

## Warm Up #9

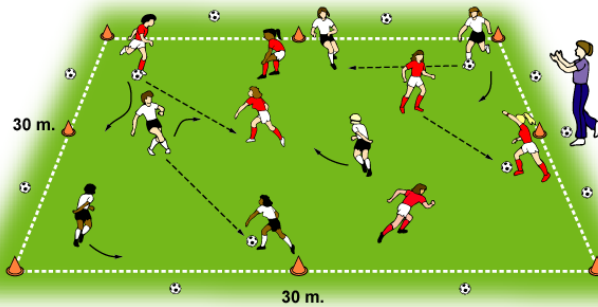
Warm-Up:

Coordination and Movement with a ball

15 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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