

Warm Up Activity - #5 / Combine and Out

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Two players in the middle of the playing area must combine to play out.
- The practice continues for one minute per pair.
- The inside players can only use one touch. This forces them to move and communicate in order to combine with each other.
- The outside players must use two touches.

Coaching Remarks

- Encourage players to adjust positioning to support team mate.
- Encourage players to communicate.
- Encourage players to know your next pass.

Diagram

