WARM-UP

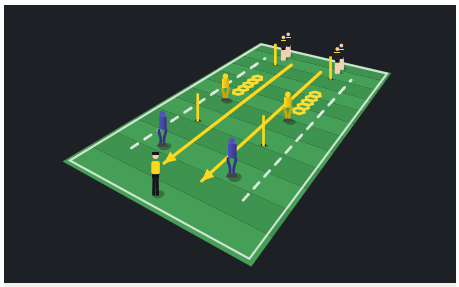
# Group Warm-Up

Footwork · Speed & Agility · Ball Mastery

| GROUP SIZE | DRILLS | FORMAT | LEVEL |
|---|---|---|---|
| 5–6 players | 3 | Warm-up before training | U17 Elite |

A warm-up you can run with your group before training. It wakes up the feet, sharpens the first step and gets the ball moving with a reaction cue, so players start the session switched on. Run each drill in short, sharp sets with rest in between.

## THE DRILLS

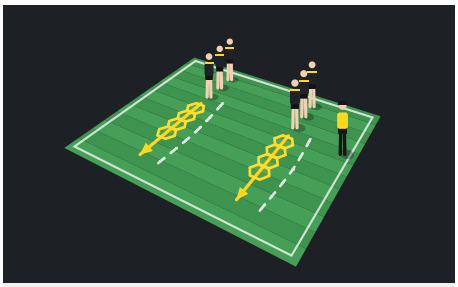


DRILL 1

### *Speed + Agility*

Ladder feet into a sharp change of direction

~30 s sets · page 2

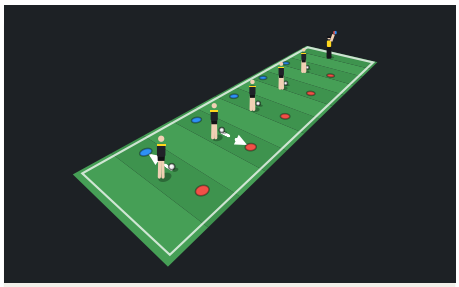


DRILL 2

### *Footwork*

Fast, light feet through the ladder

~10 quality reps · page 3



DRILL 3

### *Ball Mastery*

Close control while reacting to a color

~30 s sets · page 4

## EQUIPMENT CHECKLIST

- [ ] Agility ladders
- [ ] Mannequins (as needed)
- [ ] Poles
- [ ] 1 ball per player
- [ ] 1 red + 1 blue disc per player
- [ ] Color paddle (or a red and a blue cone)

