

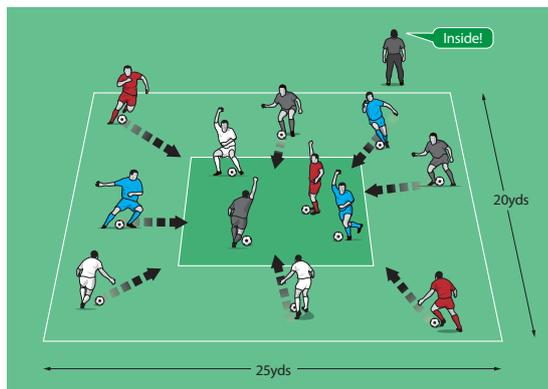
# Outside or inside

**Steven Lapere**  
Aldershot Town Under-10s

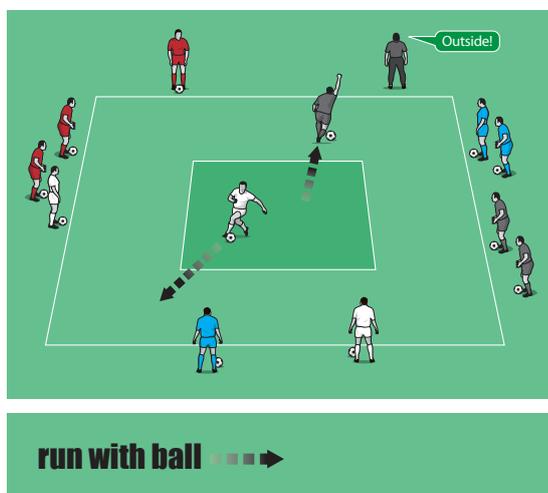


## How to play it

- Create a playing area measuring 25x20 yards, with an internal 14x10-yard box, marked out with cones.
- This warm-up can test any number of players – in the example shown I've used 12 – and each man has a ball at his feet.
- On your whistle, players dribble around the area, keeping their heads up and being careful to avoid one another.
- Turning your back to the warm-up, call out "outside" or "inside", then turn back immediately. If "outside", players must dribble into the outer box. If "inside", they must head for the centre of the area. When in the correct area each player must raise a hand.
- The last player without his hand raised is out. Eliminated players can continue to warm up outside the area.
- Continue to run the warm-up until you have a winner.



The call is made and players must quickly head to the smaller box



Play until you have a winner

## Technique and tactics

- This is a warm-up that uses visual and audible cues. When the coach turns around, the players know a call is imminent, and should position themselves on or near the dividing line of the outer and inner boxes. This is a good rehearsal for the same positional sense they'll need to adopt in match situations – looking for cues and responding. They also need to listen out for the call – again, in much the same way that they would do in a match situation.
- You can progress the warm-up by adding defenders in and around the area. Now players have an additional obstacle to contend with.

# Boot safety

**David Clarke**  
Head Coach, Soccer Coach Weekly



Poorly maintained studs or blades on the sole of the boot can constitute a danger. If you are in charge of a team or refereeing a game in youth soccer it is a good idea do a boot check before kick-off.

When inspecting footwear, you need to be alert to the possibility of the edge of the blades or studs developing rough areas on either the plastic or metal used in their construction.

These burrs can become very sharp and have been the cause of cuts on opponents. If you are concerned over the condition of the blades or studs, ask the player or his manager to make them safe by removing or replacing them.

As a coach, you must be aware of the dangers posed by poorly maintained boots.



Poorly maintained blades or missing studs can pose a risk to the player and his opponents

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