

## **WARM UP DRILLS: FOR JUNIORS AND SENIORS**

### **THE SEVEN BALL GAME (For Juniors)**

#### **SET UP:**

- A square 10 m X 10 m (depends on the size of the kids)
- 7 balls in the centre of the square
- Teams of 2 or 3 on each corner
- 1 player from each team participates and starts with his home corner of the square (where he/she will accumulate balls)

#### **ACTION:**

- Each player has to try and gather 3 balls at his cone.
- They can only pick up 1 ball at a time.
- They can steal from the other player's stash.
- Players cannot protect their stash nor tackle opponents.
- Team mates cheer and direct team mate to free balls.
- Winner is the first player with 3 balls at his corner cone.

#### **COACHING POINT:**

- Players need to support other team mates.
  - Players need to get their head up to look around.
  - Fun ++++++
- 

### **WARM UP WHICH INVOLVES SKILL AND VISION (For Seniors)**

#### **SET UP:**

- 3 teams of 4 (1 ball per team in free space)
- Players numbered 1 to 4

#### **ACTION:**

- No. 1 has the ball, all players must run
- 1 passes to 2 then must run around 2
- 2 passes to 3 and then runs around 3
- 3 passes to 4 and then runs around 4
- 4 then looks for 1 to recommence the cycle.

#### **COACHING POINT:**

- Players need to use 1st touch to move in the direction of their next pass.
- Need to have head up looking for next player.

#### **PROGRESSING THE DRILL:**

Make it one touch and ensure players move and keep apart at least 5 to 10m. Some players will try and make it 2m apart.