

Warm up with a focus  
on passes of one  
touch



MAREK DRAGOSZ  
for trenerportal.sk



# Warm up with a focus on passes of one touch



**Number of players: 18**

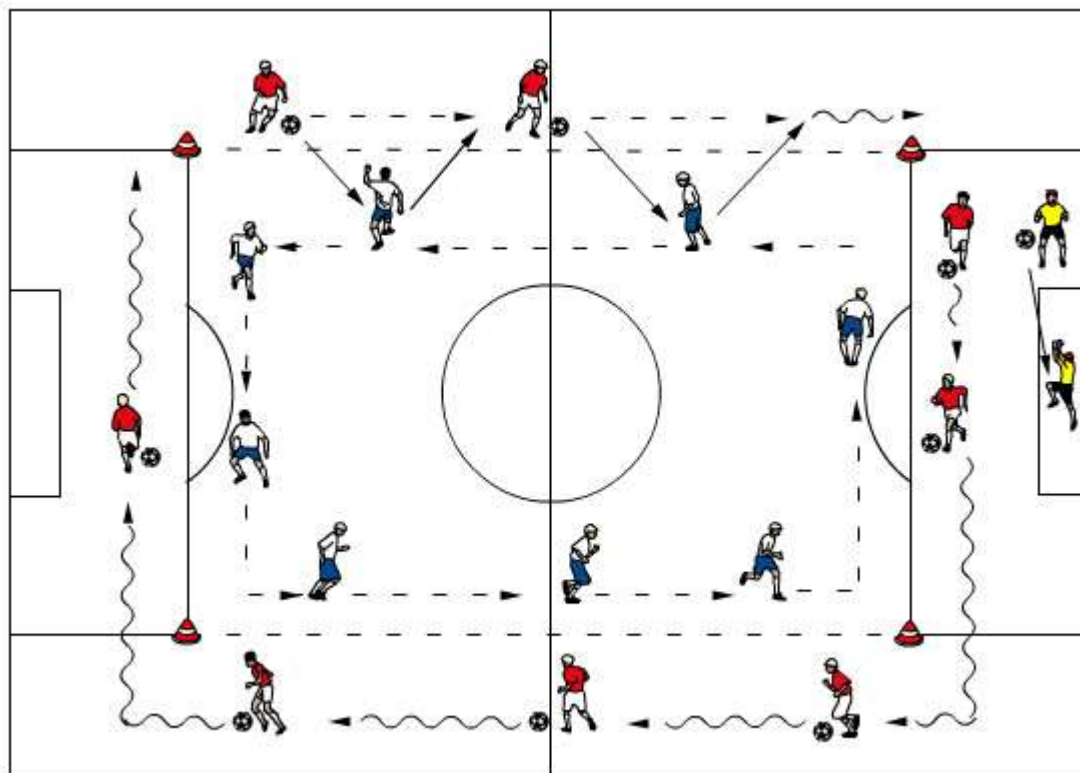
**Duration: 35 min.**



## Warm up with a focus on passes of one touch

6 min.

The team split into two 8-person groups. Goalkeepers practice separately. One group (red), leading the ball moves in truchcie the outside of the rectangle with the parameters selected in the drawing. Inside the rectangle, also trotted in the opposite direction moves the second group (whites). On one of the longer sides of the rectangle passing mention to the players giving each other the first ball and then continue running. In short stretches of time to coach the players signal during the course of doing shaping exercises. After 3 min. groups turn to the roles.



