

Active for Life: Warm Up #9

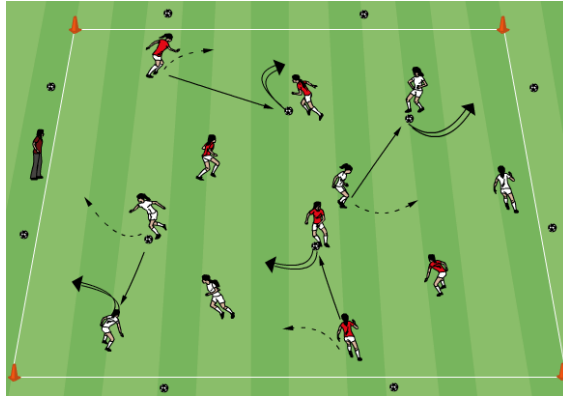
Warm-Up:

Coordination and Movement with a ball

15-20 minutes

Organization:

- Set up a 30x30m area as shown.
- Players work in groups of three.
- One ball per group.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.
 - a. Pass and look for space.
 - b. Pass with inside of right foot.
 - c. Pass with inside of left foot.
 - d. Pass with outside of left foot.
 - e. Pass with outside of right foot.
 - f. Short pass; long pass combination.
 - g. Receiving player turns with ball using inside of foot.
 - h. Receiving player turns with ball using inside of foot.
 - i. Receiving player lets ball run between legs and turns.

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