance of the pass.

Activity 2: Pick & Place

Objective:

To safely secure the ball from the ground.

Equipment:

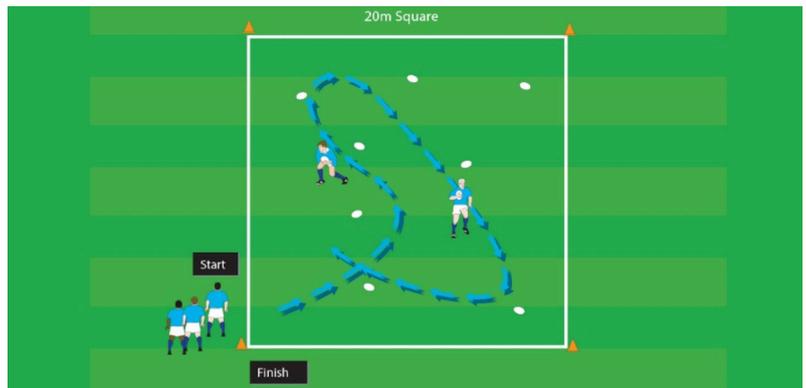
5 - 8 balls.

Group size:

15 - 20 players.

Area:

20 x 20 metre grid.



Drill explanation:

- ▶ Players form a single file. The first player picks up each ball in turn, run two metres with it and places them randomly around the grid.
- ▶ The second player begins when the first player is halfway through the grid.
- ▶ The third begins when the second is halfway around and so on.
- ▶ Players re-join the end of the line after placing the last ball.

Observation:

- ▶ Two hands on ball.
- ▶ Bend knees.

Questions:

- ▶ Where should we put our hands when picking up the ball?
- ▶ Why place the ball with two hands?

Progression:

- ▶ When "change" is called go the other way.

Game Activity: Rippa game

Objective:

Utilise game as platform for game understanding.

- ① Full RIPPA 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?