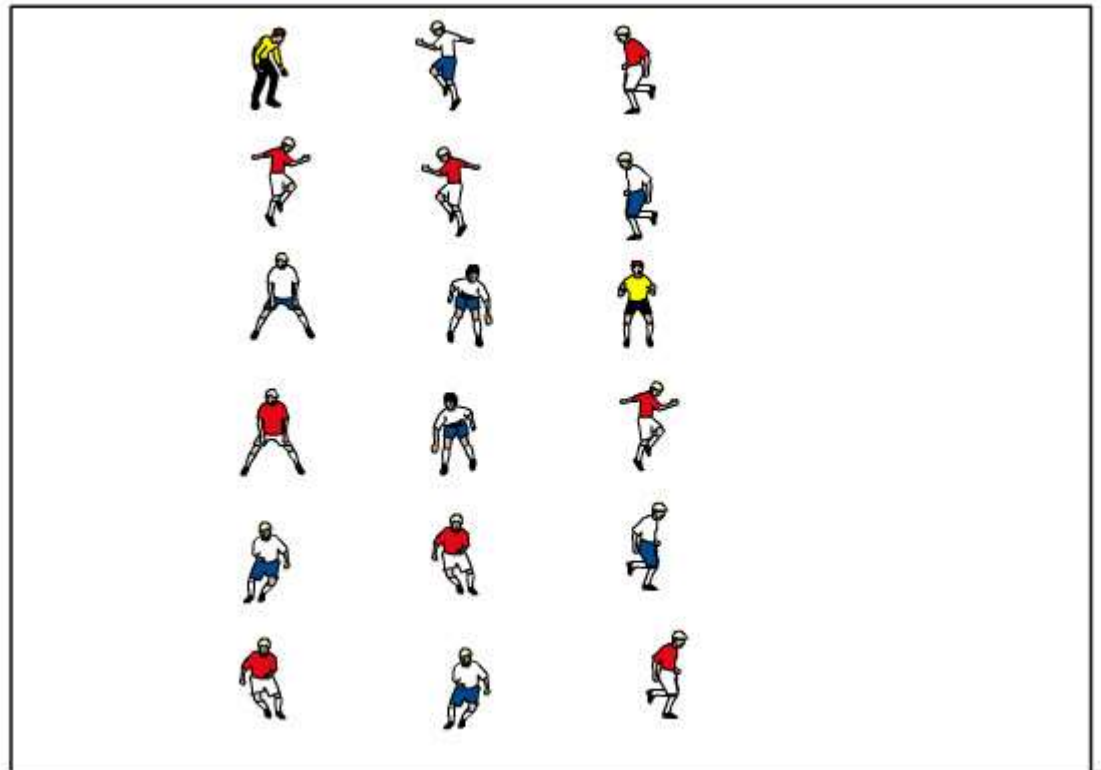


## Warm up with a focus on passes of one touch

4 min.

### Dynamic Stretching.

When you jog groin stretching exercises (leg bent at the knee of the raised, turn inward and outward), with legs apart, in the air, swinging, deflection and twisting of the trunk and abdominal muscles and back.





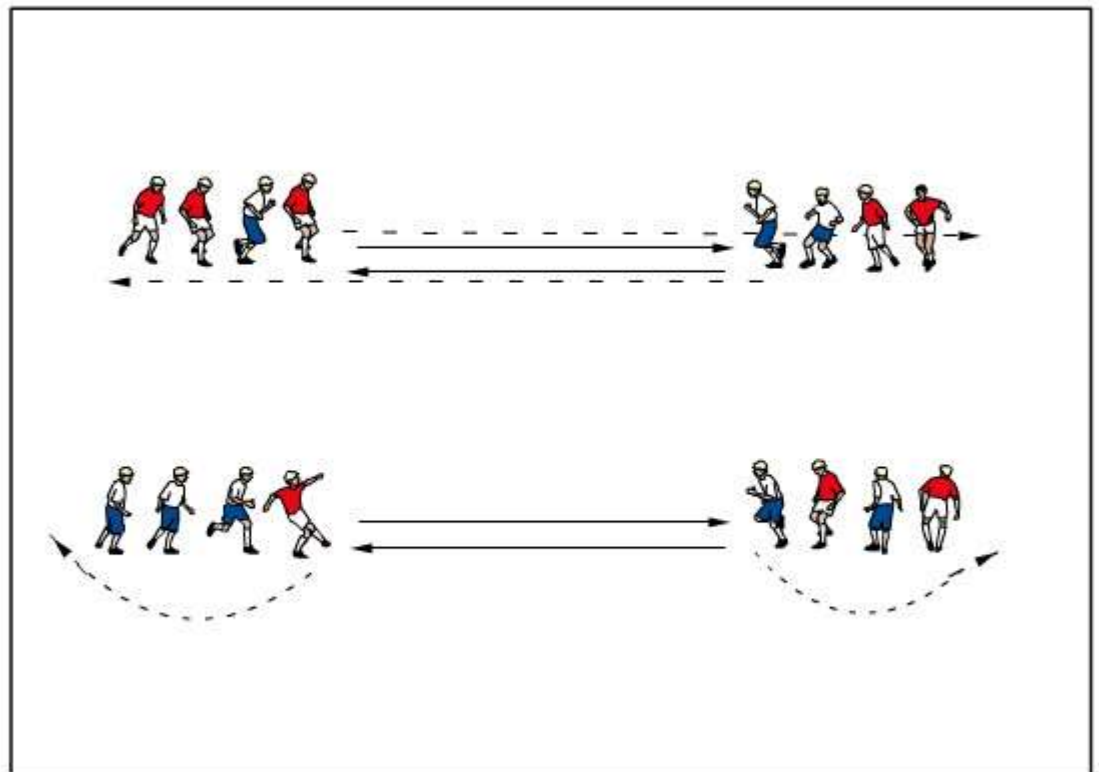


## Warm up with a focus on passes of one touch

3 min.

