



CURRIMUNDI UNITED CHURCHES FOOTBALL CLUB

WARM UP DRILLS SMALL TEAM

Warming kids up is a worthwhile habit to get into, it is not essential for under puberty teams but it does set some precedents for the future.

Running laps is effective but wastes 10 minutes when kids could be laughing or kicking a ball here are some ways to warm up without training for the 400 metres.

Drill 1

SET UP

A square 10 x 10, each player has a ball

ACTION

Players dribble their ball around the square keeping away from others and the sideline.

On the coach's call i.e. number 4 the players gather in groups of 4.

The coach may call 1, 2, 3 or 12 the kids gather in the appropriate number.

Vary it by asking all in each group to put their right feet together or all in each group have to touch heads.

Play this for a few minutes.

Drill 2

SET UP

A square 10 m x 10 m, each player with a ball.

ACTION

Players dribble around the square avoiding team mates on the call of the coach all players have to sit on the ball, vary it by all players have to put a knee on the ball, or a head on the ball on the ground.

Try CRAZY WORD CRAZY WORD CRAZY WORD CRAZY WORD

At the start of the session dedicate a word as the crazy word eg World Cup the coach will yell this word at the top of his/her voice at any time during the session at this call all players have to perform a designated task eg run to the fence and back. The little kids seem to enjoy this.

Drill 3

SET UP

A square 10 x 10m.

2 players are designated in.

They have to chase team members if they tag a team member that member joins a

daisy chain which chases the rest of the team and so on till daisy chains of 4 or 5 are chasing the remaining team members.

MORE WARM UP DRILLS

These drills can be organised in 30 secs and up and running in another 30.

Drill 1

AIM

Fun and getting kids running.

SET UP

10m x 10m square

All the kids in the square

2 kids have a bib tucked into their shorts ala oztag

ACTION

The team have to chase the players with the bibs and try and snatch the bib, when a player is able to snatch the bib he pops it into his shorts and RUNS.

Play for 5 minutes or till had enough.

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