

PRE-GAME PREP FOR INTERMEDIATE PLAYERS

WARM UP 1

FAST FEET

- Tag – freeze with legs apart → freeze with hand on ankles

DYNAMICS

- 5 yarders (agility) – Go Arounds → FW & BW → Inside Spins → Lateral Shuffles → Short Shuffle & Touch
- Roger Spry's (1-2-3-tech) toe taps → side volleys → knee backs → chest/volley → outside volley
- Fast Feet Inside passes → Fast feet Volleys → Jump Headers

TECHNICALS

- 4 v 2 keep-a-way (10x10) – multi-touch → 2-touch
- 3's – long passing – on ground → in air

WARM UP 2

FAST FEET

- Dribbling (20x20) on won → remove 4 balls – players must verbalize to do Interplays – takeovers – wall passes – overlaps – diagonal runs
- Dribbling “call outs” – foot on → jump overs → scissors → stopovers → push ups → right foot only → left foot only → turns (specify).

DYNAMICS

- Warmers – FW skips + BW arms circles → BW skips + W arm circles
- High knees (over side cones) + sprint 10 yards (use arms) → laterals left → lateral right → go-backs
- Slalom runs (6 cones) Fw → BW + sprint at end (10 yds).
- Fast Feet Inside passes → Fast feet Volleys → Jump Headers
- Combo 1 – Right hand down + Left hand down + Jump Header
- Combo 2 – Squat Jump header x 3 + sprint
- Combo 3 – Double Foot jumps x 5 + sprint x 5 steps
- Combo 4 – Fast Feet on Spot x 6 + FW x 6 → Same but BW → same but Lateral Left → Lateral Right

TECHNICALS

- 3's Self-serve volleys → headers → Partner-serve volleys → headers → Names
- Fast Dribble & Stop (3's) – instep only (knee up/toe down) – MUST be quick (game pace)
- 3's – long-short-longs passing across field

WARM UP 3

FAST FEET

- Fox & Rabbits (in 20 yard circle)
- Line Passing (5 yds) 2-touch → 1-touch → takeovers

DYNAMICS

- High Knee Hugs (1-2-3) FW → BW

- Heels Walks FW → BW
- Toe Walks FW → BW
- Adductors – knee up & out FW → BW
- Abductors – knee up & over midline FW → BW
- Single Leg Drives Right → Left
- FAST High Knee Skips FW → BW → Lateral Left → Lateral Right
- Skaters FW → BW → Double Skaters FW → BW
- Hip Switches FW → BW
- Backpedals → Back Runs
- Triple Jockey Backs Right & Left
- Triple Runs – FW + BW + FW → BW + FW + BW
- Inch Worm + Jog → Spidermans (elbows to ankles) + Jog
- Tapiocas FW → BW
- Fast Feet Inside passes → Fast feet Volleys → Jump Headers

TECHNICALS

- 4's – receive with turn (20 yds)
- Triple Zone game (10 -5-10) in 3's – 3v1 + 3v1 + 1 resting

NOTE

- These are the “ingredients” you can bake your own PIE
- Stretching is often overdone – focus more on agility
(mobility/stability/speed) + coordination + game speed.

