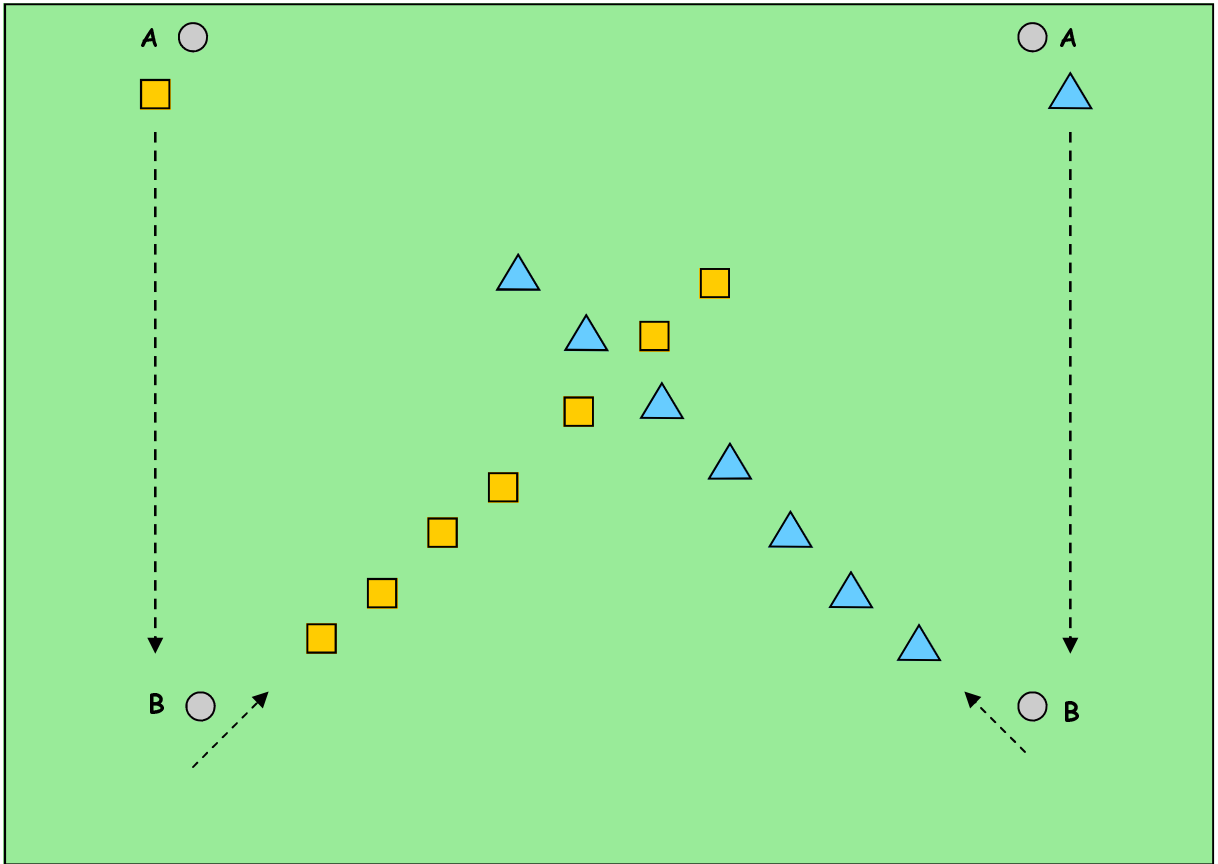


# WARM UPS



## Diagonal Drill

20x20 grid which can be adapted depending on the age of the players.

