

Warm Up Activity - #1 / Bib Pull Away

Start Game – 15 Minutes

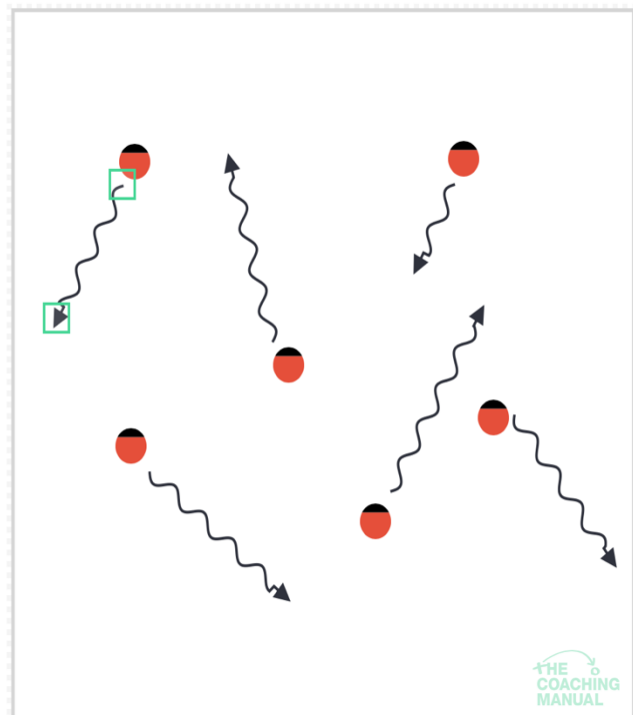
Organisation/ Explanation

- Playing Area: 20m x 20m.
- Each player must put a bib in the back of their shorts.
- The players must move around the area and try to pull someone else's bib away.
- They must also try to protect their own bibs.
- If a player's bib gets pulled away, you are out of the game.
- The player who is left after everyone else has lost their bib is declared the winner.
- Get players to then play the same game but with a ball at their feet. Players then dribble and steal bibs.

Coaching Remarks

- Encourage players to get side on.
- Encourage players to keep looking around and never stand still.

Diagram



THE COACHING MANUAL

Warm Up Activity - #2 / Speed, Reaction, Knock Off

Start Game – 15 Minutes

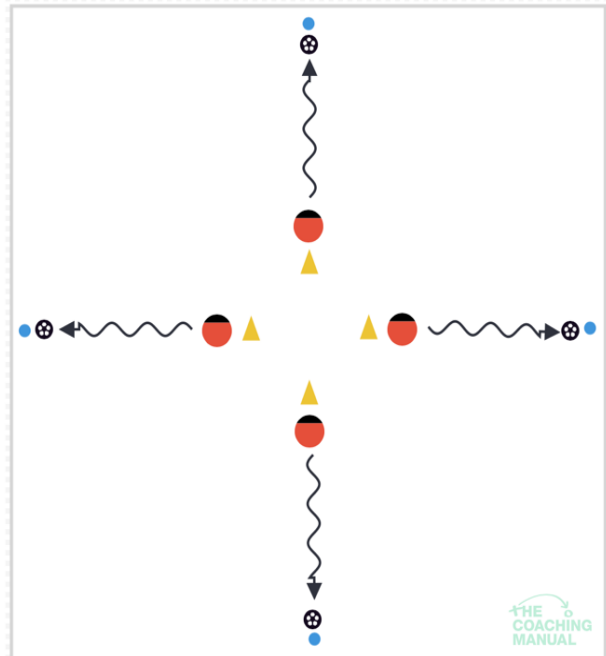
Organisation/ Explanation

- Playing Area: 20m x 20m.
- Four players enter the playing area.
- Each player goes to a cone and begins to jog on the spot.
- The players must react to the coaches' call.
- If coach calls 'left' or 'right' the players must move to the correct cone.
- If you coach calls 'switch', the players switch positions with the players opposite them.
- When the coach blows a whistle, the players must turn and sprint to knock the ball off their outside cone and then race back to try and get to the middle ball first.

Coaching Remarks

- Encourage players to be on their toes.
- Encourage players to move their feet quickly.

Diagram



Warm Up Activity - #3 / Ball Mastery

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange your players into four groups.
- Each group has a ball.
- The four groups work simultaneously.
- Players to dribble towards the centre cone and execute a turn before dribbling out to their team mates.

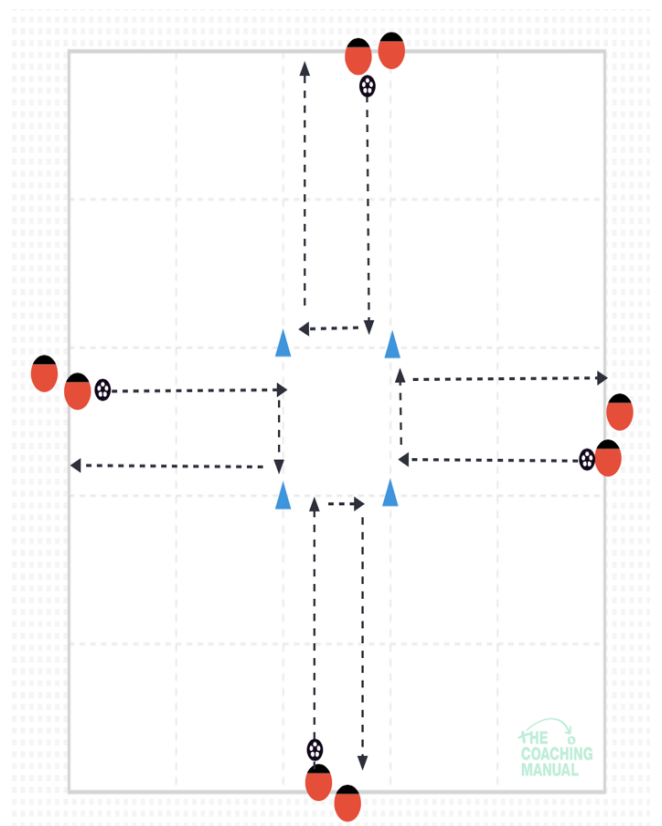
The players can use various turns of their own such as:

