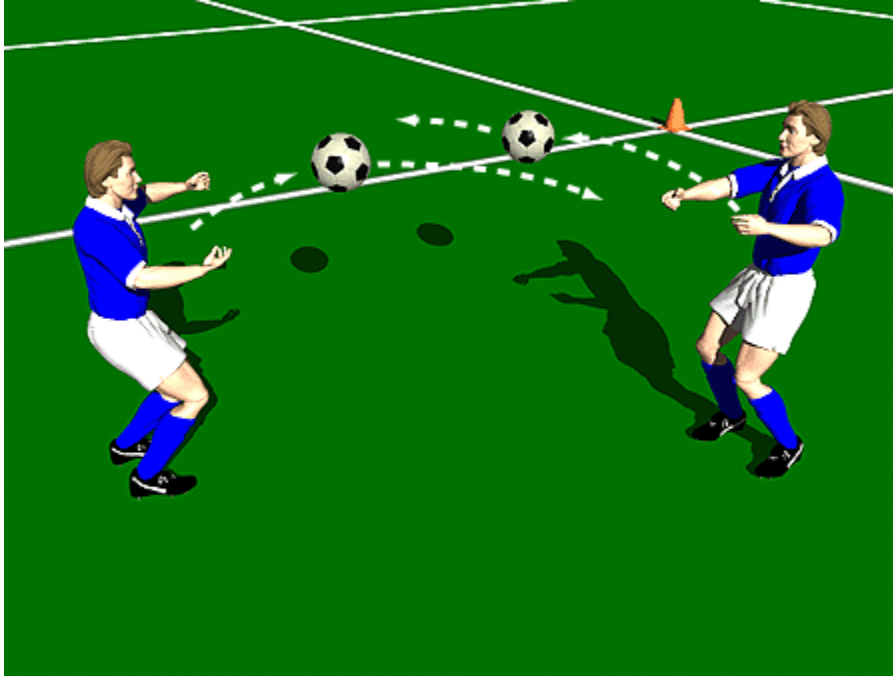


Warm Up Activities

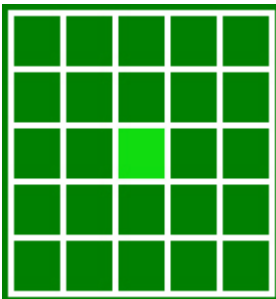
Ball Exchange



Coaching Points:

Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards or 9 metres x 9 metres.

The players exchange balls while moving around the grid. They are constantly moving to a new position and the ball never touches the ground. Focus should be on "quick feet" and being light on their toes.



Organizational Set Up

Entire Team
2 players per grid 10 x 10 yards or 9 x 9 metres.
1 ball for each player
Supply of Cones