

## Dribble Tag



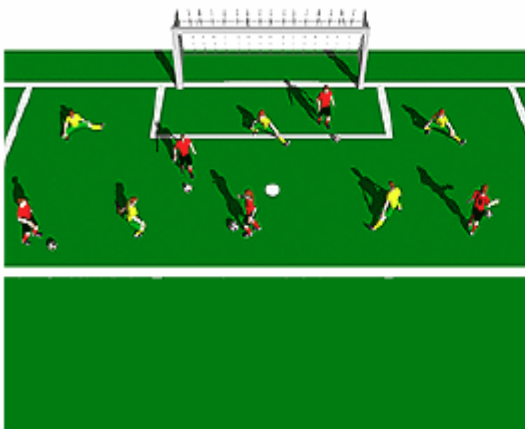
Players dribble around grid and try to tag each other using their hand. Any player tagged must leave their ball and sprint around the nearest cone placed outside the grid.

### Progression:

Instead of tagging, the players try to knock other players' balls out of the grid. The players that lose their ball must sprint around the flag pole with their ball before they can join back in.

Entire group, Grid 20 x 20 yards (18 x 18 metres), 1 ball each

## Sixty Seconds



Divide team into 2 groups. One group stretches for 60 seconds while the other group maneuvers around the penalty with the ball. Swap roles every 60 seconds.

Stretches: Calfs, Quadriceps, Groin, and Back.

Ball Maneuvers: Dribble into space, Push ball through stretching players legs, Flick ball over stretching player, Variety of tums, Volley in the air and control and try to tag another player who has a ball.

Entire group, penalty area, 1 ball between two

## Head Catch in Pairs



This is a fun warm up game, especially if the topic you are teaching is heading. It starts the practice with an enjoyable tempo and forces the players to make a quick decision.

Divide your group into pairs. Each pair has one ball. One player serves a straight throw to their partner. As the player serves the ball he shouts one of two commands "HEAD" or "CATCH". If the server shouts, "HEAD" - the player must do the opposite and catch the ball. If the server shouts, "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to their partners hands, then returned by their partner for them to serve.

In pairs, 1 ball between two