

Objectives

Run, catch, pass.

Tackle.

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: Fitness Passing 1

Objective:

Maintain basic passing skills under pressure.

Equipment:

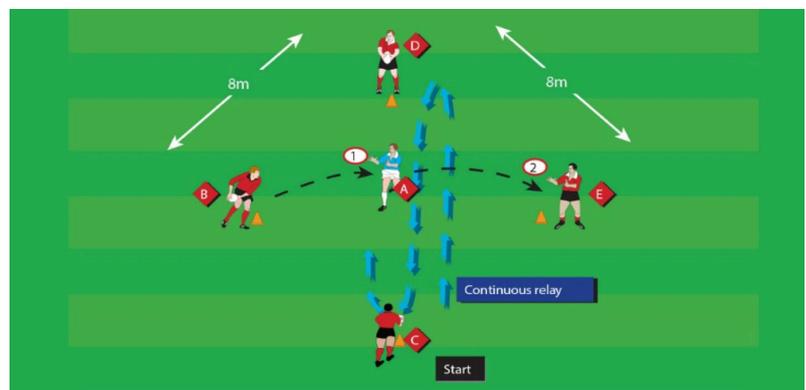
Four cones and 3 balls.

Group size:

6-7 players.

Area:

8m x 8m.



Drill explanation:

- ▶ Players stand on four corners of grid with player A in the middle.
- ▶ Players B, C and D on three of the four corners have a ball while player E does not.
- ▶ Player A faces player C and as he/she runs toward C, he/she catches a pass from B and gives to E.
- ▶ When A is a couple of metres from C, C passes to A who immediately returns the ball, turns and runs back towards D, catch/passing from E to B.
- ▶ The exercise continues for a set time, a set number of loops, until the middle player drops the ball or reaches exhaustion.

Observation:

- ▶ No forward passes.
- ▶ Hands up.

Questions:

- ▶ Where do we want the ball passed to?
- ▶ What happens when we get tired?

Progression:

- ▶ Add another runner so two passes are being performed in the middle of the grid.

Activity 2: Mirror drill

Objective:

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

Equipment:

1 ball and cones.

Group size:

In pairs.

Area:

2 square grids.



Drill explanation:

- ▶ Players get in pairs. In a small area with a line down the middle of the pair.
- ▶ An attacker with the ball moves around their own defined area – the defender must mirror the attacker.

Observation:

- ▶ Small and fast steps.
- ▶ Hands in tackle position – elbows in.

Questions:

- ▶ What should you look at?
- ▶ How do we change direction quickly?

Progression:

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

Game Activity: Octopus

Objective:

To improve evasive running and tackling techniques.

Equipment:

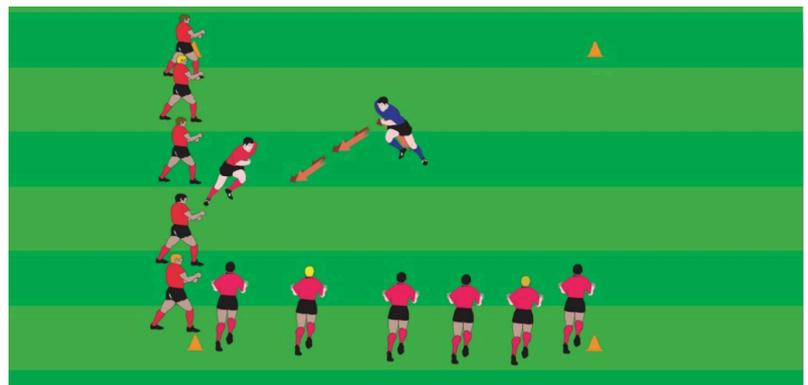
4 cones.

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:

- ▶ What's the best way to dodge someone?
- ▶ What's the best way to rip someone?