

Theme: Improve mobility off-the-ball and readiness to finish		
<p style="text-align: center;">KNVB Dynamic Warm-up</p>	<p>KNVB Dynamic Warm-up</p> <p>Two lines of players</p> <ul style="list-style-type: none"> - Slow jogging along cones, 1 cone gap between players - Jog to cone; high knee in/out; next cone, other knee; 1 cone gap - Jog to cone; high knee out/in; next cone; other knee; 1 cone gap - Jog to cone; shuffle inside; circle around other player back to cone - Jog to cone; shuffle inside; jump to make shoulder-to-shoulder contact in the air; shuffle back to cone; repeat at next cone - Jog to second cone; jog backwards one cone; forward two, back 1; keep eyes looking forward at all times 	<p>WHAT WE ARE LOOKING FOR</p> <ul style="list-style-type: none"> - Slow, rhythmic sequence; no racing!! - Stay with partner
	<p>Pass and move sequence - groups of 5 or 6</p> <p>Variation 1 - Player B "makes space" with short sprint away from defender and asks for the ball; player A passes to B and moves forward; player B passes back with one touch to incoming player A; player A passes with one touch to player C; player C controls and dribbles to line of players A. After play, player A joins C group, B switches with other player B, C player joins A group.</p> <p>Variation 2 - Player B "makes space" by shuffling away from defender and prepares to receive facing towards inside of field; player A passes to B and moves in bending run around defender; player B controls and passes to moving player A; player A passes to C with one touch pass; player C controls and dribbles back to line of players A. After play, player A joins group C, player C joins group A. Player B switches with other B player if there is one.</p> <p>Competition - Group which can make more plays in 2 minutes wins.</p>	<p>WHAT WE ARE LOOKING FOR</p> <ul style="list-style-type: none"> - Good shooting technique with instep - Start a few steps back from ball - Approach with small (baby) steps first then bigger steps - Set foot next to ball - "make a 10 with ball" - Strike with "sweet spot" - just inside of laces, toes pointing down <p>ADVANCED</p> <ul style="list-style-type: none"> - "Open" stride/thigh to get power in the last step before striking the ball
	<p>Move-pass-finish sequence - groups of 5 or 6</p> <p>- Player B shuffles back, facing center of field to make space away from defender and prepare to receive; player A passes to B; player C makes bending run to make space away from defender and receive ball deep; player D moves away from defender, gets into the penalty box and prepares to score in 1 or two touches; player C crosses back to player D; player D shoots with 1 or 2 touches maximum (aim low). After play, player A moves to D, player D moves to C, player C moves to B, player B joins group A at end of line.</p> <p>Competition - Player with most goals scored in 2 minutes wins.</p> <p>Variation - switch direction of play. Player D shuffles to receive ball (left side); player A passes to player D ...</p>	<p>WHAT WE ARE LOOKING FOR</p> <ul style="list-style-type: none"> - Develop habit to make space moving away from defenders to receive the ball - Face middle of the field (open body) to receive and control ball - Crossing ball back - Be "prepared to score" in the penalty box with 1 or 2 touches max - Aim low when shooting
	<p>4v4 game with 4 goals in short-wide field with length-wise halves</p> <p>Restrictions:</p> <ul style="list-style-type: none"> - A team can score only with one or two touches taken in one half (left or right) of the field. Or... - A team can score after making 3 passes in the same half of the field. <p>Variations</p> <ul style="list-style-type: none"> - Increase number of passes in same half of the field before scoring to encourage more changes of field. 	<p>WHAT WE ARE LOOKING FOR</p> <ul style="list-style-type: none"> - Improve players' mobility to "make space" and get wide when attacking switching fields quickly and being "prepared to score" when close to goal. - Make space by moving to open space away from defender - Determine when to switch the field - Be "prepared to score" when receiving the ball ; score with one or two touch max