WARM UP DRILLS - SMALL TEAM

Warming kids up is a worthwhile habit to get into, it is not essential for the younger teams but it does set up good habits for the future. Most of these drills can be organised in 30 secs and up and running in another 30.

DRILL 1:

SET UP:

- A square 10 m x 10 m, each player with a ball

ACTION:

- Players dribble their ball around the square keeping away from others and the sideline.
- On the coach's call i.e. number 4 the players gather in groups of 4.
- The coach may call 1, 2, 3 or 12 the kids gather in the appropriate number.
- Vary it by asking all in each group to put their right feet together or all in each group have to touch heads.
- Play this for a few minutes.

DRILL 2:

SET UP:

- A square 10 m x 10 m, each player with a ball.

ACTION:

- Players dribble around the square avoiding team mates
- On the call of the coach all players have to sit on the ball
- Vary it by all players have to put a knee on the ball, or a head on the ball on the ground.

DRILL 3:

SET UP:

- A square 10 m x 10 m
- 2 players are designated "it".

ACTION:

- The players designated "it" have to chase team members
- If they tag a team member that member joins a daisy chain which chases the rest of the team and so on till daisy chains of 4 or 5 are chasing the remaining team members.

DRILL 4:

For a bit of fun and get the kids running.

SET UP:

- 10m x 10m square
- All the players in the square
- 2 players have a bib tucked into their shorts

ACTION

- The team have to chase the players with the bibs and try and snatch the bib.
- When a player is able to snatch the bib he pops it into his shorts and RUNS.
- Play for 5 minutes or till had enough.

CRAZY WORD CRAZY WORD CRAZY WORD CRAZY WORD

At the start of the session dedicate a word as the crazy word. For example “World Cup” - The coach will yell this word at the top of their voice at any time during the session at this call all players have to perform a designated task (e.g. run to the fence and back). The little kids seem to enjoy this.