

PRE-GAME PREPS FOR JUNIOR PLAYERS

WARM UP 1

- Moving Around in a 10x10 – running → skipping → hopping → jumping
- Circle runs → train walks (elbow back/hands forwards) → runs → skips → cherry pickers → laterals (butt outs) left-stop-right → change.
- Moving the ball – foot rolling → stopping → restarting → turning 90/180/360 using inside foot/outside foot → stop/croff/drag back/stepover turns.
- One v One's - demo techniques – scissors → stepover → shoulder drop → develop to 4's D A takes on B & passes to C who takes on D.
- Hoops – 1 foot in each (use arms) + run to cone + walk back → 2 taps in each → 2 skier jumps → hopscotch (1-2-1)
- Passing in 10x10 -4's - 3 in the square – two-touch - move to free line once you have passed the ball (one player rests) → 3 v 1 two-touch → one-touch.

WARM UP 2

- Tag with foam boffers x4 – 2 players are taggers – freeze with legs apart (free up by scooting through legs) → hands on ankles when frozen (free up by leapfrog over).
- Hoops – 2 taps in each + run to cone + walk back → 2 lateral taps → 2 Joey jumps → 2 Pirate jumps.
- Fast Ninetys - inside foot → two-touch alternate feet → volleys.
- Figure of Eight Dribbles (run around carrying ball first) – both feet → right foot → left foot

WARM UP 3

- Fox & Rabbits – 2 rabbits per burrow (marker) in circle – fox tags the free rabbit, who MUST evade & jump into a burrow (this releases the front rabbit) → MUST make 2 or 3 changes of direction before burrowing.
- Hoops – lcky shuffle + run to cone + walk back → backwards.
- Inline triple markers – A passes to B who one-touch passes back to A & runs past center marker + receives from A & two-touch back to A then back pedals to start position repeat x 4 – rotate roles.

< - - - - - Player B

*

*

*

Player A

- 3 v 1 in 10x10 - multi-touch - play 30 seconds & rotate player in middle (how many passes can you get).
- 2 v 1 (other one rests) + 4 wall players one on each side (can pass to wall –one touch back) – how many passes can you get in 1minute

