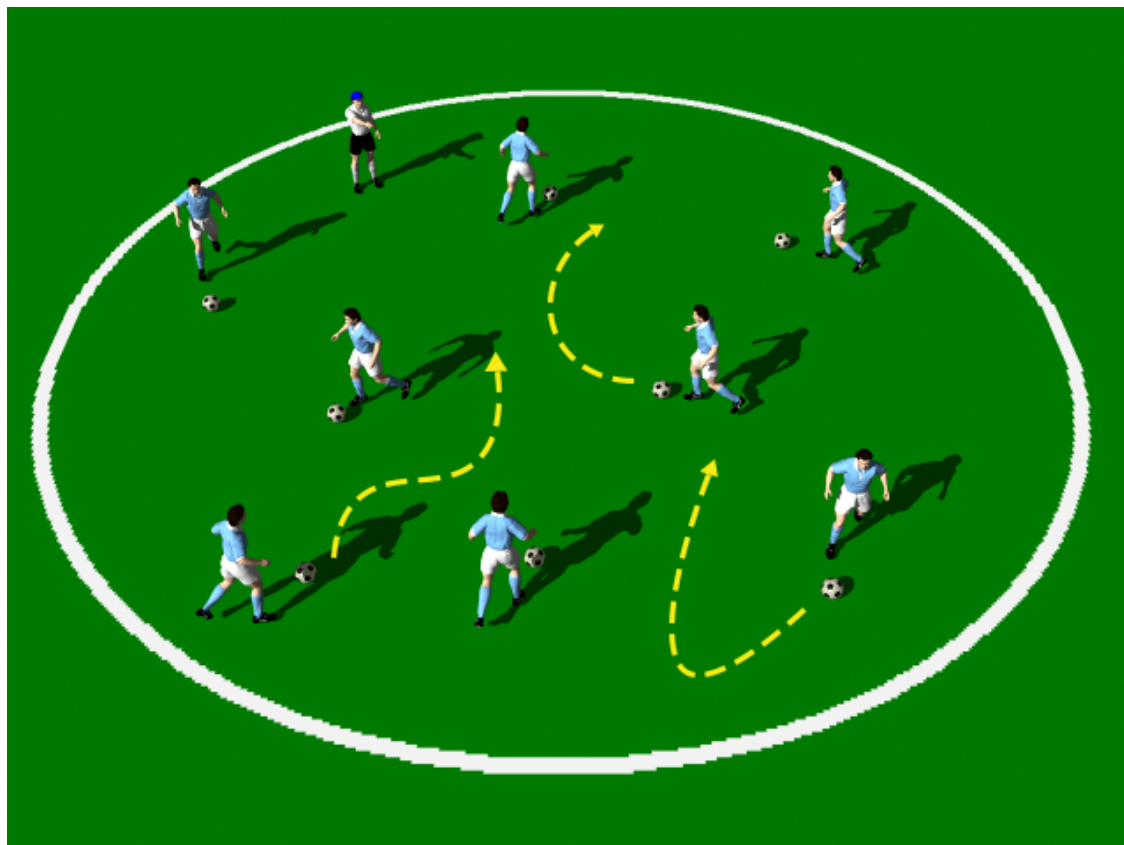


## Center Circle Warm Up



### **Exercise Objectives:**

The Center Circle warm up includes ball work and dynamic stretching.

### **Coaching Pointers:**

Place your entire group in the center circle. Each player has a ball.

### **The warm up is conducted in the following sequence:**

- Dribble the ball around the circle using different foot surfaces.
- On the coach's whistle, players "spin" on the ball.
- Hold the ball while moving around the circle and perform trunk twists.
- Hold the ball while moving around the circle and perform high kicks.
- Hold the ball while moving around touch the ball with the knees.
- Ball on the ground, players jog then do two taps on the ball.
- Players perform fun heading and volley game.
- Players perform pass and flick game.