



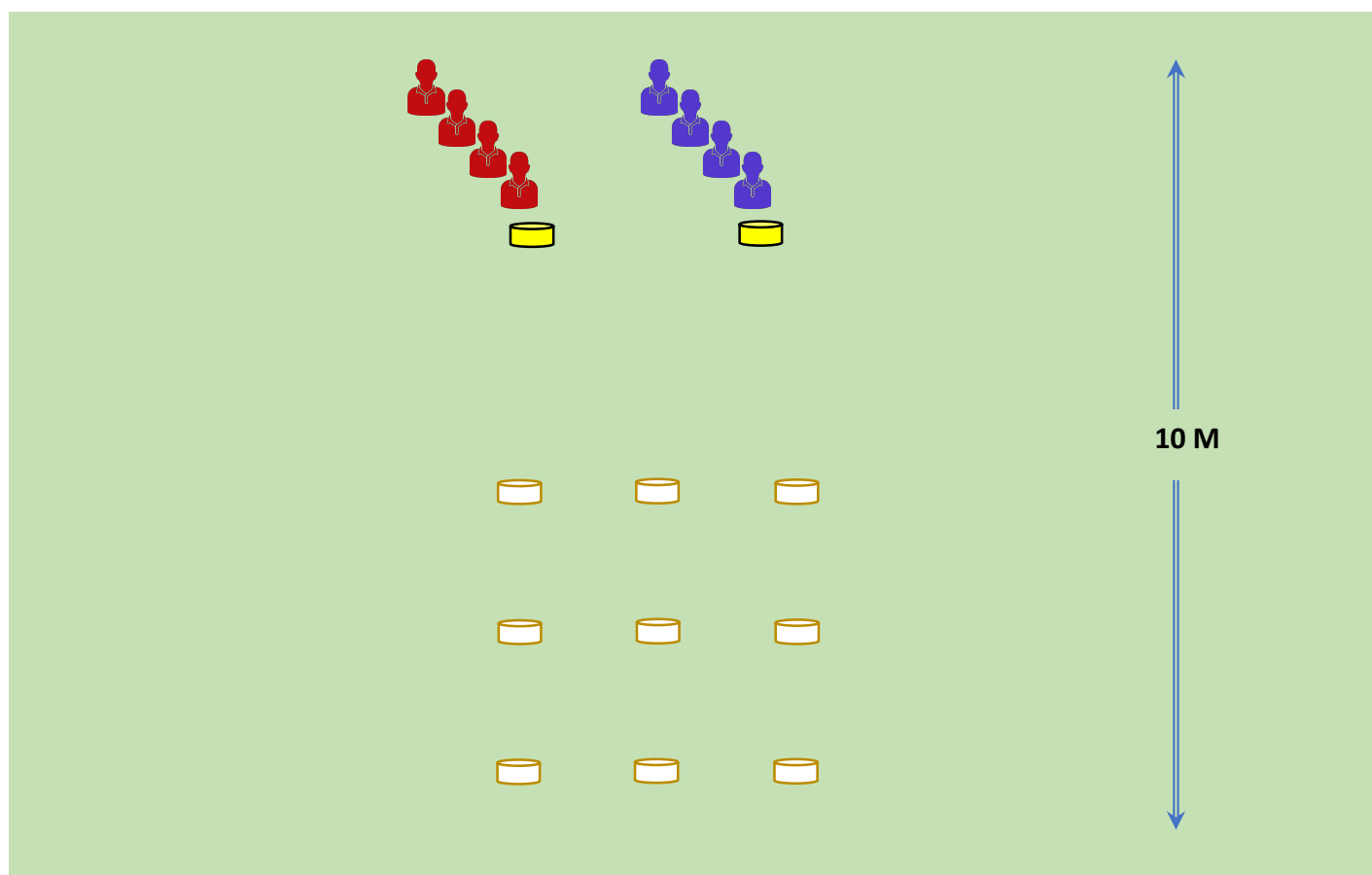
Leadership Warm-Up Drills

One aspect of the leadership badge is about improving team communication, one way we want to try and encourage this is through the players taking control of a warm up with the support of the coach. (10 Mins Max)

Attached are a collection of drills the player can practice, then run for their team.



