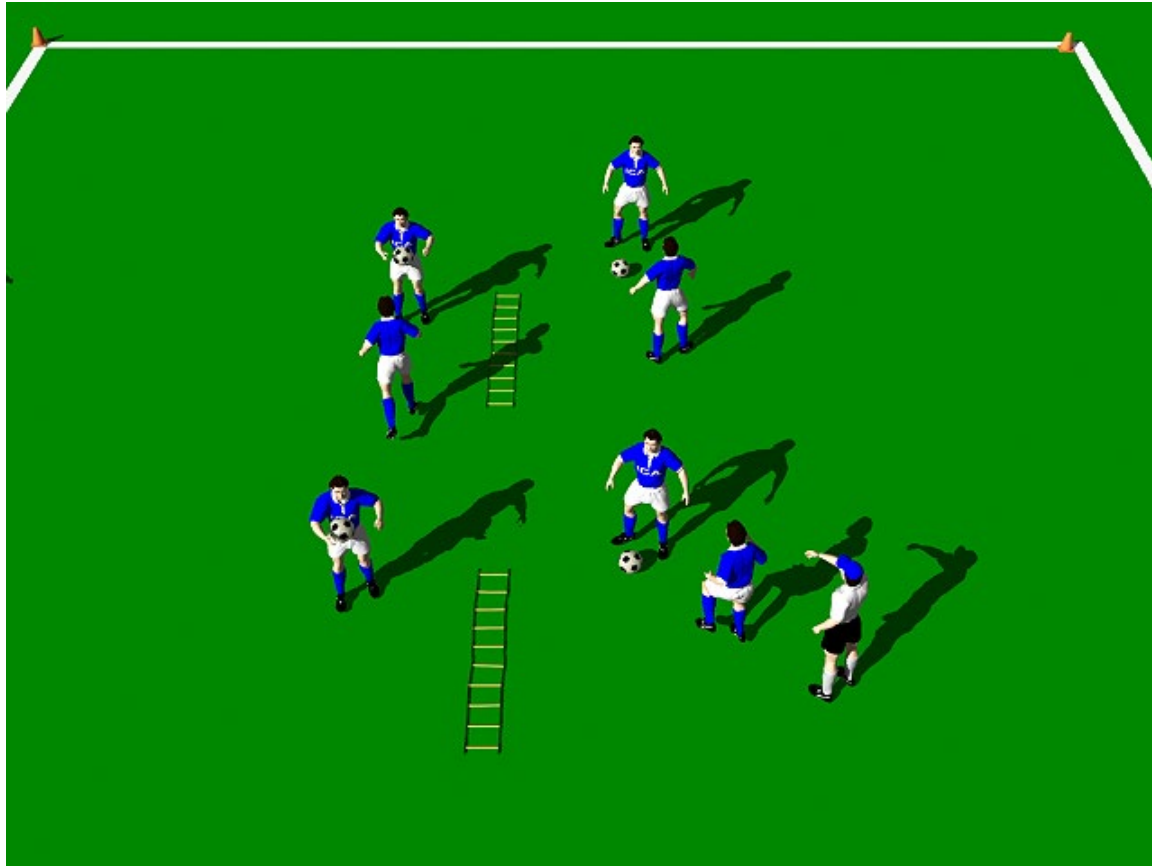


Ladder and Ball Warm Up Session



Exercise Objectives:

This warm up is designed to incorporate both technical and agility work by using both balls and ladders.

Coaching Pointers:

Players rotate in a circular manner between the agility exercises and ball work (see diagram above). Make sure the tempo is high and focus on quality technique:

Ball Work Exercises

- ★ Volleys inside left and right foot.
- ★ Play 2 touch passing
- ★ Play 1 touch passing

Agility Ladder Exercises

- ★ In-Out Drill
- ★ Slalom
- ★ Side to Side
- ★ Bunny Hops
- ★ One Leg Hop
- ★ Run Through
- ★ Hopscotch

Field Preparation:

Entire Group
2 Agility Ladders
Supply of Balls