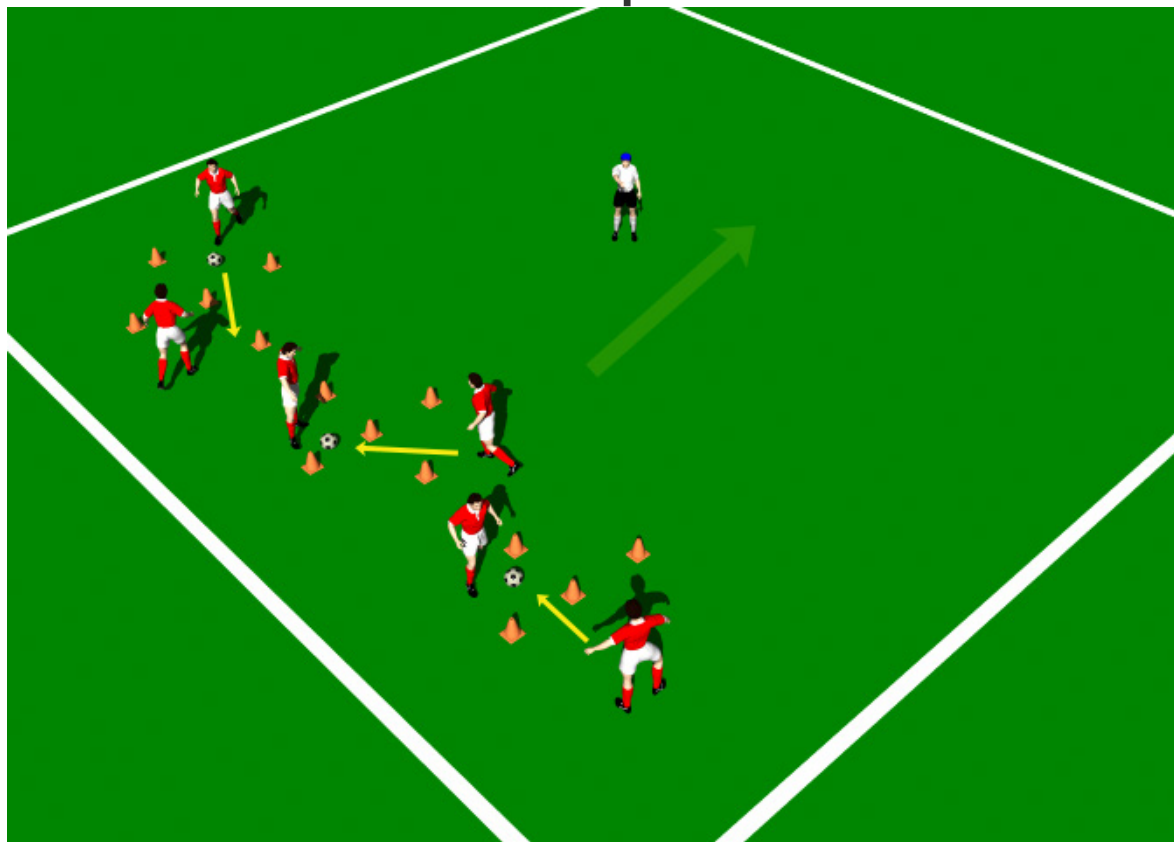


Juventus Warm Up



Objective of the Practice:

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

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. Zig Zag Backwards in between cones.
4. Side step forward and backwards in between cones.
5. Bunny Hops over cones.
6. Players jog 20 yards and perform High Kicks.
7. Players increase pace in sprints.
8. Groin stretch inside (close the gate).
9. Groin stretch outside (open the gate).
10. Cariocas.

Ball Work in between cones:

1. Players dribble in and out of cones.
2. Players pass in between the cones.

Field Preparation:

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