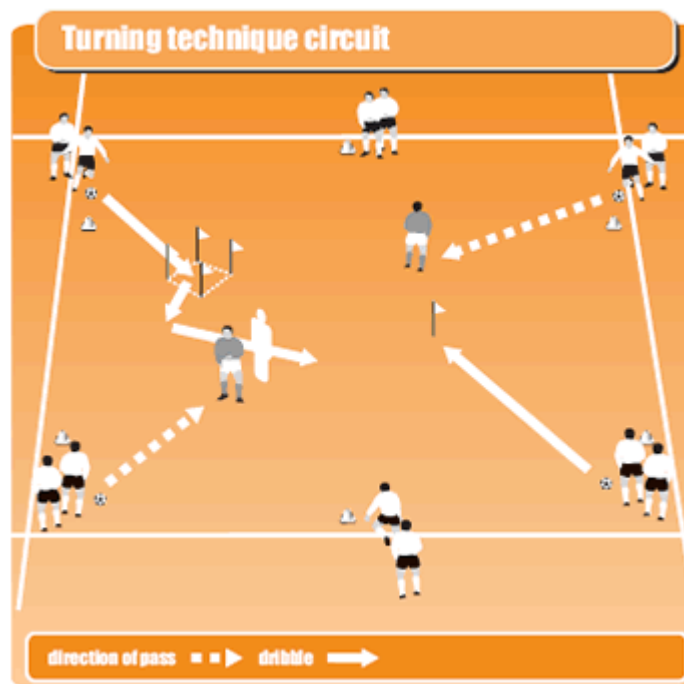


Speed agility

By Michael Beale

Being able to turn is one of the first problems a young player has to solve as he advances his technique. Running in straight lines is very limiting and you need to get players to turn so they can beat opponents.

This warm-up is a great way to get young players turning with the ball.



How to play it

- Spread your players out around the six cones.
- Three balls work simultaneously.
- Two players enter the area, one into space and one up close to the mannequin/pole.
- The players dribbling into the area have various choices and must not make the same choice on their next turn.

1. Dribble into the small square, complete a turn and then dribble out to a team mate.
2. Dribble in and around the flag and then out to a team mate.
3. Pass to the player in space and tell them to turn. Now take their place.
4. Pass to the player by the mannequin/pole who then makes a turn under "pressure". Now take their place.