Diagonal Alternating Touches & Speed: Stage I Warm-Up

Setup
This is a moderate-intensity warm-up. You will need at least 12 cones, a speed agility ladder (use cones if you don’t have a ladder), and at least 6 soccer balls. In a 10x25 yard area layout 6 cones staggered 5 yards apart for the pass/volley row, on the other side stagger 6 more cones about 2-3 feet apart and the ladder. Six players (each with a ball) position themselves on one of the 6 cones (blue players), they are the servers.

Sequence
- One player is the server (static), the other is the receiver (active). Players switch roles in 1-2 minute intervals.
- Exercise 1: Simple 1-touch pass back and forth between the server and active player.
- Exercise 2: Inside Foot Volley. Server tosses the ball to the active player. When passing, the active player must receive using the outside of the foot and then pass it back using the inside of the same foot.
- Mental focus when touching ball back to the server.
- Stay on your toes, fast feet. Throwers should toss the ball to the players’ right and then left feet, alternating each time.
- Players should be executing quickly but without sacrificing quality.

Variations
- Exercise 3: Thigh to Foot Volley
- Exercise 4: Defensive Header, (head ball up and away)
- Exercise 5: Chest to Foot Volley
- Add DYNAMIC STRETCHING into this warm-up.

Coaching Points
- Mental focus when touching ball back to the server.
- Stay on your toes, fast feet, throwers should toss the ball to the players’ right and then left feet, alternating each time.
- Players should be executing quickly but without sacrificing quality.

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Improve your team’s first touch and speed.

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