

Dynamic movements

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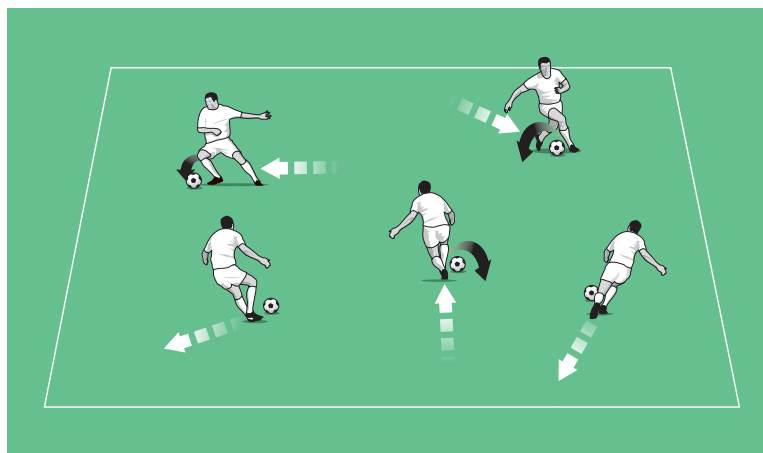
How to play it

- Create a playing area an appropriate size so that all of your players have plenty of room to move around in it. Each player starts with a ball.
- The players must react to your demonstration, which will be showing them how to perform each of the following warm-ups:

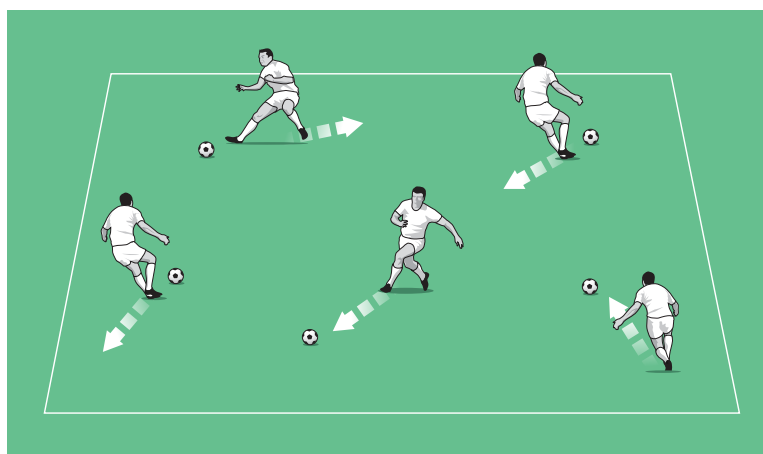
1. The players make two steps towards the ball and then a big step-over with the right foot followed by two steps backwards. The exercise is then repeated for the left foot.
2. The players jog towards the ball and then make jockey movements backwards.
3. The players take two steps forward and then make a kicking action to the side of the ball. They then take two steps backwards and repeat on the opposite side.
4. The players make side steps towards the ball and then make a high step over the ball with one leg, before repeating in the opposite direction with the other leg.
5. The players jog behind their ball and then listen for your call of "right" or "left". The players must then quickly react and circle the ball in the direction called.
6. The players repeat, as above, but this time they must jump over the ball and land, before circling the ball.

Technique and tactics

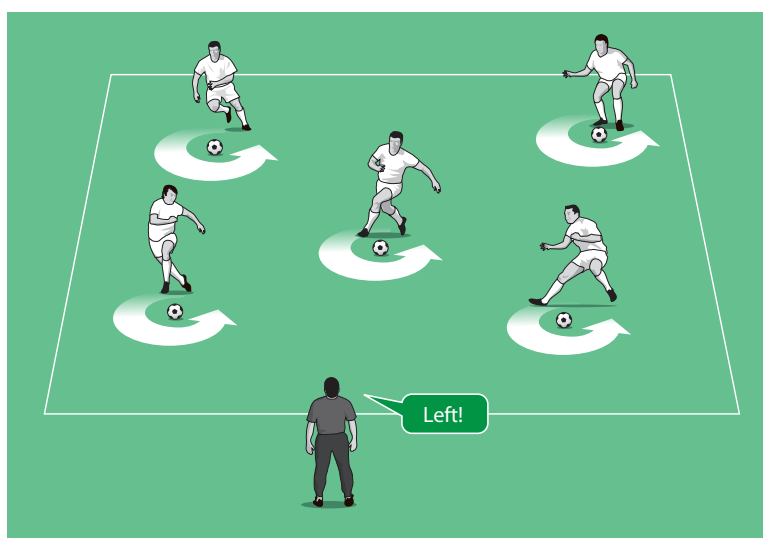
- Players must work with pace and rhythm.
- It's important that players are always on the move.
- Versatility in movement is important so look for each player to be on his toes.



In the first task, only when a player has reached the ball and made a step-over does he retreat backwards



In the second task, players reach the ball then make a jockeying movement backwards



In the fifth task, players must circle the ball in the direction called



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