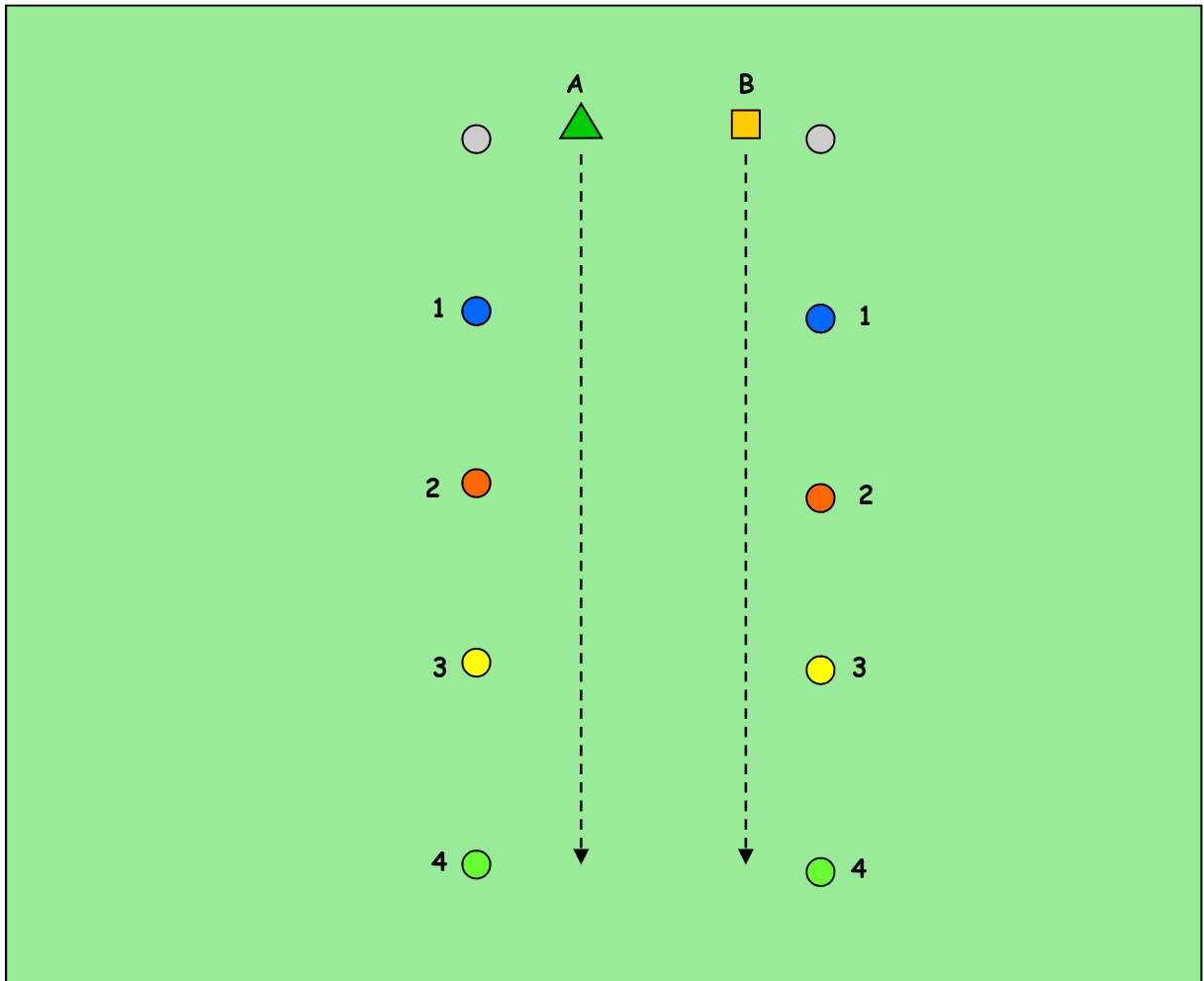
Two teams, players start at marker A and jog down to marker B doing various exercises e.g. High knees, Heels up, Side steps.

When groups pass marker B they jog diagonally to opposite marker A and continue.

Think of things that players can do or ask each other when they meet in the middle crossing the other group.

1. Tell them what team you support
2. Who's your favourite player
3. High fives
4. Low fives

# WARM UPS



## Decision Drill

Players work in pairs, markers or poles set out at 10 yard intervals.  
Coach calls out a number and players do the following movements:-

