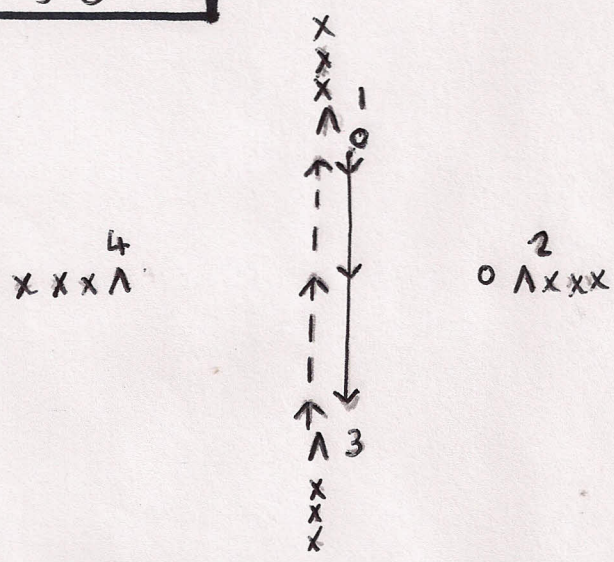


U12 - U18 Warm up / Dribbling

**Kriss Cross Dribble**



Four teams, team 1+2 start with soccer balls. team 1 - First player dribbles to first player in team 3. First player in team 2 dribble to first player in team 4. And so on. Players go to the back of the line they dribble to.

A = Cone  
X = Player  
O = Ball

\* Encourage players to keep their heads up and to be prepared to slow down / speed up.

Progressions - Right Foot / Left Foot only  
- Coach shouts Left or Right just before players get to middle - players must then make a sharp change of direction.

**Snickering Circle**

Warm Up

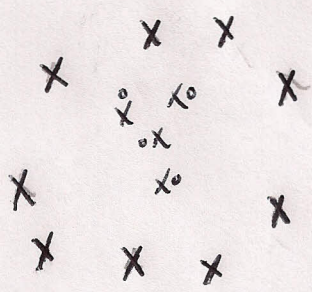


Have your team make a circle - tip - use Centre Circle or players balls.

- Have players slow jog clockwise and call -
- High Knees
  - Walk - open gates
  - Butt Kicks
  - Walk Close gates
  - Side Steps
  - Big SKIPS
- Other stretches can be used.

X = Players  
O = Ball

Ball Work



Have half or just under go in to centre of circle with their balls.

Players with balls dribble to a player on outside who takes ball on and dribbles to another open player.

Progression

- Dribble, turn before Player and swap with an open player
- Left Foot / Right Foot only.