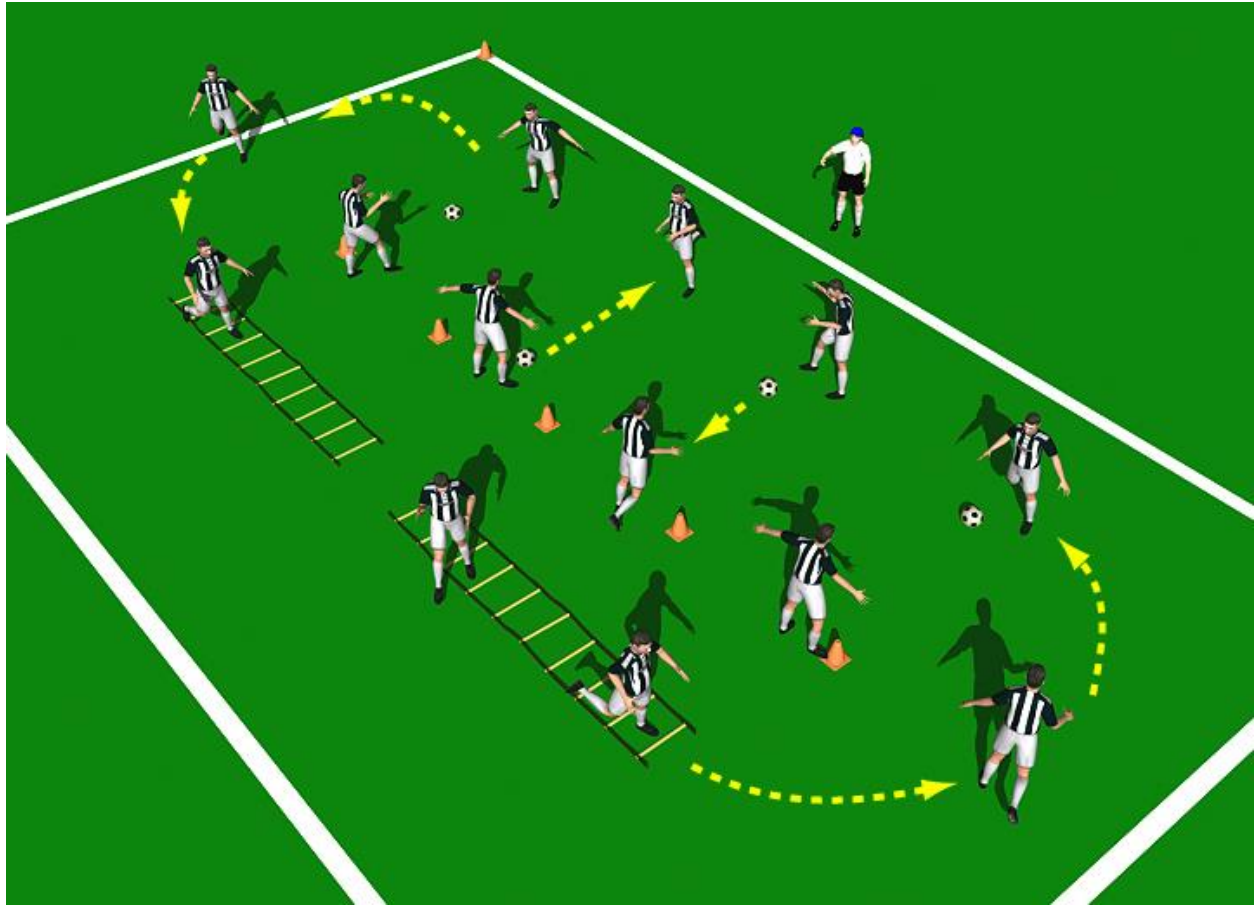


Skill and Agility Warm Up



Exercise Objectives:

This warm up is designed to incorporate both skill and agility work by using both balls and ladders.

Coaching Pointers:

Players rotate in a circular manner between the agility exercises and ball work (see diagram above). Make sure the tempo is high and focus on quality technique:

Ball Work Exercises:

Pass the ball back using “one touch”

Volley the ball back. Good arm movement. Rhythmic!

Control ball with thigh and volley back using opposite foot.

Control ball with thigh and volley back using same foot.

Jump to control ball with chest and volley back.

Run forward, touch ball with hand, run backwards and head the ball (feet off the ground).

Head the ball (feet off the ground) greater distance. Jump on the spot.

Agility Ladder Exercises:

In-Out Drill, Slalom, Side to Side, Bunny Hops, One Leg Hop, Run Through, Hopscotch.

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