



Warm-up: Dynamic Stretching

Organization:

Create at grid 20 x 20 or find a small space that players can move without interfering with a game and/or session.

How to play:

Players will have the freedom to move inside the grid and coaches will be asking players to provide different kind of Dynamic movements moving forward, sideways and backwards.



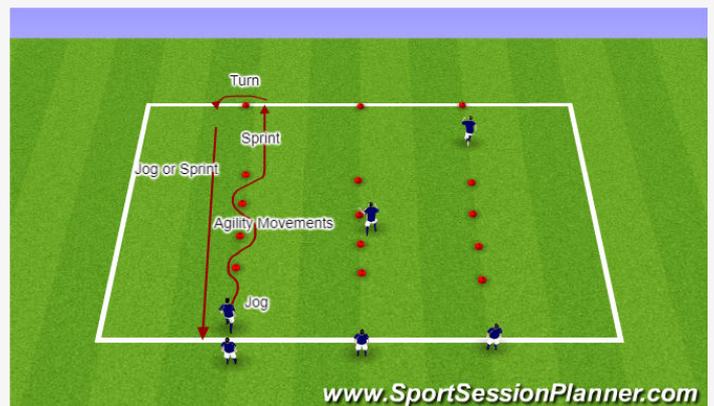
Warm-up: Agilities Movements

Organization:

Create a 20 x 20 grid where you can add few cones in line (1 yard from each other). - Create 2- 3 lines so players do not waist time in line and have consistency of player's movement during the warm-up.

How to play:

- Players will jog to the line of cones
- Apply agilities movements between the cones by facing foward, sideways and/or backwards.
- After the agility movements between the cones, the players will sprint to the cone located 5 -10 yards from the line of the cones.
- Turn towards the cone and sprint or job back to the end of the line.



Warm-up: 2 vs. 1 (10 mins)

Organization:

Set up 3 lines (two next to the goal and one 10 yards away from the box.

How to play: When the player with the ball (#1) pass the ball to the top of the box, the players (#2 and #3) will run towards the ball. Whatever player gets to the ball first, will play 2 vs. 1 with (#1).

Example: if the (#3) player gets the ball first, (#1 and #3) will play 2 vs. 1 against (#2).

Rotate players every play: From #1 - #2 - #3 - #1.



Warm-up: 1 vs. 1 (5 mins)

Organization:

Organize 2 lines (two next to the goal) and the coach will have the ball 10 yards from the box.

How to play: The Coach will pass the ball to the top of the box, the players (#2 and #3) will run towards the ball. Whatever player gets to the ball first, will be offense and another player will be defender. They will play 1 vs 1

Rotate sides every play: From #2 - #3 - #2.

