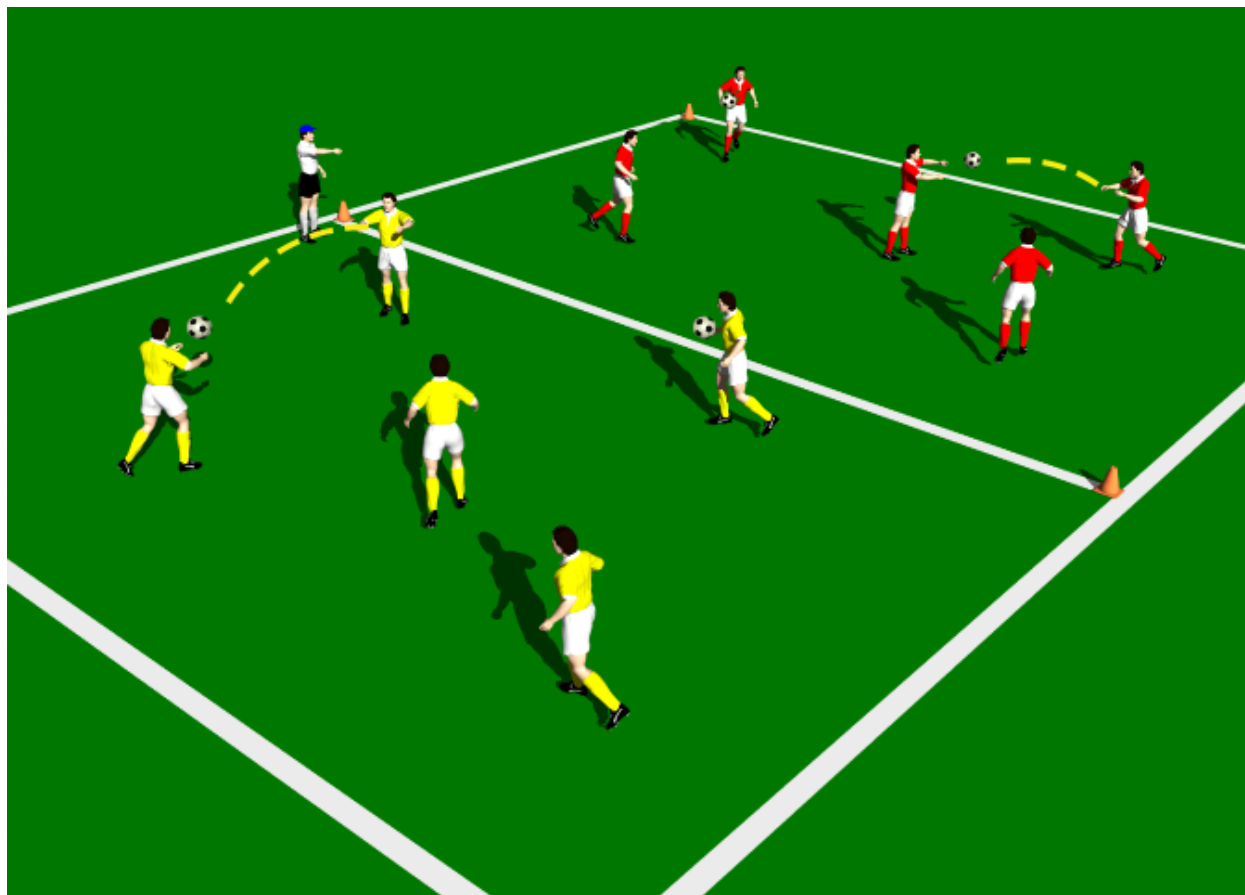


## Two Box Warm Up



### **Exercise Objectives:**

The Two Box warm up is a fun activity for all age groups that promotes teamwork and quick thinking.

### **Coaching Pointers:**

Divide your players into two groups. Place a group in each square (as in the diagram above).

### **The warm up performed in the following sequence:**

- Players begin the warm up by throwing the ball to each other while moving around their square. Use two balls.
- On the coach's whistle, players change squares quickly.
- Players perform High Kicks.
- Player move around square serving a ball for the other player to volley back to a different player.
- Players perform Groin stretches.
- Players pass the ball around the square using "one touch". On the coach's whistle the players change square quickly.
- Players perform Calf stretches.
- Players pass the ball around the square. On the coach's whistle the players change square quickly and must get ten passes. First team to complete ten passes wins.
- Players dribble ball and lay it off to team mate.