

Warm Up #5 – Ball control

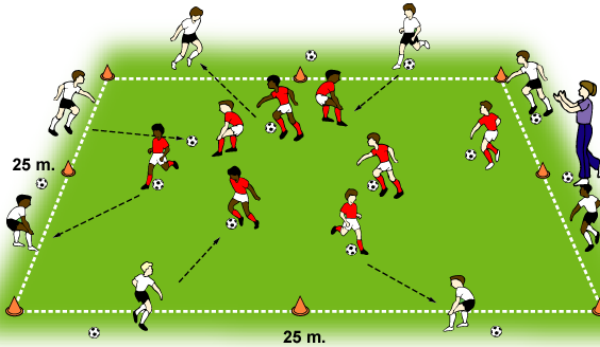
Warm-Up:

Windows Warm-Up

15 minutes

Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute maximum.



Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Servers use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
 - a. Control & pass back with inside of foot.
 - b. Control with outside foot & pass back.
 - c. Control with laces & pass back.
 - d. Control with thigh & pass back.
 - e. Control with chest & pass back.
 - f. Control with foot, turn & pass to another server.
 - g. Control with thigh, turn & pass to another server.
 - h. Control with chest, turn & pass to another server.

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