

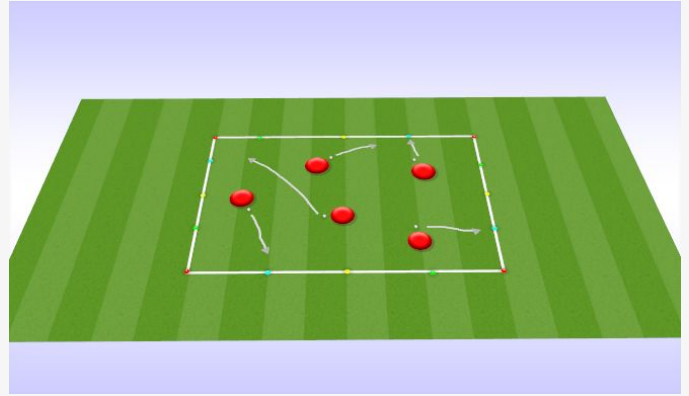
Warm up

15 minute warm up:

Players are dribbling the ball, keeping it inside the box. Players should be encouraged by the coach to show off any skill or any combination of skill (dependant on ability and age).

After 2 minutes of observing the warm up, ask player or select a player to show a skill to the rest of the group. Once the player has done a skill, ask the other players to try and practice that skill. Do this for a total of three times.

For stronger ability players, get them to do a combination or skill or ask them if they can put all three skills together.



After 8 minutes, introduce the colours of the square. The coach will then call out a colour. Once the colour has been called the player must leave their ball, touch a colour cone with their feet and come back to their ball. Progression for the warm up is as follows:

- Dribble the ball to the cone
- Dribble the ball around the cone
- Dribble the ball to the cone and do a turn.

Towards the end of the warm up, add 1 or 2 defenders (with bibs) and get the players to keep the ball away from the defender. Rotate defender after 30-45 seconds.

To encourage more active learning time, do not stop the warm up to change the defender, just change them as the warm up goes on.