

## 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: 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.

## Activity 2: Opposed 2 v 1

### Objective:

To practice beating a defender as a pair.

### Equipment:

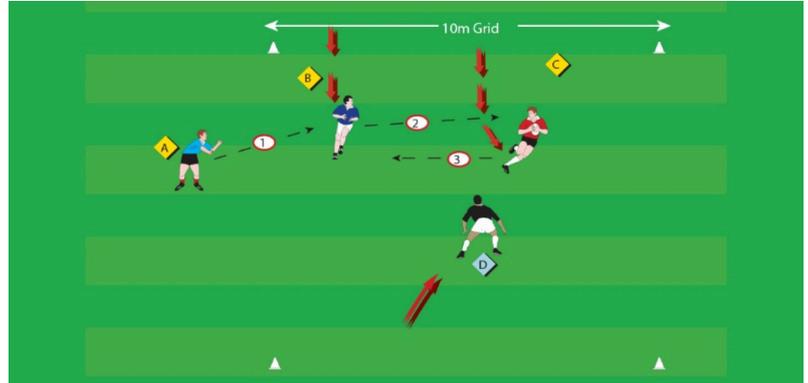
One ball per group.

### Group size:

Four players.

### Area:

10 x 10 metre grid.



### Drill explanation:

- ▶ The feeder A passes to B.
- ▶ B or C must then between them score by beating D – no kicking.
- ▶ The attackers can beat their opponent by passing or evading.
- ▶ Starting positions to be varied by both the attackers and the defenders.
- ▶ Opponent to be conditioned to defend as appropriate i.e. touch or tackle.
- ▶ Repeat for the first pair as necessary.

### Observation:

- ▶ Pass out in front.
- ▶ Move defender.

### Questions:

- ▶ How do we move the defender?
- ▶ Where do you want the pass?

### Progression:

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

## Game Activity: Octopus

### Objective:

To improve evasive running and tackling techniques.

### Equipment:

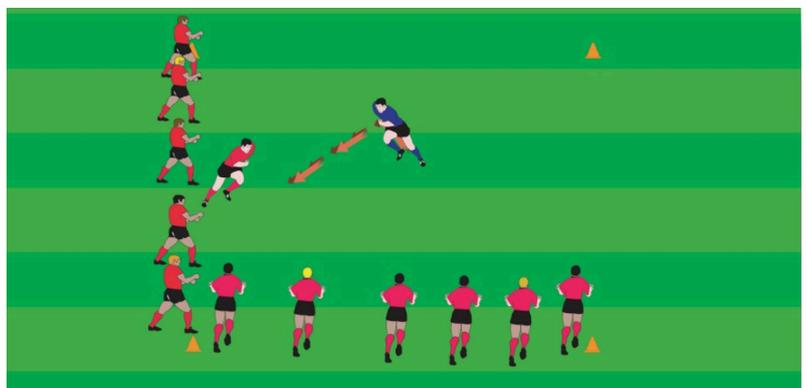
4 cones.

### 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?