- Hook Turn
- Sole Turn
- Outside Cut
- Inside Cut
- Cruyff Turn
- Step Over
- Drag Back

Coaching Remarks

- Encourage players to approach slowly and accelerate away after the turn.
- Encourage players to show disguise.
- Encourage players to be creative and show imagination.

Diagram



Warm Up Activity - #4 / Dribble and Avoid the Pass

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange players into two teams.
- One team act as the dribblers and works inside the playing area.
- The other team on the outside of the playing area have four balls between them. These are the passers.
- The dribblers must be constantly on the move and trying to avoid being hit by a pass from the outside players.
- If one of the dribbling players is hit by a pass they are out of the game.
- The passing players must pass below the knee height or the pass does not count.

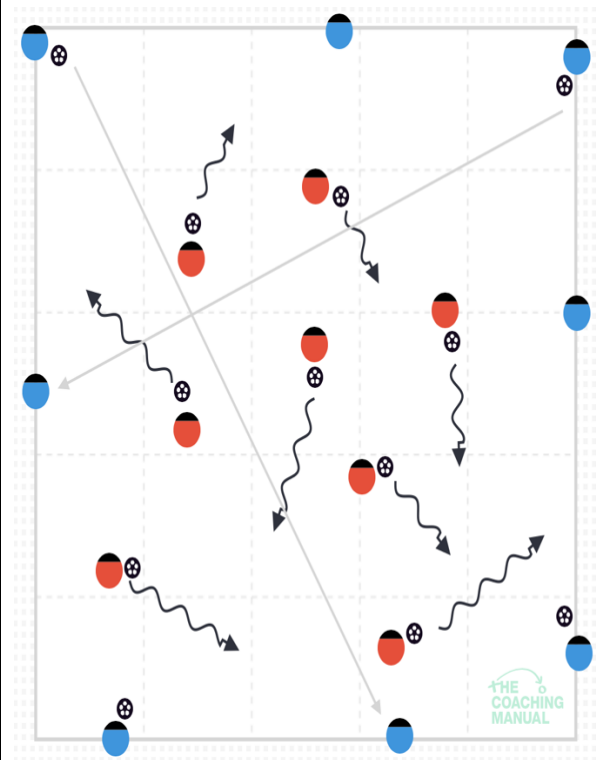
The game is scored in two ways.

- The last player dribbling is the winner or
- How long does it take the passers to get all the dribbling players out of the game.

Coaching Remarks

- Encourage players to get their head up.
- Encourage players to keep moving.
- Encourage players to keep the ball close.

Diagram



Warm Up Activity - #5 / Combine and Out

Start Game – 15 Minutes

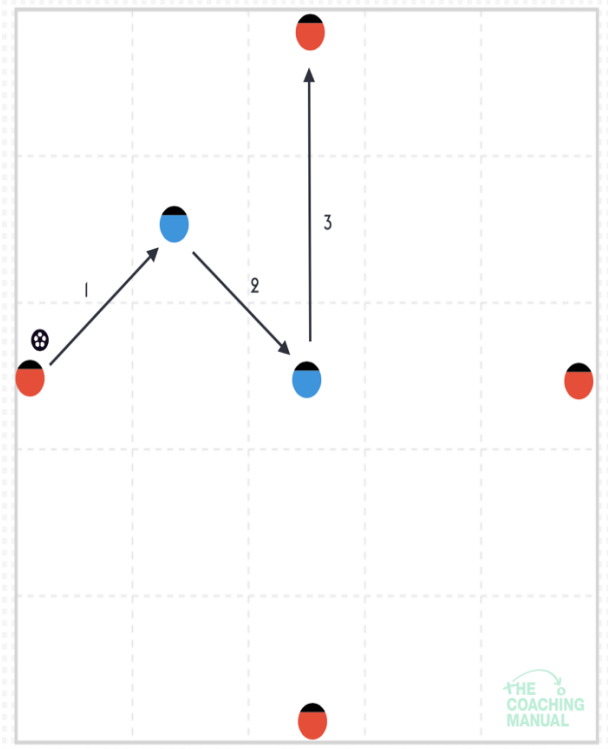
Organisation/ Explanation

- Playing Area: 20m x 20m.
- Two players in the middle of the playing area must combine to play out.
- The practice continues for one minute per pair.
- The inside players can only use one touch. This forces them to move and communicate in order to combine with each other.
- The outside players must use two touches.

Coaching Remarks

- Encourage players to adjust positioning to support team mate.
- Encourage players to communicate.
- Encourage players to know your next pass.

