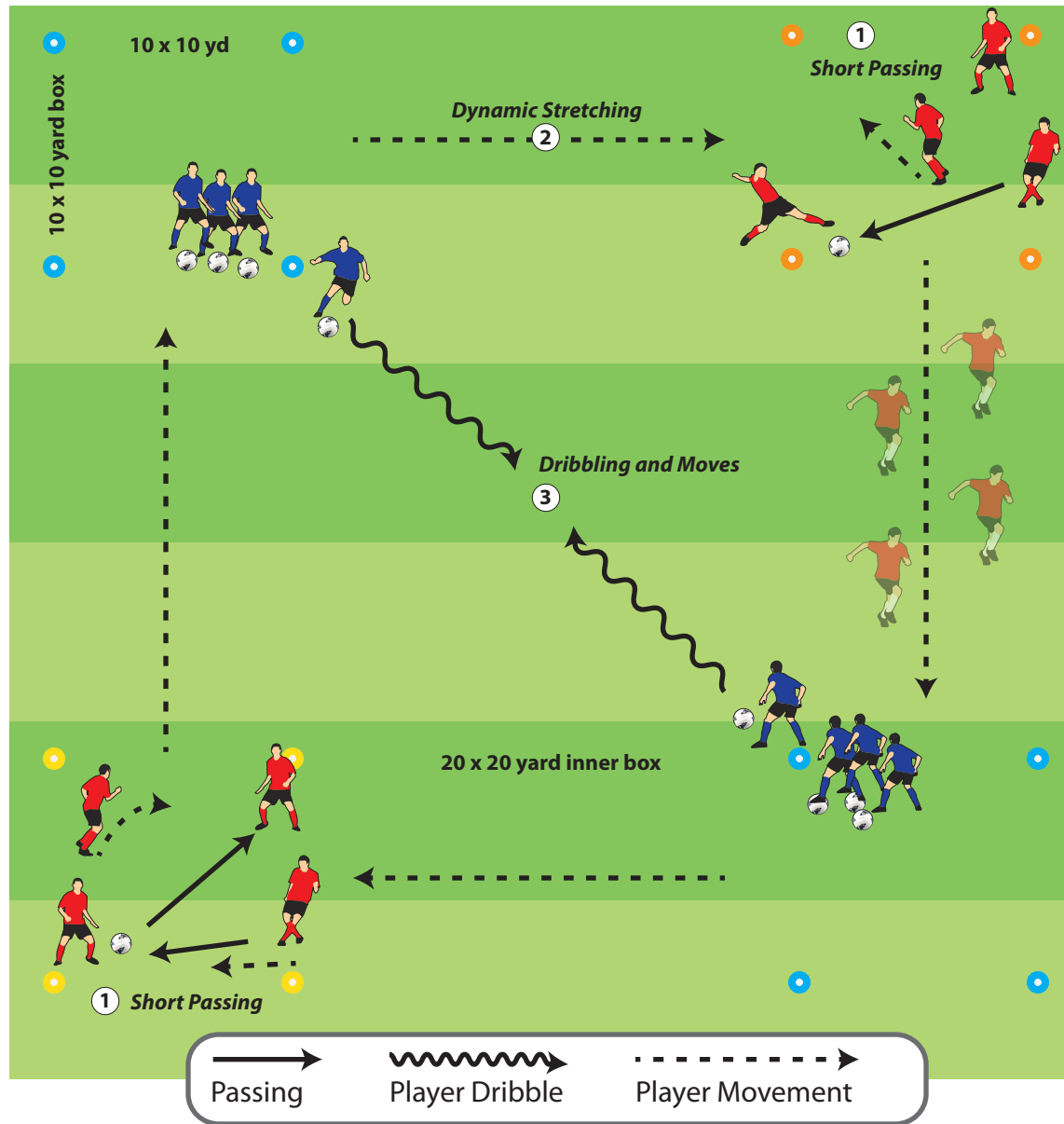


Stage-I Warm Up: Short Passing, Dynamic Stretching, Dribbling Moves



Setup

40 x 40 yard area with 4 - 10 x 10 yard boxes setup on corners, if possible use different colored cones for each box. This warm-up has 3 elements: 1-Passing 2-Dynamic Stretching 3 - Dribbling and Moves. Divide players into 4 groups, each group goes into a 10x10 yard box.

Sequence

- Players in the orange and yellow boxes pass the ball to each other while jogging forwards, backwards, and shuffling sideways within the box.
- Players in the blue boxes dribble towards each other and just before they meet in the middle perform a move for example: scissors left break right.
- On the coaches signal all players leave the balls in the boxes and in a clockwise direction perform a dynamic stretch motion to the next box.

Dynamic Stretching Examples

- High Knee Power Skip, Open/Close Gate
- Russian Walk (high kick/soldiers march), Carioca, Shuffle
- Walking Quad Pull (grab foot behind the back), Lateral Lunge
- Linear Walking Lunge (add a twist to the outside), Spiderman Crawl
- Heel Walk, Side Ankle Walk, Inchworm Hamstring Handwalk

Coaching Points

- Spend about 1min. passing/dribbling then rotate (8-10 intervals)
- Passing 1-touch when possible but keep control
- Example Moves: scissors, feints, dummy shot, step over, 360, high wave, combination moves