

### 30 Second Shielding



This is a fun game to incorporate into your warm up. It develops the technical ability of shielding the ball and also improves upper body strength.

Divide your group into pairs. One ball per pair. One player starts with possession of the ball in the center of a grid approx 5 yards by 5 yards. On the coach's command, the defender has 30 seconds to see if they can win the ball from their partner. The player with the ball must protect the ball within the boundaries of the grid. If the player with the ball loses it, they then become the defender. The player who has the ball at the end of 30 seconds wins a point. Make a competition, first player to 5 points wins. Rotate players to challenge new opponents.

**In Pairs, Grid 5 x 5 yards (5 x 5 metres), 1 ball between two**

### Speedy Feet



Divided your group of players into pairs. Each pair has 3 balls. One player calls the instructions while the other performs the exercise. Position 3 balls to form a triangle.

The player starts the drill by jogging slowly in place, between the 3 balls. On the partners command, the player touches the top of the ball with the sole of the foot, as quickly as possible. The challenge is for the player not only to perform the drill quickly, but also select the correct ball. Each ball is labeled in the following order; One, Two and Three. Red, Green, Blue. Jack, Queen, King. The partner calls out series of commands for the player to perform. If the partner calls out "Three" the player must touch ball #3. If the partner calls out "Queen" the player must touch ball labeled Queen etc.

**In Pairs, 3 balls**

### Toe Touches



This is a good exercise to incorporate into your warm up. It develops both flexibility and agility.

Divide your group into pairs. One ball per pair. One player holds the ball with arms forward. While jogging in place, the working player alternates touching the ball with the foot with right and left foot. The player can vary the foot surface such as touching the ball with the laces, inside of the foot, outside of the foot.

The partner can gradually increase the height of the ball as the exercise progresses.

Work for 60 seconds then reverse roles.

**In Pairs, 1 ball between two**