Diagram



Warm Up Activity - #6 / Huddle and Move

Start Game – 15 Minutes

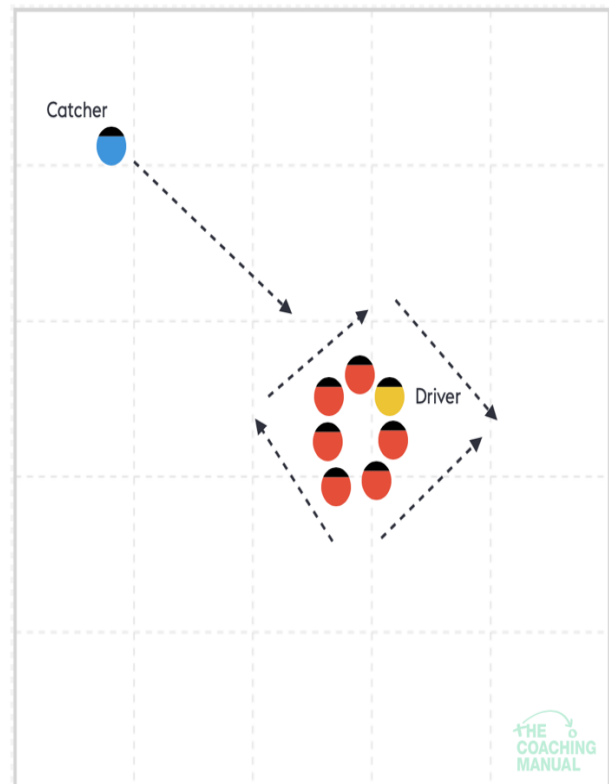
Organisation/ Explanation

- Nominate one player as the 'catcher'.
- Nominate another player as the 'driver'.
- The 'catcher' goes out of the group.
- The 'driver' must put a bib in the back of their shorts and then get the rest of the players to link arms and form a huddle.
- On the coaches' whistle, the catcher must try to pull the bib out of the drivers shorts.
- The driver must command the huddle to move either left or right in order to avoid being caught.
- Continue the practice for 30 seconds or until the bib is successfully pulled away.
- Give all players a turn as 'catcher' and 'driver'.

Coaching Remarks

- Encourage players to listen to the 'driver'.
- Encourage players communicate and to work as a team.
- Encourage players to move quickly on their feet.

Diagram



Warm Up Activity - #7 / Bib/Cone Reaction Game

Start Game – 15 Minutes

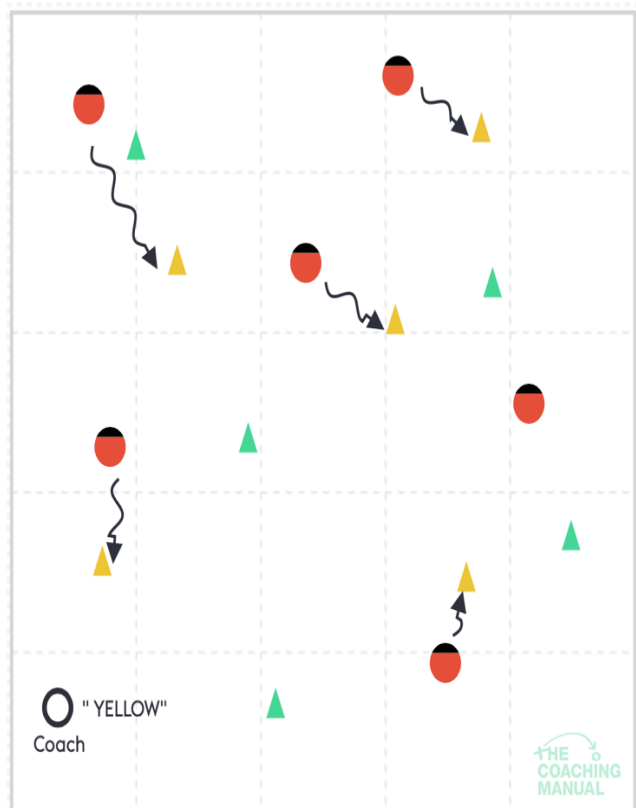
Organisation/ Explanation

- Playing Area: 20m x 20m.
- Lay out various coloured bibs or cones inside a small area.
- Players to jog around performing various warm-up movements.
- On the coaches' call of a colour, the players must race to stand next to one of the bibs/cones.
- Ensure that there is one less bib/cone of each colour than there are players. If the players don't react quickly enough, they are out of the game.
- Progress this by playing the game with every player having a ball and dribbling around the playing area.

Coaching Remarks

- Encourage players to listen to the coaches' instruction.
- Encourage players to be ready to react.
- Encourage players to aware of what's around them.

