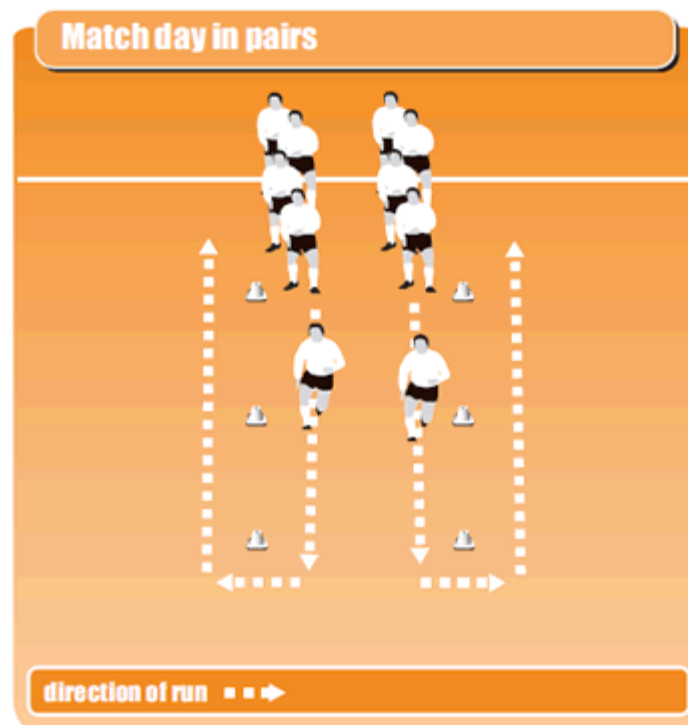


# Running in pairs

By Michael Beale

## Simple changes of speed

This is a great warm-up to get your players ready for a match with short jogging and sprinting runs.



## Key elements

- Start your warm-ups with this exercise on match days because as players arrive for the game they can join in without causing disruption.
- You need three cones, five yards apart and players in two rows. The warm-up is continuous. Players need to concentrate on their own pace and no one else's.
- Start off slowly, then move to quick jogging and sprinting. You can make it a simple, fast race to the end, or fast in the first zone then slow in the second.