

Warm Up Activities



Alternative Warm Up Activities

Activity One:

How do you execute this activity?

- ▣ Player 1 commences the activity by running at an angle towards player 2. Player 2 is running at an angle also from cone two.
- ▣ Player 1 hand passes the ball to player 2 who receives the ball off the shoulder and while on the move. Player 1 continues their run to station two.
- ▣ Player 2 punt kicks the ball to player 3.
- ▣ Important Player 3 points to the direction of where they like ball to be kicked to. Player 2 continues run to station 3.
- ▣ Player 4 at station 4 waits until player 3 receives the ball and then times their run to receive the ball off the shoulder from Player 3. Important Player 4 loops around player 3. Player 3 retreats to station 4 when off loads ball to player 4.
- ▣ Player 4 kick passes the ball to player coming off the cone at station 5 at an angle. Important player on 5 points in the direction they would like to receive the ball. Player 4 continues run to station 5.
- ▣ Player 5 hand passes the ball to player 6 who receives the ball off the shoulder and while on the move. Player 5 continue run to station 6.
- ▣ Player 6 punt kicks the ball to player 7.
- ▣ Important Player 7 points in the direction of where they like ball to be kicked to. Player 6 continues run to station 7
- ▣ Player 8 at station 8 waits until player 7 receives the ball and then times their run to receive the ball off the shoulder from Player 7. Important Player 8 loops around player 7. Player 7 retreats to station 8 when off loads ball to player 8.
- ▣ Player 8 kick passes the ball to player coming off the cone at an angle at station 1 and sequence continues
- ▣ Increase footballs when required.

Import to note:

- ▣ Players run at angles
- ▣ Support runners time their runs and receive ball on the run
- ▣ Kickers deliver ball in space identified by receiver
- ▣ Players in centre 'loop' around player receiving the ball

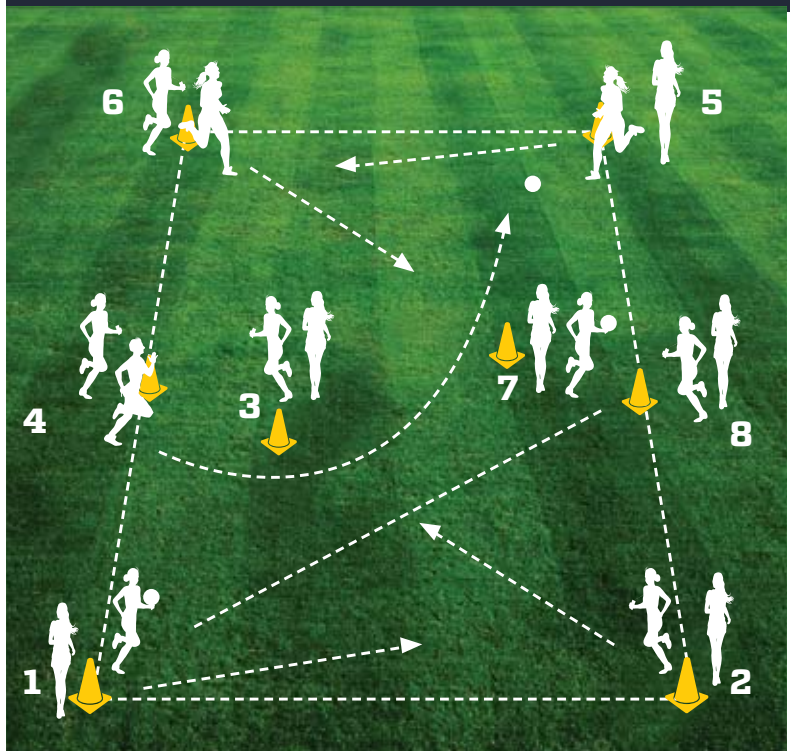


Activity One

What do I need to set up this activity?

- ▣ Cones to mark out the grids. The length of this drill is approx. 40m x 25m but this very much dependant on ability level of group you work with
- ▣ 2 Footballs are needed initially but will require more to challenge group
- ▣ Set up number of grids to suit number of players. 16 player's min per group.
- ▣ Whistle

What will activity layout look like?



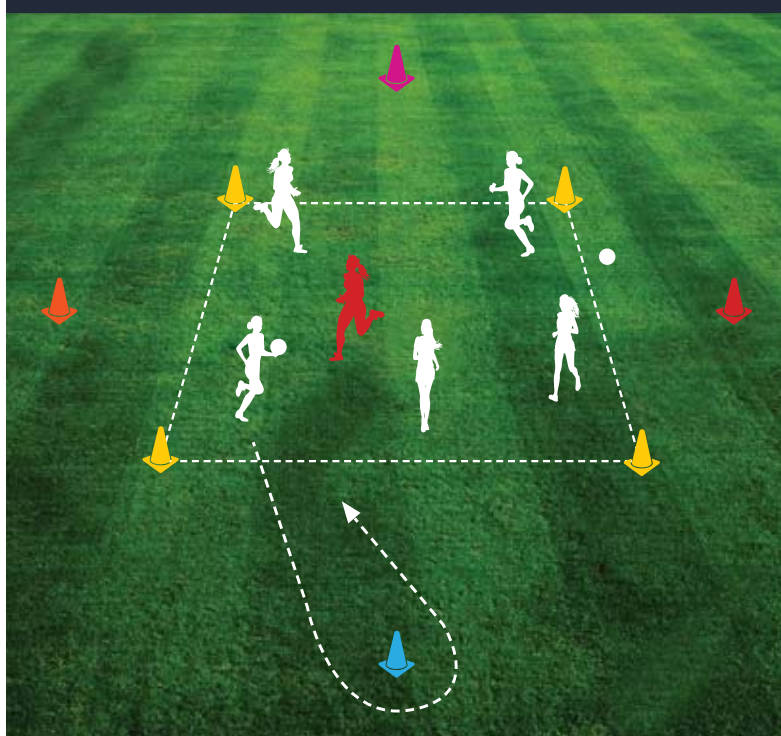


Activity Two

What do I need to set up this activity?

- ▣ Cones to mark out the grids. Grid dimensions are – 15 x 15 m box with cones distributed 5m out square as shown in diagram.
- ▣ 1 Football is required
- ▣ 1 bib per box
- ▣ Set up number of grids to suit number of players – min. 6 per box
- ▣ Whistle

What will activity layout look like?



Activity Two:

How do you execute this activity?

- ▣ Divide group into even numbers i.e. groups of 6. Set up adequate number of grids based on same.
- ▣ Give one player in each grid a bib. This player becomes the 'tackler' for this exercise. In essence it will be 5v1.
- ▣ The object of the game is for the players to move the ball through the hand to a team mate within the small square and try keep it away from the tackler.
- ▣ When a player executes a hand pass they must sprint around one of the outside cones before re-entering the grid.
- ▣ Time activity to ensure effort is high – between 12 and 16 seconds is sufficient
- ▣ Once time is up, change the tackler and repeat. Give sufficient rest between activities to keep effort high.
- ▣ Activity is completed when all players become 'tacklers'

Import to note:

- ▣ Players move at angles within the square to create space and stretch the play and limit tackler to dispossess ball
- ▣ When players hand pass the ball it is important they run to an outside cone furthest away to eliminate players just makes short runs

