

STEP ON AND DRIBBLE GAME

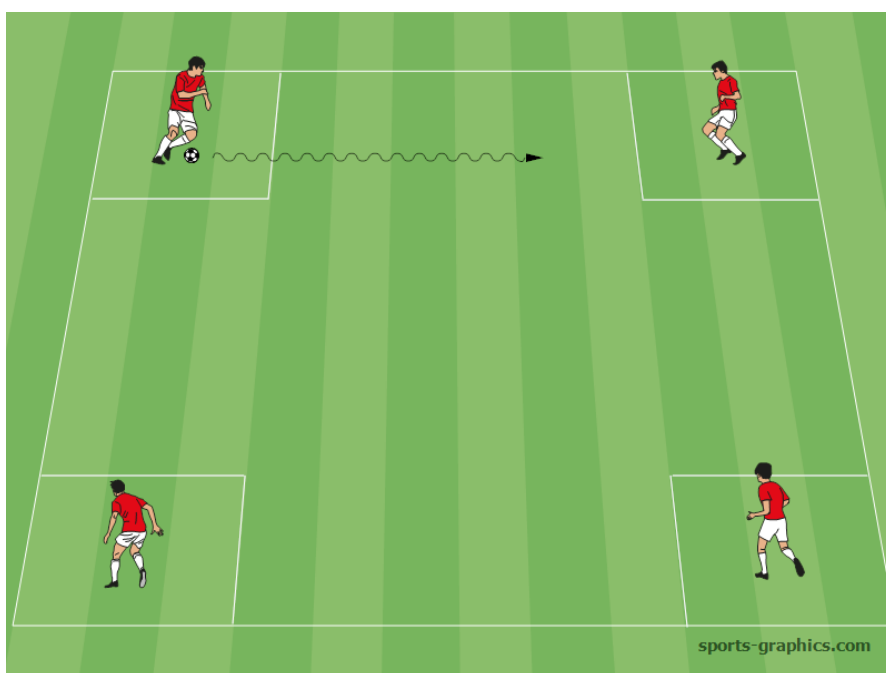
To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

TECHNICAL

PHYSICAL

Warm Up

Dynamic Movement



Set up a 15x15 playing area with a 2x2 area in each corner.

Size of playing area can be adjusted if necessary.

Arrange a player in each corner, one with a ball.

The player with the ball chooses one of the other players to challenge by dribbling the ball into their square.

When the player with the ball reaches the square, the player stops the ball dead in front of the challenger, tags them, and attempts to sprint backwards to their original area without being caught by the challenger.

The challenger must dribble the ball while attempting to catch the player.

Once the player is caught or makes it back safely, the challenger chooses the next

player to repeat the practice.

Use a point scoring system and ensure all players are used.

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.
- Can be done with or without the ball.
- 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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