



Warm-up: Dynamic Stretching

Organization:

Create a 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.



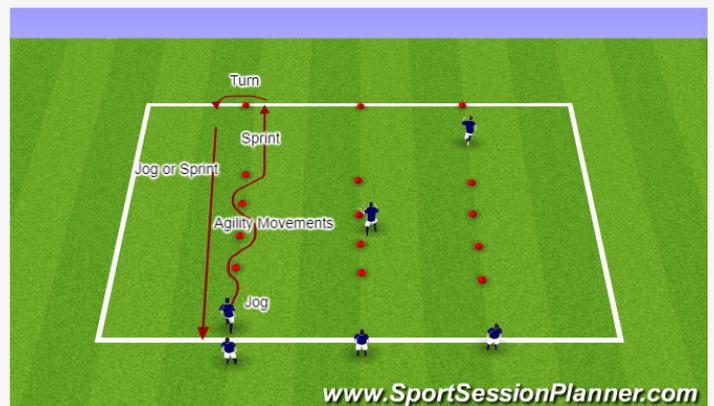
Warm-up: Agilities Movements

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: 3 vs. 1 without the ball

Organization:

Set up 2-3 grids with minimum 4 players per grid

How to play: 3 vs. 1 without the ball

The player that runs inside the grid is the defender and the 3 players inside the grid are offense players. The defender will try to tag any of the 3 offense players inside the grid. The defender has no more than 5 seconds to tag. If the defender does not tag any offense player in less than 5 seconds, the defender will go back to the end of the line. However, if the defender tags any of the offense player in less than 5 seconds, the defender will swithch with the offense player.

Progression/Variation: Increase or decrease the amount of time the defender has to tag the offense players.



Warm-up: 3 vs. 1 with the ball

Organization:

Set up 2-3 grids with minimum 4 players per grid

How to play: 3 vs. 1 with the ball

The player that runs inside the grid is the defender and the 3 players inside the grid are offense players. The defender will try to win the ball from the 3 offense players inside the grid. The offense players will try to connect 5 passes without the defender winning the ball. If the offense players connect 5 passes, the defender will go back to the base (end of the line) and continue as defender when becomes her/his turn. However, if the defender wins the ball before the offense players completing 5 passes, the defender will switch with the offense player that made the mistake.

Progression/Variation: Increase or decrease the amount of passes from offense players.

