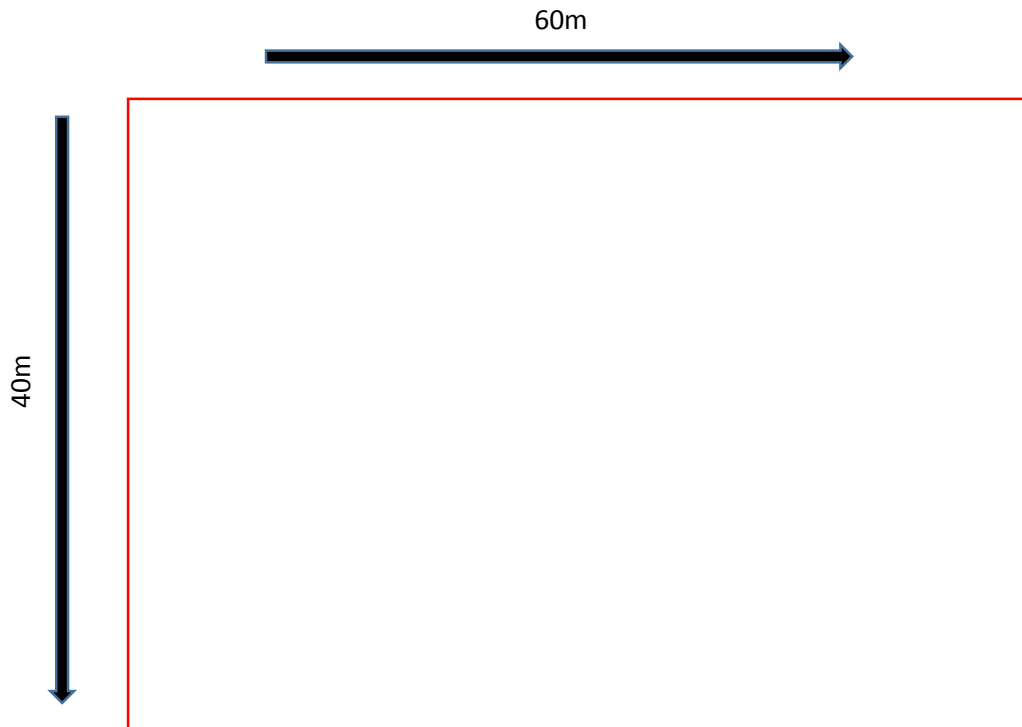




Warm- Up Exercises

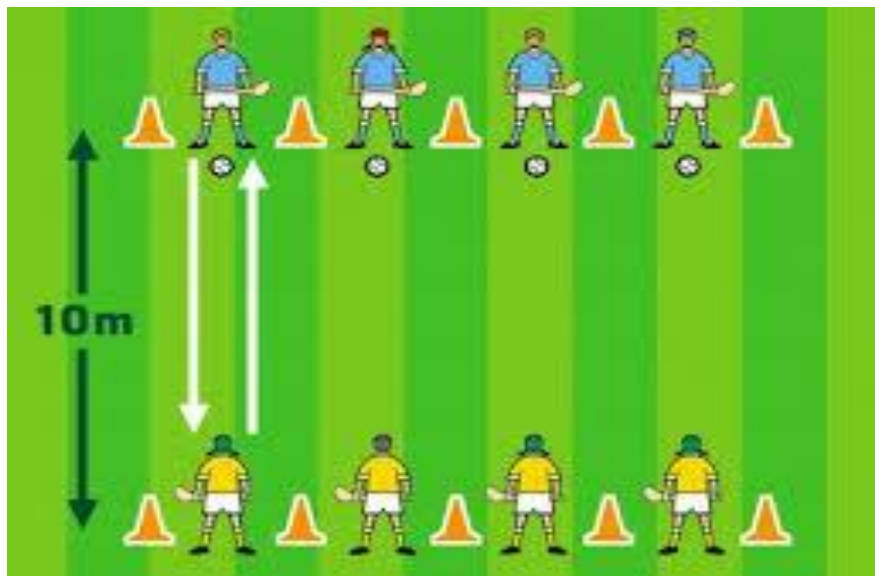
Activity 1: Free Movement and Skill practice



Key Points:

- Ball per player/ between 2 players
- Moving freely around square, practice each skill for 30- 60 seconds max
- Incorporate dynamic stretches/ exercises these include: Hamstring walks, lunges, groin rotations, walking calves, power skips, high kicks, squats, high knees, heel flicks and side shuffles.
- **Older Groups:** Intensity of speed of movement and skills should increase post stretching, tackling and applied pressure should be incorporated to final phase of this exercise.