1. Tic-Tac-Toe (Noughts and Crosses)

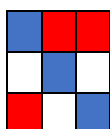


Setup

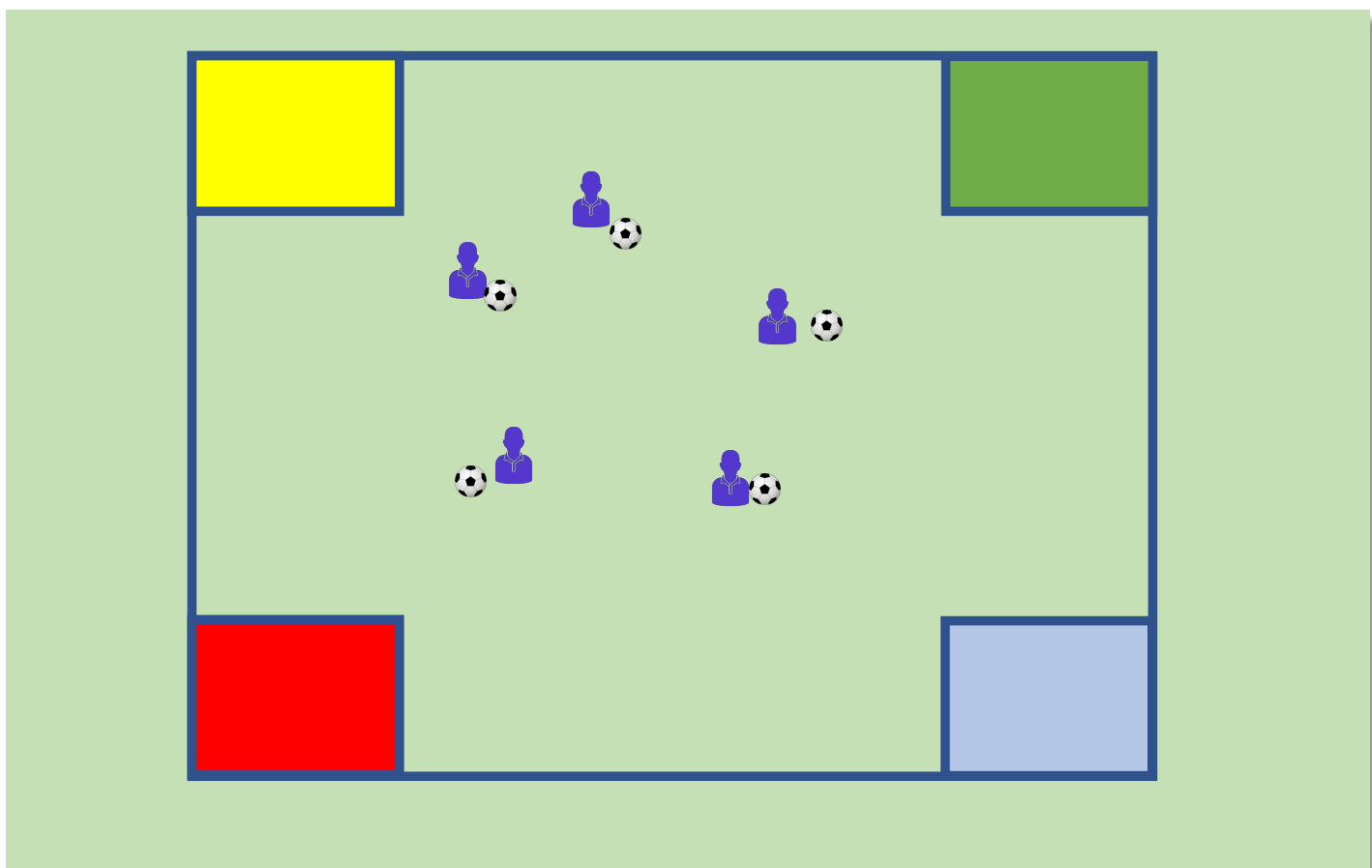
9 White cones in a **3x3 grid** – **3 Blue Bibs** and **3 Red Bibs** – Two teams lined up **10 m** away from the grid.

Objective

To start each team sprint with a bib in hand and places it on an empty cone then tag a team mate, the next player does the same. To win the team needs to build a line of the 3 same colours, each team only has 3 bibs so when they have run out players need to move their bibs to a spare place on the board. See as below in this game **blue team** wins. **Tip** -Help your team members out with good communication.