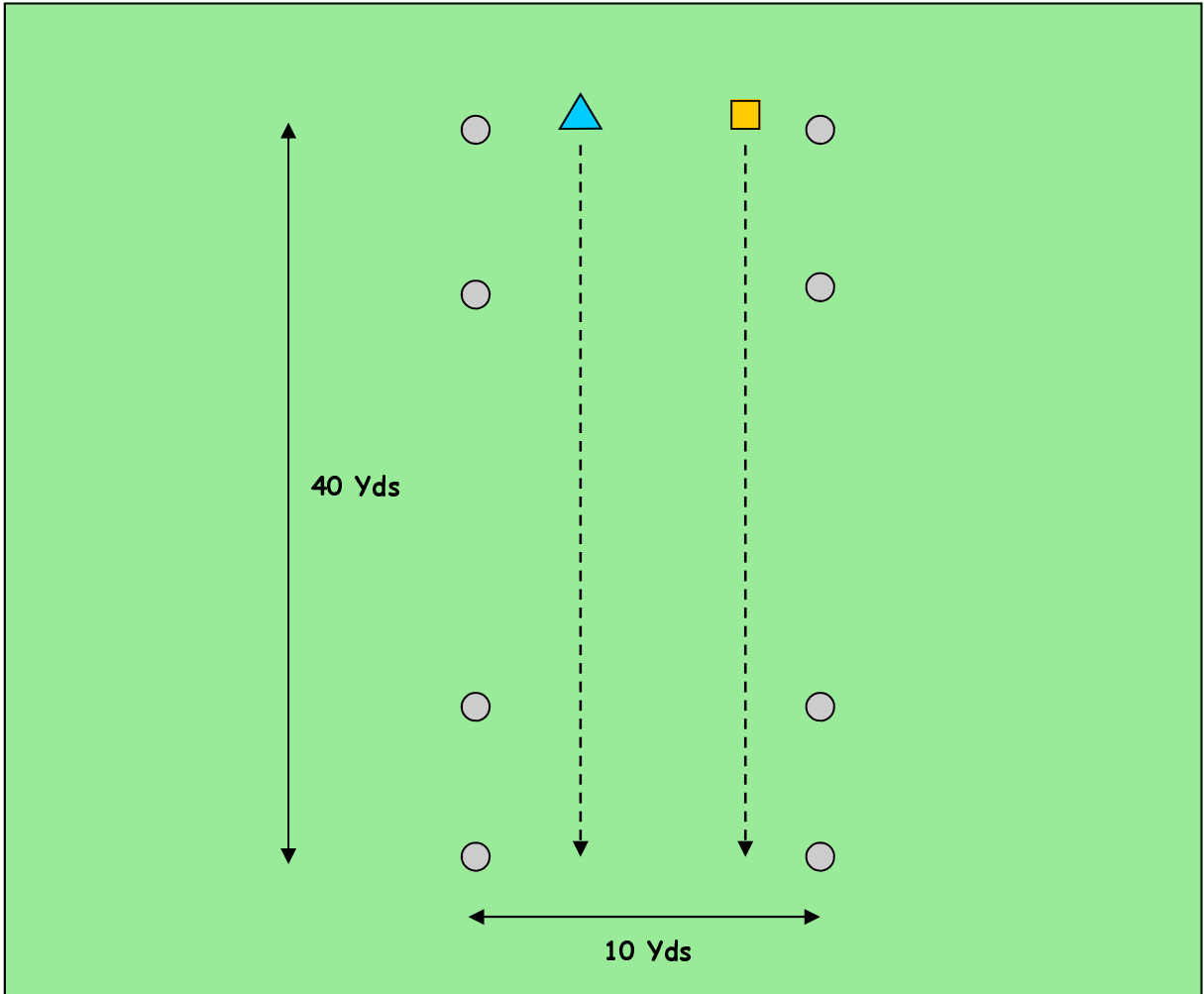
- 1: Touch floor with left hand
- 2: With right hand
- 3: Jump up for a header
- 4: Change direction
- 5: Swap with your partner

### Sprints:

Number the lines, 1-4, Coach calls out a number and players run to that line and back. This can be varied by using different starts e.g. Sitting down, Laying down, Press up position or any others you can think of.

Another variation is to colour code the markers and then call out the colour or colours you want the players to run to.

# WARM UPS



## Quick Feet

### Exercises:

Slow jog.