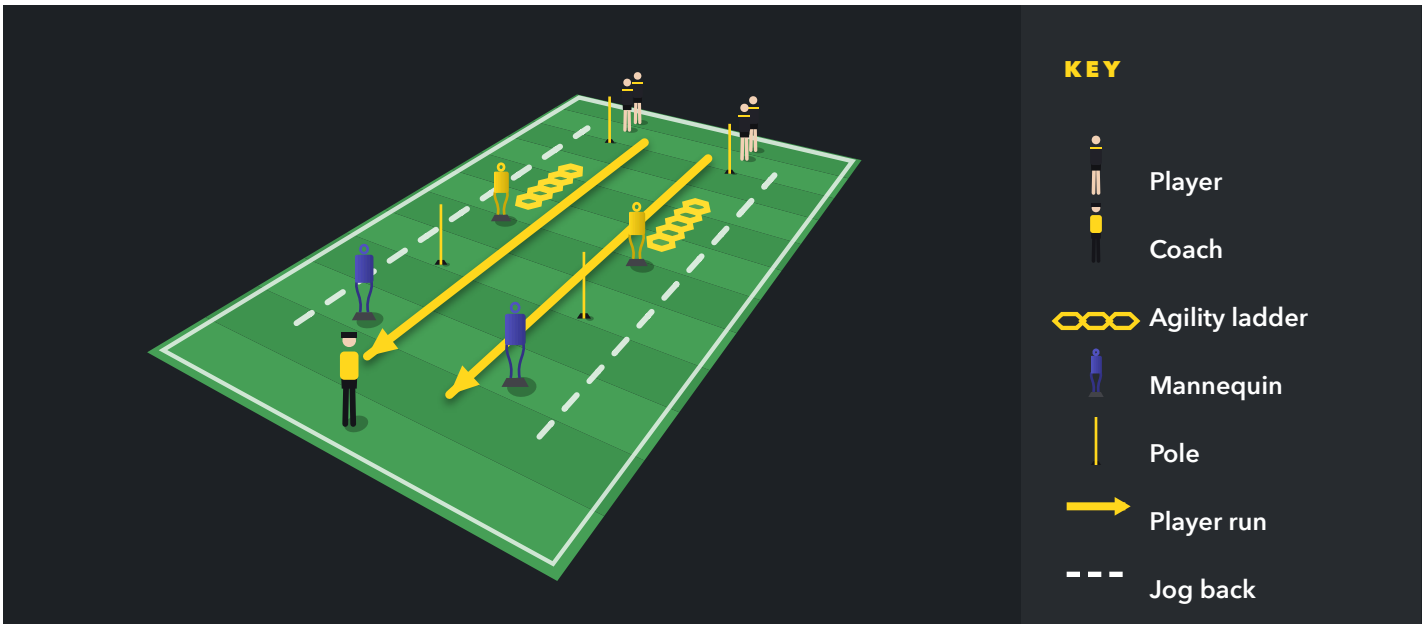
**HOW TO USE THIS PLAN**

Run each drill in short, sharp sets at game speed with rest in between. Demonstrate first, then let the players work. Progress to the next variation once the pattern is clean.

DRILL 1

# Speed + Agility

| WORK | GROUP SIZE | BALL | INTENSITY |
|---|---|---|---|
| ~30 s sets | 5–6 players | No | High |




## SET UP

- Two mirrored lanes, one on each side.
- Each lane: a start pole, an agility ladder, then mannequins and poles as needed.
- Players line up behind the start pole of each lane.

## HOW IT RUNS

1. Two players go at once, one in each lane.
2. Quick feet through the agility ladder.
3. Sprint and change direction past the mannequins and poles.
4. Finish strong, then jog back up the middle.

## COACH'S KEYS

- First step is in and out: sharp and explosive.
- Follow your run into your shoulder.
- Finish on the side that lets you use your stronger foot.

## EQUIPMENT

- Agility ladders
- Mannequins (as needed)
- Poles

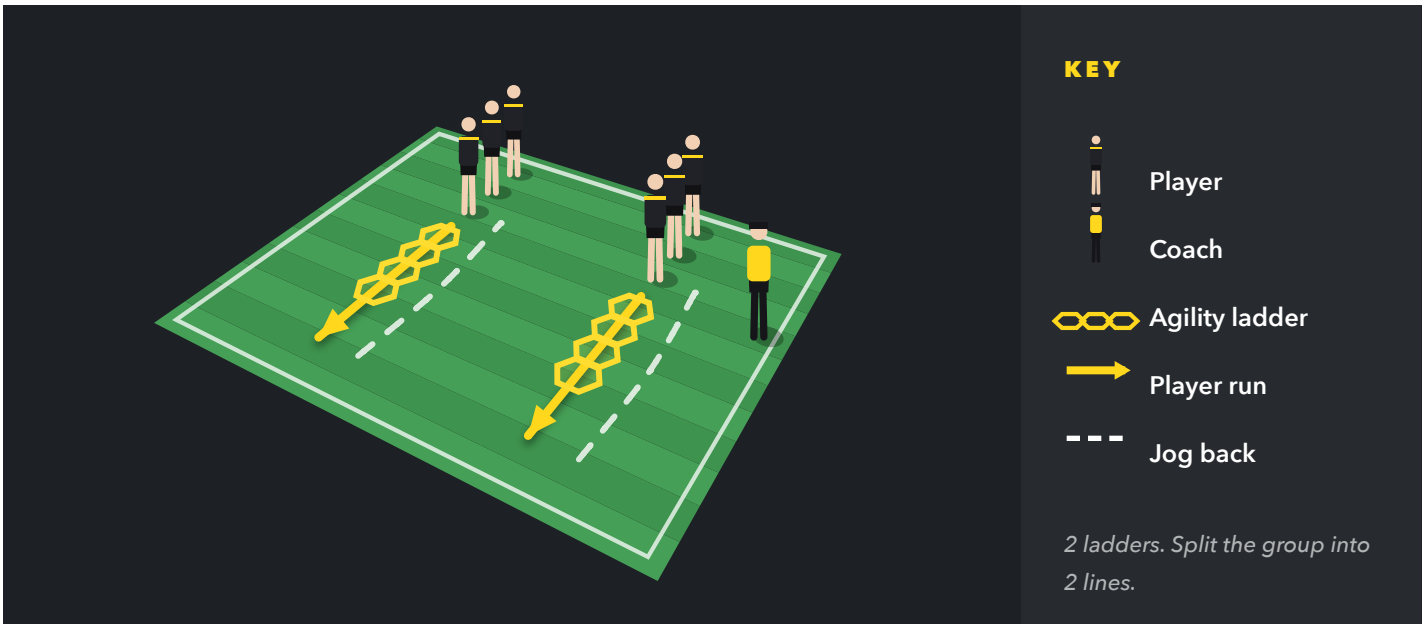
## PROGRESSIONS

- Use the same footwork variations through the ladder (see Drill 2).
- Run the course on both sides.

