



Circle Up! (NFHCA DOW)

Category: Physical: Conditioning (With ball)

Difficulty: Under 18s | Start Time: 09-Sep-2020 13:15h

Reseller-Club: Premier Users' Club
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Description

Name: Circle Up warm up drill (I changed the name of this drill inspired by our recent NFHCA circle up groups!)

Goal: this drill is a great way to create a quick and easy warm up for the entire squad. We use this drill about once a week and the best part is you can change it up and make it your own each time you do it. Have fun with this and add in your own skill sets. This drill is best suited for the start of a training session.

Skill emphasis:

- 1-2's to the right (pull right)
- 1-2's to the left (pull left)
- 3D
- Spin move
- AusX (Australian X)
- Rolling passes

Drill:

1. Set up 5 sets of 2 cones at varying lengths in a circle
2. This can be set up anywhere on the field, we like using the middle of the field as a reference for our cone set up
3. Each cone set should measure differently (this is to create different spaces for athletes to work within)
 - a. Minimum 3 yards, maximum 7 yards
 - b. After each skill set groups will rotate to the right so each group will get to be at all cone sets (and work within varying lengths)
4. Plan to go over 5 skill sets; you can make these whatever your team needs to work on
5. Be sure to work on change of speed, rolling passes (if that set includes passing) and a clean first touch
6. Allow 60-90 seconds for each set to take place (or more if your groups are bigger)
7. 3-5 athletes/group is recommended

Recommended:

1. Encourage communication and an up-tempo atmosphere
2. FUN! If this is the first 'drill' your team is doing to start your training, let this warm up create an environment where they can truly get solid touches on the ball with limited pressure to be perfect.

Screen 1 (10 mins)