Diagram



Warm Up Activity - #8 / Movement and Chase

Start Game – 15 Minutes

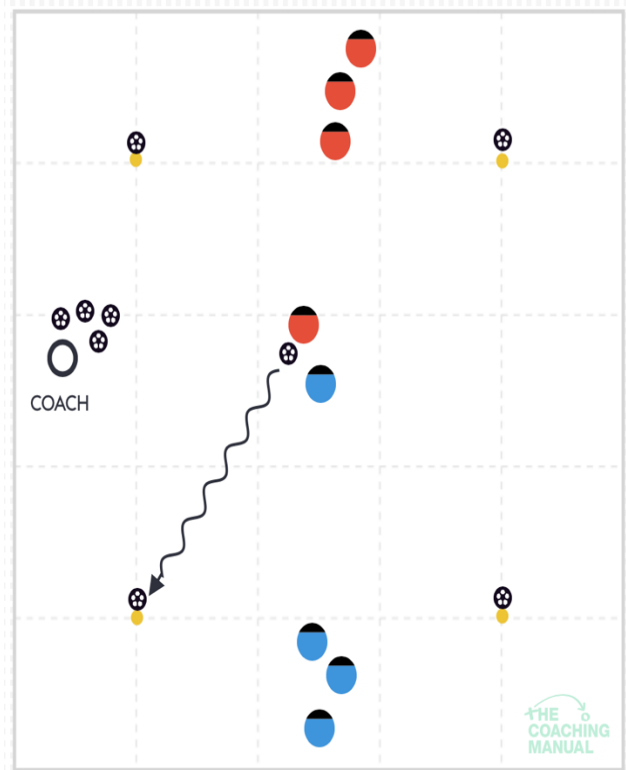
Organisation/ Explanation

- Playing Area: 20m x 20m.
- One player acts as the attacker.
- One player acts as the defender.
- The defender must mirror the attacker's movements.
- The attacker tries to lose the defender and race to the knock a ball off one of the cones.
- Can the defender react and beat the attacker to the cone?
- The defender is allowed to go shoulder to shoulder or use their arms to hold off the attacker, but he must not commit a foul.
- Switch roles for the next attack.
- Coach serves the ball into the attacking team at the conclusion of a dual.

Coaching Remarks

- Encourage players to be clever.
- Encourage players to show disguise.
- Encourage players to react quickly.

Diagram



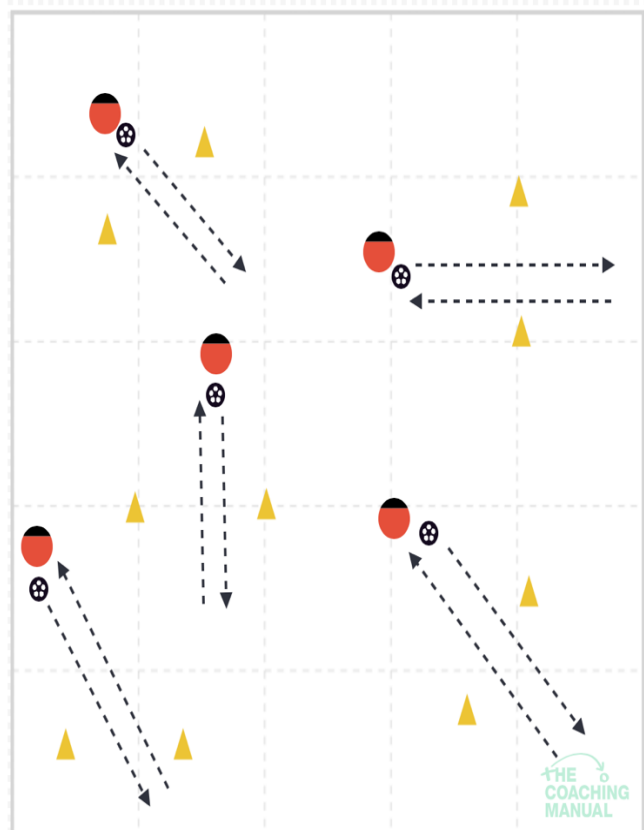
Warm Up Activity - #9 / Dribbling Gates

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Each player has a ball.
- The players dribble around the playing area freely.
- On the coaches' call, the players must attempt to dribble through as many gates as possible in a set period of time (30s – 1m)
- Players are not to repeatedly go in and out of the same gate.
- Progress this further with players having to go through the gate, perform a ball mastery turn and come back through the same gate as shown in the diagram.
- Coach determines what ball mastery move is performed.

Diagram



Coaching Remarks

- Encourage players to keep the ball close.
- Encourage players to use both feet.
- Encourage players to change direction.
- Encourage players to get their heads up.

Warm Up Activity - #10 / Passing Gates

Start Game – 15 Minutes

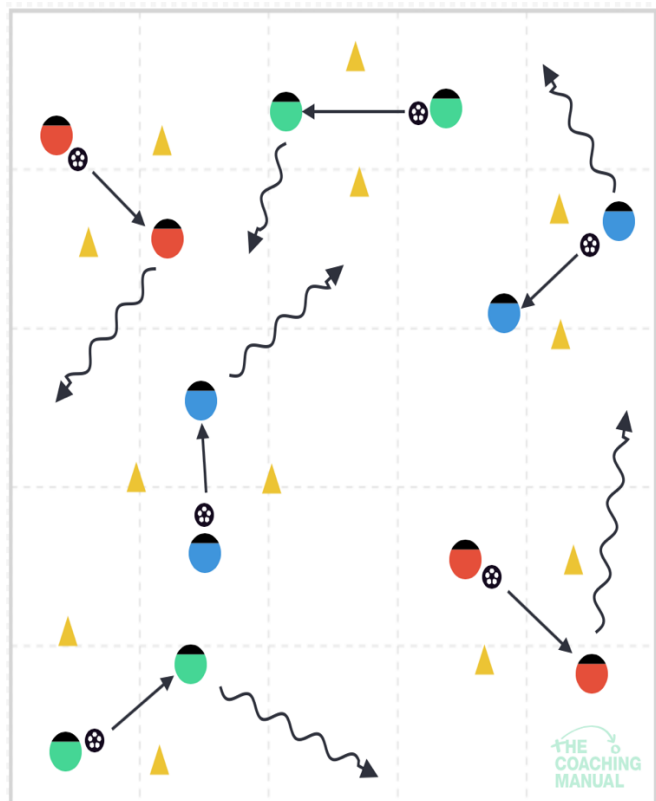
Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange the players into pairs.
- One ball per pair.
- The pairs of players must try to make as many passes to each other through as many gates as they can in a set period of time.
- The player in possession must look to see which gate their partner has run to.
- The pair with the most gates passes in the set period of time are declared the winners.
- Get both players with the pair to lead to the gates.

Coaching Remarks

- Encourage players to communicate and work together.
- Encourage players to use both feet.
- Encourage players to change direction.
- Encourage players to get their heads up.