2. Last Man Standing – Corners / Stadiums



Setup

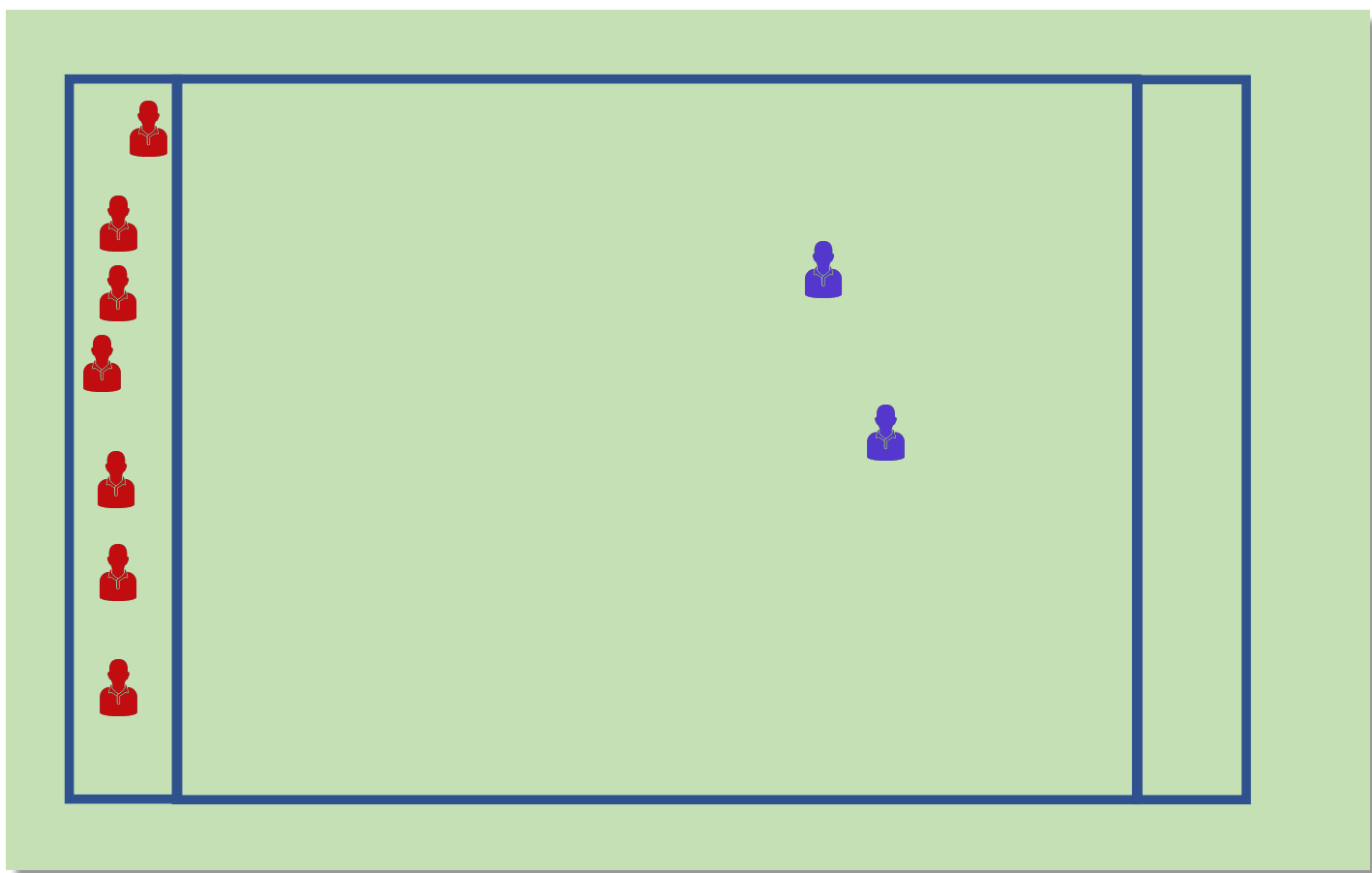
Setup a square box and then mark out 4 corners with different colours, you can do this with cones and bibs also.

Objective

The leader will shout instructions on what skills the players should be performing, it could be to practice dribbling with different toe taps.

The leader will then shout a corner that all the players should move towards, that last man to arrive in the zone is eliminated. The player must have control of the ball when dribbling.

3. Bulldogs



Setup

Setup a pitch as above, the dimensions can be adjusted to make it easier/harder.

Players can use 1 or 2 bibs as targets for the catchers.

