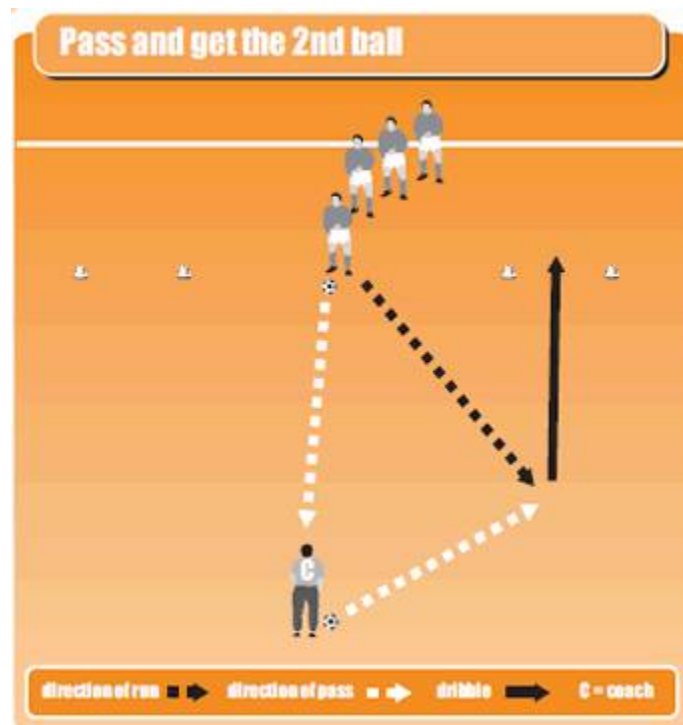


Pass and get the second ball

The warm up for the article above is very simple which in my opinion is often the best type of warm up so you can set up and get your players moving quickly.

This warm up encourages passing and receiving and is again simple to set up and play.

I use this on match days when my players have just arrived to get their brains and bodies into gear for the match – and you can wake them up by calling left or right so they are not just going in the opposite direction to the player who went before them.



How to play it

- Set up two gates to the right and left of a queue of players with a ball each.
- You should stand about 10 yards in front of the queue.
- Tell your players to pass the ball to you.
- Pass back to the right or left in front of one of the gates.
- Player must react and sprint to the ball and then turn to dribble through the gate as quickly as possible.