

## Active for Life: Warm Up #2

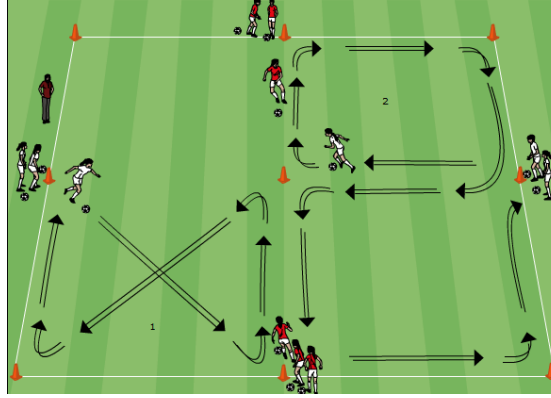
Warm-Up:

Dribbling and changing direction

15 minutes

### Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



### 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 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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