

## 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: Rats and Rabbits

### Objective:

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

### Equipment:

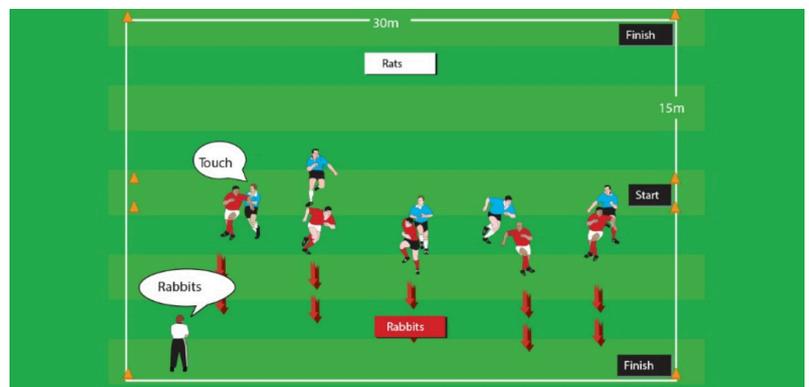
8-10 cones.

### 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.

## Activity 2: Passing Circle

### Objective:

To develop good passing and catching technique.

### Equipment:

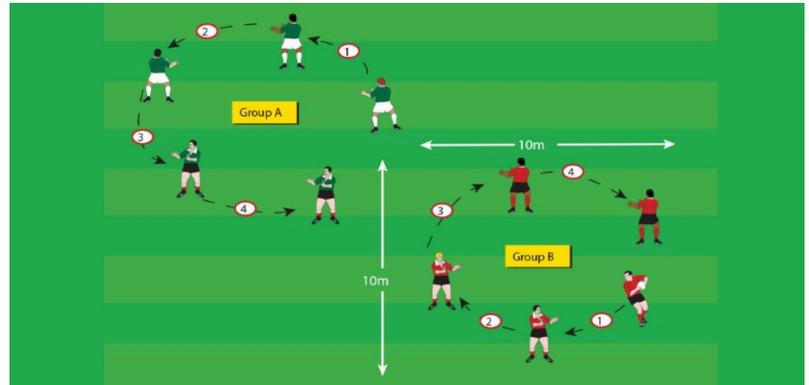
One ball per group.

### 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.

## 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?