

Warm Up Activity - #18 / Warm Up Circuits

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 25m.
- Split the players into four groups.
- The first player in each group starts in the middle square.
- On your whistle, the players turn and complete a fast feet exercise through the cones before receiving a serve.
- The players must perform a pass, volley or header to complete the task.
- The serving player then runs into the middle square and the practice is repeated.

Progressions

- Quick feet, receive a pass and pass to the next group on the right / left.
- Receive an aerial pass, control to the floor and move in and out of the cones.

Coaching Remarks

- Encourage players to react and sprint.
- Concentrate on good technique.

Diagram

