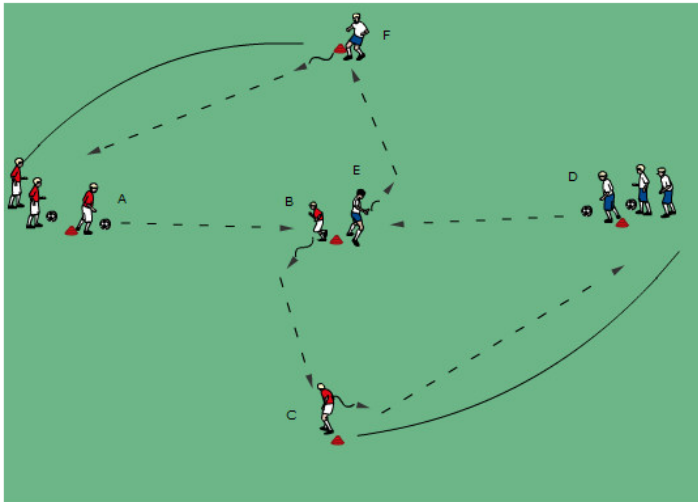


BD Full Team Warm-up



The Set-up: as pictured. 4 balls, 12 players (ideal number)

The Rotation: Player A passes the ball to Player B (moves to B's initial position) Player B takes a first touch in the direction of Player C Player B passes to Player C (moves to C's position) Player C takes a first touch in the direction of the "white line" Player C passes to first person in the white line

without a ball and follows to the end of the line.

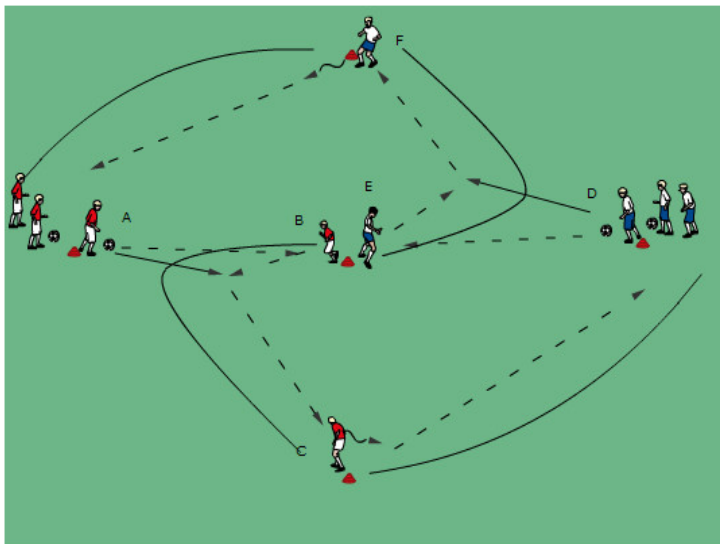
** The exact same movement occurs from the other direction.*

Note: Once A and D assume B and E's position, they should turn quickly and receive a ball from the first person in the line.

Focus:

- Crisp first touch
- Sharp passing
- Quick movement from spot to spot.

BD with Single combination



The Rotation:

Player A passes to Player B (A moves to support) Player B drops ball to A (makes a bent run around A and will assume C's position) Player A passes the ball to Player C (A takes B's initial position) Player C takes a first touch in the direction of the "white line" Player C passes to first person in the white line without a ball and follows to the end of the line.

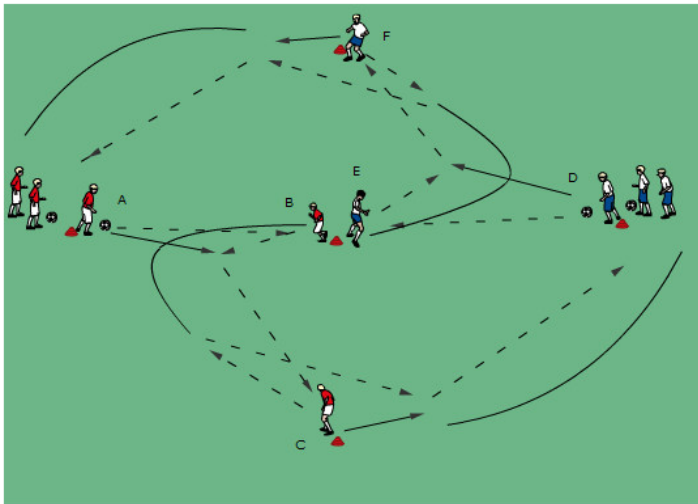
** The exact same movement occurs from the other direction.*

Note: Once A and D assume B and E's position, they should turn quickly and receive a ball from the first person in the line.

Focus:

- Crisp first touch
- Sharp passing
- Combination play
- Quick movement from spot to spot.
- Communication! Call for the ball every time.

BD Warm-up with Double Combination



The Rotation:

Player A passes to Player B (A moves to support)
Player B drops ball to A (makes a bent run around A and will support C)
Player A passes the ball to Player C (A takes B's initial position)
Player C drops the ball to oncoming Player B (Player C moves off toward the white line)
Player B quickly returns the ball into Player C's path.

Player C passes to first person in the white line without a ball and follows to the end of the line.

** The exact same movement occurs from the other direction.*

Note: Once A and D assume B and E's position, they should turn quickly and receive a ball from the first person in the line.

Focus:

- Crisp first touch
- Sharp passing
- Combination play
- Quick movement from spot to spot.
- Communication! Call for the ball every time.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

4v4 with Flying Rotations
Jeff Tipping Fast Break Attack

Match Related Game/Exercise to Goal:

Barry Gorman 4v4 with servers
Finding the Target Player with Transition