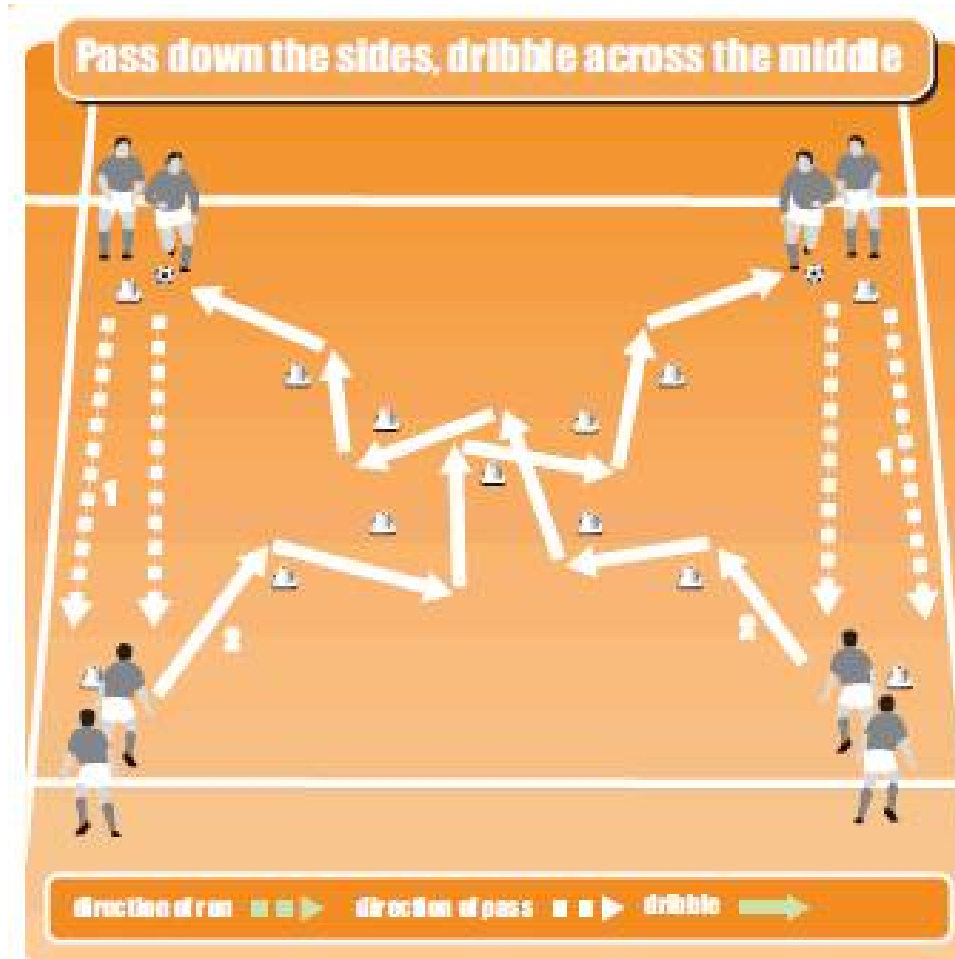


## Try an intricate warm-up to wake your players up

### Pass down the sides, dribble across the middle

Sometimes you turn up for a match and you look at your players and realise they haven't woken up yet! So set up this circuit which makes them have to think about what to do and gets their minds in gear for the match ahead.



### How to play it

- Your players have to work around the circuit.
- There will always be two balls in play simultaneously.
- To start, the player in possession passes down the side of the square and follows the ball.
- The receiving player then dribbles through the cones and diagonally across the square.
- The practice is repeated for a set period of time.