

The Conga

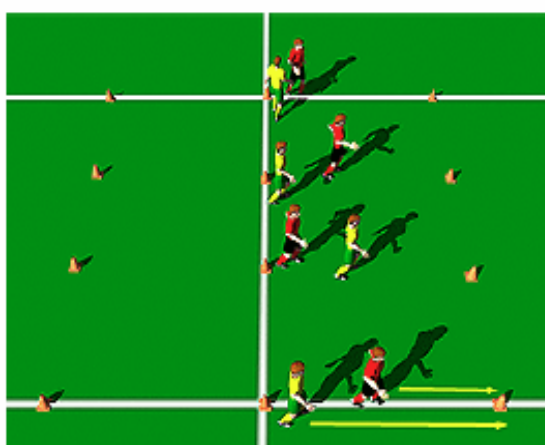


Entire Group

Start the warm up by jogging in pairs.

- Start with slow jog around the perimeter of half the field.
- Perform Brazilian Warm up and continue jogging.
- Player react to the following commands.
- Coach shouts "Up" players touch the ground with both hands.
- Coach shouts "Down" players jump up to head an imaginary ball.
- Front men sprint to back.
- Back men sprint to front.

Odds and Evens



In pairs, Cones 5 yards apart (4 metres)

Divide the group into pairs. Each pair positioned face to face on the starting line.

Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears. When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball. Make a competition between partners. Award a point for each time the player wins the race. First player to 10 wins.

Call the Number



Two players, 1 ball between 2

Players are paired up with a partner, facing each other at a distance of 2-3 yards.

Players serve a ball to their partner in the air, using the Head, Chest, Thighs or Feet. On playing the ball, the server must instantly call out loud number; 1, 2, or 3. The receiving player must keep the ball in the air, the designated amount of times. e.g.: player shouts "one", ball is returned on the "first touch". Player shouts "two", ball is juggled once, played back on "second touch". On returning the ball, the player then calls out a number for his partner.

Make a competition between partners, first player to 10 wins. Have different players challenge each other.