



# **CURRIMUNDI UNITED CHURCHES FOOTBALL CLUB**

## **WARM UP DRILLS FOR JUNIORS AND SENIORS**

### **1: Warm Up Drills**

Warm ups in the good old days consisted of a lap then another lap then bugger it another lap , this year our motto is NO LAPS NO QUEUES, so here are a few drills to warm up your team using the ball , a few laughs and a bit of skill.

#### **For Juniors - The Seven Ball Game**

##### **SET UP:**

A Square 10 X 10 (depends on the size of the kids)

7 Balls in the centre of the square

teams of 2 or 3 on each corner

1 Player from each team participates and starts with his home corner of the square (where he/she will accumulate balls)

##### **ACTION:**

Each player has to try and gather 3 balls at his cone.

He/she can only pick up 1 ball at a time.

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He/she can steal from the other player's stash.

Players cannot protect their stash nor tackle opponents.

Team mates cheer and direct team mate to free balls.

Winner is the first player with 3 balls at his corner cone.

##### **COACHING POINT:**

Players need to support other team mates.

Players need to get their head up to look around.

Fun ++++++

### **2. For Seniors**

A warm up which involves skill and vision.

##### **SET UP:**

3 Teams of 4 ,1 ball per team in free space

Players Numbered 1 to 4

##### **ACTION:**

No. 1 has the ball, all players must run, 1 passes to 2 then must run around 2, 2 passes to 3 and then runs around 3, 3 passes to 4 and then runs around 4, 4 then looks for 1 to recommence the cycle.

##### **COACHING POINT:**

Players need to use 1st touch to move in the direction of their next pass.

Need to have head up looking for next player.

##### **PROGRESSING THE DRILL:**

Make it one touch, ensure players move and keep apart at least 5 to 10m. The "smart Alec's" will try and stay 2m apart.

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### 3: Side Foot Passing : the Basics

- A. a side foot pass is for a short accurate pass.
  - B. it is useful in tight situation where close control is needed.
  - C. the ball is hit with the side of the foot ie the adidas stripes.
  - D. the non striking foot is placed beside the ball pointing to the target.
  - E. the striking foot is swung from the hip and follows through in the direction of the ball, swinging up in the air.
  - F the head must be down and eyes on the ball not at the target.
- NB this is difficult for little kids to do as they seem unable to stand and rotate the hip enough to get the striking foot perpendicular to the ball.

### 4: Side Foot Passing Drill For The Seniors and the A's

#### SET UP:

- a square 10 m in diameter (see diagram below).
- 1 player on each cone , except the starting cone where there are 2 with a ball.
- 1 ball per group (per Red Circle).

#### ACTION:

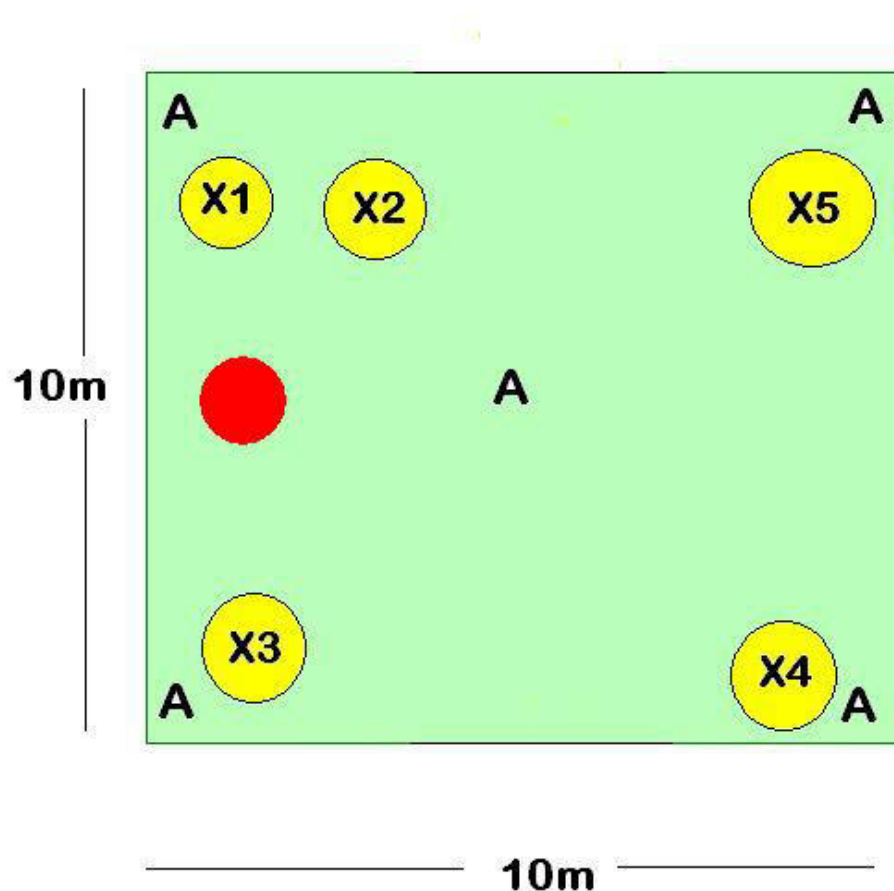
- 1 X1 passes to X3 and follows his pass.
- 2 X3 passes back to X1 who gives a 1-2 to X3, X1 moves to the 2nd cone.
- 3 X3 passes to X4 and follow his pass.
- 4 X4 does a 1-2 with X3 ,X3 moves to the 3rd cone.
- 5 X4 passes to X5 and follows his pass, X5 does a 1-2 with X4 , X4 moves to the next cone and so on around the square.

Start of with 2 touch if easy make it 1 touch if easy introduce a 2nd ball and another player.

#### COACHING POINT:

need good 1st touch , good side foot pass to do this well allow them to do it for a while then demo the side foot pass , really good put under pressure with 1 touch or a 2nd ball.

## Side Foot Passing



### 5: Basic Side Foot Passing Drill for Juniors

#### SET UP:

Set up a 10m square, 2 Players, 1 ball between 2.

Players stand on the edge of the square (X and O are players, A represents a cone marking out your area).

Players pass the ball to each other with the aim of knocking over the cone standing midway between them.

A goal is scored if the players knock over the cone.

Play for 2 minutes with the winner being the player to knock over the cone the most times. Play it like a knockout FA Cup competition.

#### COACHING POINT:

Encourage side foot passing for accuracy.

## Side Foot Passing

