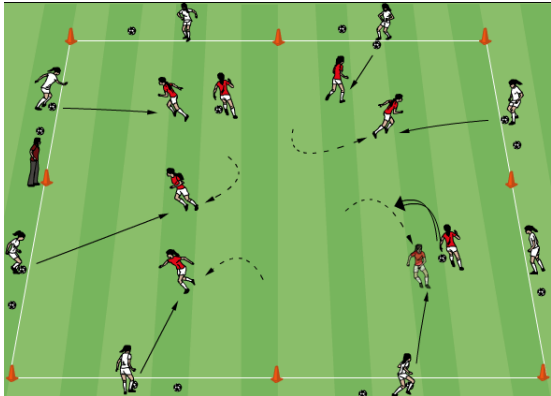


Active for Life: Warm Up #5

Warm-Up:	Windows Warm-Up	15-20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Use markers to set up a 25m x 25m area. Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area. Coach asks players to perform various tasks. Switch roles after 1 minute. 		<p>Points to Stress:</p> <ul style="list-style-type: none"> Carry out the exercise at a jogging pace. Focus on balanced movement on each side of the body Pass, dribble and receive the ball using both feet. Vary the direction moved when performing each turn, direction change, etc..
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Description:

1. Server use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
 - a. Control & pass back with inside of foot.
 - e. Control with chest & pass back.
 - b. Control with outside foot & pass back.
 - f. Control with foot, turn & pass to another server.
 - c. Control with laces & pass back.
 - g. Control with thigh, turn & pass to another server.
 - d. Control with thigh & pass back.
 - h. Control with chest, turn & pass to another server.

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