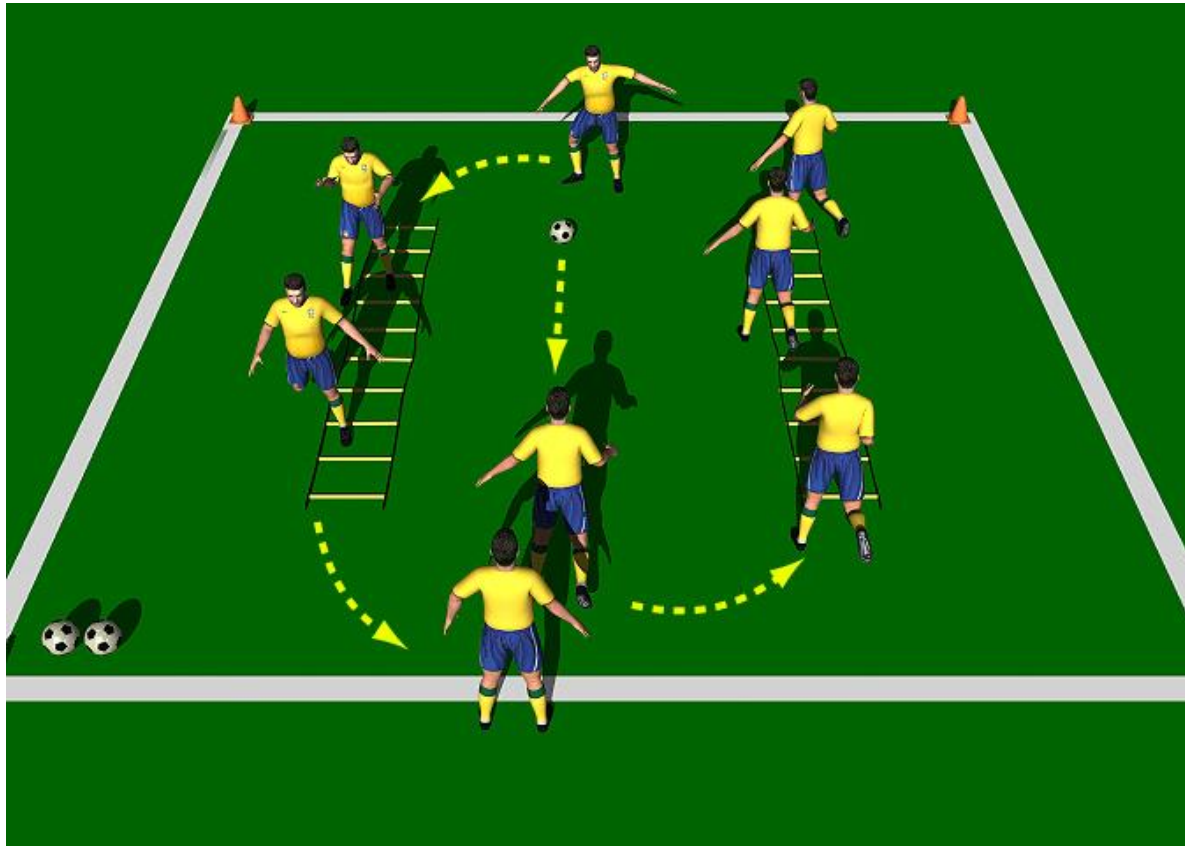


Ladder and Ball Warm Up



Exercise Objectives:

This warm up is designed to incorporate both technical and agility work by using both balls and ladders.

Coaching Pointers:

Players rotate in a circular manner between the agility exercises and ball work (see diagram above). Make sure the tempo is high and focus on quality technique:

Ball Work Exercises

- ★ Run with the ball to the opposite side
- ★ Run with the ball to the opposite side and execute a dribbling move at halfway
- ★ Play 3 touch passing
- ★ Play 2 touch passing
- ★ Play 1 touch passing

Agility Ladder Exercises

- ★ In-Out Drill
- ★ Slalom
- ★ Side to Side
- ★ Bunny Hops
- ★ One Leg Hop
- ★ Run Through
- ★ Hopscotch

[Video samples of Agility Ladder Exercises can be found at this link.](#)

Field Preparation:

Entire Group
2 Agility Ladders
Supply of Balls