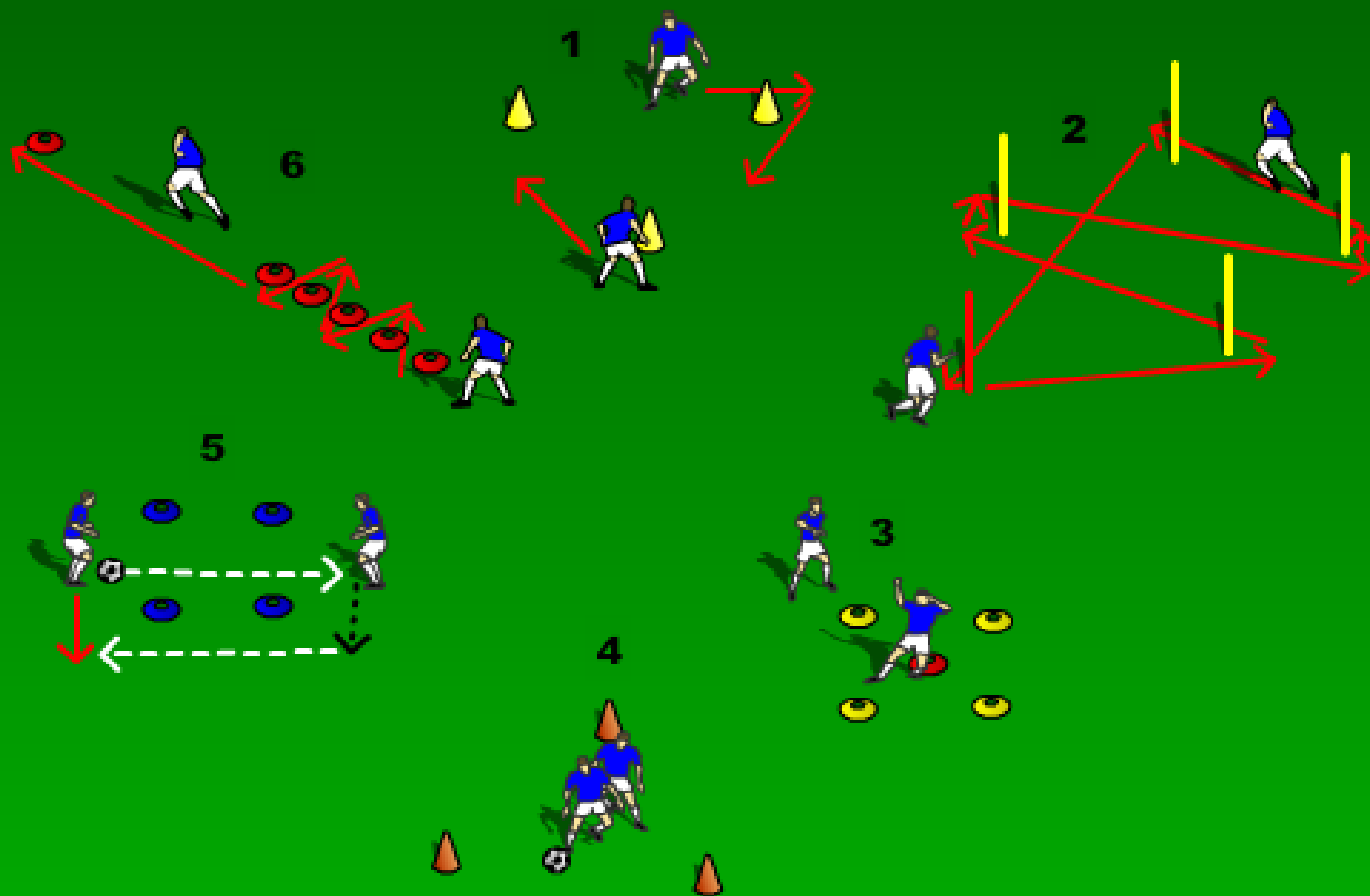




**WARM UP**  
**SESSION**  
**PLANS**

**#TEAMGRASSROOTS**



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**Warm up/SAQ/Prehab/S&C - Circuit (2 minutes on each station)**

**1 - One player is the tagger and the other has to get away although players can only move around the outside of the circle.**

