



## 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.



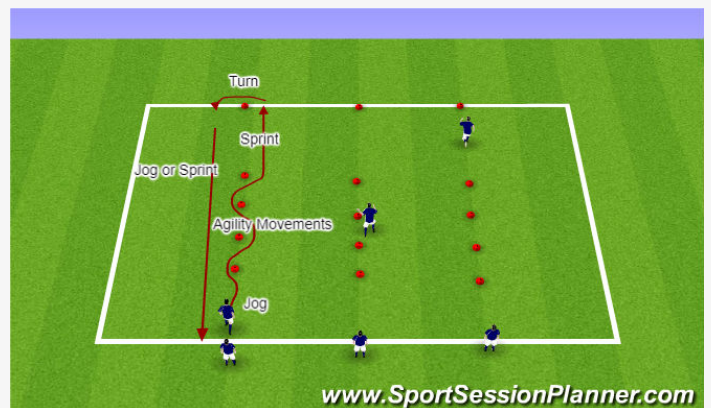
## Warm-up: Agilities Movements

### 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: without pressure

### Organization:

Have all players with a ball inside the grid. The grid could be 20 x 20.

### How to play:

All players will dribble the ball inside the grid. When the coach says "Go" the players will stop their ball, move to someone else ball, and try to touch 10 balls before coming back to their own ball.

- The coach can request players to move forward, sideways and/or backwards when they are moving from ball to ball.
- The coach can request players to jump or go around the ball when they are moving from ball to ball.
- The coach can request the players to not touch any player when they are moving from ball to ball.

The coach can request a player to do something (example: girls could do a "Star jump" and the boys could do a "donkey move") for the last player that arrive to their own ball after touches all 10 balls required.

**Progression/Variation:** Increase or decrease the number of balls that players need to be touched before going back to their own ball.



## Warm-up: with semi pressure

### **Organization:**

Have all players with a ball inside the grid. The grid could be 20 x 20.

### **How to play:**

All players will dribble the ball inside the grid without touching any player, ball and/or getting outside the grid. If the player touches another player, another ball and/or goes outside the grid, the coach can request a player to do something (example: girls could do a "Star jump" and the boys could do a "donkey move").

Coach can request players to do moves with the ball, turns and/or use both feet.

**Progression/Variation:** Increase or decrease the size of the grid.



## Warm-up: with pressure

### **Organization:**

Have all players with a ball inside the grid. The grid could be 20 x 20.

### **How to play:**

All players will dribble the ball inside the grid. The coach will try to touch their ball. If the coach touches the ball, the player will have to do something (example: girls could do a "Star jump" and the boys could do a "donkey move").

