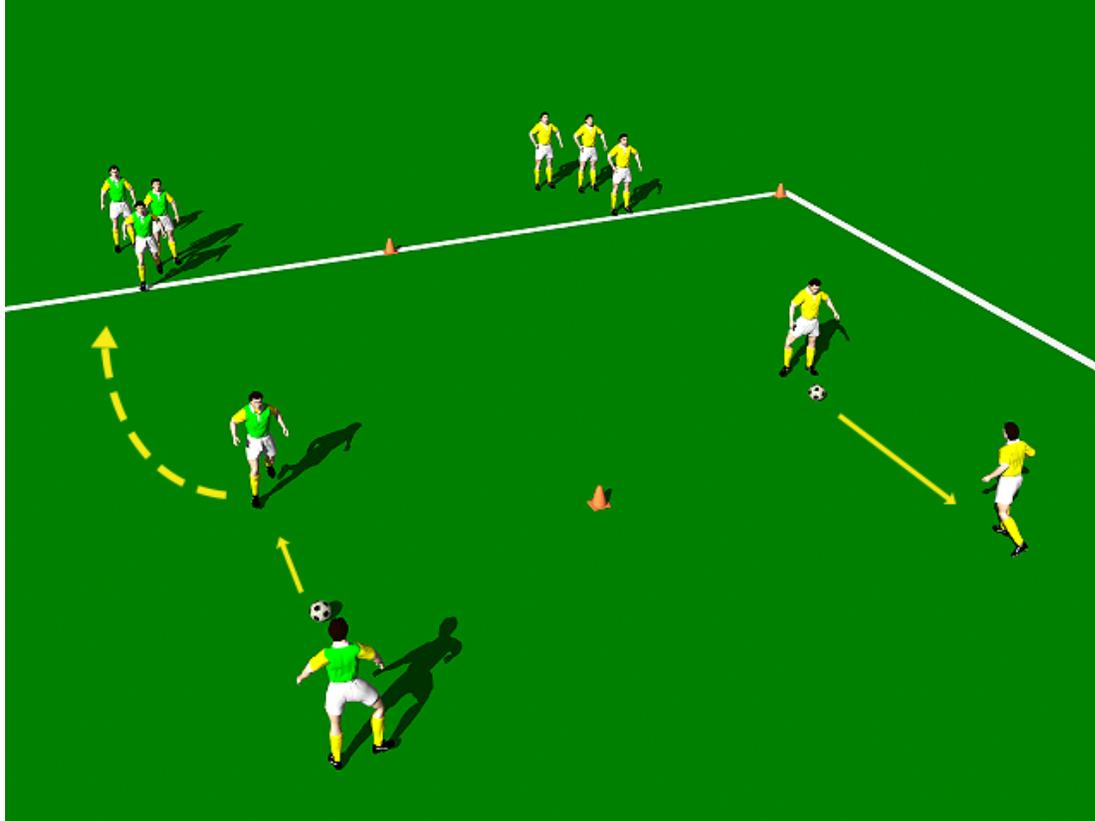


Relay Warm Up Games



Objective of the Practice:

This relay warm up is a fun variation to your practice session, no matter what age group.

Coaching Points:

Divide your player into small groups. Each group has their own lane to perform the exercise. One server in each group is placed approximately 10 yards away. Each server has a ball.

Relay Sequence:

1. The players take turns receiving the ball from the server, playing a return pass and sprinting back to the end of their group. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the servers' feet. The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.
2. Same as the above drill but now player have to "**Volley**" the ball back to the server.
3. Same as the above drill but now player have to "**Head**" the ball back to the server.
4. Two players run towards the server, the receiving player must pass the ball to their partner, then their partner passes to the server. "**Double Pass**".
5. Two players run towards the server, the receiving player must "**Volley**" the ball to their partner, then their partner must "**Volley**" to the server.
6. Two players run towards the server, the receiving player must "**Head**" the ball to their partner, then their partner must "**Head**" to the server.
7. Finish with a "Piggy Back" Race.