Activity 2: Ball between two

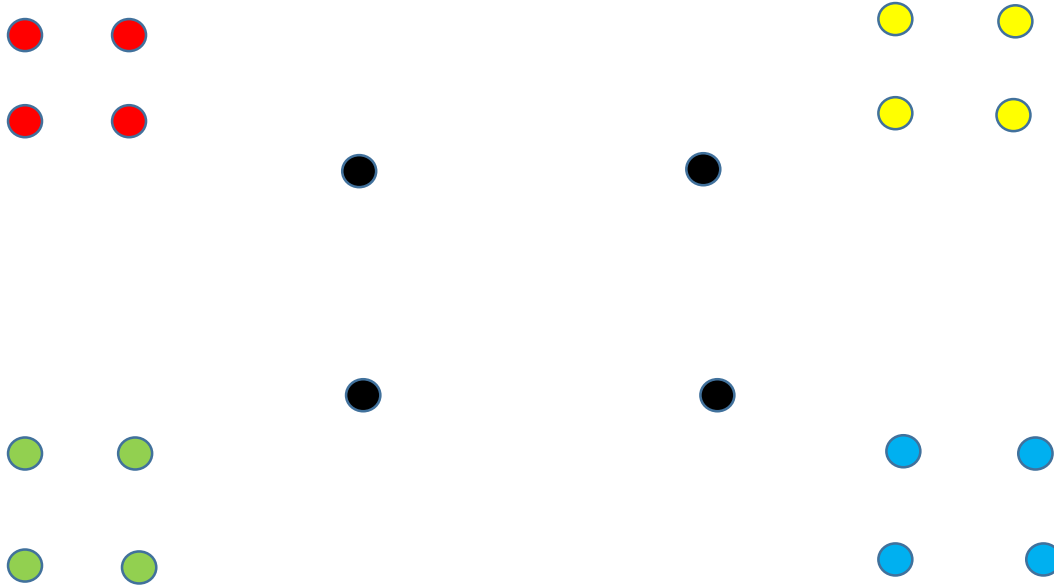


Key Points:

- Players encouraged to keep on their toes and move the ball back and forth quickly
- Each skill should be practiced stationary at high tempo: e.g. striking/ kicking to hand, to ground, hand passing.
- Then performed with one player moving backwards and the other forwards, change on way back.
- Other skills such as catching, lifting and blocking should be incorporated during movement
- When returning to starting point, there should be no stoppage in the movement of the ball and the coach should encourage the players to begin striking/kicking the ball immediately after returning to the start position

Fun Game Ideas at the start of training

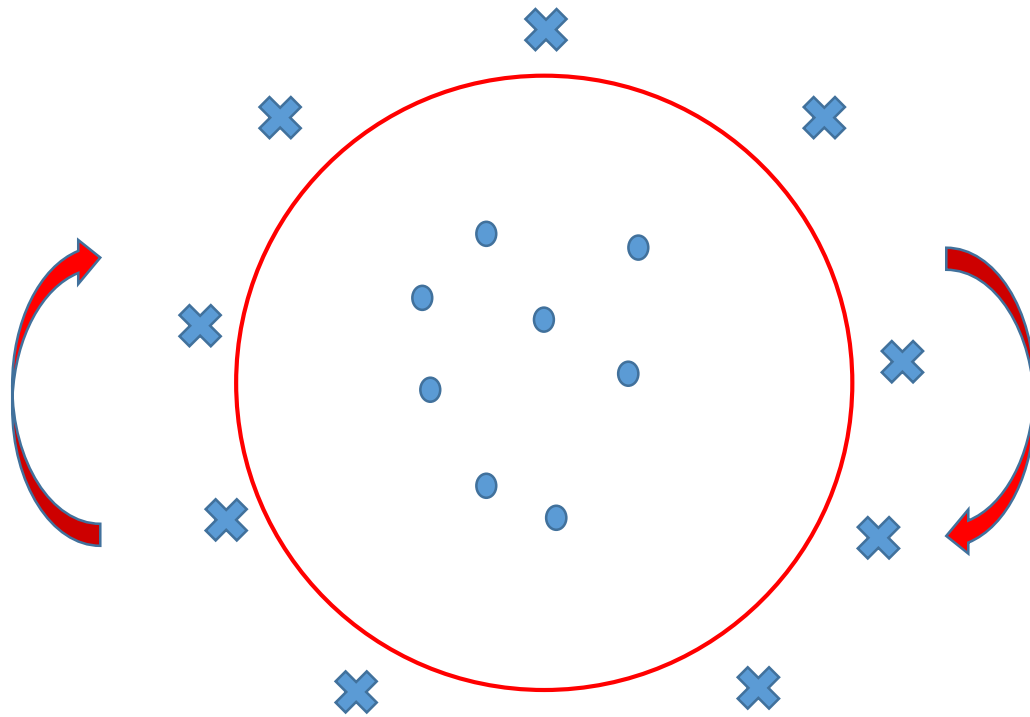
Game 1: Rob the Nest:



