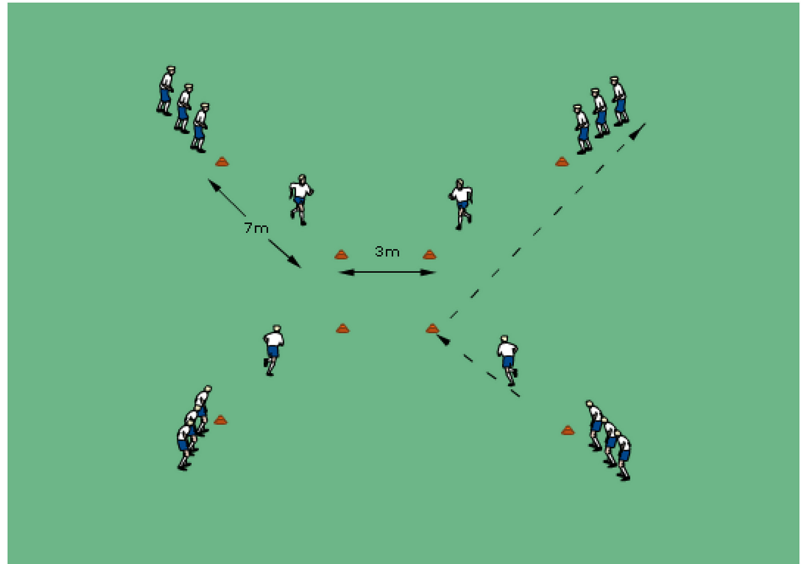


2 Square Warm-Up:

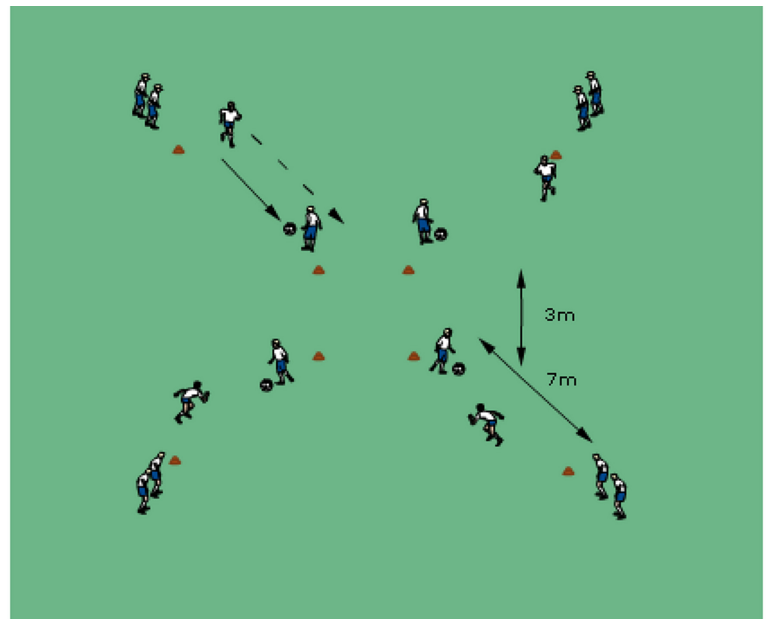
- players in groups of 4
- perform the following movement patterns, for 2 minutes each:
- step left/ run right
- step right/ run left
- step left/ shuffle right
- step right/ shuffle left
- step left/ cross-over right
- step right/ cross-over left
- run around cone to the right/ sprint to the right
- run around cone to the left/ sprint to the left



Progression 1:

Specific Endurance:

- players in groups of 4, with 1 ball per group
- 1 player stands at the inside cone, and 3 stand at the outside cone, as shown in diagram
- players start with ball in hands, passing and moving to follow the pass
- perform the exercise for 2 minutes at a low intensity, then 5 sets of 1 minute, passing and sprinting as fast as possible, with 20 seconds rest between sets
- progress to put the ball at the feet
- perform 5 sets of 1 minute, one-touch passing and sprinting as fast as possible, with 20 seconds rest between sets



Progression 2:

Follow-the-Leader:

- re-arrange the cones as seen in diagram, put players in 2 groups
- 1 group is designated the “leaders” and the other the “followers”
- both players step into the square and face each other
- the “leader” has 5 seconds to lose the “follower”, who acts as a shadow, using creativity, changes of direction, and changes of speed
- once the “leader” has lost the “follower” there is a race to one outside cone or the other
- players switch roles after competing
- perform this exercise for 5 minutes

