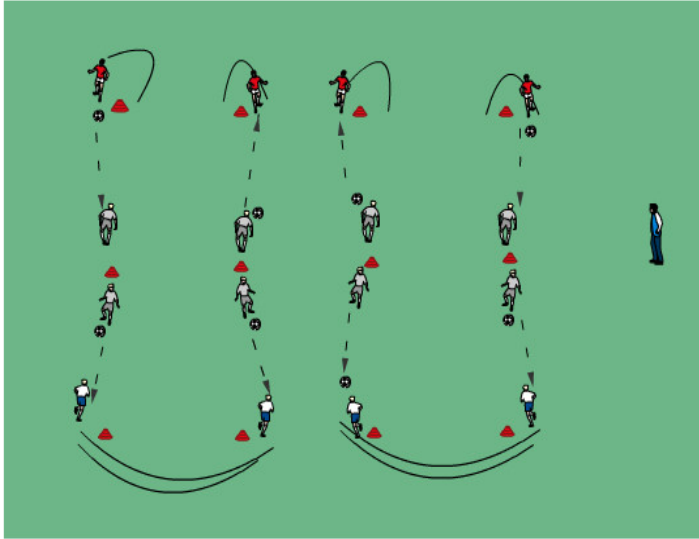


### Full team warm-up in pairs and fours:



**Note:** The players in the top of the picture are showing the warm up in pairs.

**Set Up:** As pictured, 2 players 1 Ball. Server is in the middle the worker is at the outer disc. *Work for one minute to 90 seconds and switch roles.*

**Note:** The person serving should always be at the inside disc. This allows for the whole team to participate without players colliding with one another.

*Coach stands in a position that he can observe the entire group.*

**The Exercise:** The players in red are one touch. They meet the ball and move around the disc, remain facing your partner. The server plays two touch, plays the ball to the foot further from the disc. Right foot/left foot.

#### Variations:

- Server is one touch as well
- Server has ball in hands. Tosses for volley, thigh trap, chest trap, header.

**Progress to Groups of Four:** (Pictured at the bottom). Servers are still in the middle. They always pass to the outside of the disc. The workers now pass and move across to the spot their partner was at and play a one touch ball back.

#### Focus:

- Crisp passing
- Quick movement of the ball
- Communication "call for the ball"

Coach should make sure the players don't run straight! Instead players' should bend their run across so they move on to the ball. This will make it much easier to deliver a good accurate pass.

**Variations:** Same as above.

**If you enjoy this exercise Coach Donahue recommends:**

#### Possible next Activity:

4v4 plus 4 Vertical Targets

4v2 plus 2 possession box

#### Match Related Game/Exercise to Goal:

4v4 plus 4 in the penalty box

5v5 Must be Over Half Field