

Team Warm Up

Set up 6 pairs of cones, 5m apart (see below). Leave 5m between lines

Stand in 2 equal lines. 1 player from each line complete the exercises at the same time.

1. **Run throughs.** Jog from the first cone to the last cone at 50%. Jog back at 70%. Repeat.
2. **Open Gates.** Jog to first cone. Complete 1 open gate on each leg. Jog to the next cone and repeat to the end of the cones. Jog back and repeat.
3. **Closed Gates.** As above. Repeat.
4. **Running circling partner.** Both players jog to first cone. Side step towards each other, circling around their partner before side stepping back to the first cone. Jog forwards to the second cone and repeat. Swap lines on the second run through.
5. **Running with shoulder contact.** As above, without circling. Side step towards your partner, lightly bump shoulders then side step back to the cone. Swap lines on second run through.
6. **Forwards and back.** Using small quick steps, run forwards 2 cones, backwards 1 and repeat to the end of the cones. Repeat.
7. **Skipping.** Skipping with exaggerated arm swing to the end cone. Jog back. Repeat.
8. **Diagonal running.** Run to the first cone then quickly change direction towards the second. Repeat, zig-zagging back and forth. Jog back. Repeat.
9. **Long run.** Run across the pitch at 70-80%. Repeat.

Complete ball drills and remainder of team warm up.

