



Drill Name: PSC RTD Warm Up Circle Exercise

Set up :

Pickering Soccer Club Recreational Technical Directors

Warm Up

Circle of size and number of cones to suit number of players; one ball per player.

Cone in middle.

Instructions:

Players dribble in and out cones at pace and according to instructions from coach... eg right foot only; left foot only; with sole of foot... across body, pushed forward, dragged behind; Sprint without ball in and out of cones; 'Centre!' race to centre and back without ball; Dribbling clockwise... dribbling anticlockwise; Dribble to opposite side of circle; leave ball for player behind.

Coaching Points:

Ball close; Head Up; Up on your toes; Listen! React!