

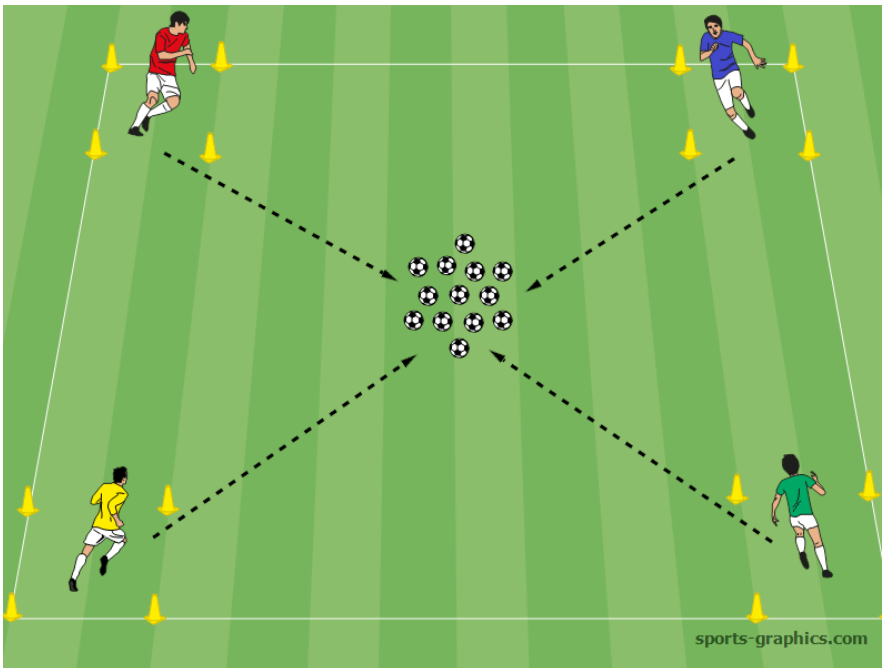
GOLDEN BALLS

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

PHYSICAL

Warm Up

Ball Manipulation



Set up a 20x20 playing area with a 2x2 square marked out in each corner. Divide players into four even teams. Set up more playing areas to avoid queuing. Place a quantity of balls (gold) in the centre of the area. Players travel one at a time from each team to collect a ball and dribble back to their corner. Once all the gold is gone from the centre the game is over. The winning team are the team to have the most balls in their corner. Try and have an odd number of balls so that one team can gain more than the other to avoid a draw.

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.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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