Diagram



Warm Up Activity - #11 / Team Multi Goal Defending

Start Game – 15 Minutes

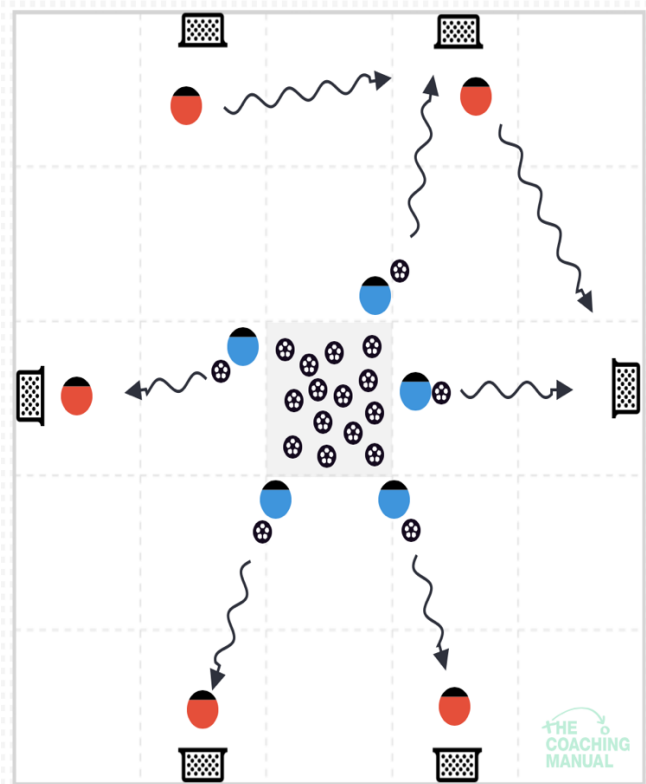
Organisation/ Explanation

- Playing Area: 30m x 30m.
- Session set up as illustrated.
- Nominate one team to work as attackers and one team as defenders.
- Get the attackers to continuously dribble balls out of the middle zone and try to score in the goals.
- The defenders must work together and try to stop the attackers scoring.
- The game will start with lots of 1v1 situations but as the balls decrease thus will turn into various overload and small sided games (2v1), (3v2), (3v3) etc.
- Once all the balls have been played count the goals scored, rotate the roles and repeat the practice.

Coaching Remarks

- Encourage players to work quickly.
- Encourage player to keep their head up.
- Encourage players to stay on their feet.
- Encourage players to support their teammates.

Diagram



Warm Up Activity - #12 / Dribble Across And Out Of The Area.

Start Game – 15 Minutes

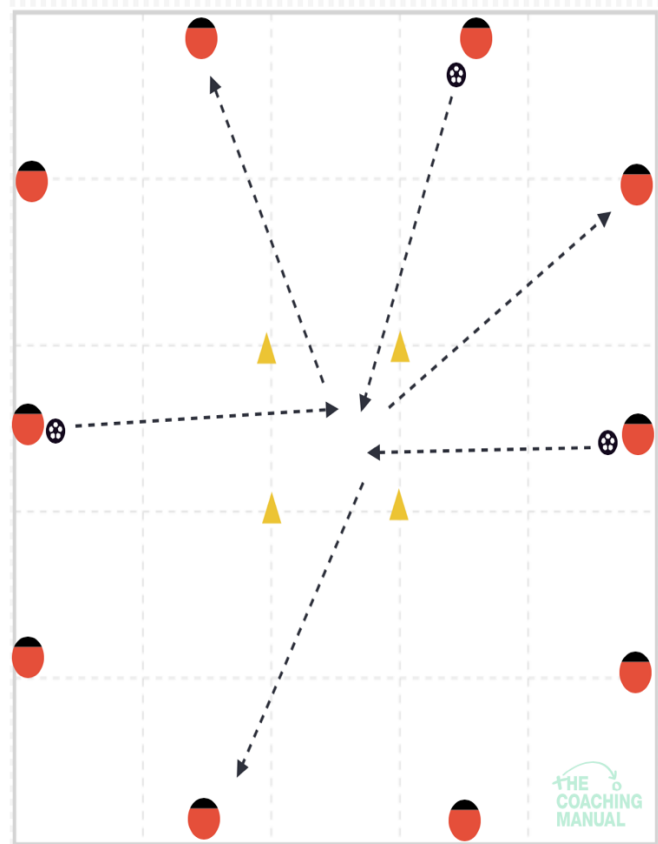
Organisation/ Explanation

- Playing Area: 20m x 20m.
- Spread the players out and around the playing area.
- Have two or three balls working simultaneously.
- The players must dribble into the middle square.
- Players must then complete a change in direction, a turn or a skill and then dribble out of the area to a teammate.
- The practice is repeated for a set time period.

Coaching Remarks

- Encourage players to attack the central square quickly and get away with pace.
- Encourage player to keep their head up
- Concentrate on using both feet.

Diagram



Warm Up Activity - #13 / Team Multi Goal Defending

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange your players into four groups.
- Each group has a ball.
- The players must dribble and complete various skills before passing out and waiting for their next turn.
- Each skill is completed four times so that the players return to their starting positions.

