

Alternative Warm Up

Setup

- Area: 25m x 25m square
- Every player has a ball
- All players inside the grid

How It Works

Phase 1 – Free Dribble (1 Minute)

Players dribble freely inside the grid.

Phase 2 – Command Sequence (7 Minutes Total)

Coach calls an exercise for 45 seconds followed by 15 seconds free dribble reset.

- Toe taps – 45 sec → 15 sec dribble
- Sole taps – 45 sec → 15 sec dribble
- Outside foot touches – 45 sec → 15 sec dribble
- Inside foot touches – 45 sec → 15 sec dribble
- Drag backs – 45 sec → 15 sec dribble
- Weak foot only dribbling – 45 sec → 15 sec dribble
- Creative skill freedom – 45 sec → 15 sec dribble

Phase 3 – Reaction Finish (2 Minutes)

Coach randomly calls: Fast, Stop, Slow, Change direction, Turn.

Coaching Cues

- Small touches
- Use different surfaces
- Stay balanced
- Head up
- Explode after move

- Keep the ball close