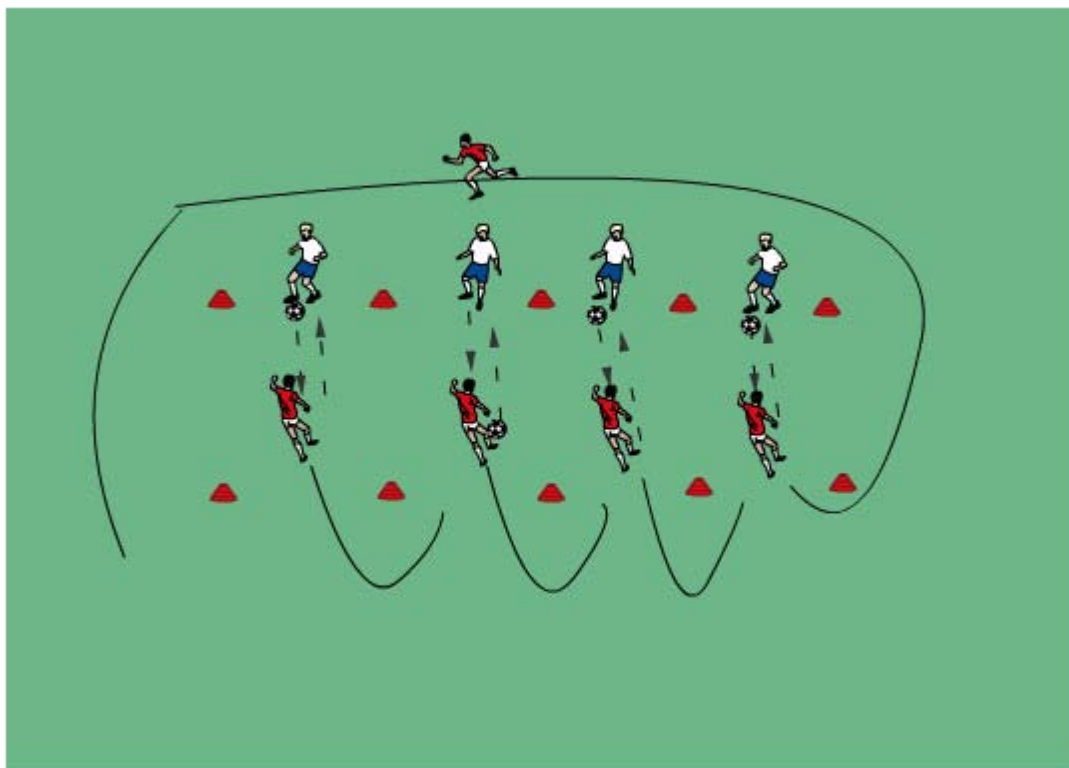


Manchester City Warm Up



The Set-up: Discs should be 5 yards apart laterally and 10 yards apart horizontally. One ball for every two people.

The Exercise: The white players act as servers, the red as workers. White plays an inside of the foot pass to the red player in their channel. Red drops the ball back (inside of the foot) to the white server and quickly moves around the disc to the right and receives a ball from the next server. Workers should always step to meet the ball. After the red player drops the ball back to the last server, he sprints around all the white servers (as pictured) and continues the exercise with the first white server.

Rotation:

- Red works for 2 minutes, than changes roles with white.
- Change direction of the movement
- Repeat and observe whether there is improvement

Variation:

- Server tosses the ball and worker volleys it back with inside of foot
- Server tosses the ball and worker heads the ball back

Focus on:

- Proper technique, quick movement, call for the ball and fitness