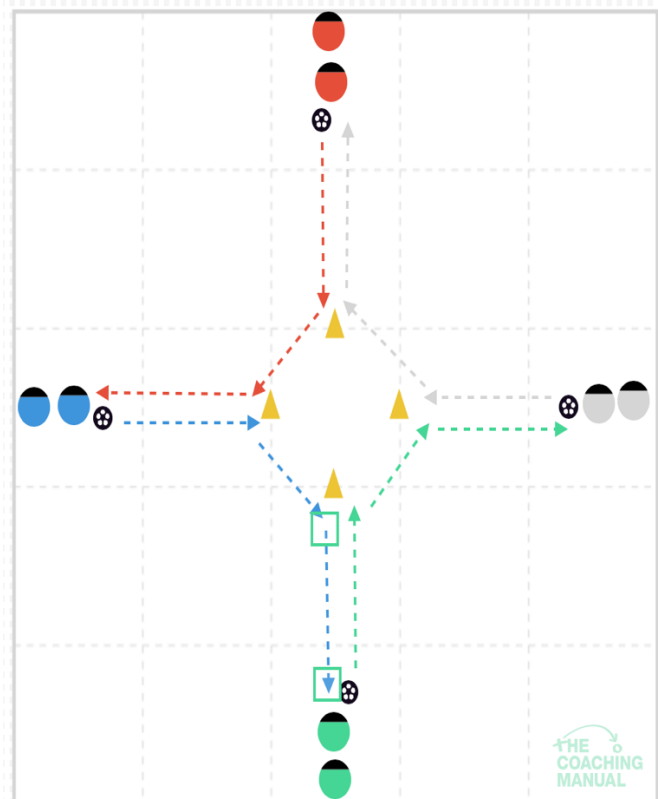
Skills

- Dribble around the cone and go left.
- Dribble around the cone and go right.
- Drop right shoulder and go left.
- Drop left shoulder and go right.
- Right footed sole drag and go left.
- Left footed sole drag and go left.
- Right footed step over and go left.
- Left footed step over and go right.
- Add more skills depending on players ability.

Coaching Remarks

- Encourage players to work quickly.
- Encourage player to keep their head up.
- Concentrate on technique.

Diagram



Warm Up Activity - #14 / Red Light, Amber Light, Green Light

Start Game – 15 Minutes

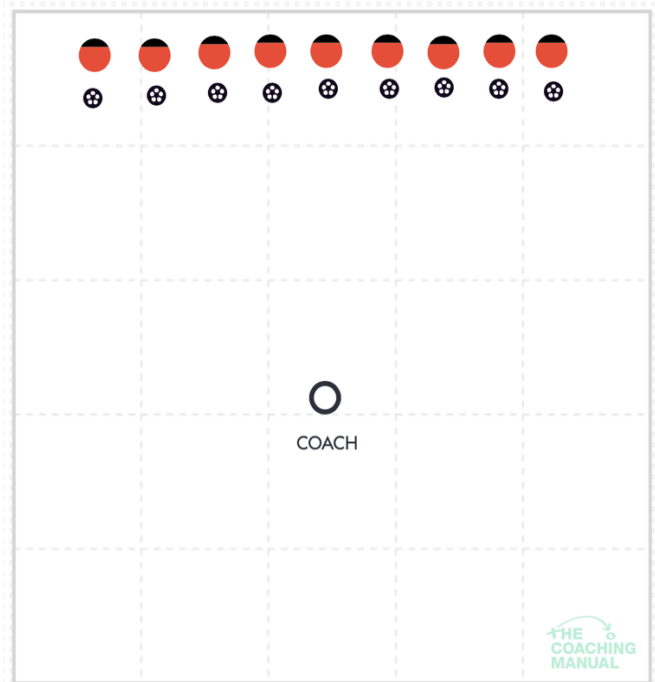
Organisation/ Explanation

- Playing Area: 20m x 20m.
- The players must react to the coaches' call.
- Green Light – Players run forward.
- Amber Light – Players jog on the spot.
- Red Light – Players must stand still.
- Any players caught doing the wrong movement are sent back to the starting position.
- Progress this by introducing a football for each player with players dribbling the ball (green), toe taps (amber) and foot on ball (red).

Coaching Remarks

- Encourage players react to the coaches' call.
- Encourage player to keep the ball close.
- Concentrate on using both feet.

Diagram



Warm Up Activity - #15 / Cops and Robbers

Start Game – 15 Minutes

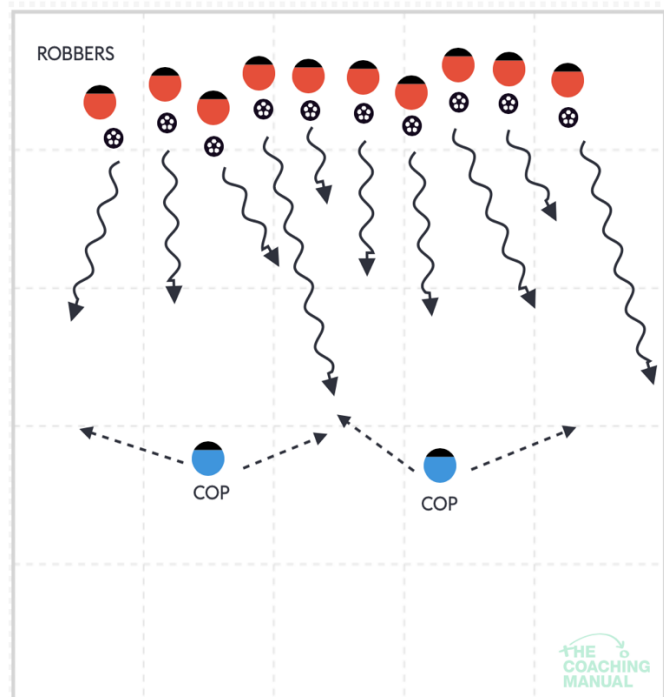
Organisation/ Explanation

- Playing Area: 25m x 25m.
- Arrange a group of players with a ball each to act as the robbers.
- Get two defenders to act as cops.
- The robbers must attempt to dribble their balls to the opposite end line.
- The cops must try to tackle the robbers.
- If the cops manage to tackle a robber then they also become cops.
- The last player to be tackled is the winner.
- You then pick two new cops and the practice is repeated.

