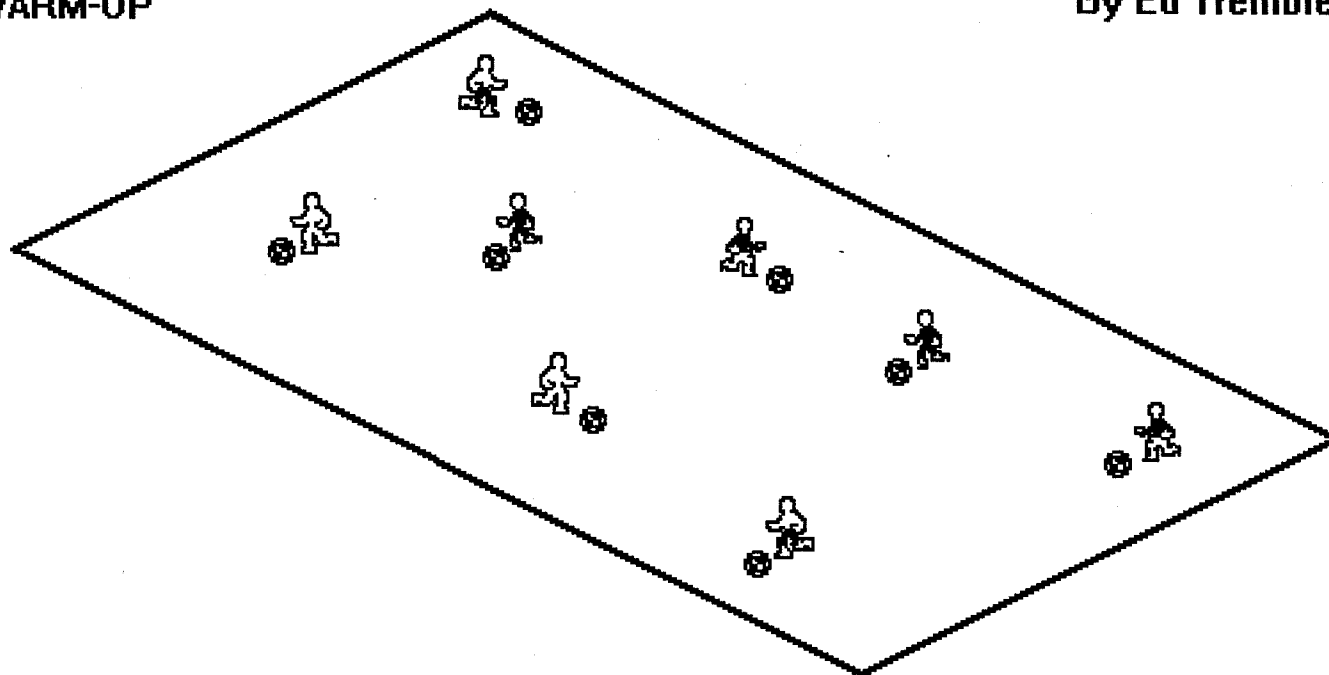


WARM-UP

By Ed Tremble



A SKILL , A TACTIC AND THE GAME

WARM UP: all players with a ball.

* Players dribble in open space, encourage creative movements.

* Introduce dribbling moves.

1. QUICK FEET : knees bent, soft fast touches between feet, eyes up, perform on the move.

2. HESITATION : hop onto plant foot (foot nearest defender) , other foot lifted over top of ball, then placed back behind the ball.

3. CHOP BACK : step with plant foot (foot nearest defender) in advance of the ball, with other foot contact the ball with inside of foot, push ball behind plant foot, turn hips in direction of the ball, rapid change of speed and direction.

4. Progress to working in 2's.