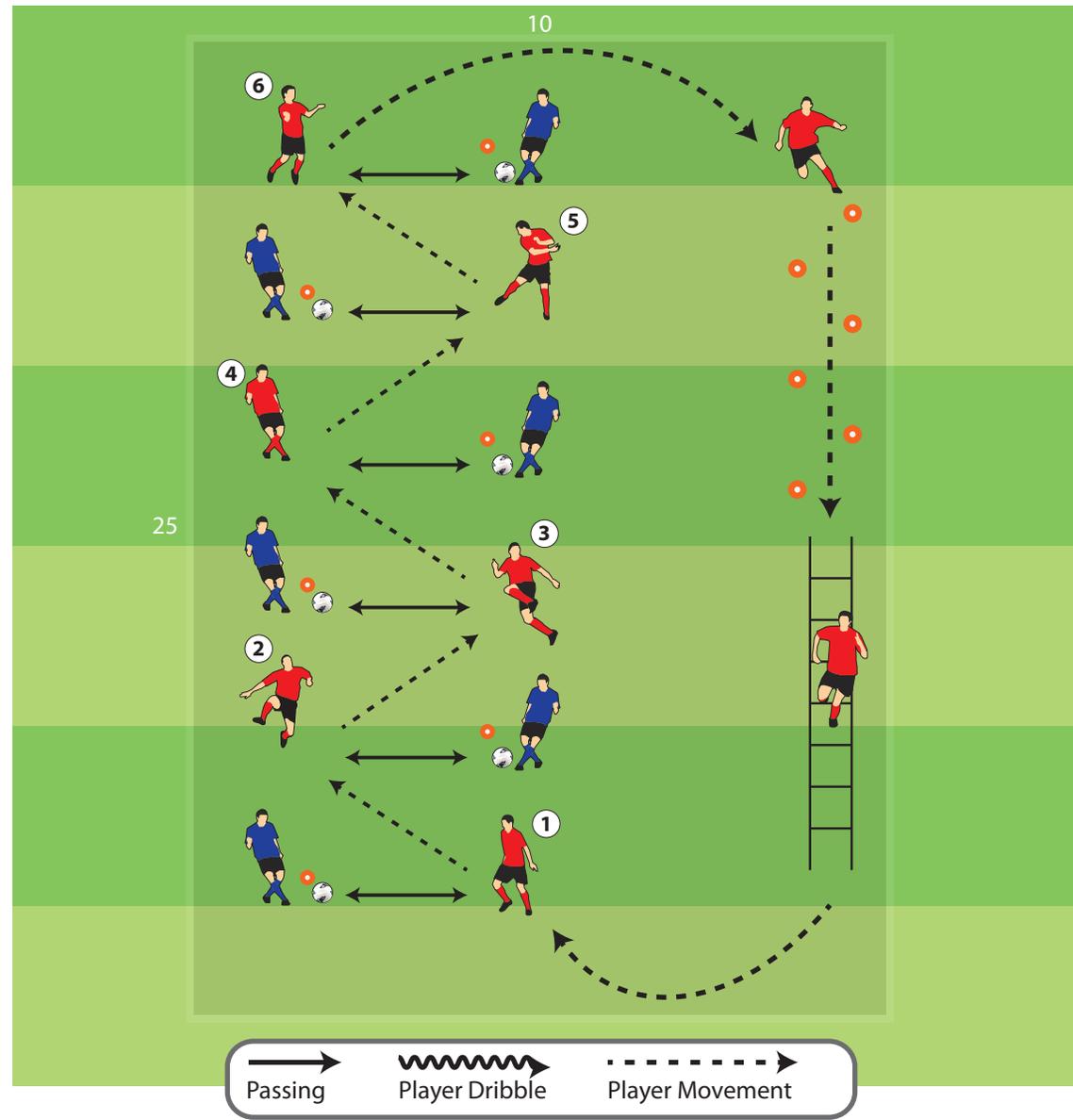


Diagonal Alternating Touches & Speed: Stage I Warm-Up

Improve your team's first touch and speed.



Setup

This is a moderate-intensity warm-up. You will need at least 12 cones, a speed agility ladder (use cones if you don't have a ladder), and at least 6 soccer balls. In a 10x25 yard area layout 6 cones staggered 5 yards apart for the pass/volley row, on the other side stagger 6 more cones about 2-3 feet apart and the ladder. Six players (each with a ball) position themselves on one of the 6 cones (blue players), they are the servers.

Sequence

- One player is the server (static), the other is the receiver (active). Players switch roles in 1-2 minute intervals.
- Exercise 1: Simple 1-touch pass back and forth between the server and active player.
- Exercise 2: Inside Foot Volley. Server tosses the ball to the active player
- Exercise 3: Thigh to Foot Volley
- Exercise 4: Defensive Header, (head ball up and away)
- Exercise 5: Chest to Foot Volley

Variations

- When passing the active player must receive using the outside of the foot and then pass it back using the inside of the same foot.
- Add **DYNAMIC STRETCHING** into this warm-up.

Coaching Points

- Mental focus when touching ball back to the server.
- Stay on your toes, fast feet, throwers should toss the ball to the players right and then left feet, alternating each time.
- Players should be executing quickly but without sacrificing quality.