



Dynamic Team Warmup half field

Category: Warm-ups
Difficulty: Moderate

Marc Francis, Denver, United States of America
Individual-Adult Member

Description

Simple team warmup designed to develop and reinforce basic habits - communication & movement to and off the ball.

Screen 1 (20 mins)

Provide 1 ball for every 4 players. Players can pass to any player. GK can use hands or feet to receive and pass. ALL passes on the ground. Dynamic stretching between each stage as required. Each stage approx 4-5 minutes

Stage 1 Rules- Players MUST call out name of player they are passing to. EVERY player must be moving at all times (no walking).

Stage 2 rules - 2-3 touch limit (depending on level of team - goal is 2 touches). Player receiving a ball MUST move to the ball quickly (change of speed)

Stages 3 rules - 1-2 touch limit (1 if we can, 2 if we must)

Stage 4 rules - players must SPRINT 5 yards (straight line) after passing ball. Sprint should be immediate, and be completed approx same time as ball reaches receiving player.

Stage 5 - combine rules from stages 1, 3 and 4 - call players name (communicate), 1-2 touches AND sprint after completing pass.

