

## Building block 1

### Solo exercises on multiple fields

#### Concepts/objectives

1. Physical and mental preparation for training
2. Activation of circulatory and respiratory systems
3. Activation of senses and nervous system

#### Setup

- **Group A** is in a 15 x 15-yard field at the center circle.
- **Groups B + C** are in the far corners of the opposite half.
- Each player has a ball.

#### Sequence

All groups do the same solo exercises with the ball. At the coach's signal, each group rotates to the next field, using an assigned running technique..

#### Solo exercises with the ball

- Players dribble with frequent changes of direction.
- Players dribble, alternating between the inside and the outside of the same foot.
- Players take three touches with the inside and three with the outside, then switch feet.

#### Variations for switching fields

#### Tips and variations

##### Tip

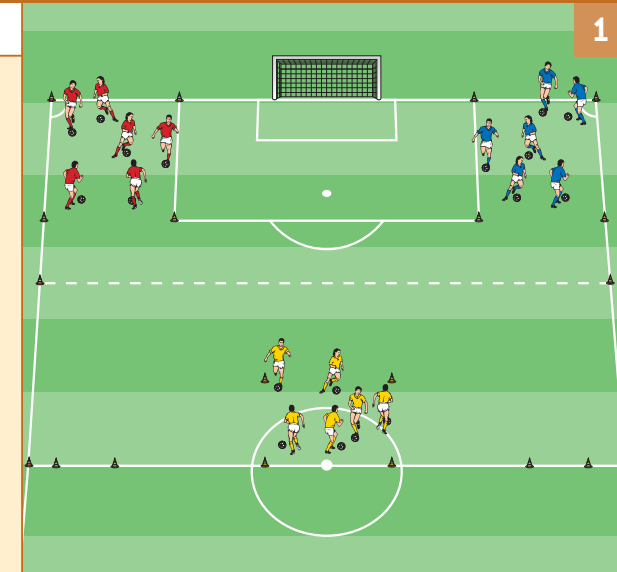
- Find a position between the fields from which you can easily observe all players.

#### Variations der Einzel-Aufgaben mit Ball

- Incorporate fakes into your dribbling.
- Juggle with lots of variations.
- Dribble in a fast zigzag.
- Incorporate short sprints into your dribbling.

#### Variations des Felder-Wechsels

- Progressively increase your speed.
- Do two short sprints.
- Do three leaps or squat jumps on the way.



### Passing exercises with two balls

#### Concepts/objectives

1. Warming up the body for action
2. Training field vision
3. Preventing injuries

#### Setup

- **Group A** is in a 15 x 15-yard field at the center circle.
- **Groups B + C** are in the far corners of the opposite half.
- Each group has two balls.

#### Sequence

Groups do combinations inside their fields with two balls at the same time.

#### Passing exercises

- Players dribble short distances and pass to open teammates.
- Same as above, except players are limited to two touches in a row.
- Passers play low passes in the air (confident ball control).
- Ball 1: dropkicks with the inside of the foot. Ball 2: ground balls with the instep.
- Ball 1: dropkicks with the instep. Ball 2: ground balls with the outside of the foot.

#### Tips and variations

##### Tips

- Make sure players are totally focused during warm-up — it's the only way to improve ball handling and technique.
- Include stretching and strengthening.

#### Variations

- Play low passes in the air with both balls.
- Play bounce shots with both balls (fast, confident ball control).
- Ball 1: direct passes only; Ball 2: no more than three touches in a row.
- On command, shift to top speed (dribbling, passing, controlling) but maintain precision; shift back to an easy pace at the next signal.