Side steps facing your partner

Side steps facing away from partner

Knees up

Heels up

Quick feet to markers (10yds) then half pace to the end and walk back

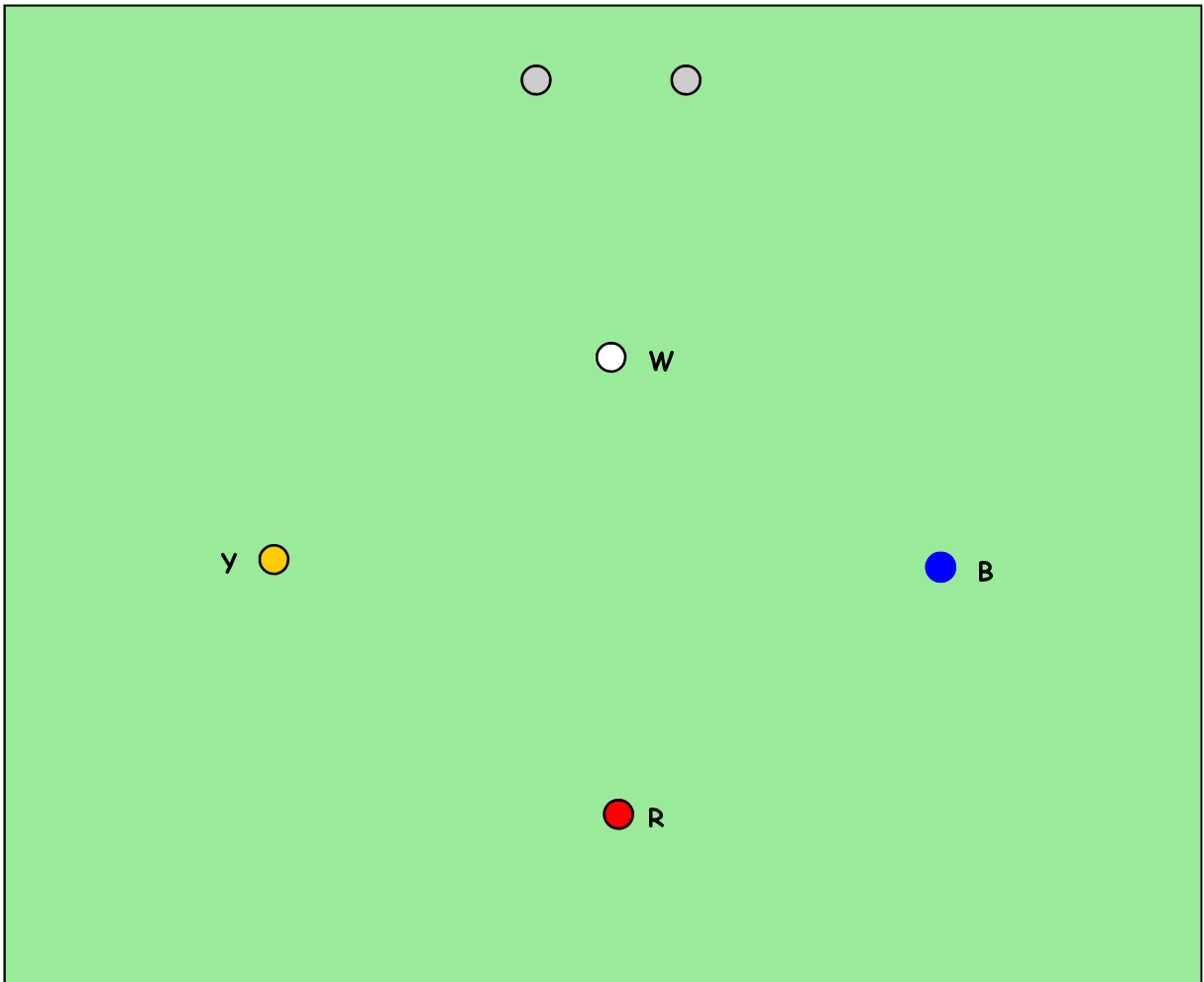
Side shuffles to the markers then half pace to the end

Backwards to the markers turn then half pace to the end

Progress to three quarter pace, with above exercises

Only have a couple of full pace sprints at the most

## REACTION DRILL



Set Up as above.

Distance between markers will determine the amount of workload.

Good way to do this practice, is set up two and use for a little competition.

Coach initially calls out one of the colours, the players have to run out to that colour and then back to the start.

You can progress by calling out two colours, the players have to go to them in the order called and then back to the start.

You can also get the players thinking a little bit more by getting them to do opposites.

If Blue is called they go to Yellow, if Red is called they go to White, and the same when you call two colours.

These practices are good for reactions, speed over short distances and changes of direction.

A ball can also be incorporated into the exercise, working on different turns.