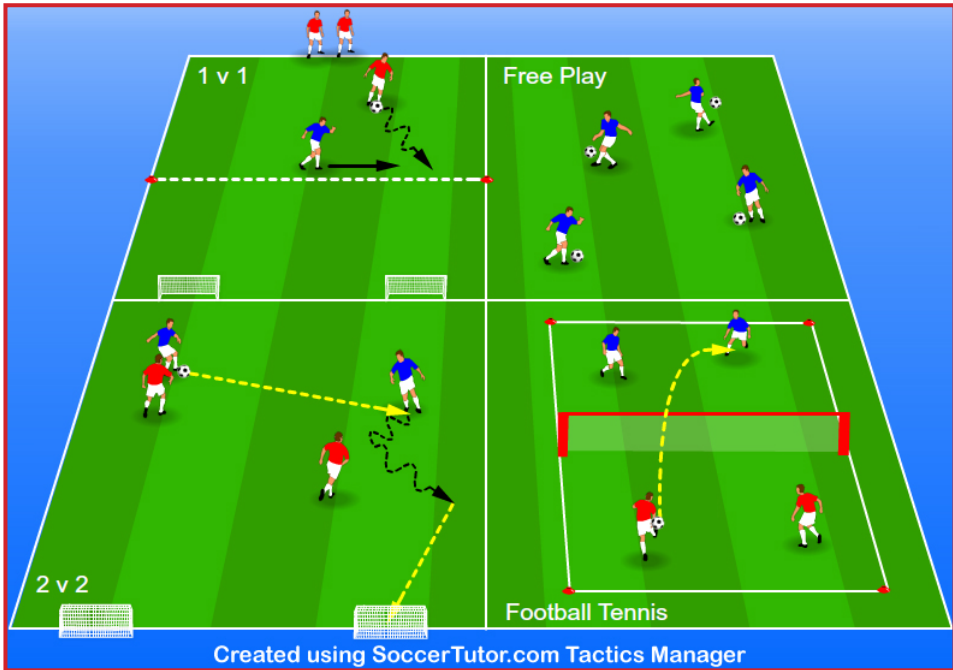


Technical/Tactical Circuit Warm-Up

20 min



Objective

For the players to warm up with free play or with technical aspects integrated into situations with competitive opposition. 5 minutes per section. Rotate players.

Description

Section 1 - Players aim to dribble the ball past their opponent in a 1 v 1 Duel.

Section 2 - Free play where players practice technical ground or juggling skills.

Section 3 - The players play 2 v 2, with both teams defending 2 mini goals.

Section 4 - We again have 2 v 2 as the players compete in a football tennis match.

Coaching Points

Section 1 - Get the players to try different moves/feints to beat the defender.

Section 2 - Coach can give specific juggling sequences or ground moves/feints.

Section 3 - Quick accurate passing and creating space key to scoring goals.

Section 4 - Play 1 bounce or no bounce depending on ability or age of players.

**THIS PRACTICE WAS TAKEN FROM
THE BOOK:**

Spanish Academy Soccer Coaching

120 Practices from the Coaches of Real Madrid, Atlético Madrid & Athletic Bilbao

Purchase the Book:

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Diagrams were created using www.SoccerTutor.com Tactics Manager Software

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