

Free Movement

Aim/Focus:

- Insures player's are properly warmed up.
- Improves running with the ball and passing.

How to Play:

- Mark out a large grid approx 30m x 30m.
- All players are inside the grid with 1 football to every 3 players approximately.
- Players move around randomly within the grid, they hop/solo the balls and exchange hand passes between one another.
- Coach introduces various calls throughout the warm up e.g. high knees, heel flicks, side shuffle, high catch, pick up etc.
- The warm up should also include changes in tempo & intensity e.g. jog & then lift the pace for 20-30seconds before returning to a jog.

Progression

- Make the grid bigger and introduce kick passing.

Equipment

- Cones
- Footballs
- Stopwatch & Whistle