Rules:

- Players are divided into 4 coloured teams and assigned to their own 'nest'
- The objective of the game is to rob as many balls, either from the main 'nest' in the middle, or from the other teams
- To gain possession of the ball the player must use the correct lift or pick up
- They must use their 4 steps and solo when returning to their group
- Tackling can be allowed as a progression, as can shielding the ball while protecting the 'nest'
- Allow game to run for 40-60 secs
- The team with the most balls at the end of the game wins!

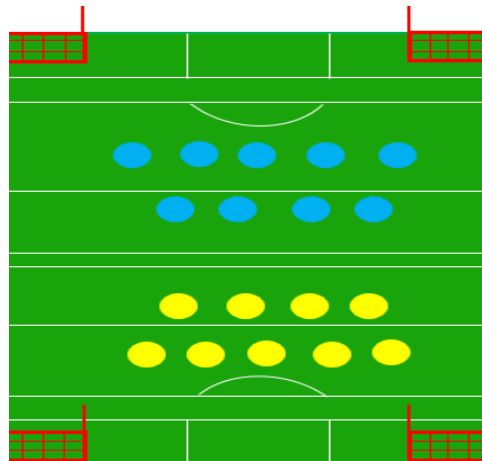
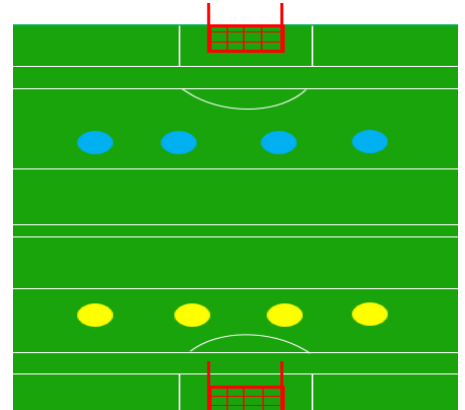
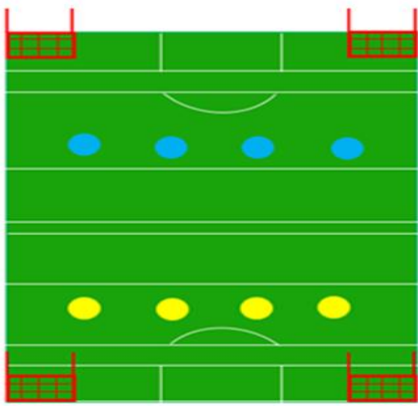
Game 2 Around the Campfire:



Rules:

- Players pair up and stand in a circle around the group of balls.
- There will always be one less ball than the number of pairs in every round
- One player from each pair runs around the outside of the circle on the sound of the first whistle by the coach
- On the second whistle the player must return to their partner, crawl through their legs and gain possession of the ball by using the correct lift/ pick up
- One group is knocked out each round and another ball is removed from play before the beginning of the next round

Small Sided Games



Small sided games:

These can be used at any point in a session and are a great way of introducing the theme or concept to be worked on in a particular session. Several components can be changed:

- **Playing numbers:** Reducing number of players per game will increase number of touches
- **Pitch size:** Increasing the size of the playing area will increase physical demands of the game on players and decreasing will reduce work load
- **Number of goals:** Effects attacking and defending strategies and how players distribute and use the ball
- **Rule Modifications:** Allow the coaches to concentrate focus on certain aspect of the game, reduce bad habits, and introduce new ideas / concepts. E.g. One hop or solo to reduce over carrying of the ball and increase number of passes.