DRILL 2

# Footwork

| WORK | GROUP SIZE | BALL | INTENSITY |
|---|---|---|---|
| ~10 quality reps | 5-6 players | No | Medium-High |




## SET UP

- 2 agility ladders side by side.
- Split the group into 2 lines, one at the start of each ladder.

## HOW IT RUNS

1. Coach demonstrates the footwork pattern.
2. Go through the ladder at full speed.
3. Jog back to your line, next player goes.

## COACH'S KEYS

- **Quality over quantity: fast but clean feet.**
- **Stay on the balls of your feet.**
- **Keep the rhythm the whole way through.**

## EQUIPMENT

- 2 agility ladders

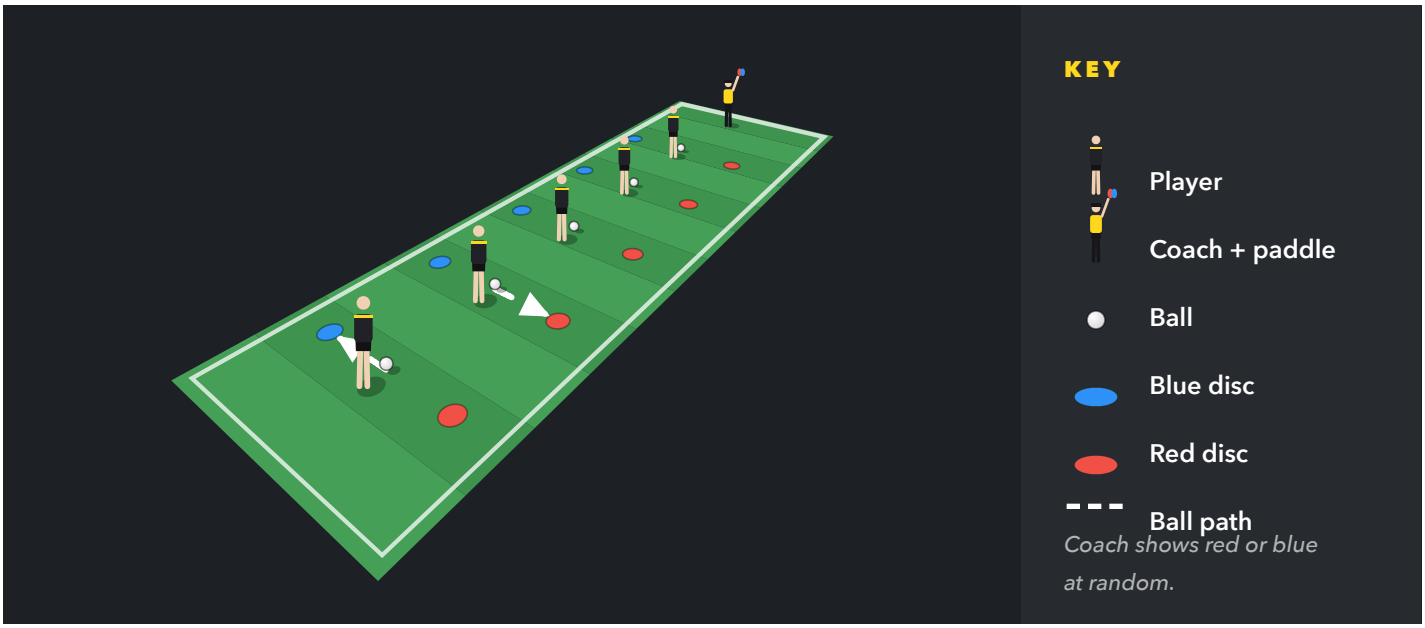
## PROGRESSIONS

- Progress through these footwork variations:
- In and out
- Back foot across your body
- In and out + back foot across, both sides
- Two feet in, two feet out
- Zigzag
- Combined in and outs, left side and right side

DRILL 3

# Ball Mastery + Reaction

| WORK | GROUP SIZE | BALL | INTENSITY |
|---|---|---|---|
| ~30 s sets | 5–6 players | 1 per player | Medium–High |




## SET UP

- Players in one line, a few yards apart, each with a ball.
- Each player has a blue disc on the left and a red disc on the right.
- Coach stands in front, where every player can see.

## HOW IT RUNS

1. Players do ball mastery on the ball.
2. Coach shows red or blue at random.
3. Players react and take the ball to that color, then reset.

**COACH TIP**

No color paddle? Hold up two cones instead: one red, one blue.

## COACH'S KEYS

- **It's random. React to the color, don't guess.**
- **Keep the ball close while you look up.**
- **Head up to see the coach, then play.**

## EQUIPMENT

- 1 ball per player
- 1 red + 1 blue disc per player
- Color paddle (or a red and a blue cone)

## PROGRESSIONS

- Use an iPad that flashes colors so players have to scan.
- Numbers: blue = even, red = odd. Call "2 + 2" and players react to the answer.
- Call a color that isn't on the floor (like yellow): players stay put and stay focused.