

Warm up drills

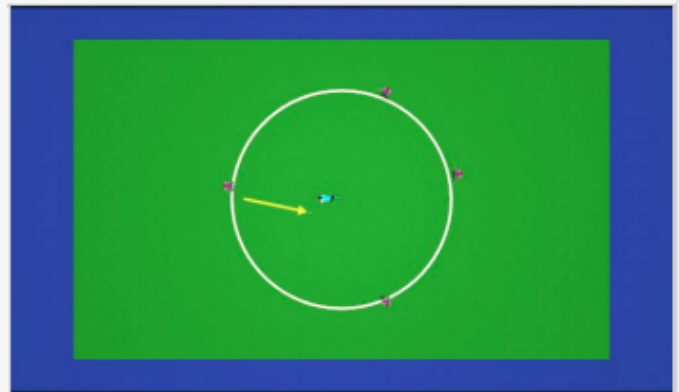
The importance of warmups

- **RAMP** (Raise – activate – mobilise – potentiate)
- **Prepares** (both physically and mentally)
- **Reduced risk of injury**
- **More o2 to muscles**
- **Can introduce** (can introduce participants into small portion of drill)

Screen 1

Ball is played into blue players. They have to try and carry the ball out of the circle without being tackled. Green players have to stay on outside of circle.

Add more less defenders depending on success. Increase decrease area



Screen 1

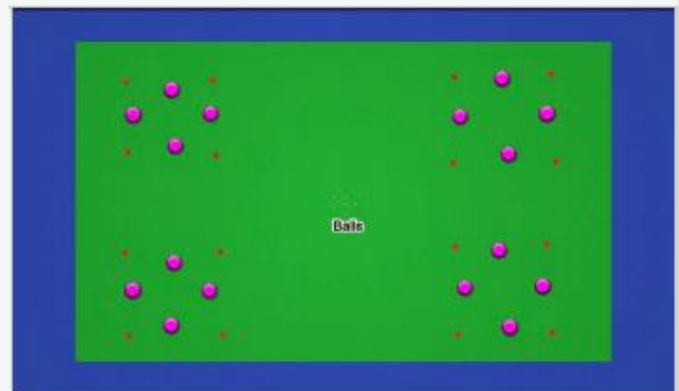
3v3/4v4 inside the box (10/15 min warm up drill)

Teams must complete 10 passes

- once passes have been completed, one player must put on their mining hat (Cone)
- they must then go collect a golden nugget (ball) and bring it back to their base

Progressions -

- 1 - pass and move combinations
 - 2 - 1 touch passing, no reverse sticks
 - 3 - shout 'steal' one player from each box runs to another box (clockwise) and must steal the ball they are currently passing with
- winners is the team with the most balls by the end of the drill



Screen 1

- Like bench ball
- Team has to pass to team mate in end zone, if successful join them
- They then try to pass back to team mates
- First team to get all team mates in end zone win



P7 Warm Up

Goalkeepers can be incorporated in all warm ups

Ball Monsters (8v4 or 7v3) 5 minutes Group 1

Players on 5m line try to get ball into demarcated area

"Ball Monsters" can tackle players and hit balls away and can also hit balls out of the demarcated area as long as none of the players is in the demarcated area

Players need to try and get a many balls as they can into the demarcated area while avoiding ball monsters

After 3 minutes, see how many balls are in the demarcated area

Change the ball monsters to see if they can keep more players out

Be strict with bad tackles - if a ball monster makes a bad tackle, they have to do a penalty (5 burpees behind the goals, jump on one leg 10 times etc)

Pass To Win 5 minutes Group 2

In pairs, move around pitch passing ball to partner through open gates to score points

May not go through the same gate twice in a row

May not go through the same gate as another pair

Change partners every minute to try beat score

How fast can you pass 5 minutes Group 3 (in 5s or 4s)

Player in the middle (P1) must get 60 passes away, may not pass back to same player twice in a row

Once P1 has completed 60 passes, group must move to another set of colour cones and replace P1 with new player in team

Set-up: Must always be one set of cones open

Teams must work through all 5 players in the middle - first to complete, wins



3-man-weave

Coach Focus:

1. Give and go mentality (pass and get into a position to receive ball again)
2. Pass accuracy and weight (in front of player, gaining momentum)
3. Shooting on target and rebound from all 3 players
4. Calling for the ball
5. Encourage goalkeepers to come out of goals to clear ball



Progression 4v2

Activate game with pass to D1 who passes back to any As

A4 and D2 may not leave scoring area

Focus on coaching concepts of A4 creating height options for passing by moving away from D2 and A1-3 move ball away from Ds

Defenders score points by carrying ball over 25yd line

GKs score for defenders by clearing ball over 25yd line



Screen 1

Goal:

This active drill is meant to serve as a warm-up exercise for your field players where they can work on passing and receiving on the move using long and short passes, while also improving their vision on the ball.

