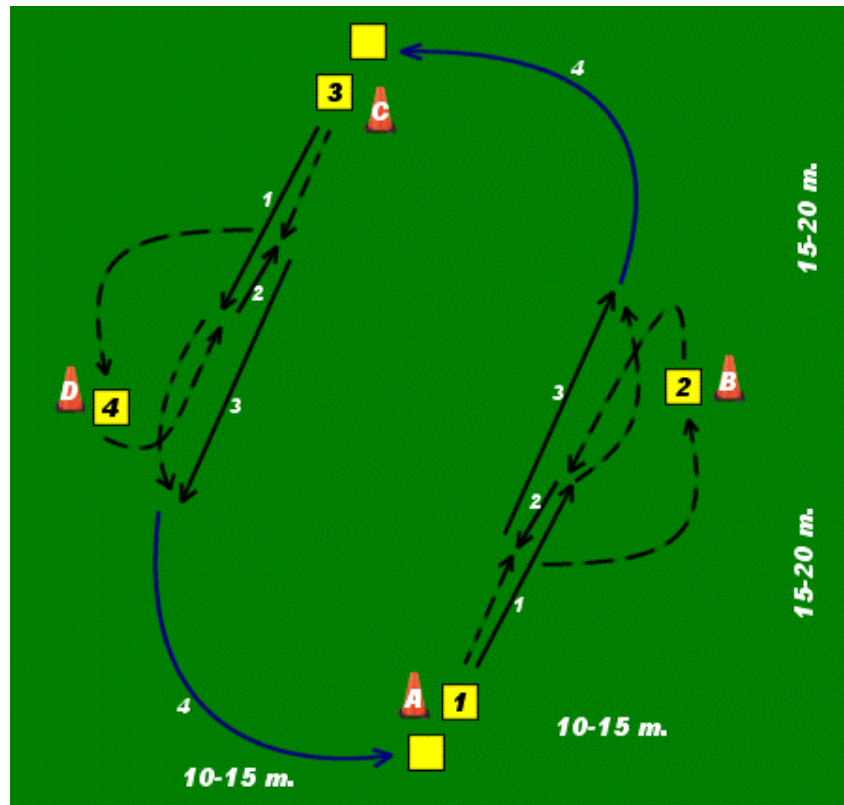


Warm-Up Exercise



Contents

- Position two players at every cone. The players at cone A and C have a ball.
- Player 2 first moves 2 steps away from the ball and then asks for the ball by moving towards the ball.
- Player 1 passes the ball to player 2.
- Player 2 passes the ball back to player 1.
- Player 1 passes the ball in front of player 2.
- Player 2 controls the ball and dribble to cone C and gets back in line.
- From cone C we play the same as from cone A.
- After approximately 4 minutes we play the other way around (clockwise)

Coaching

- Make sure player 3 passes the ball to the inside. The coach explains this to the players: "If you play the ball inside, it is much easier to play in front of player 4."
- When player 4 has passed the ball back to player 3, then he should stay at the outside. When he runs to the centre it is nearly impossible to play the ball in front of player 4. The coach shows how it is done correctly.
- The players at cone B and D have to pass the ball back to player 1 with their right foot (if we play anti-clockwise). If we play clockwise, they have to pass with their left foot.

Progression

- Instead of dribbling to cone C, player 2 can finish on a goal with a goalkeeper.

Variations

- If you have more players (up to 10), you can position them with a ball at cone A and cone C.

- If you have 12 or more players, please use two organizations to avoid that players wait too long for their turn.

Trivia Time - Who Said It?

Q1. Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction.

Q2. A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

Q3. "I'm not against half naked girls - not as often as I'd like to be."