Four groups of four arranged as illustrated. Players on the head group exchange between each administration of the first ball, and after playing take place at the end of the group in front of it (as shown above). After 90 seconds, the change in the exercise: the legends players, running backs take place at the end of their own group (as shown below). During the course of the contestants perform each exercise shaping.

Goalkeepers start warming up the individual specialist.



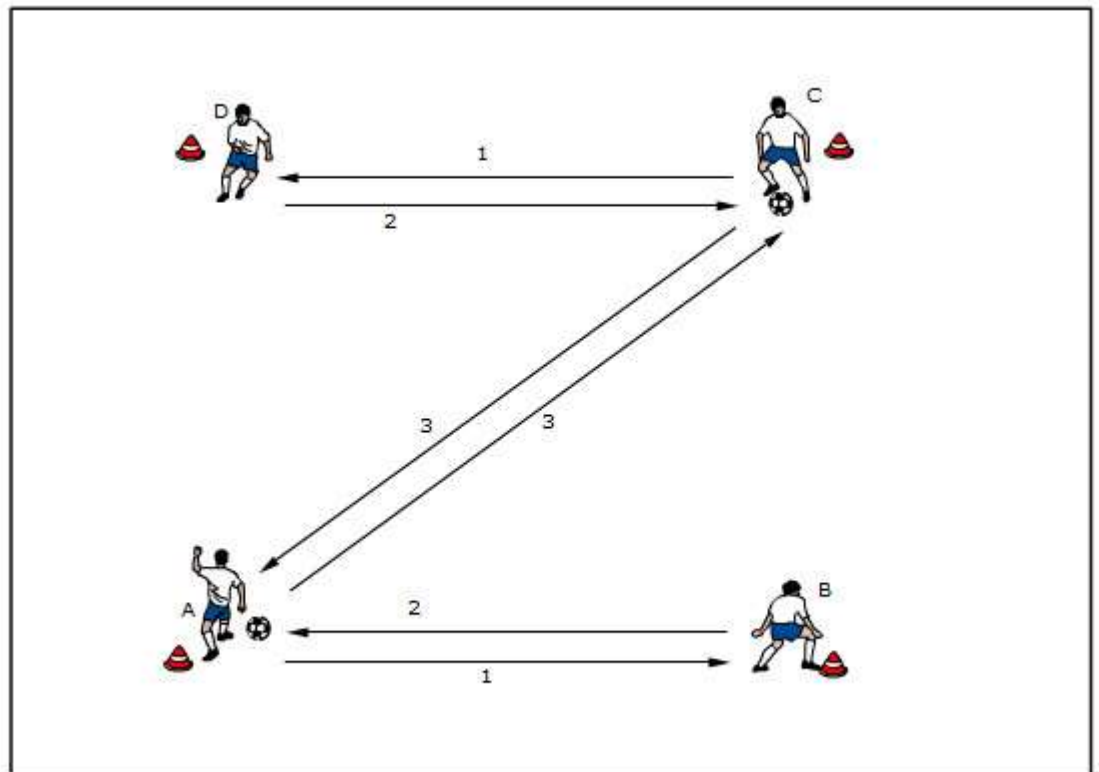


## Warm up with a focus on passes of one touch

3 min.

The players lined up like the illustration. Practice starts with two players at the same time giving the partners the right hand side (1). Players perform the return pass (2), followed by orthogonal passes (3). After them, the cycle repeats.

After completing the exercise riders for 4 min. do static stretching exercises in pairs and individually.