Skill emphasis:

Push passes

Drop passes

Mobile receptions — try and get your players to receive the ball with their feet going in the direction they want to go next, rather than having them face where the ball is coming from, this helps quicken the transition between the trap and the pass.

Drill:

1. Player A starts the drill by passing to Player B
2. Player A follows their pass and Player B drops the ball back to Player A
3. Player A then gives a quick pass to Player B who is running forward
4. Player B then passes the ball to Player C and follows their pass to receive a drop pass from Player C
5. The same pattern is repeated around the square continuously

Recommended:

Have five players in each square

Make the drill larger or smaller depending upon your players' skill level

Have several squares compete against each other to see how many rotations they can complete in an allotted time

Switch directions to emphasize different receptions and passes



Warm Up Game (10 mins)

Warm Up Game - Defend the Castle!

8v8 (or dependant on numbers)

1 GK

GK has to defend both goals, that are located opposite and out facing to one another. This is hard work, but there is a gap between goals for the GK to move between.

Goal can only be scored from 5 yards max out (varied if needed) to encourage supporting players to attack the goal/tap in/back post.

Defenders have to win ball and run with it to any of the outside exterior lines. Once this happens, they become the attackers (quick counter and organisation).

Look at angles, movement off the ball, aerials over the goals, moving and manipulating the defence and GK.

High tempo, plenty of instruction from players, great game.



Screen 1

- Score by making connection in box to team mate
- GKS in box?



3man weave

A good warm-up with lots of ball contacts, running lines and receiving on the move.



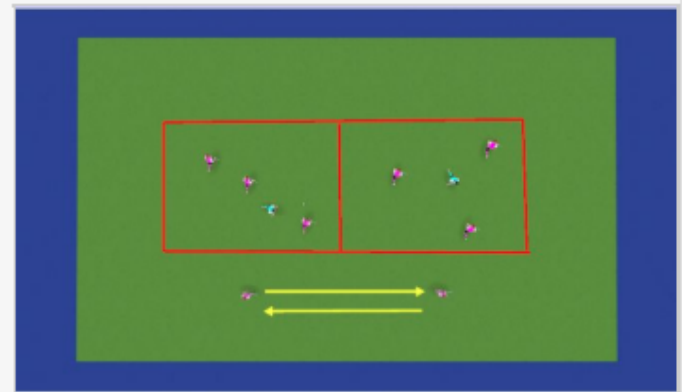
Screen 1

Ball starts in one of the boxes.

The overload team - Greens have to make 3 connections then pass to player outside the box who then outlets to other player outside of box. They then pass into their box for greens to make 3 connections again and so on.

Can progress to multiple transfer, more players.

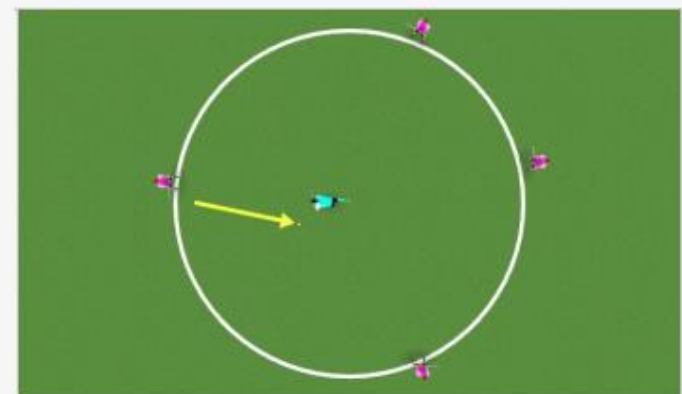
Keep changing, outlet players, defenders etc.



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Ball is played into blue players. They have to try and carry the ball out of the circle without being tackled. Green players have to stay on outside of circle.

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Warm Up 1v1s

Warm Up 1v1s

Version 1 - set up 2 cones 10 yards apart and place a ball in the middle. Set up as many 1v1 stations as necessary. Blow the whistle and play for 30 seconds. King/Queen of the Court rules: winner moves to the left, loser moves to the right. Play 4 or 5 games with this version. Score a goal by touching the ball on the opponents cone.

Version 2 - same set up but goal becomes a mini gate. now score by shooting/dribble ball through from no more than a stick-length away. Repeat X number of rounds.

Version 3 - Gate becomes triangle and to score, the player must now stop ball within triangle.

Drill Hack* Place 3 cones on top of each other to save set up time.



Screen 1

Players in boxes passing balls unopposed to each other
Two blue defenders enter middle box and try and intercept ball, once they do they enter either of the other two boxes and then the final box until they have turned over each boxes ball.
Change players around after few goes.

Could extend if easy players have to carry out of box



Screen 1

rondo. pass the ball around the outside in a circle with a defender in the middle attempting to intercept the ball. add in 2 defenders if outside players find it too easy to pass the ball. progression - limit number of touches on the ball

