

## Exercises

### Contact with the ground

<b>Sideways and forwards rolls</b>	
<b>Skill</b>	<b>Equipment</b>
<ul style="list-style-type: none"> <li>Rolling and falling</li> </ul>	<ul style="list-style-type: none"> <li>Cones (depending on player numbers)</li> </ul>
<b>What to do</b>	<b>Space and players needed</b>
<p><b>Sideways roll</b></p> <ul style="list-style-type: none"> <li>Lie on back.</li> <li>Roll from left to right on the ground (over stomach and back).</li> <li>Cross arms over chest.</li> <li>Breathe in and activate muscles.</li> <li>Keep head off the ground and turn chin away from rolling direction.</li> </ul>	<ul style="list-style-type: none"> <li>3 m between cones on a line</li> <li>1 player between every two cones</li> </ul>
	<b>Time:</b> 4-6 minutes
	<b>Forwards roll</b>
	<ul style="list-style-type: none"> <li>Sit on haunches and do a forwards roll over one shoulder (left and right).</li> <li>Pull shoulders up to protect the neck.</li> <li>Tuck head with chin on chest and tilt slightly.</li> <li>After each roll, quickly get back on feet.</li> </ul>
	
	
<b>Progression</b>	
<ul style="list-style-type: none"> <li>Stand upright and roll. Walk and roll. Add a ball.</li> </ul>	

<b>Rolling over another player</b>	
<b>Skill</b>	<b>Equipment</b>
<ul style="list-style-type: none"> <li>Rolling</li> <li>Controlling the ball</li> </ul>	<ul style="list-style-type: none"> <li>Cones and balls</li> </ul>
<b>What to do</b>	<b>Space and players needed</b>
<ul style="list-style-type: none"> <li>Player A sits on haunches (squats).</li> <li>Player B lies on stomach in front of Player A.</li> <li>On coach's signal, Player A does a forward roll over Player B, while controlling the ball.</li> <li>Player keeps arms, back and shoulders in the "wheel" positions for easier rolling.</li> <li>Player A tucks head with chin on chest, and tilts head slightly. Pull legs in to form a smaller bundle for a better roll.</li> </ul>	<ul style="list-style-type: none"> <li>Cones on the line, 3 m apart, with 2 players and 1 ball in between cones</li> </ul>
	<b>Time:</b> 5-8 minutes
	
<b>Progression</b>	
<ul style="list-style-type: none"> <li>Player B stands on hands and knees.</li> <li>Do the roll with a ball.</li> </ul>	

## Contact with another player: Using the body to take control in contact

### Pushing over the line

#### Equipment

- Cones

#### Skill

- Pushing

#### What to do

- Two players, one on either side of the line, facing each other with heads up, eyes open and backs straight. Feet shoulder width apart.
- Hands on opposition's shoulders.
- Very low body position before beginning to push: drop knees and keep hips up. Shoulders slightly higher than hips.
- Use both legs to push against opponent. Try to push opponent over the line.

#### Space and players needed

- Cones 2 m apart on line, with 2 players in between

**Time:** 6-8 minutes



#### Progression

- Stand back to back and push backwards.

### Pulling over the line

#### Equipment

- Cones and a rope

#### Skill

- Pulling

#### What to do

#### Space and players needed

- Cones 2 m apart on line, with 2 players in between

**Time:** 4-6 minutes

#### Arm pulling: one arm

- Two players face each other across line. Knees slightly bent, feet wide apart.
- Players extend one arm forwards, firmly gripping opponent's fore-arm. Player A's hand on top of B's arm, B's hand cradling A's arm.
- Lower centre of gravity and tighten core muscles.
- On signal, attempt to pull opponent across line by one arm.
- Weakest arm first, then swop.

#### Arm pulling: two arms

- Two players, in same position as for one-arm pulling.
- Both arms extended forwards, firmly gripping both of opponent's forearms as for one-arm pulling.
- Lower centre of gravity and tighten core muscles.
- On signal, attempt to pull opponent across line by both arms.

#### Tug of war

- 1 v 1 or 2 v 2.
- Draw a line between two players (teams).
- Each player (team) firmly takes hold of one end of rope.
- Players lower their centre of gravity and tighten core muscles.
- On signal, teams try to pull one another across the line.

#### Progression

#### Tug of war

- 3 v 3; 5 v 5; 8 v 8.
- 5 m sprint before "war".



One arm



Over the line



Two arms

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ContactBoks