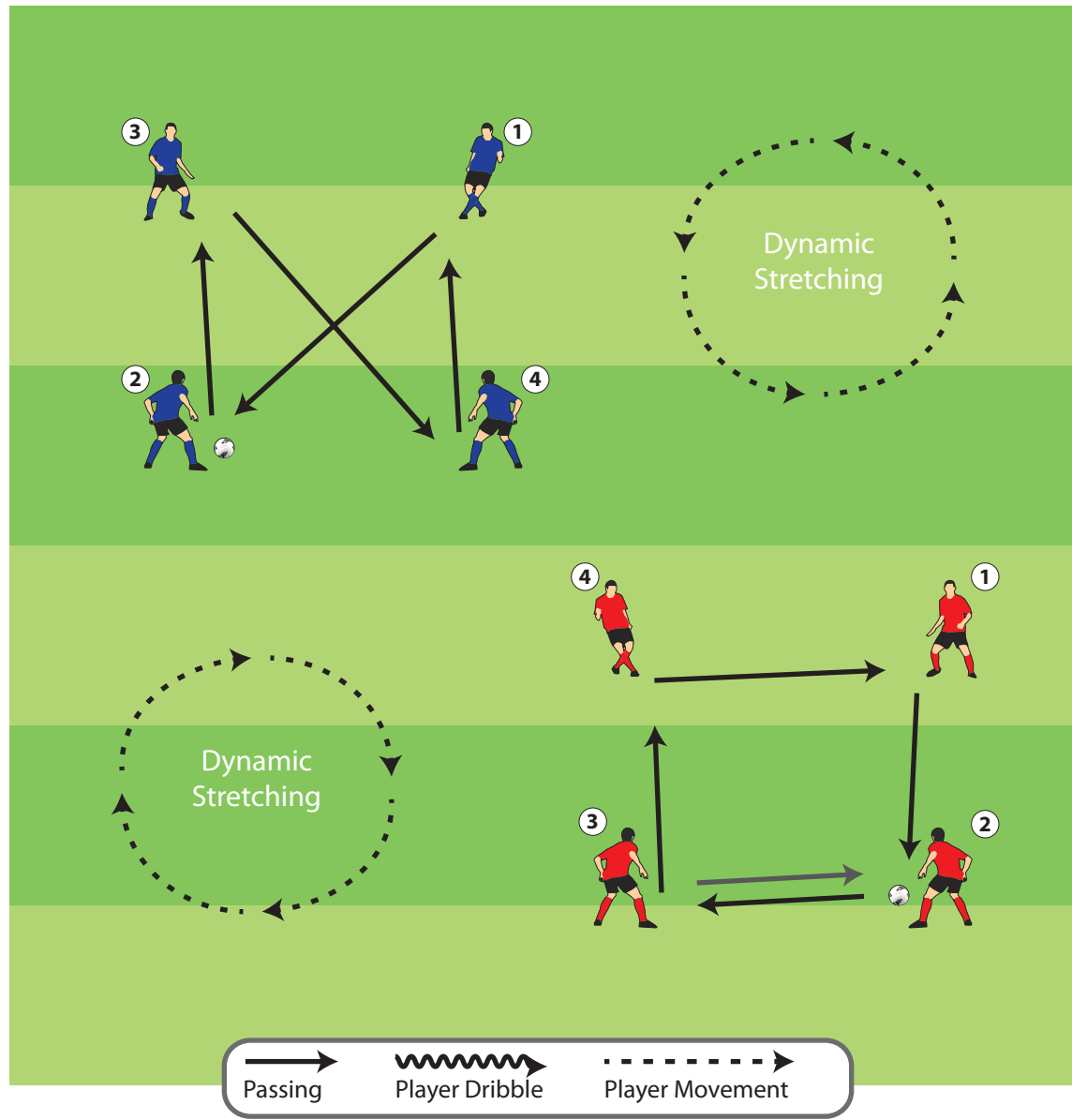


# Attacking: Build up from Defensive Half: Stage I Warm Up

Topic: Improve your team's ability to build up from the defensive half.



## Setup

50 by 50 yard area, group players into 4 per group. Each group will use an area of about 15 yards. You don't need any equipment or cones just a few soccer balls and hopefully a nice field of level cut grass. This is a simple passing warm-up with dynamic stretching, although you could make the passing very technical, read variations below.

## Sequence

- Players begin by passing a ball around in a square clock wise and then counter-clock wise for about 1 minute.
- After 1 minute of passing have the players perform some type of dynamic stretching, they can stay stationary or you could have them go around in a circle and begin to increase their heart rate.
- Repeat with 1 minute of passing and then 1 minute of stretching.

## Variations

- Have the players change the passing pattern and direction.
- Limit touches, 1 touch, 2 touch, etc... specify they must receive the ball using the outside of the foot and then pass using the inside of the opposite foot, etc...
- Advanced players could juggle with each other instead of passing.

## Coaching Points

- Passing pace and accuracy, in other words passing to a specific foot.
- Passes should be hard not soft, use different surfaces of the foot to receive and pass the ball.
- Passing with both the left and right foot.
- Dynamic Stretching should be performed with good extension, don't be lazy, we are preventing injury and increasing performance.