

# Fast flags

**Michael Beale**

Premier League Academy soccer coach

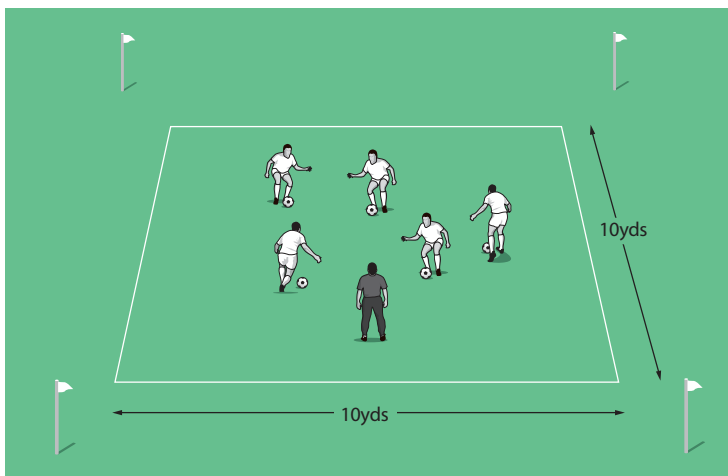


## How to play it

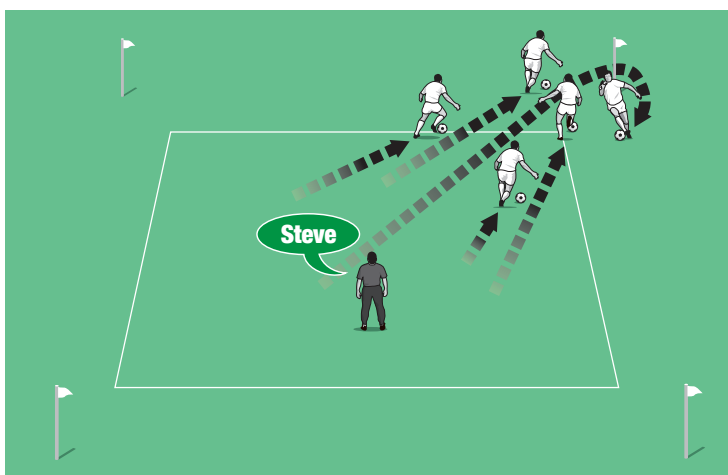
- Create a small playing area measuring 10x10 yards. A couple of yards out diagonally from each corner place a flag.
- Using between four and six players per area, each man starts in the middle with a ball at his feet.
- Tell players to dribble around the area with their ball.
- Then, call out any player's name. That player must dribble out of the area and around one of the flags, before running back to you.
- All of the other players must follow the named player. The last one back to you is out and must wait by the side of the area.
- Play until there is one player left – the winner – then rerun.
- You can advance the warm-up by adding in new conditions. For instance, giving players numbers means that the identity of the named player remains secret for longer. Alternatively, players must run around the opposite flag to the named player.

## Technique and tactics

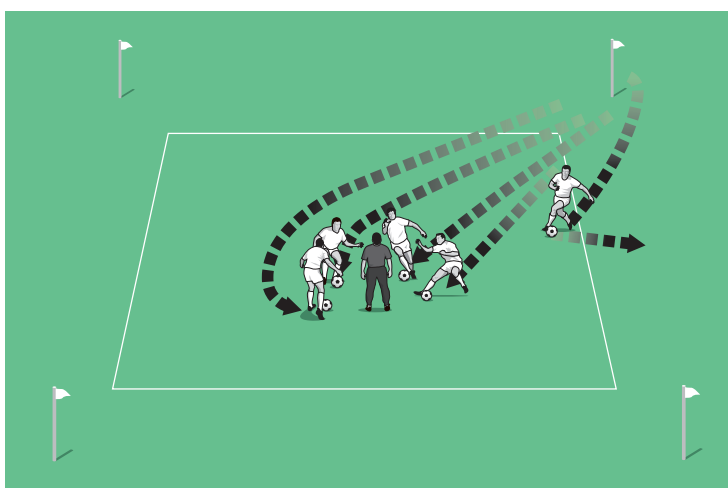
- This is a great warm-up as it gets players working at a high tempo in preparation for training or match day.
- Players must be aware and alert at all times.
- Close control and good dribbling skills are essential for players to be able to complete the task quickly and efficiently.
- The warm-up is also ideal for teaching players how to position well – both in terms of where the flags are and where their opponents are.



Players start in the middle of the area with the coach



The player whose name is called must run around any of the four poles



The last player back is eliminated

run with the ball →

Soccer Coach Weekly is published by Green Star Media Ltd, Meadow View, Tannery Lane, Bramley, Guildford, GU5 0AB, UK.

Email: david.clarke@coach-soccer.com Tel: +44 (0)1483 892894 Head Coach: David Clarke Editor: James Evans Publisher: Kevin Barrow Managing Director: Andrew Griffiths

Customer Service: Duncan Heard Designer: Steve Southern Contributors: Mike Barring, Michael Beale, Darren Bradley, David Lewis, Steven Shaw, Steve Watson

© Green Star Media Ltd. All rights reserved.