

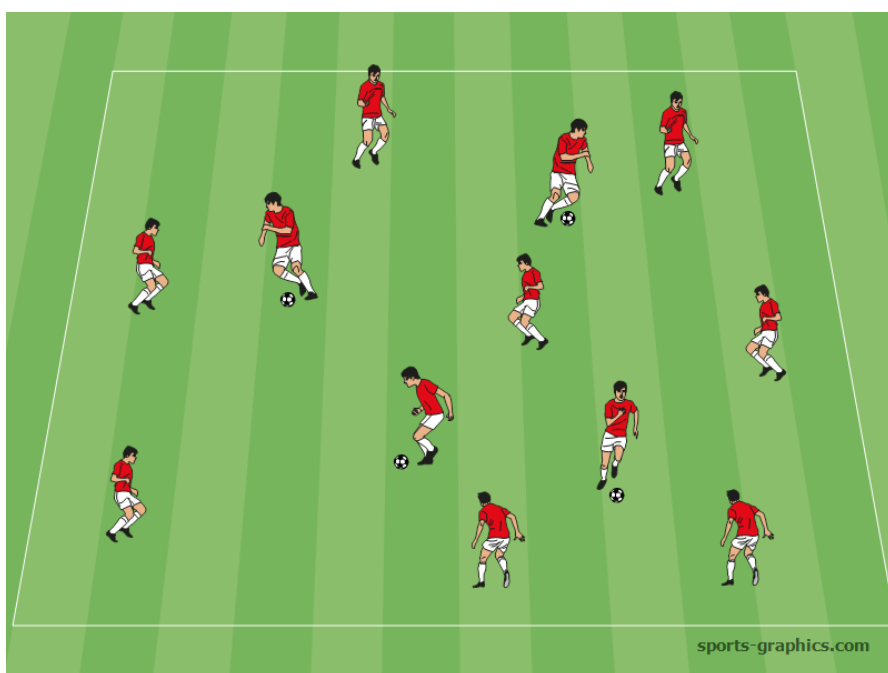
DYNAMIC HAND AND FOOTWORK

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

PHYSICAL

Warm Up

Ball Manipulation



Arrange twelve players in a 20x20 playing area.

Each player jogs around the area.

Introduce four balls for four players to dribble and pass.

After three minutes introduce four additional balls to be passed around by hand.

The players are continually giving and receiving passes to feet and by hand.

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

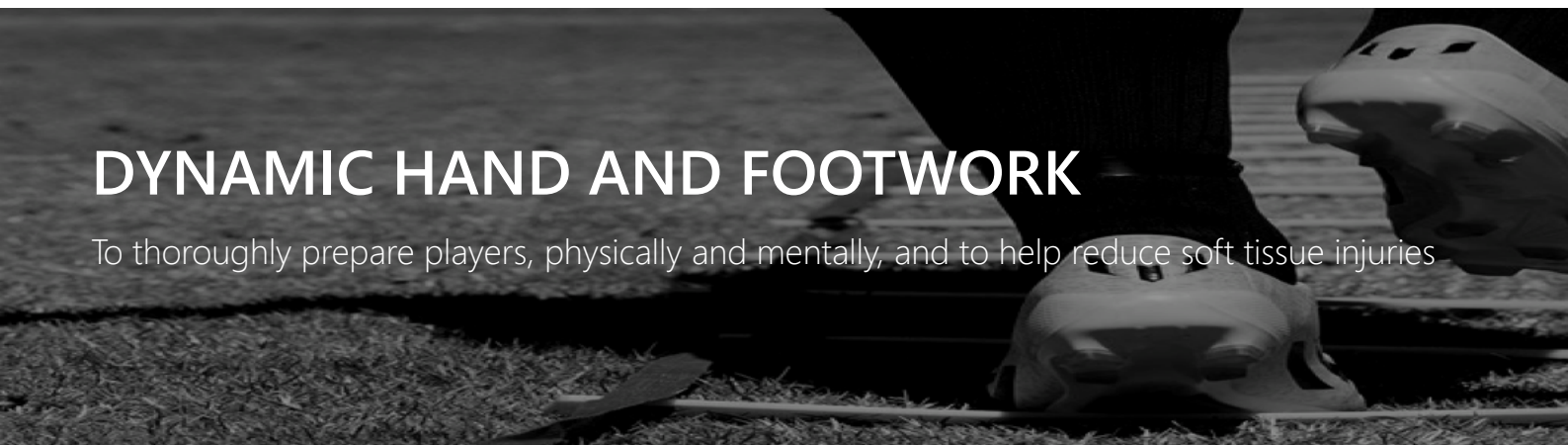
- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- 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.
- Demand good technique with passing and receiving.
- Ensure players are moving fluently and looking to receive the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Players should be busy and communicating while passing the ball in the group.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.



DYNAMIC HAND AND FOOTWORK

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