

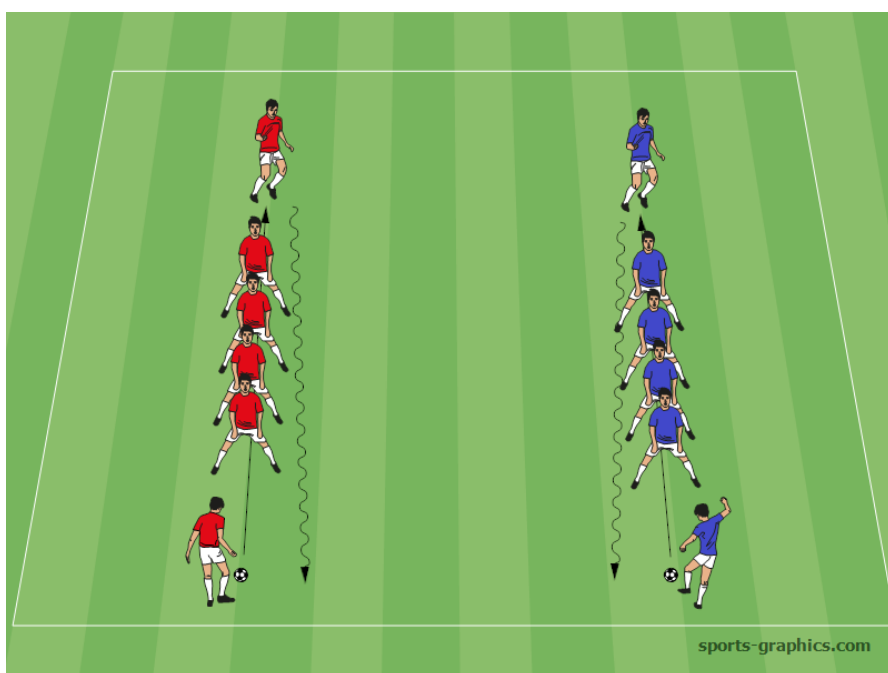
TUNNEL RELAY

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

TECHNICAL

Warm Up

Fun Game



Set up a 20x15 playing area or modify the size depending on the number of players. Arrange the players into teams or no more than six players per team. Spread the players out in lines according to their passing ability - better passers require longer lines. One player starts at the front of the line with the ball and another player waits at the back. The rest of the players form a tunnel. This can be done in different ways eg. bridging on their hands and feet or standing with their feet in a straddle position. The first player passes the ball through the tunnel to the last player. The first player then joins the start of the tunnel while the last player dribbles to the

front.

The player now at the back of the tunnel receives the next pass. The game continues until each player has passed the ball.

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
- Increase intensity
- Monitor players performance and application to the task
- Start gradually

FOCUS AREAS

- 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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