

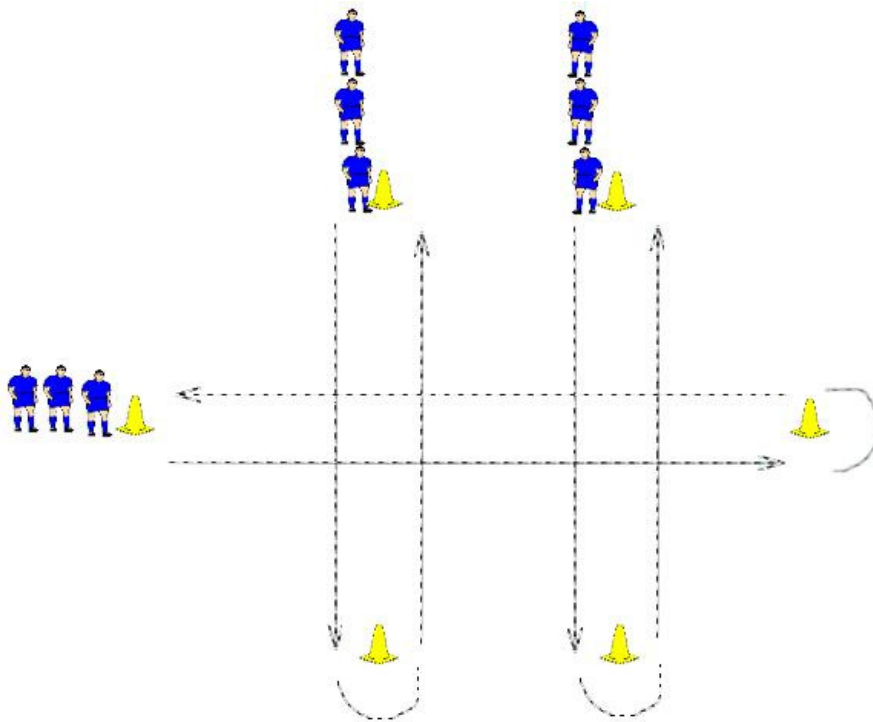
Drill Name: Zig Zag Warm Up

Topic: Warm Up

Objectives:

- Spatial Awareness
- Agility
- Ball feeling
- Dribbling

Diagram:



Description:

- Equal groups of players
- When player in front reaches cones, next player starts
- Vary the running techniques (side ways/ skipping etc)
- Add ball feeling & change of direction

Progressions:

- Running Technique
- Ball feeling combinations
- Change of direction
- passing

Coaching Points:

- Vision
- Speed (increase & decrease)