

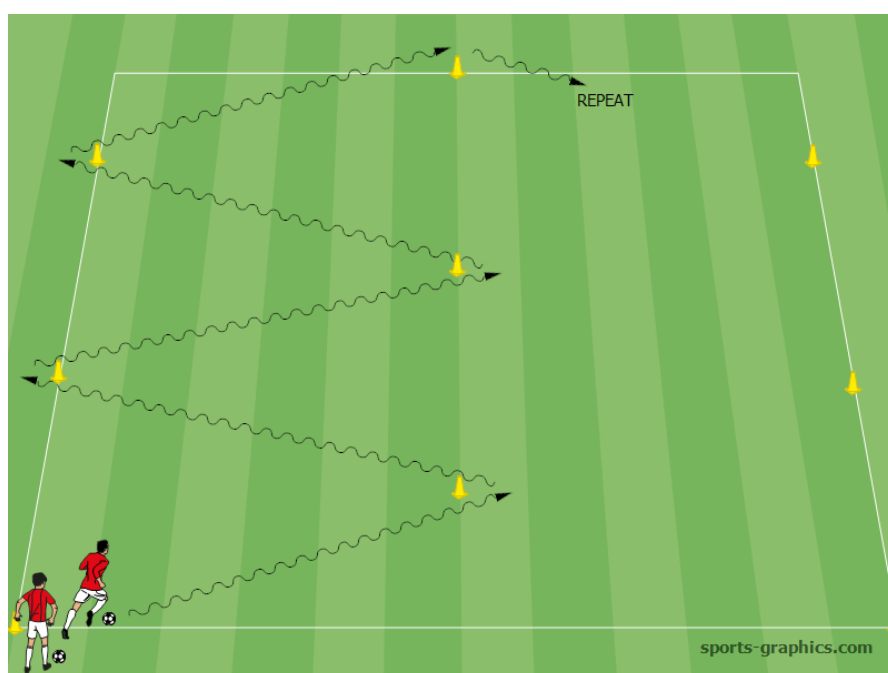
DYNAMIC DRIBBLE WARM UP

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Ball Manipulation



In a playing area arrange cones 5yds apart as per the diagram.
Each player has a ball.
Players begin at one end of the practice area and work up one side of the cones and back down the other.
Players take it in turns to work through the course performing dribbling and turns, using both feet.
Players work clockwise with particular emphasis placed on coordinating movements with both feet.
Allow the next player to follow once the leading player has progressed past the first cone to avoid queuing.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

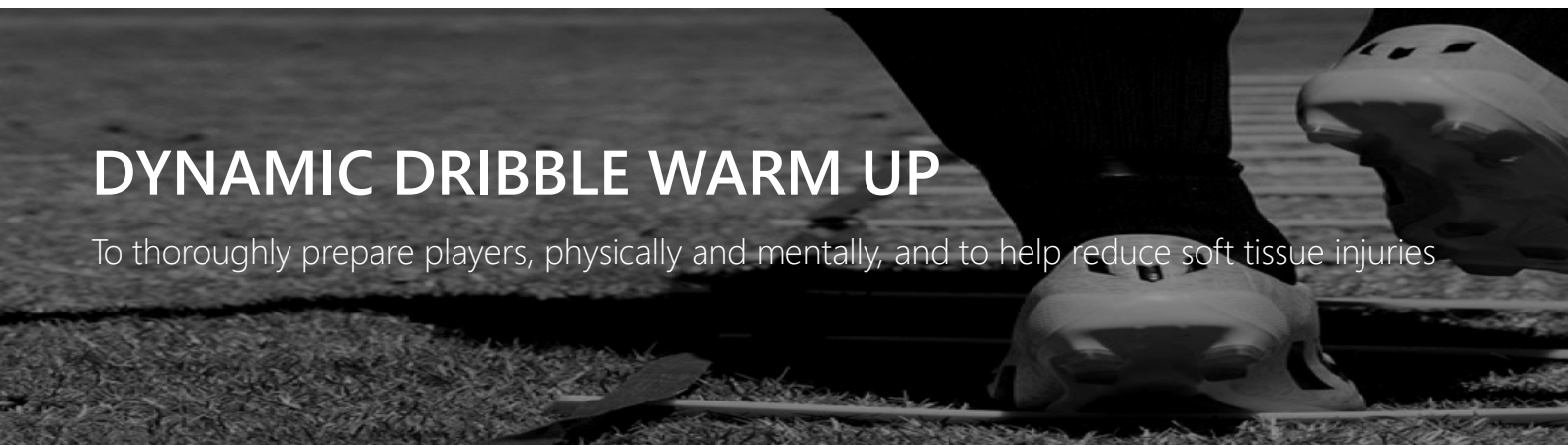
- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Ensure players are moving fluently and looking to receive the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.



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