Coaching Remarks

- Encourage players to get their head up.
- Encourage player to keep the ball close.
- Concentrate on using both feet.
- Encourage players to move quickly.

Diagram



Warm Up Activity - #16 / Handball Game

Start Game – 15 Minutes

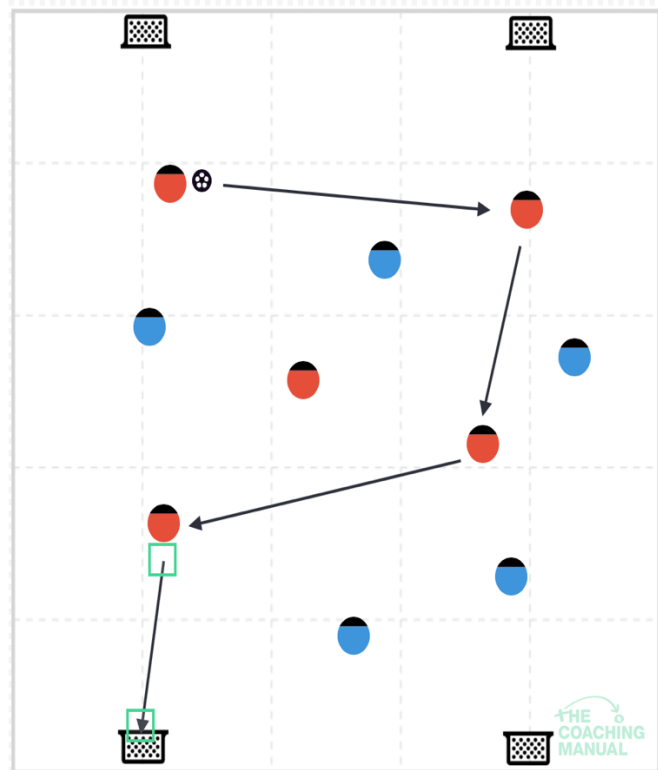
Organisation/ Explanation

- Playing Area: 25m x 25m.
- Arrange the players into two teams.
- The players must throw and catch in order to move down the pitch.
- The players cannot move when in possession of the ball and therefore rely on the movements of their teammates.
- To score, players must throw the ball into the small mini goals / between poles.
- Progress this further, the teams must now score with a header from a thrown pass.
- The teams must now score with a volley from a thrown pass.

Coaching Remarks

- Encourage players to move off the ball to receive a pass.
- Encourage player to keep the ball moving.
- Encourage players to communicate.

Diagram



Warm Up Activity - #17 / Aussie Rules

Start Game – 15 Minutes

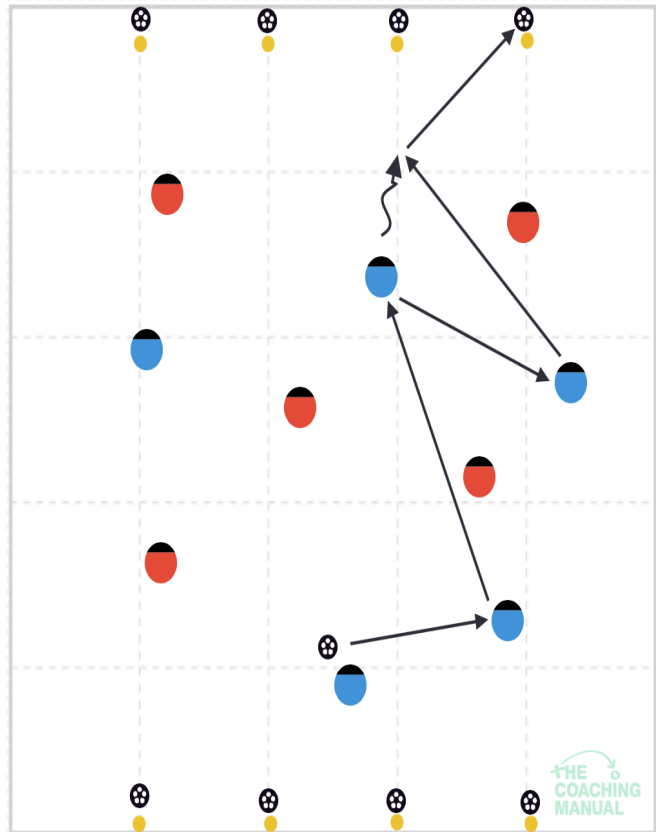
Organisation/ Explanation

- Playing Area: 25m x 25m.
- Arrange your players into two teams.
- The players must make volley and catch passing movements.
- The aim is to get down the field and knock a ball off the opponents' cones.
- The player in possession of the ball must not move.
- The other players in the team must make supporting runs and movements to receive the ball.
- The game is played for a set time or until one team, has knocked off all their opponents balls.

Coaching Remarks

- Encourage players to move off the ball to receive a pass.
- Encourage player to keep the ball moving.
- Encourage players to communicate.

Diagram



Warm Up Activity - #18 / Warm Up Circuits

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 25m.
- Split the players into four groups.
- The first player in each group starts in the middle square.
- On your whistle, the players turn and complete a fast feet exercise through the cones before receiving a serve.
- The players must perform a pass, volley or header to complete the task.
- The serving player then runs into the middle square and the practice is repeated.

