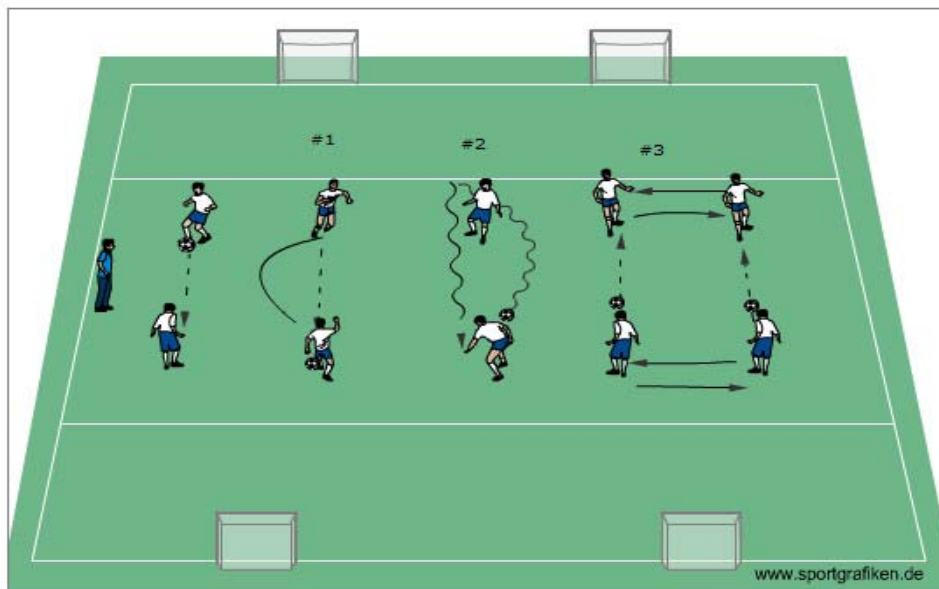


German Warm-up in pairs



The Exercise: Players begin by passing the ball back and forth with two touches (Pass & receive). Coach should observe inside of foot technique (toe up & ankle locked). The coach should also demand that the players pass and receive quickly and not waste time between their receiving touch and the pass.

When the coach says **One!** The next player to receive the ball stops the ball, the person who passed the ball moves out quickly “to defend”. The run should be bent/angled and not straight. The “defender” touches the ball with his or her hand and moves back to their initial starting position, but always remains facing the ball (teaches player to be side on). Once back they quickly resume passing.

When the Coach says **Two!** The next player to receive the ball quickly dribbles the ball around their partner and back to their starting position. Once back they quickly resume passing.

When the coach says **Three!** The players now quickly switch with person next to them. The person who was in possession of the ball should stop it and quickly trade places with his/her partner.

Coach should vary the number he calls to make players think. This will help the players get tuned in mentally as well as physically for the rest of the practice.

Focus on:

Crisp passing, proper receiving, quick handling time (time between their receiving touch and the pass), quick reaction, defensive angle of approach and dribbling