

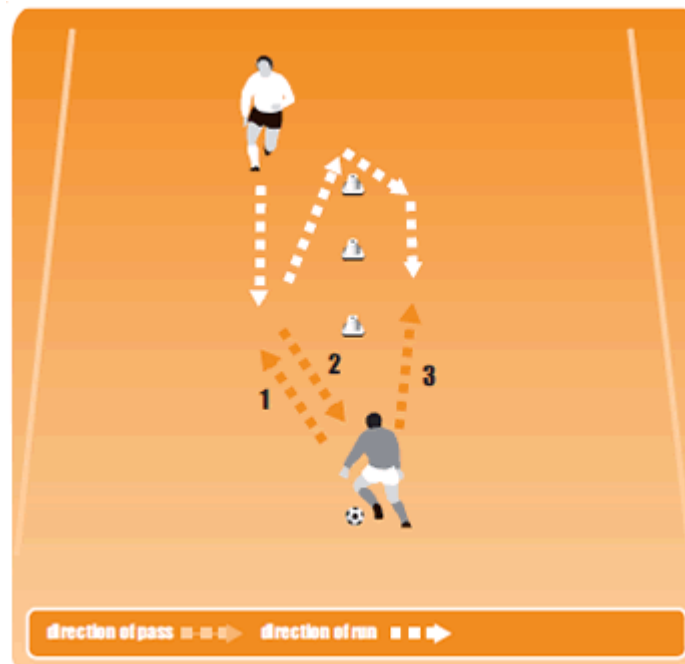
Technique and movement

By Michael Beale

You can use this warm-up when coaching running with the ball because it gets players passing, and moving to the pass, in preparation for the more advanced work explained in the session above.

Key elements

Control, footwork, ball skills and movement.



- Get one player to act as a server. The other player works.
- The working player must move forward to receive a pass and return it. They then back pedal up and around the cones to receive another serve on the opposite side.
- The players work for one minute each on the following drills:

1. Playing a first time pass.
2. Returning a bouncing serve with a half volley.
3. Returning an aerial serve with a volley.
4. Returning an aerial serve with a header.