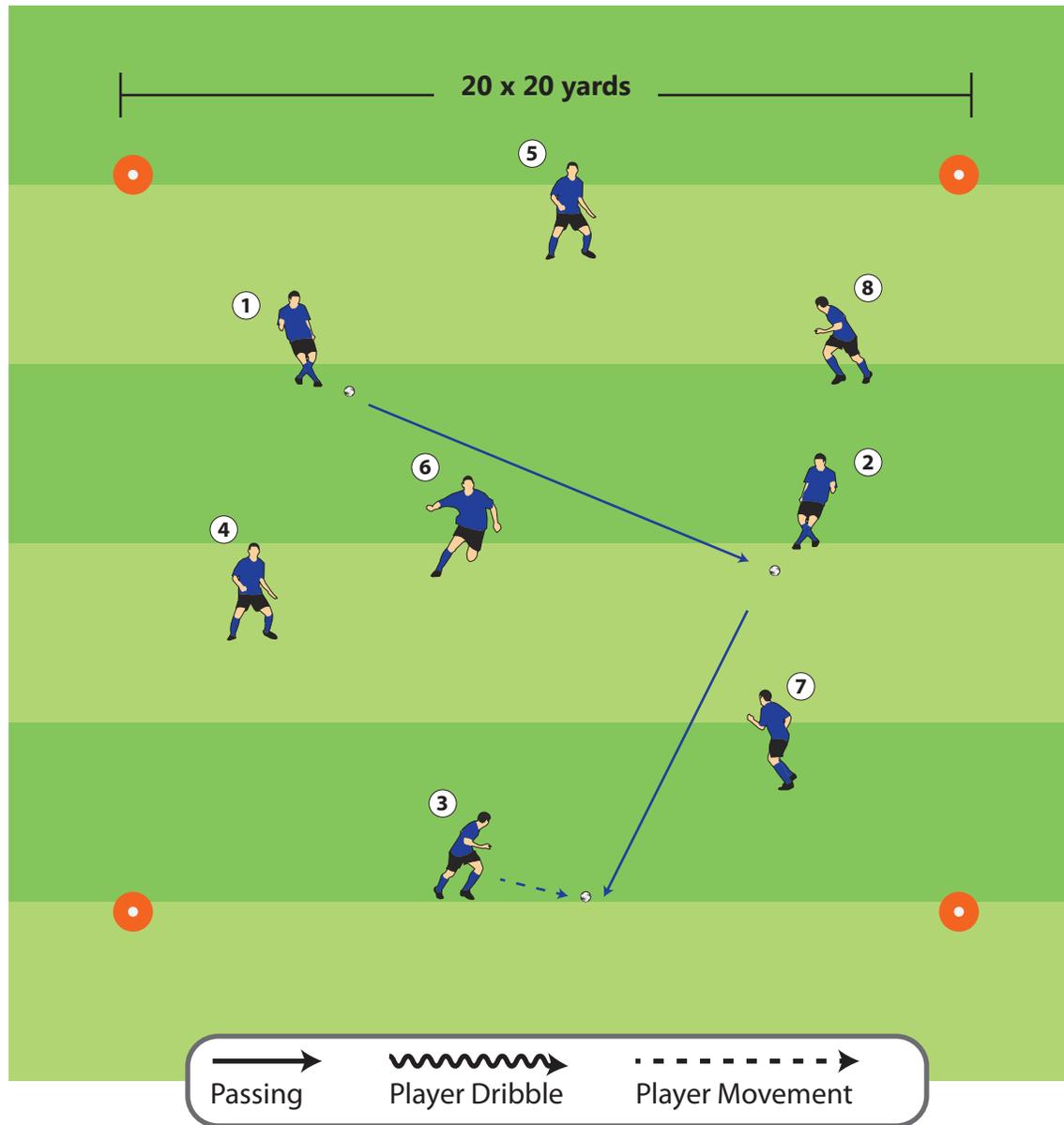


Zonal Defending Stage-I Warm Up: **Passing by the Numbers**



Setup

20 x 20 yard area. This warm up is designed for 6-12 players with 8 being the ideal number of players.

- There are no teams, this is a “Low Intensity” warm up.
- Activity Time: 5 minutes
- Recovery Time: 1 minute
- Intervals: 2-3
- Create groups of 6-12 players and assign each a number (1-8)

Sequence

- Players pass the ball in numeric order: 1 passes to 2 who passes to 3 etc... 8 passes to 1 then repeat.
- Staying with the 20 x 20 yard area players randomly jog around while passing the ball.

Variations

- Restrict to 1 or 2 touch passing, or weak foot only. Add a 2nd ball.
- Go in reverse order: 4 passes to 3 who passes to 2 etc...
- Restrict movement, for example: only forwards or backwards, side to side or shuffling
- Remove ball and have players perform dynamic stretching to add another dimension to the warm-up.

Coaching Points

- Use verbal communication, call your teammates name.
- Always be thinking ahead, who and where am I receiving from and where is the teammate I’ll be passing to after I receive the ball.