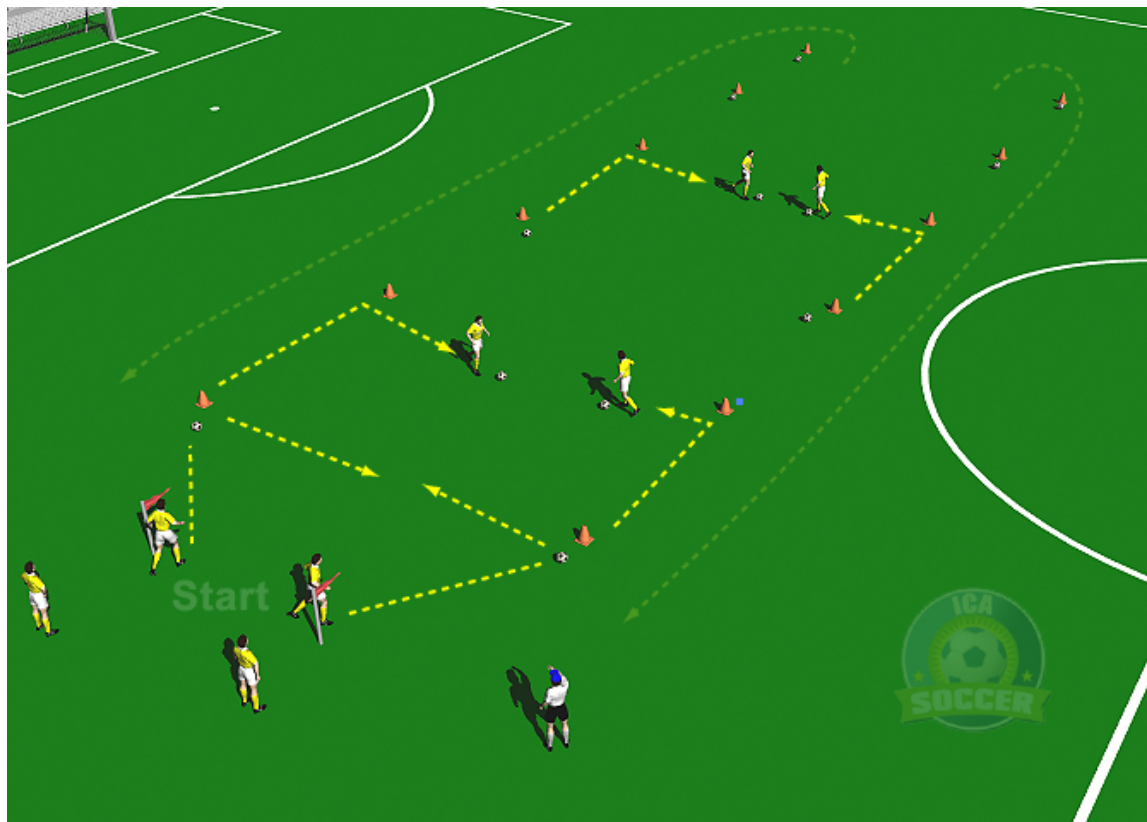


Holland Ball Warm Up



Exercise Objectives:

This is a great alternative to warm up your players using a ball. A variety of dribbling maneuvers, feints and change of direction is involved in this warm up. Jogging and dynamic stretching can easily be incorporated with a little imagination.

Field Preparation

- Entire team
- Area 30 yards x 50 Yards
- Cones
- Supply of Balls (a ball is placed at every cone.)

Coaching Pointers:

Players are divided into pairs. Pairs in turn, perform the following exercises; (it is vital to leave the ball "dead" at the cone for the next pair).

- 2 players run to first cones, collect a ball each, **dribble ball to opposite cone**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.
- 2 players run to first cones, collect a ball each, **dribble directly to your partner, perform a scissors move**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.

- 2 players run to first cones, collect a ball each, ***dribble directly to your partner, perform a "spin out" move or "Maradona spin" move***, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.
- 2 players run to first cones, collect a ball each, ***perform a half turn***, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.
- 2 players run to first cones, collect a ball each, ***dribble ball around cone in a tight circle***, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.