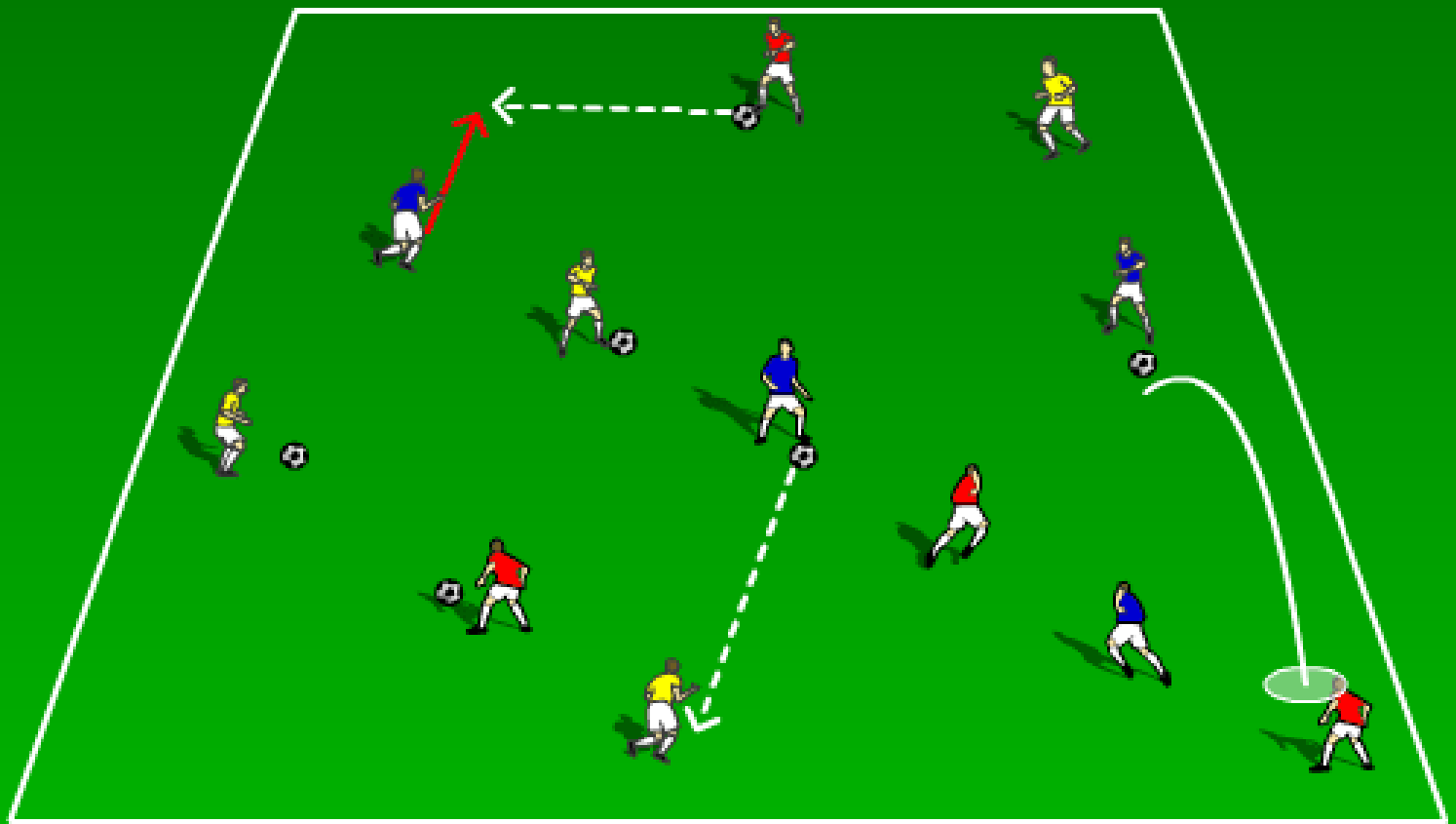
**2 - Players must sprint round all four poles in a different way each time (example: start, front left, back right, front right, back left and finish).**

**3 - (Best done with flat discs) Player stands on middle disc on one foot. They then have to reach out with the other leg to the other cones and hold for 3 seconds.**

**4 - One vs one in the triangle, players should focus on protecting the ball.**

**5 - Players have to take their first touch either side or the middle of the square and then pass through to the other player. Try to get the passes and touches as quick as possible.**

**6 - Single steps/double steps/two-forward-one-back steps through the first cones into a sprint (use a ladder if possible).**