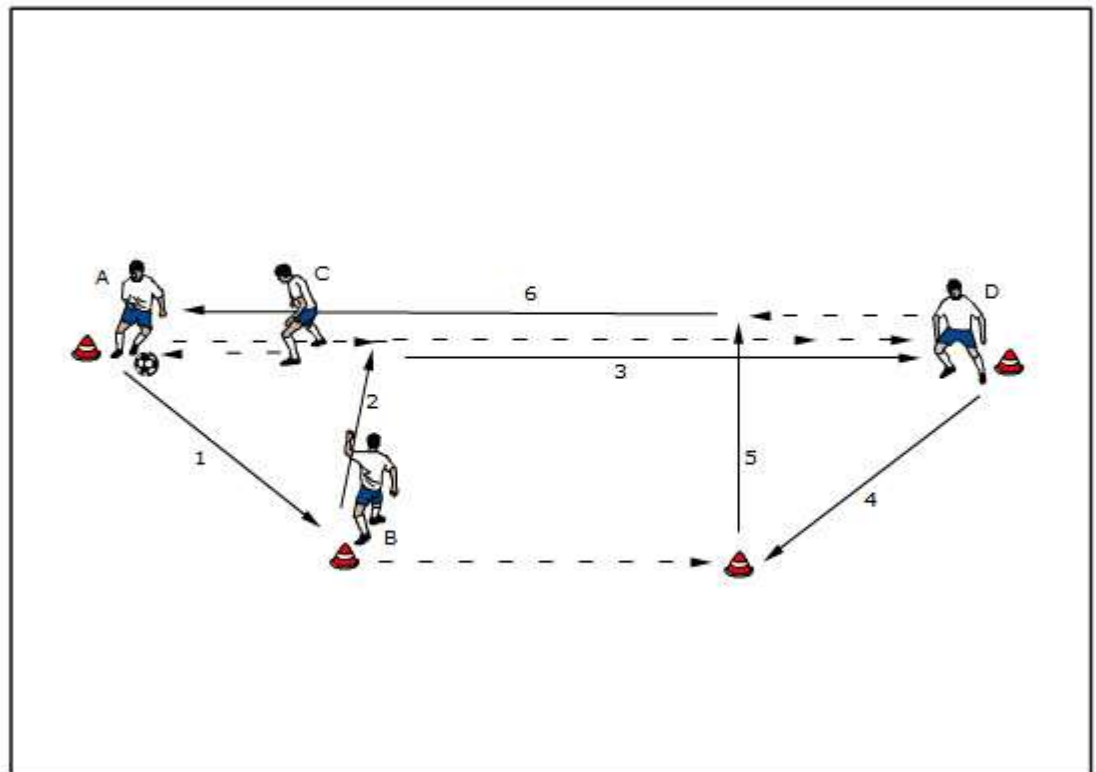




## Warm up with a focus on passes of one touch

3 min.

The players lined up like the illustration. C A player begins by following an attack on an exercise player holding a ball. A executes an application to D (1) and C orbiting attacking him out of free space. D plays the first ball to D (2) and he also plays the first contact to the B (3) and executes the attack in his direction. B gives the D (4), who changed his position and he plays the ball similarly to the first combination passes (5) and then plays B to C (6). Players A, B and C are moving in between markers, the player D changes between their positions.

