

Active for Life: Warm Up #10

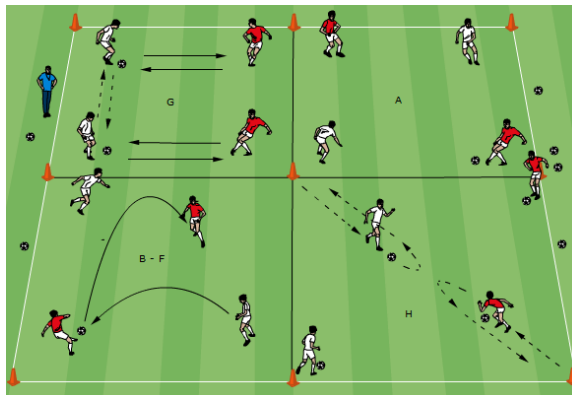
Warm-Up:

Coordination and Movement with a ball

15-20 minutes

Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



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 move around their square. The coach asks them to perform various passing techniques as listed below.
 - a. One touch passing.
 - b. Throw, volley, catch.
 - c. Throw, knee, catch.
 - d. Throw, thigh control-volley, catch
 - e. Throw, chest control-volley, catch.
 - f. Throw, instep control-volley, catch
 - g. Side to side Movement – volley, knee, head.
 - h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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