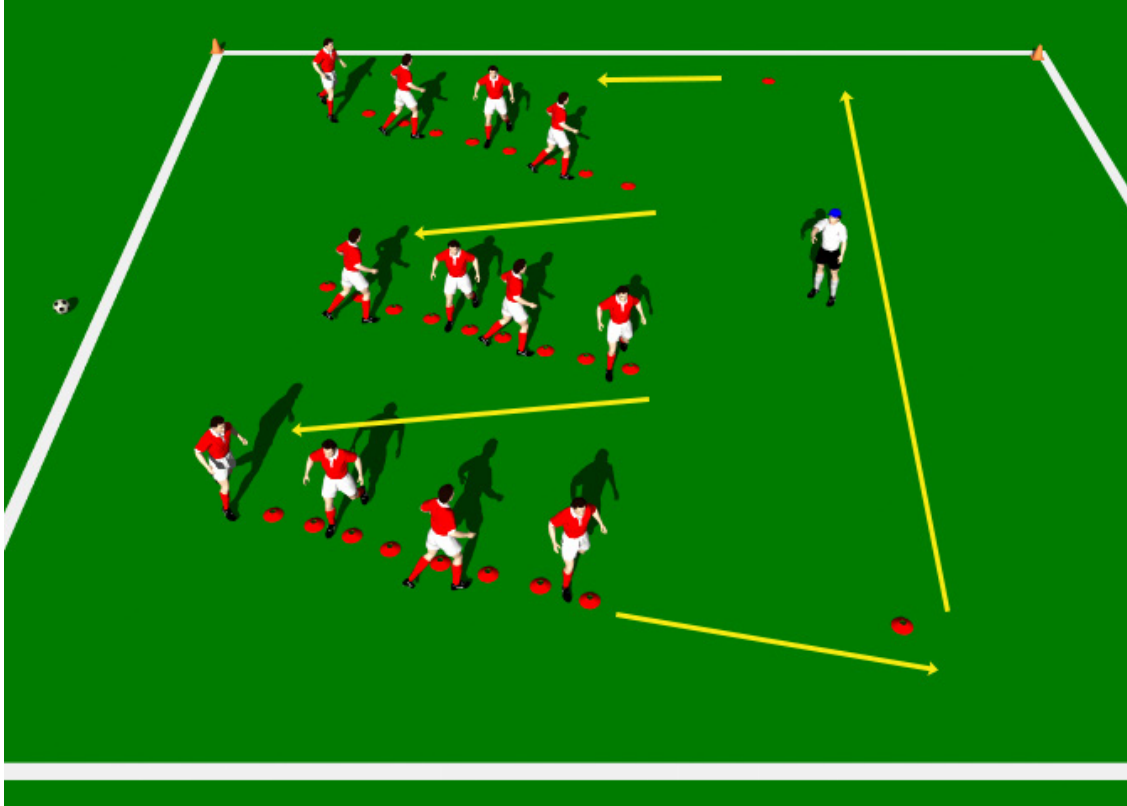


Italian Warm Up



Objective of the Practice:

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

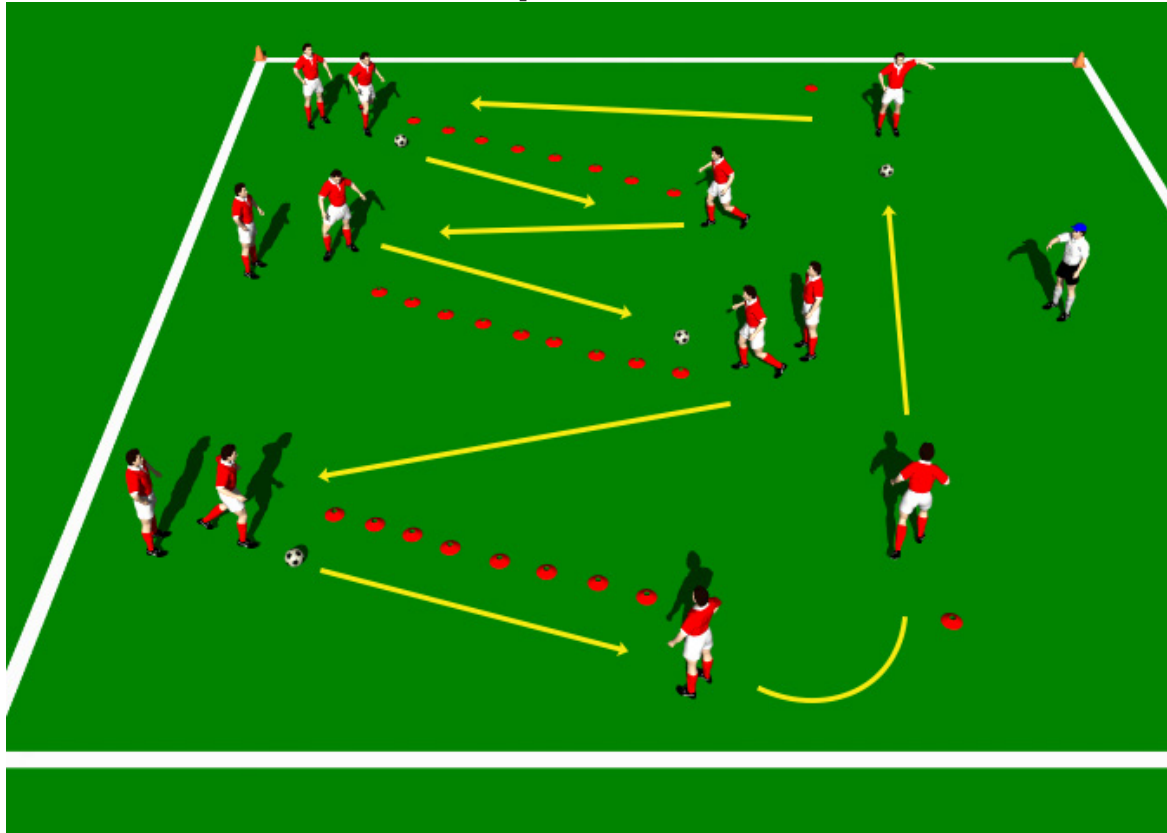
Coaching Points:

Divide your group into pairs, one ball per pair. Set up 5 cones for each pair. The group will perform stretches and ball work in-between their cones and alternate every few minutes between both. The transition must be high paced.

Dynamic Stretches:

1. Jog slowly in between cones.
2. Zig Zag Forwards in between cones.
3. Rainbows over cones.
4. Forward and Backwards in between cones. Side on position.
5. Bunny Hops over cones.
6. Zig Zag backwards in between cones.

Italian Warm Up



Ball Work in between cones:

1. Run with the ball to opposite player.
2. Run with the ball to opposite player. Limit to three touches.
3. Two touch passing.
4. One touch passing whenever possible.

Field Preparation:

Area 20 yards x 20 yards, Large supply of Cones, Balls.