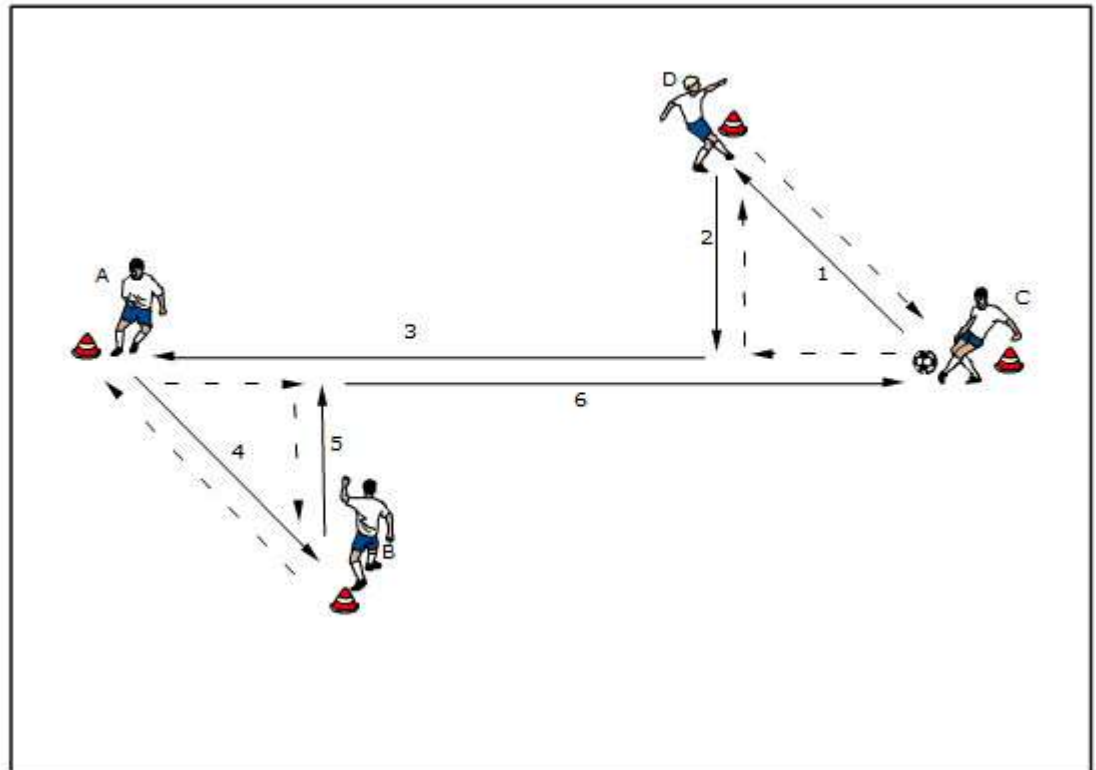




## Warm up with a focus on passes of one touch

3 min.

The players lined up like the illustration. Exercise player starts doing pass C to D (1). This one touch play for facing position C (2), which is also the first ball is given to A (3). After completing these passes C and D change places with tags. Players A and B form the same cycle passes and also after taking them change places (4.5 and 6).



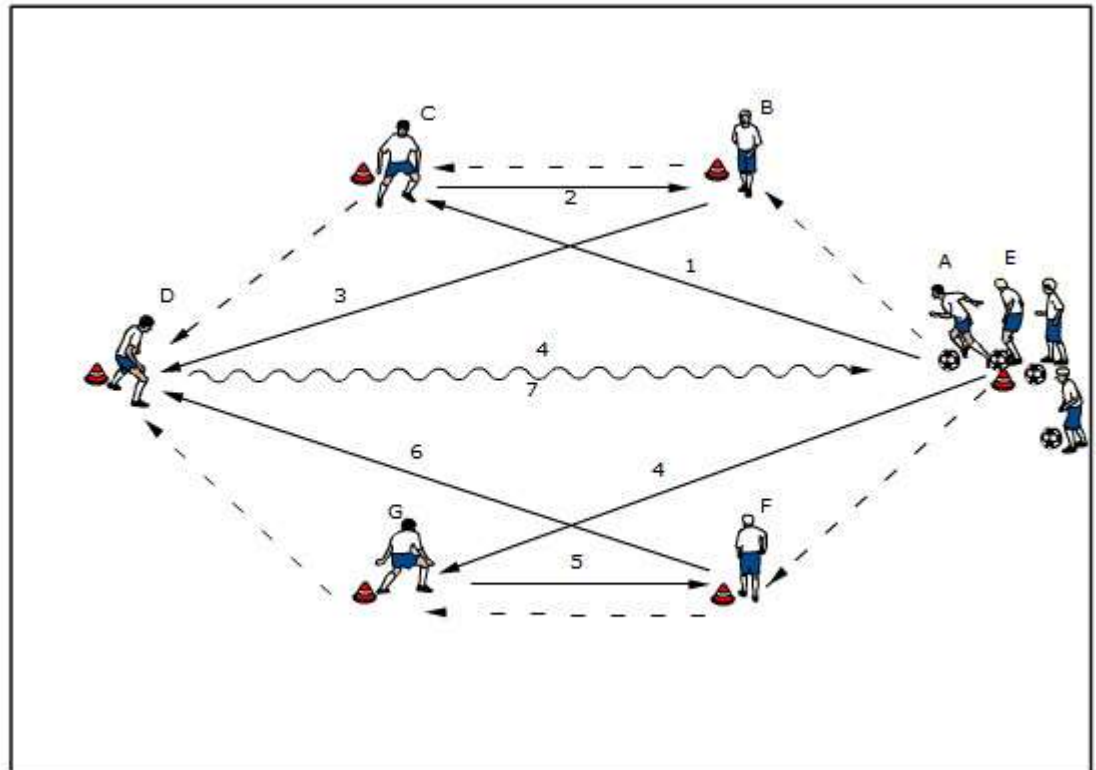




## Warm up with a focus on passes of one touch

3 min.