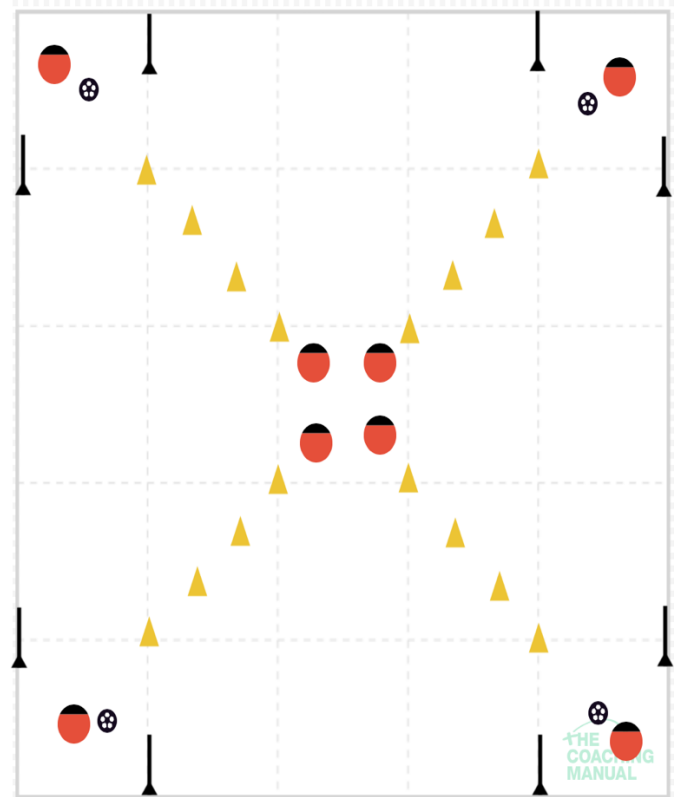
Progressions

- Quick feet, receive a pass and pass to the next group on the right / left.
- Receive an aerial pass, control to the floor and move in and out of the cones.

Coaching Remarks

- Encourage players to react and sprint.
- Concentrate on good technique.

Diagram



Warm Up Activity - #19 / 1v1 Continuous

Start Game – 15 Minutes

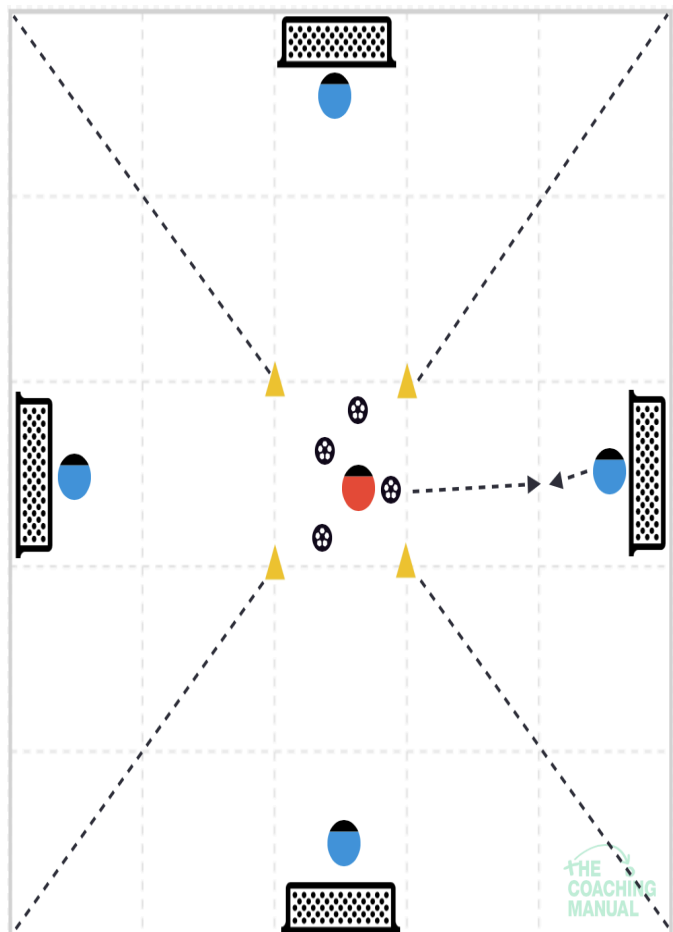
Organisation/ Explanation

- Playing Area: 20m x 20m.
- One player starts in the middle zone and has a choice of which defender to attack.
- The player must dribble into the area and attempt to score.
- If the player is successful, they return to the middle zone, collect a ball and attack another defender.
- If the defender wins the ball, the defender runs into the middle zone and becomes the attacker.
- The practice is continuous and can be played with more additional players starting in the middle for increased intensity.

Coaching Remarks

- Encourage players to react and sprint.
- Encourage players to be decisive.
- Encourage players to be creative to beat the defender.

Diagram



Warm Up Activity - #20 / Number Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 25m.
- Set up players up into two teams and number each players, (1-6).
- Teams set up with arms linked in big goals as illustrated.
- Coach calls out a number and both players from that team compete in a 1v1 dual.
- Remaining players in each team re-link arms and defend their goal.
- Defending players can only use their feet to save the ball from their goal. No hands allowed.
- Attacking players can only shoot the ball below knee height.
- Once a 1v1 dual is finished, players return to their teams and coach calls a new number.
- Progress this further by coach calling more than one number, creating a 2v2 or 3v3 for example.

Coaching Remarks

- Encourage players to react and sprint.
- Encourage players to be decisive.
- Encourage players to be creative to beat the defender.

Diagram

