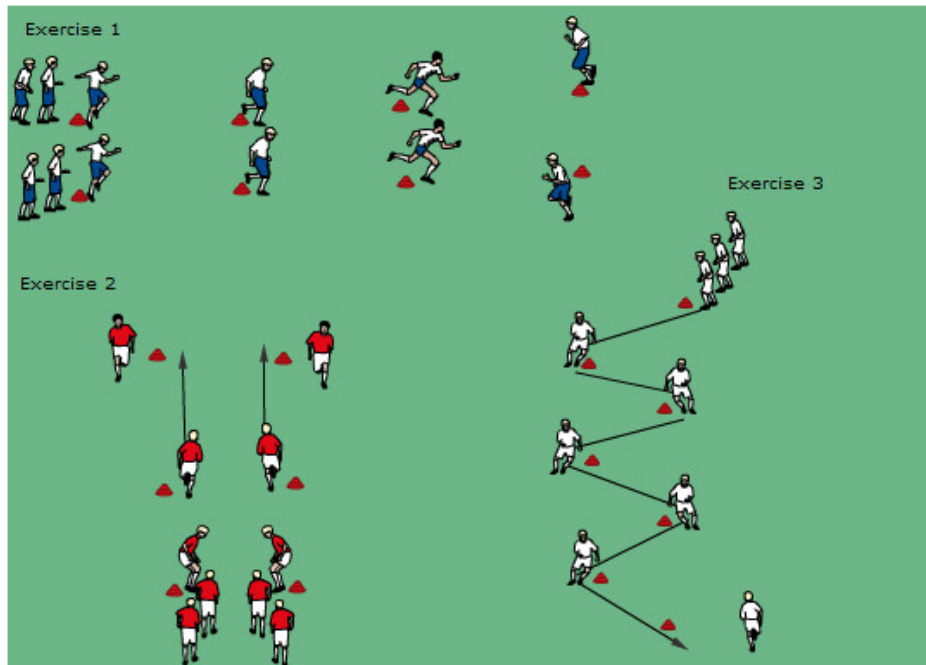


Warm-up without the Ball



Exercise 1: Set-up as pictured. Discs should be 10 yards from each other. First 2 players begin by skipping from disc one to disc two, they jog heels to bottom from disc two to disc three, then sprint from disc three to disc four. Slowly jog back to the end of the starting line. The players that are next in line should begin once the group before them reaches the 2nd disc.

Exercise 2: Set-up as pictured. Discs should be 10 yards from each other. First 2 players begin by shuffling “side on” facing one another from disc one to disc two. Once they reach disc two they should sprint or race to the third disc. Slowly jog back to the end of the starting line. The players that are next in line should begin once the group before them reaches the 2nd disc.

Exercise 3: Set-up as pictured. Discs should be placed 10 yards from each other on a diagonal.

First player sprints around each disc on a slalom. The quick burst and turns mirror the actions needed to play the game properly. The player that is next in line should begin once the player before him reaches the 2nd disc.

Note: You can add a ball to this exercise.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

Blackburn Rovers Technique and Agility
1v1 Attacking 2 goals & defending 2 goals

Match Related Game/Exercise to Goal:

Service Circuit with Combination
2 Shots followed by 1v1