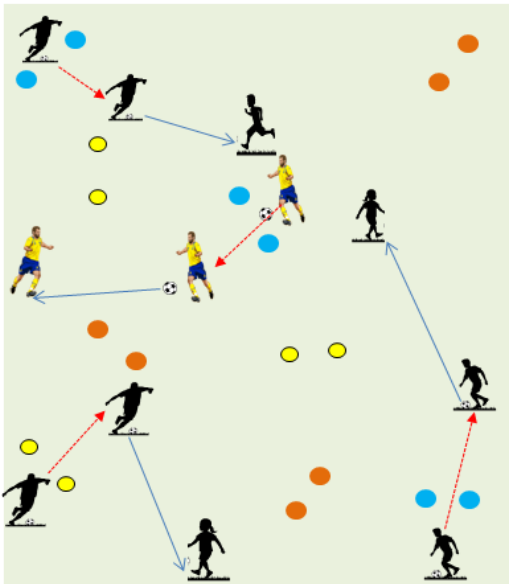




# Basic warm up

## Training Plan

<b>Title:</b>	Basic warm up
<b>Objectives:</b>	Prepare players for match / training
<b>Age range:</b>	U7's +
<b>No. of Players:</b>	4 +
<b>Time:</b>	15 mins (with time for stretches and progression).
<b>Organisation:</b>	Min 10x10 grid. Bigger for older or more players. (Bigger grid makes technique easier but physically more demanding, smaller grid makes technique difficult - less space). 1m wide gates in grid made with cones / discs. Players in pairs, 1 ball per pair.
<b>Drill:</b>	<p>Player with ball must run through 1 gate before finding and passing to partner. New player with ball must pass through a different gate before passing back to partner. Players with no ball must keep moving.</p> 
<b>Coaching Points:</b>	<p>Although primarily a warm up factors can be coached e.g.</p> <p>Good passing using instep for short passing, laces for longer driven pass.</p> <p>Player without ball should be seeking space to receive ball (more difficult with lots of players in grid, easier with less).</p> <p>Player without ball should communicate (hands or call) to ask for pass.</p>
<b>Progression:</b>	<p>Accelerate through gate.</p> <p>Different types of pass; short, long, chipped (be careful of chipped passes with younger less capable players).</p> <p>Use a switch / stop pass.</p> <p>Players with ball runs through gate, turns and runs through same gate again before passing – using different types of turns.</p>