

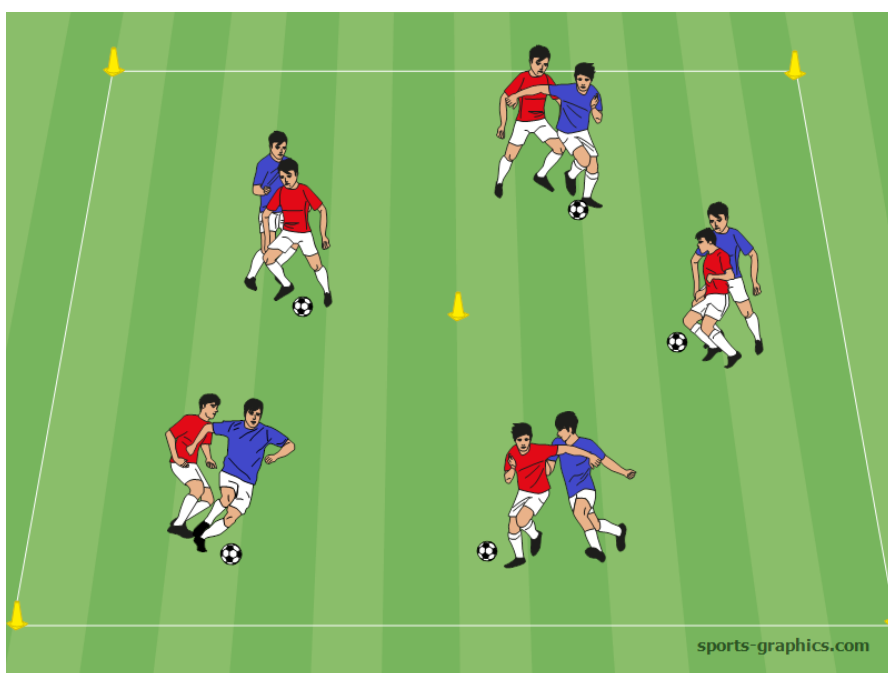
1v1 DIFFERENT OPPONENT

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

TECHNICAL

Warm Up

Ball Manipulation



Set up a 20x20 playing area.

Players play 1v1 using the entire area for one minute.

At the end of the minute the player with possession of the ball scores a point. Players change partners and repeat practice five times, keeping their points throughout.

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.
- 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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