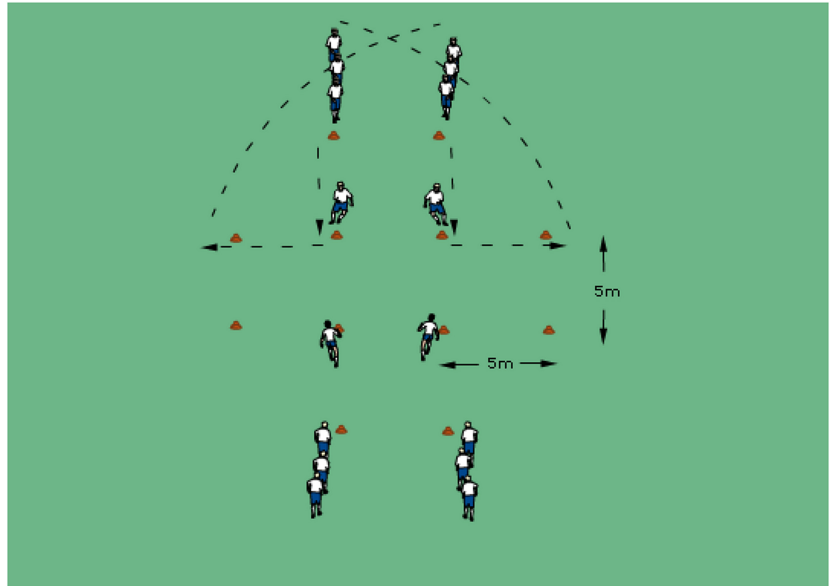


In-Out

Warm-Up:

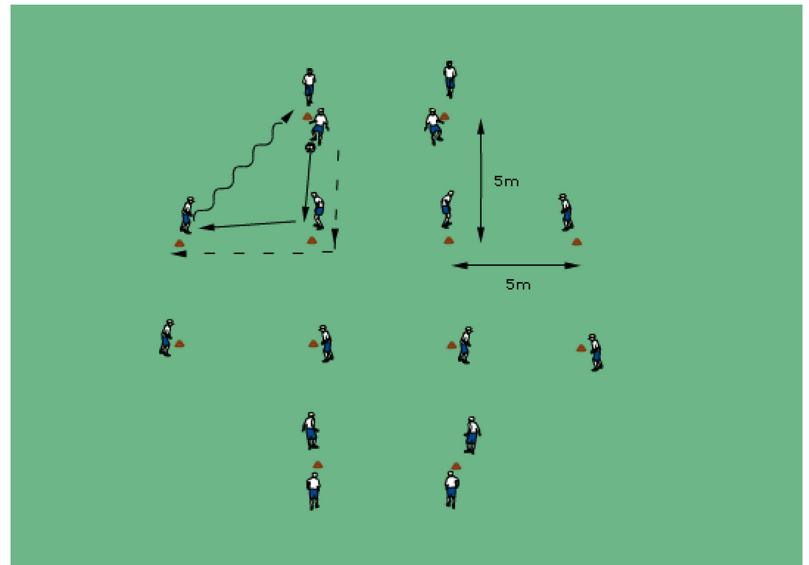
- players in groups of 4
- perform the following movement patterns, for 2 minutes each:
- step inside/ run outside
- step inside/ shuffle outside
- step inside/ cross-over outside
- run around cone to the outside/ sprint outside
- jumping header at cone/ sprint outside
- progress to follow-the-leader for 3 minutes each side



Progression 1:

Specific Endurance:

- players in groups of 4, 1 ball per group
- start with hand passing, within the group, using the following pattern:
- pass/ pass/ run with ball, all players sprint to follow their pass (and sprint with the ball)
- perform 3 sets of 2 minutes, with 30 seconds recovery between sets
- progress to put the ball on the ground, and follow the same pattern: (pass/ pass/ dribble, all players sprint to follow their pass, and dribble quickly with the ball)
- perform 3 sets of 2 minutes, with 30 seconds recovery 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