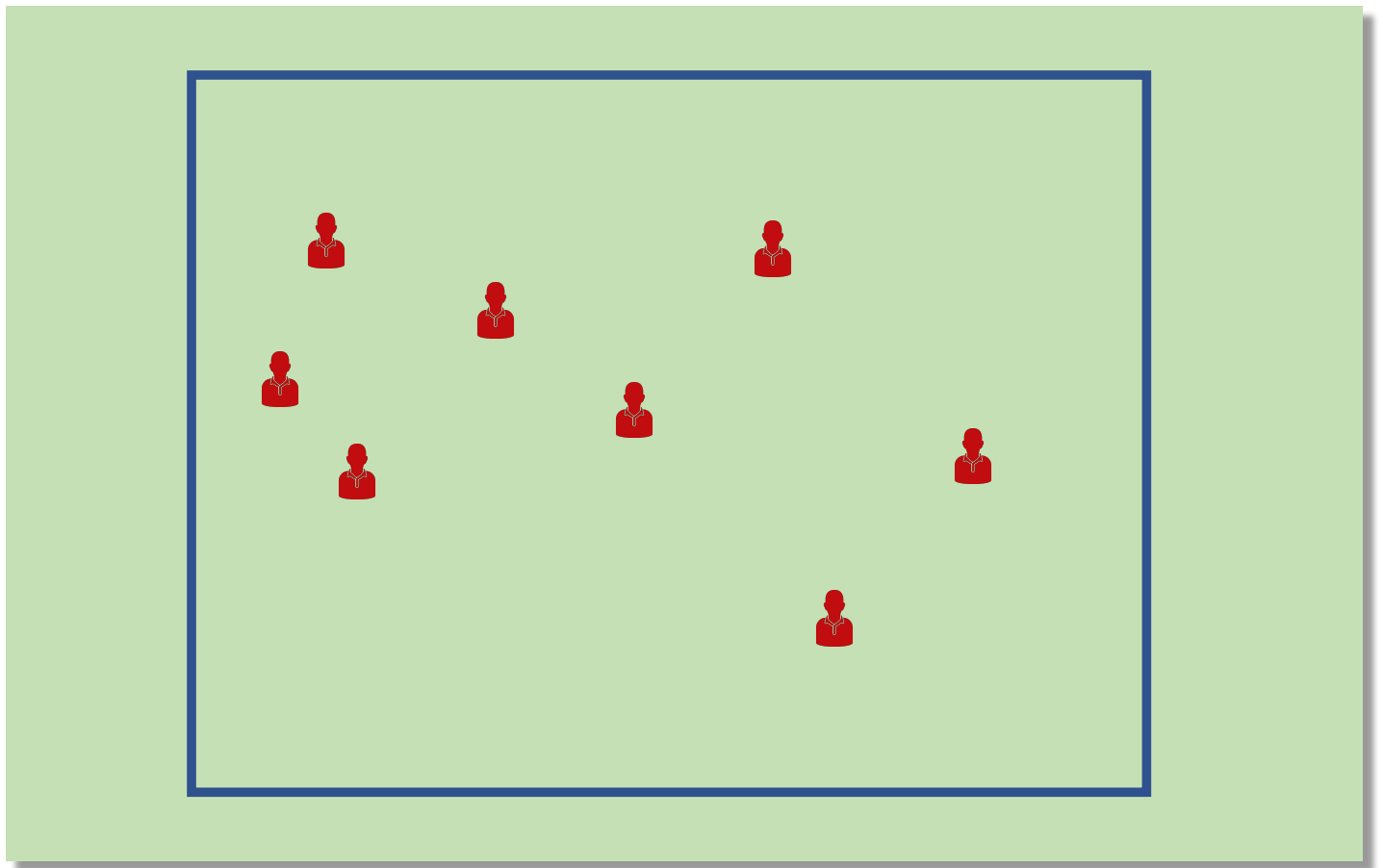
Objective

Players must make their way across the pitch to the end zone protecting their bibs, players should be encouraged to change direction and body shape to protect their bibs.

Progressions

Players can be asked to get to the other end of the pitch with different movements, sprinting, running backwards, hopping, sideways.

4. Simon Says – Traffic Lights



Setup

Setup a square for the players to move around in, can be without a ball initially then adding a ball later.

The leader will be stood on the outside to shout instructions, they can also use a traffic light to improve players having to observe.

