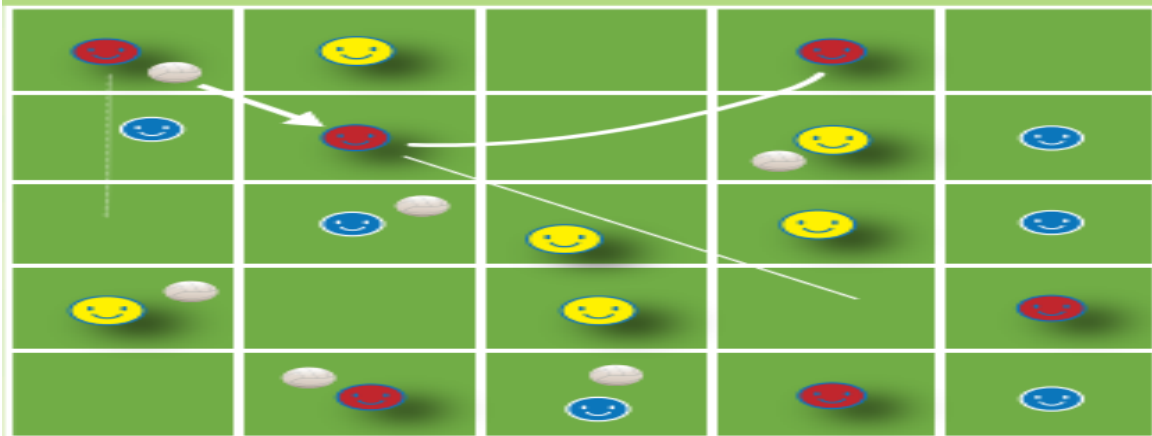




Sample Warm Up's

1.







In groups of 3 , ,  . 80m x 80m box.

Each 3 have a ball and they start by randomly passing to each and moving into a different square after pass. (Squares indicate space and don't need to be marked out). After 3 minutes of passing and moving introduce the following:

A. Long pass followed by short pass – The 3 players must move into space (**long pass**) or go support the man on ball and collect off his shoulder (short pass) 3.mins.

B. For a set period of time (**30 seconds**) 1 player solo's at pace around grid while the other 2 chase and try to dispossess him / her. Rotate after 30 seconds.

C. 1 player with ball stands between his 2 team mates     who are 10mts apart and plays a high ball for them to break and him to pick up. They then play the other player the same. 30 seconds then rotate players.

D. 1 player holds the ball tightly while the other 2 try and prise the ball from him / her by grabbling.

PROGRESSION:

Add time.

AIMS:

on/off the ball movement, vision.




2.

DENY POSSESSION

HOW TO PLAY: Set up a grid as is displayed • Each forward starts with a ball (5 forwards = 5 balls) • Each forward is to be marked by a defender • The aim of the game is that the defender is to deny the forward possession of the ball from any one of the 9 players on the outside of the grid • However if the forward does gain possession the defender must not allow him to make a pass to another player on the outside of the grid • 1 point is gained for every pass a forward successfully makes • 2 points are gained for every dispossession a defender makes • Time duration: 20 seconds – 1 minute

PROGRESSION: Increase time duration. Increase numbers in grid.

WHAT IT DEVELOPS: Passing, gaining possession, tackling & makes players play with heads up



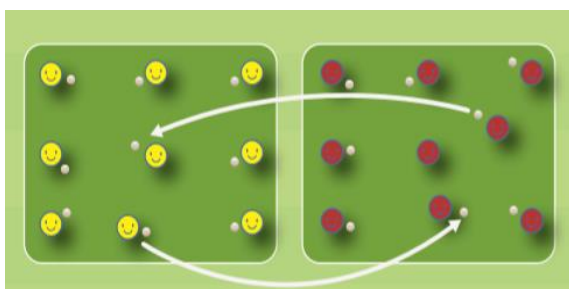
3.

4 teams x6 a-side. AvB, CvD

Each team has their own area (20m x20m) in which they keep possession of 2 balls by passing them around and performing different skills below for approx. 60 sec. On the whistle, 2 players from each team sprint across and have 15 sec to get the ball off the other team. Team in possession can keep possession using whatever skill(s) they choose. Swap the invasion players each time.

- Handpass rt
- Handpass lt
- Bounce pass
- High catch
- Roll and pick up

4. 2-Box Warm Up



Skills: Dummy solo, both sides. Dummy hop, both sides. Show and go, both sides. Bounce and roll, both sides. Sides step, both sides. Rolling pick up both sides.

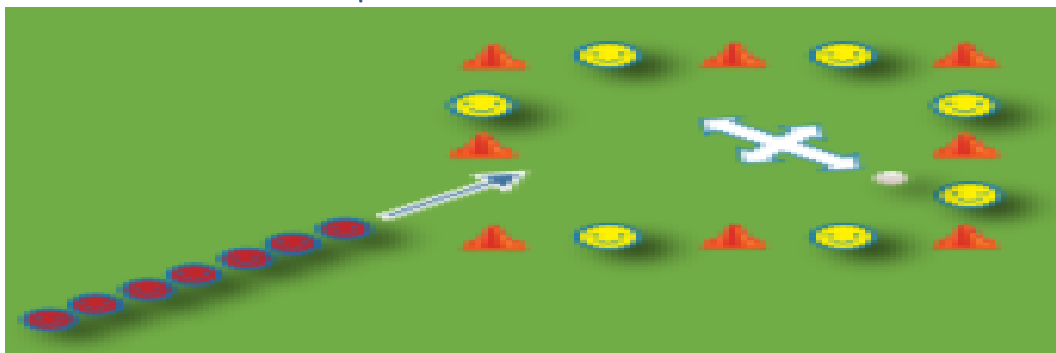
On the whistle, each team must swap boxes at pace and try to steal a ball from the opposite team as they go by. Award each team a point for every ball disposed and return ball to the disposed player.



5. Olympic Handball

Use size 3 ball. Cannot move once in possession of the ball. Use 4 goals. 25m x25m pitch

6. Pressure Cooker Warm Up



Two 30M Squares and 6 v 6 or 7 v 7 teams.

☺ Team starts by passing the ball among themselves by foot and hand around the square. They are not allowed move too far from their spot. Once the first pass is played a ● player enters the square to try and intercept the pass, another ● player enters after each pass until they win the ball. They swap positions once they win the ball.

PROGRESSION:

Breakout into a 30second possession game if ball is intercepted.

AIMS:

Accurate passing under pressure. Fun warm up. Team work.