

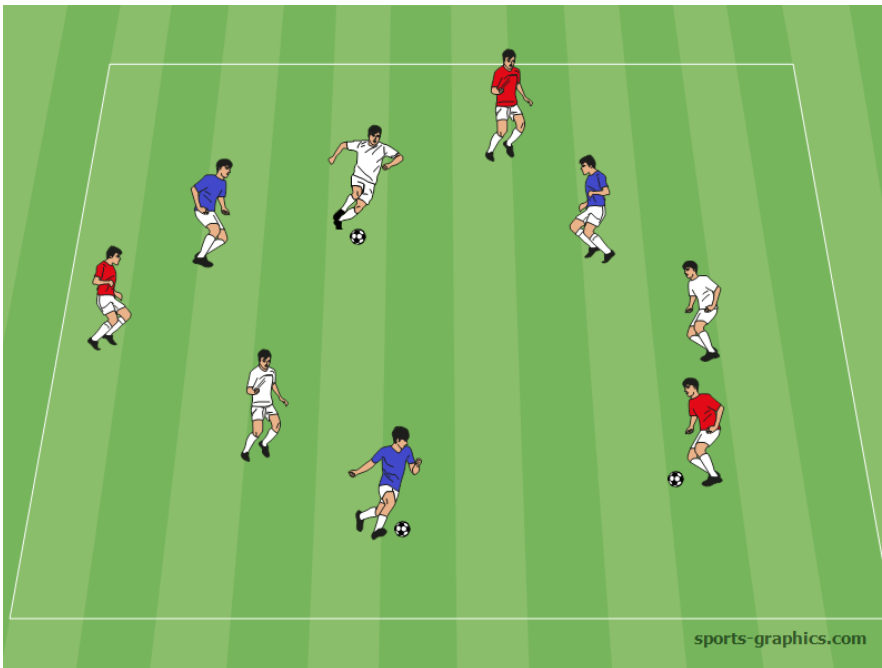
COLOURS

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

PHYSICAL

Warm Up

Ball Manipulation



Create a 30x30 playing area.

Divide players into three teams of different colours.

Start by giving one player from each team a ball.

Place as many balls as possible around the area for fast restarts.

Begin with players passing the ball, but only to the two other teams.

Progress to players passing to their own team and performing an overlap before passing to a different colour.

Then change to players playing a wall pass with their own team before passing to a different colour.

Increase intensity.

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.

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