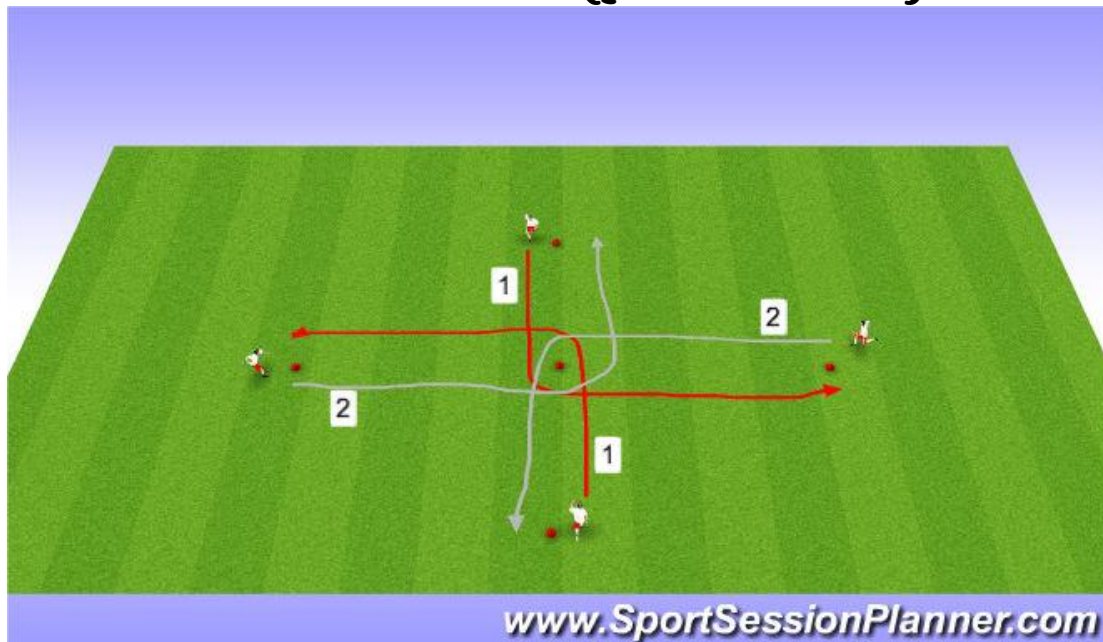


COGI WARM-UP SESSION (picture below)



Center cone should be 8-10 yards away from outside cones.

Purpose:

Provide a dynamic warm up where players are constantly moving, thinking, and getting touches on the ball.

Key Points:

- Keep head up.

- Use proper technique while dribbling, passing, and receiving.

- Move in the same pattern every time (unless coach changes the pattern). Players should run to the right of the cone and always keep the cone to their left.

- Time your run to avoid contact with other players.

Start

Players 1 (North/South players) start by jogging to the center cone (without the ball). They run to the right of the cone (keeping the cone on their left) When they pass the cone, they then turn left and spring to the outside cone. Once they pass the middle cone, players 2 (East/West) can start their run and do the same. Players will now all find themselves at the cone that was originally on their left when they started. 2-3 reps each

Progression

Players dribble to the center cone, turn left and dribble out to the outside cone. Increase the pace after each rep. 2-3 reps each.

Progression

Players dribble to the center cone, turn left and then pass to the player standing at the outside cone. 2-3 reps each

Progression

Players run to the center cone (without the ball) turn left and then receive a pass from the player standing at the outside cone. They then dribble back to the cone where the pass came from. 2-3 reps each

For more advanced players, you can progress to all 4 players going at the same time. This can be chaotic as they need to always keep their heads up and time their run to avoid the other 3 players.

Finally, you can change the direction where the run to the left of the cone and turn right.

RONDO WARM-UP SESSION (picture below)



Purpose:

Provide a dynamic warm-up that involves passing and receiving with some tactical aspects thru a non-directional possession game.

Key Points:

Find the open passing lanes.

Try to open the defenders by moving the ball around.

Try to split the 2 defenders, if possible, but do not force it.

Keep possession of the ball.

Defensively-work as a pair, play pressure/cover. Do not get split.

Keep the shape of the circle and support the person with the ball.

Players on the outside need to move to an open passing lane to provide support but keep the shape of the circle.

If it is too easy for the passing players, make the circle smaller.

If it is too hard for the passing players, make the circle larger.

Advanced Players (U14-U16)

6-8 players positioned around a circle with 2 defenders in the middle.

The players on the outside try to keep possession of the ball by passing it around and thru the circle.

Without forcing it, try to split the defenders with a thru pass.

Get the defenders moving by a combination of short and long passes.

If a defender steals the ball, the person who made the pass switches with the defender.

If the defenders get split (ball passed between them) twice, they switch out with 2 attacking players.

Defenders must stay within the circle.

Outside players must stay on the outside of the circle, cannot go in the middle.

Advanced Players (U10-U12)

6-8 players positioned around a circle with 1 defender in the middle.

The players on the outside try to keep possession of the ball by passing it around and thru the circle.

Get the defender moving by a combination of short and long passes.

If a defender steals the ball, the person who made the pass switches with the defender.

Defender must stay within the circle.

Outside players must stay on the outside of the circle, cannot go in the middle.