



ACROSS-FIELD WARM-UP

Emphasis:

Receiving skills, control and passing

Game Info:

This is for U8-U14. It is best run with at least 8 players but can be used with unlimited players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Players are divided into pairs. Player 1 stands along the touchline with Player 2 about 3-5 yards away facing their partner. Player 1 should have a ball.

Instructions:

Player 1 holds the ball in their hands and jogs forward across the field serving the ball to Player 2. Player 2 jogs backwards, receives the ball and returns it to Player 1.

When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

1. Receive the ball with the inside of the foot alternating right and left.
2. Receiving the ball with the instep alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

Progression:

- Reverse the direction of the thrower and the receiver where the thrower jogs backwards and the receiver jogs forwards.
- Use multiple body surfaces before playing the ball back

Coaching Points:

- Receiver is on the balls of the feet
- Good body position in line with the ball.
- Soft 1st touch control
- Lock ankle and point toe downwards to play the ball back.