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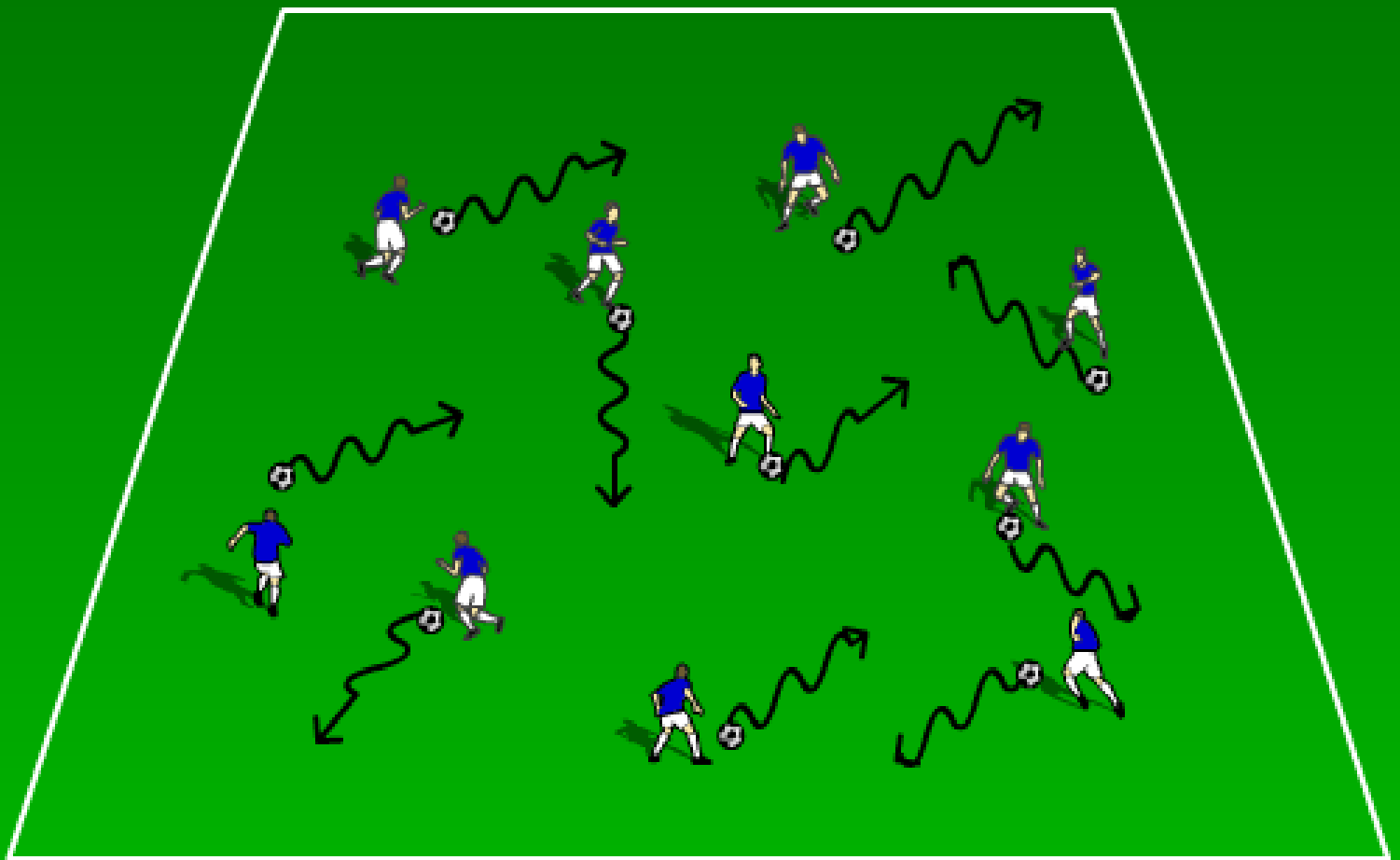
### Warm Up - Passing Technical

Half the players have a ball while the other half don't. The players have to pass with targets:

- Pass to everyone
- Pass to a different colour only
- Pass to a certain colour only
- Pass within a time limit (for example 3 seconds to pass once taking a touch)
- Pass within a certain amount of touches
- Without letting the ball stop
- Without the player stopping

### Key Points:

- Not using toes
- Head up looking for players/the best option to play to
- 'Radar' (knowing where players are around you)
- Predicting where players will be
- Getting into a space
- Calling for the ball
- Pass with the inside of the foot
- Using different types of passes (reverse, short, long, driven, in the air etc)



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### Warm Up - Dribbling Technical

Players dribble in the area with different targets:

- Use certain feet/parts of the feet
- Change speed/direction every couple of touches
- Take a certain amount of big touches followed by a certain amount of small touches
- Take 'double touches' (2 touches on the ball without that foot touching the ground)
- Master certain skills/turns
- Beat other players in the area (everyone has a ball)

### Key Points:

- Not using toes
- Head up looking for space
- 'Radar' (knowing where players are around you)
- Predicting where space/players will be