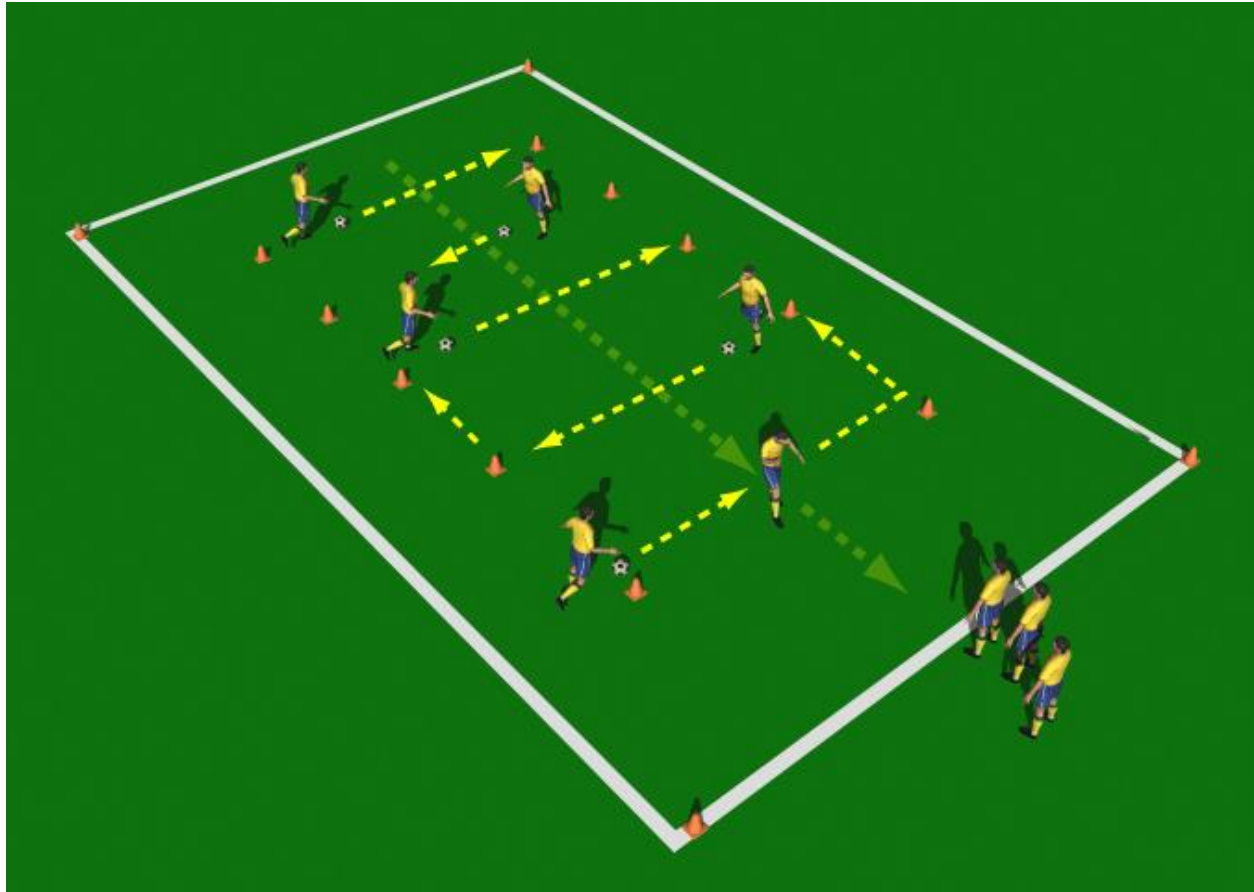


Warm Up with the Ball



Exercise Objectives:

This is a great alternative to warm up your players using a ball. A variety of dribbling maneuvers, feints and change of direction is involved in this warm up. Jogging and dynamic stretching can easily be incorporated with a little imagination.

Coaching Pointers:

Players are divided into pairs. Pairs in turn, perform the following exercises; (it is vital to leave the ball "dead" at the cone for the next pair).

- Players run to first cone, collect a ball, dribble ball to opposite cone, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, perform a scissors move, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, perform a "spin out" move or "Maradona spin" move, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, perform a half turn, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, dribble the ball around the opposite cone and back, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

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