GREEN = GO FASTER

AMBER = CHANGE DIRECTION

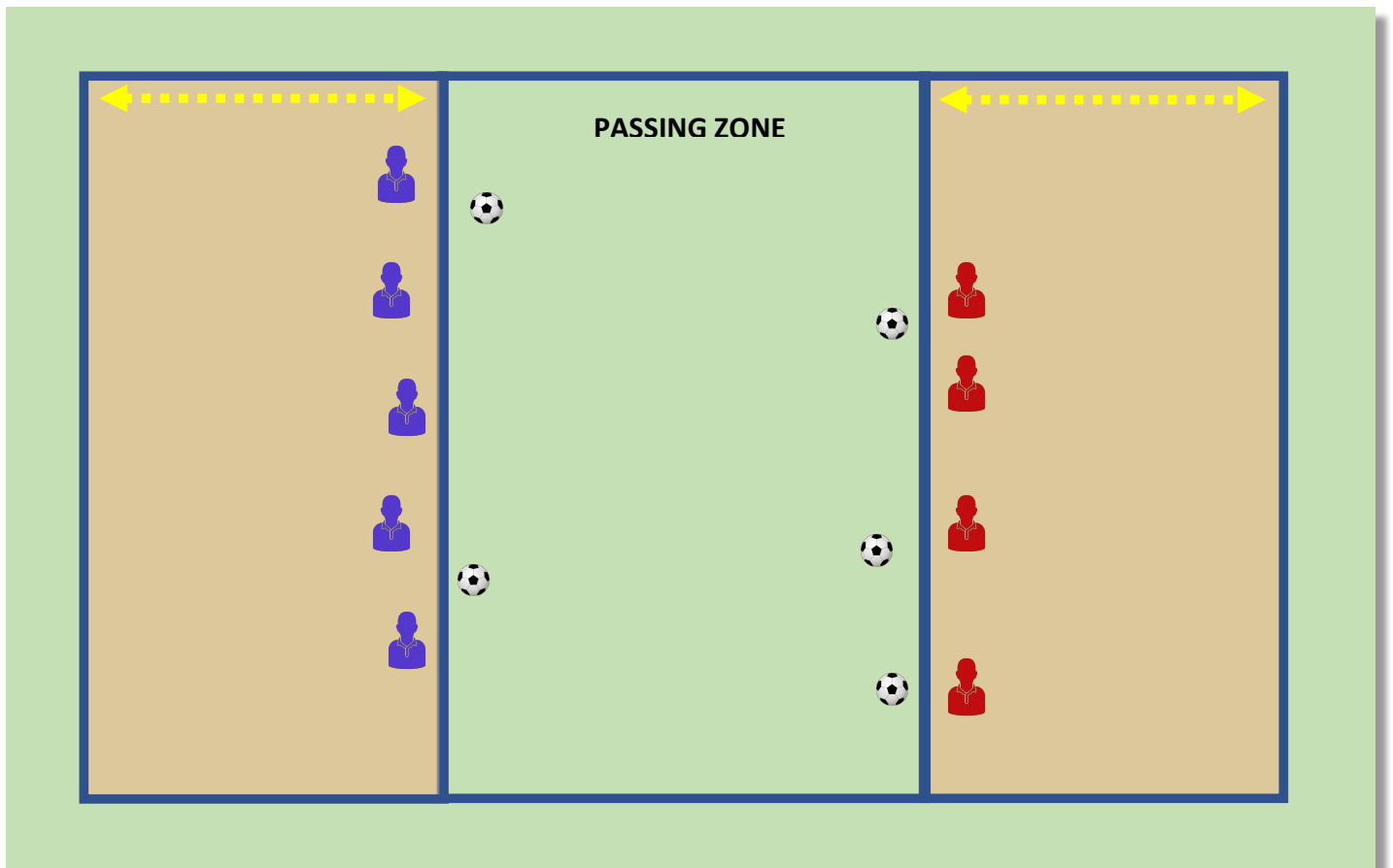
RED = STOP

Objective

The leader will shout instructions on what skills the players should be performing, it could be to practice turns, dribbling with different toe taps or running techniques.

They will shout instructions every minute to change the session up, and they can use the traffic lights as above to adjust the training also.

5. Passing Shuttle Sprints



Setup

The pitch is marked out with a passing zone in the middle and two end zone markers.

Try to even the numbers out across each team, and have multiple balls.

Objective

The objective of the game is to receive the ball, pass it back to the opposition then sprint to the far end and back to receive the next pass.

Players should work on their first touch in this game also.

Progressions

Work on passing and receiving with different parts of the foot, left, inside outside, laces.

The running part can also be mixed with different running techniques, backwards, sideways, hopping.