

# SOCCER COACH WEEKLY

## Five minute warm up

by Dave Clarke in [Ball Control and Footwork](#), [Warm Ups](#)

Get to the opposite group – go when your number is called.

This is a great warm-up to get your players ready for passing and receiving in a match.

### How to do it

Arrange your players into two groups.

Let the two groups number themselves 1 to 4.

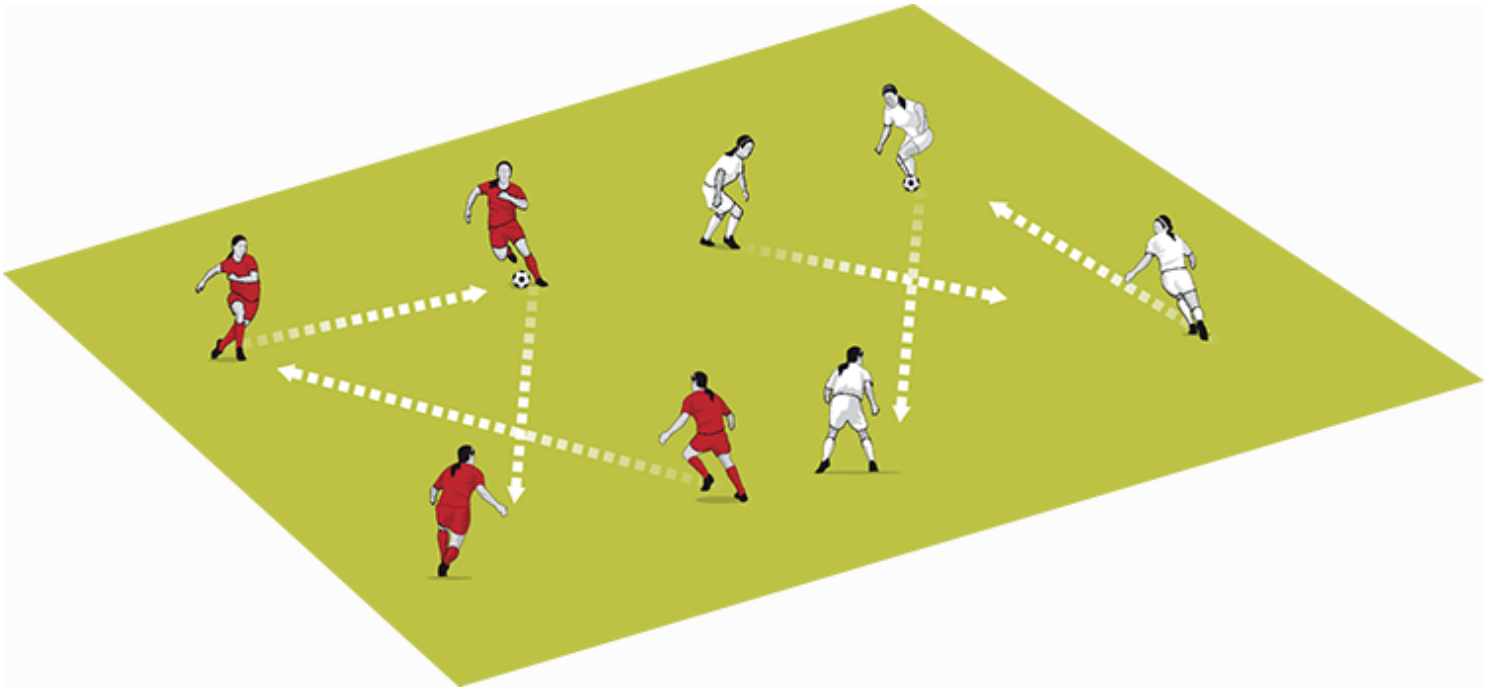
Tell the players to continually pass the ball and move in their areas.

Call out a number and that player must sprint across to the opposite area to join that team and continue to pass and move.

OR call out a number and that player must dribble the ball across to the opposite area.

### Technique

Vital that there is good passing and receiving with good first touch and accuracy on the pass



1. Players are numbered 1-4 in each of the groups
- 2.They must listen out for their number to be called then dribble the ball to the opposite group
- 3.Make sure passes are accurate and the correct weight
- 4.Try to keep control of the ball in the groups and dribble using both feet