

Technique and Agility

The Set-up: 1 ball for 2 players. Create a 10x10 box with different colored discs (use pinnies if you don't have different colored discs). Two poles or discs should be located 5 yards from the box (as pictured). Coach should have multiple grids set up side by side.



The Exercise: Player in white tosses the ball to player in red to volley or half volley back to him. White calls out a color of one of the discs. Once the Red returns the ball to white, he must touch the disc and return to his central position



Ask the Red player to continue to face white as he touches the disc. This will promote a side on type of movement similar to the movements the game demands while also encouraging a player to keep an eye on the ball at all times. White should re-toss the ball and shout out a different color. Repeat

1st progression



When the coach shouts out the number one, the players must sprint around the flag across from them and switch roles. This will encourage quick reaction time and an explosive first step. Roles are now reversed! Exercise should continue with red serving the ball and white touching the disc.

2nd progression



When the Coach shouts **two!** The players should quickly backpedal around the flag behind them, quickly sprint forward back to their original position and continue to carry out the roles they were just performing.

Note: This is a very active warm-up. The movements and techniques used replicate those of the game. Players need to be alert for the coaches' call and be ready to respond quickly.

Variations:

- For younger players you may ask the server to keep the ball on the ground.
- Older players may be asked to receive the ball with their chest and return the ball with a volley or head the ball back to the server.