

5 Minute Warm-Up: Speed And Agility

> Game Specific Actions

WHY USE IT

This is a great warm-up to get your players moving in all directions so they are ready to play in matches

SET UP

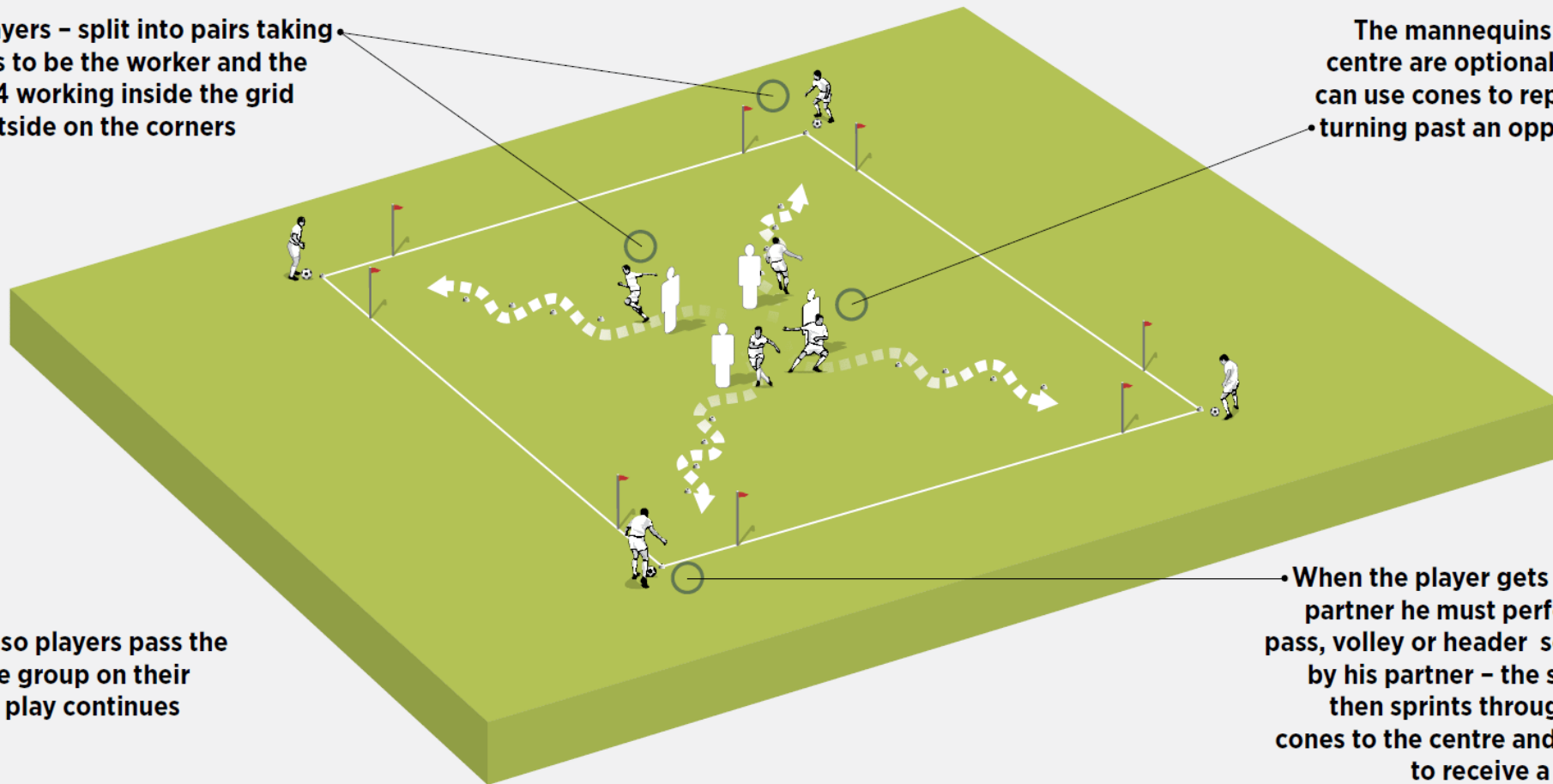
You need flags, mannequins (or use cones), balls and cones. Set up an area 10 x 10 yards with four mannequins or cones in a 2 yard square in the centre

HOW TO PLAY IT

Split your players into four groups of two players. The first player in each pair starts in the middle and runs through the cones to their partner who serves a ball to them to perform a pass, volley or header

Use 8 players - split into pairs taking it in turns to be the worker and the server - 4 working inside the grid and 4 outside on the corners

The mannequins in the centre are optional - you can use cones to replicate turning past an opponent



Progress so players pass the ball to the group on their right and play continues

When the player gets to his partner he must perform a pass, volley or header served by his partner - the server then sprints through the cones to the centre and back to receive a serve