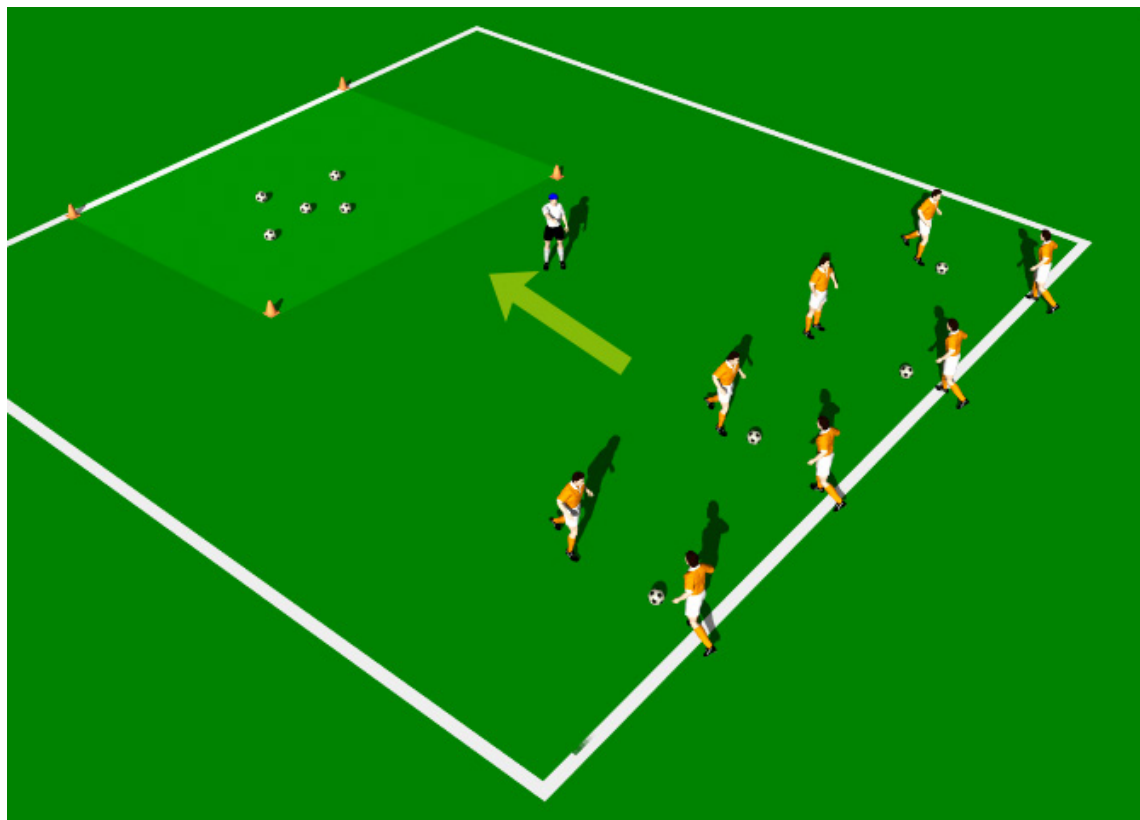


Celtic Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

Coaching Points:

Divide your group into pairs, one ball per pair. Set up a square proximately 15x15 yards. The group will alternate between ball work and dynamic stretching. The transition must be high paced.

Working in pairs:

1. Speed Passing (1-2 yards apart).
2. Accelerate to opposite end and repeat Speed Passing.
3. High Kicks to opposite end and back, repeat Speed Passing.
4. Side Skips to opposite end and back, repeat Speed Passing.
5. Backwards Skips to opposite end and back, repeat Speed Passing.
6. Groin stretch "open the gate" to opposite side.
7. Groin stretch "close the gate" back.
8. Longer Speed Passing (10 yards apart).
9. Jog to big square.
10. Zig Zag Forwards in between cones.

Working in a group:

1. Head Catch Game, 2 directional.
2. Volley, Catch Game, 2 directional.