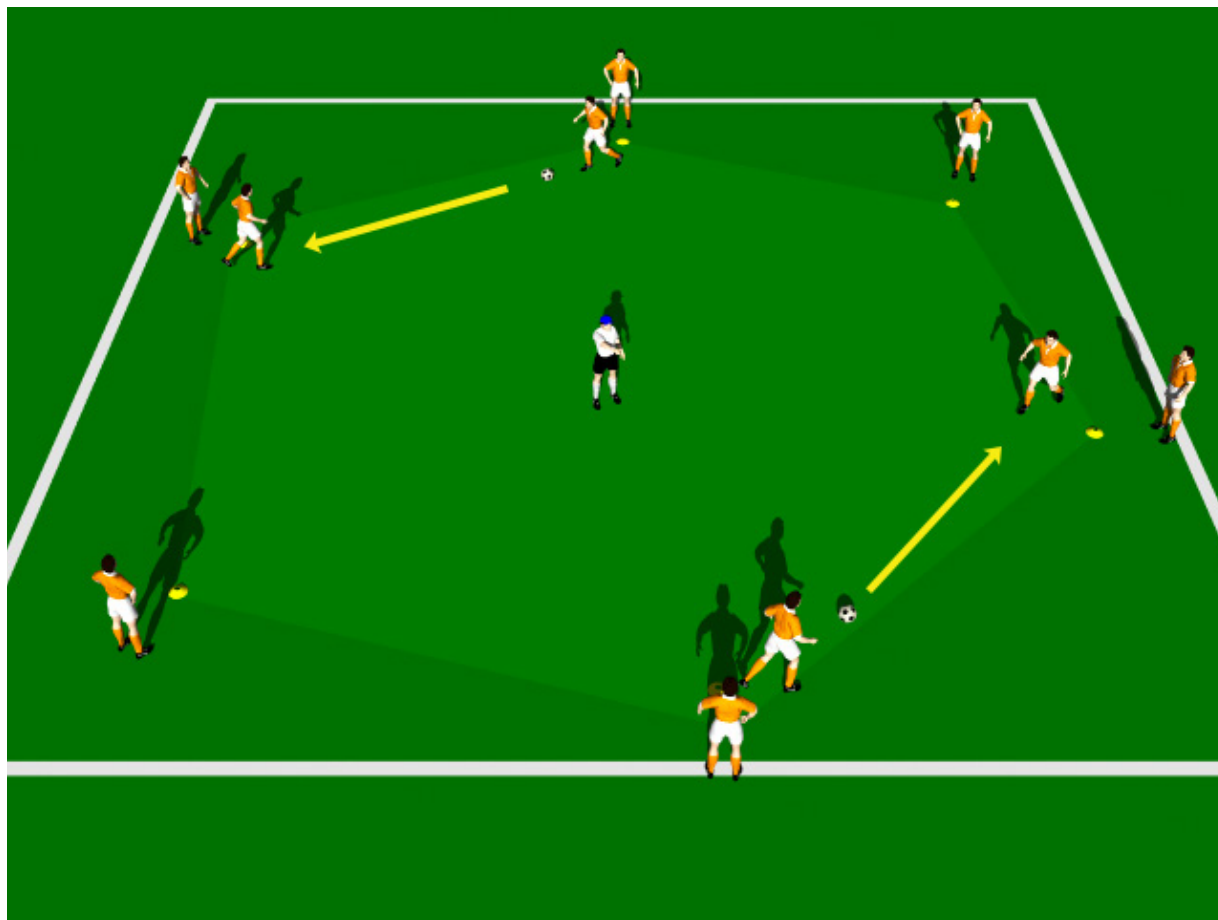


## Rotating Warm Up



### **Objective of the Practice:**

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

### **Coaching Points:**

The entire group is split up evenly at each cone. The group will alternate between ball work and dynamic stretching. The transition must be high paced.

### **Warm Up Sequence:**

1. Player dribbles the ball to the next cone.
2. Player has three touches and passes to player at next cone.
3. Player has two touches and passes to player at next cone.
4. Players perform High Kick stretches.
5. Players perform Hamstring stretches.
6. Players perform Groin stretches.
7. Players perform Sprints to cones.
8. Players perform Forward Zig Zags.
9. Players perform Pass, Set, Pass.