

CONNECT IT

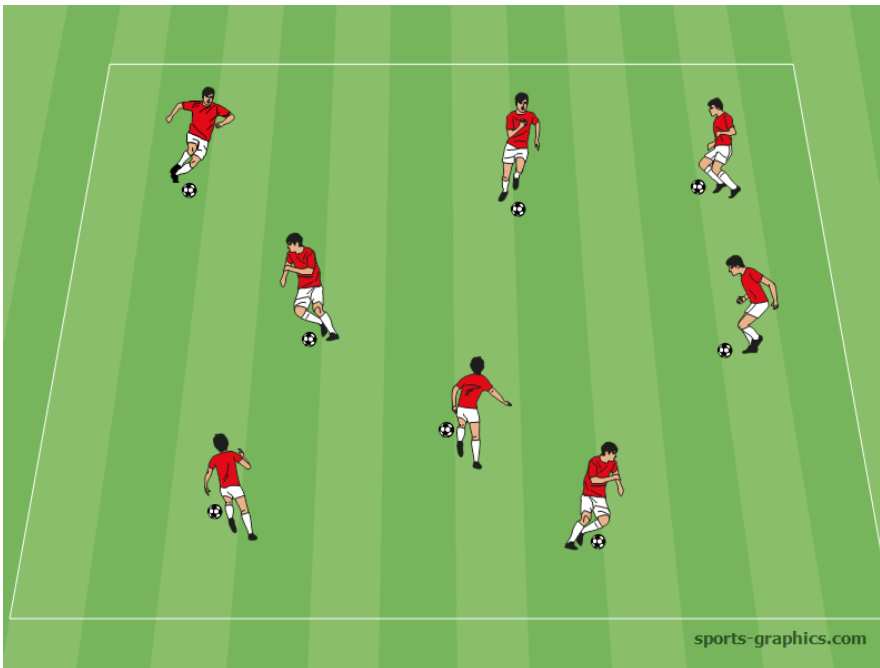
To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

TECHNICAL

PHYSICAL

Warm Up

Ball Manipulation



Set up an area of at least 25x25 to ensure each player has plenty of space. All players start inside the area with a ball each and well spread out. Players dribble a ball around the area. Coach to call out two body parts which players must join together while still controlling the ball. Examples include hands on head, hands on bottom, elbow to nose.

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.
- 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.

CONNECT IT

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

