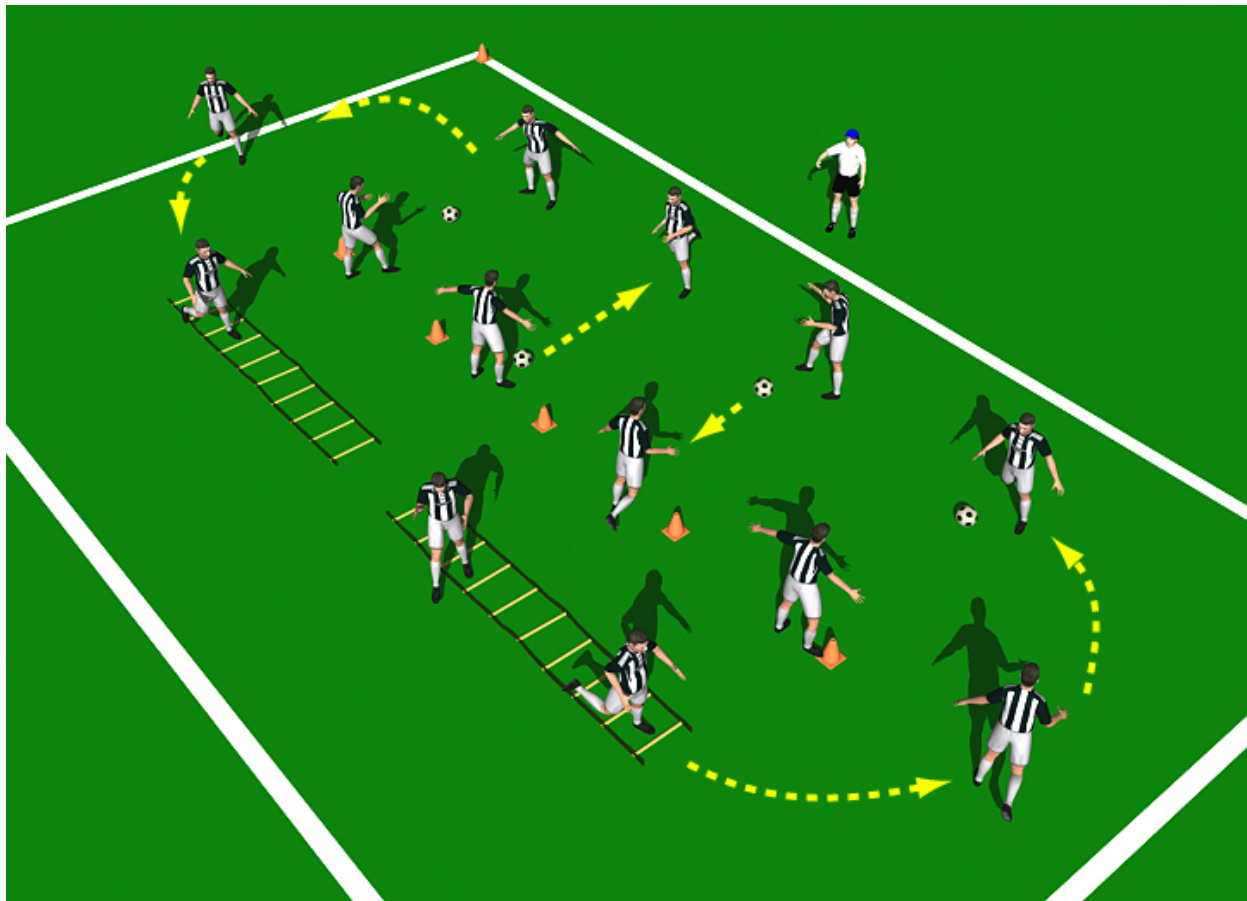


## Skill and Agility Warm Up



### Exercise Objectives:

This warm up is designed to incorporate both skill 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

- ★ Pass the ball back using “one touch”
- ★ Volley the ball back. Good arm movement. Rhythmic!
- ★ Control ball with thigh and volley back using opposite foot.
- ★ Control ball with thigh and volley back using same foot.
- ★ Jump to control ball with chest and volley back.
- ★ Run forward, touch ball with hand, run backwards and head the ball (feet off the ground).
- ★ Head the ball (feet off the ground) greater distance. Jump on the spot.

### 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
- ☆ Area 20 yards x 20 Yards
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Agility Ladders