The players lined up like the illustration. A player starts an exercise. It does pass obliquely to C, who plays the first ball short to B. The following shall slant pass the ball to D, which is running the ball takes place where the cycle starts with exercise. At the same time repeating the E continues to exercise a combination of passes on the other side - by playing to G. Changes of players in the system: A-B-C-D, E-F-G-C '.

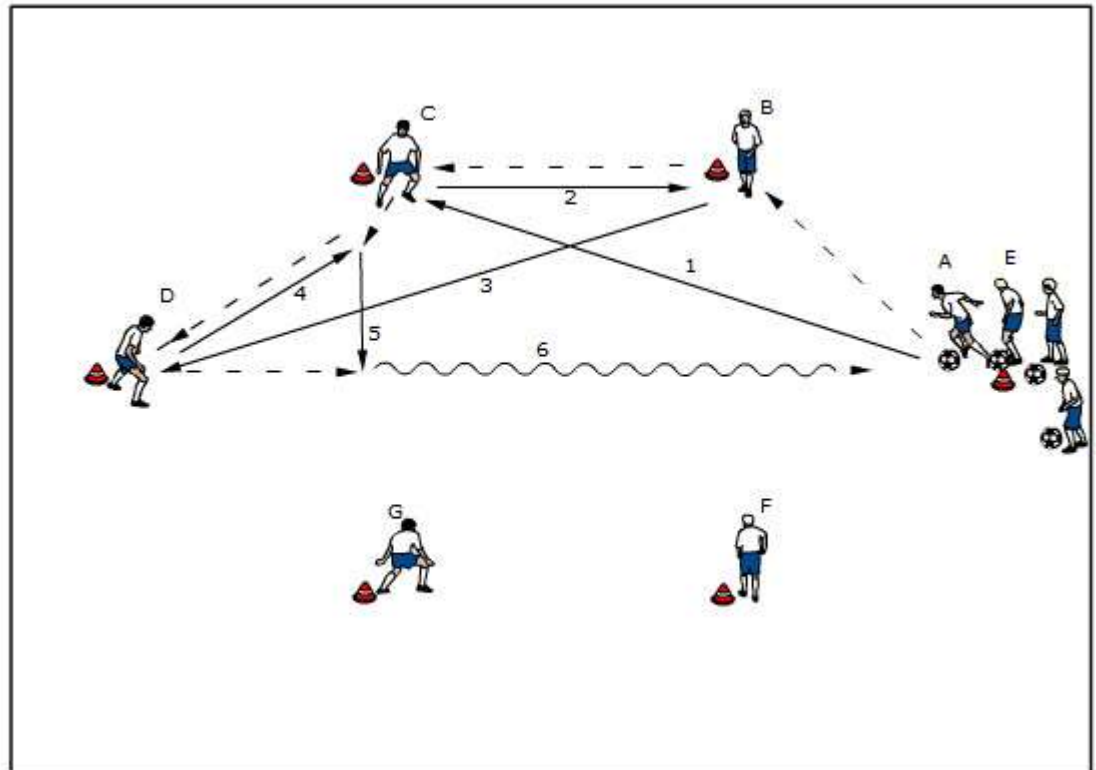




## Warm up with a focus on passes of one touch

3 min.

The players lined up like the illustration. Exercise is a continuation of the previous one. an exercise begins by playing an angle A to C, who plays the first ball short to B. The following shall slant giving the ball to D, which lists for a touch of C and keep the ball taking the place, which starts the cycle exercise. At the same time repeating the E continues to exercise a combination of applications on the other side - by playing to G. Changes of players in the system: A-B-C-D, E-F-G-C '.





## Warm up with a focus on passes of one touch

3 min.

Players lined up as illustrated. Exercise is a continuation of previous ones. This exercise begins by playing an angle A to C, who plays the first ball short to B. The following shall slant giving the ball to D, who does the one touch pass from C under the pressure of being a G, which carries a dummy attack. After one touch pass to D leads the ball taking the place where the cycle begins with exercises and G returns to its position to allow E to continue exercises by repeating combinations of applications on the other side. Changes of players in the system: A-B-C-D, E-F-G-C '.

