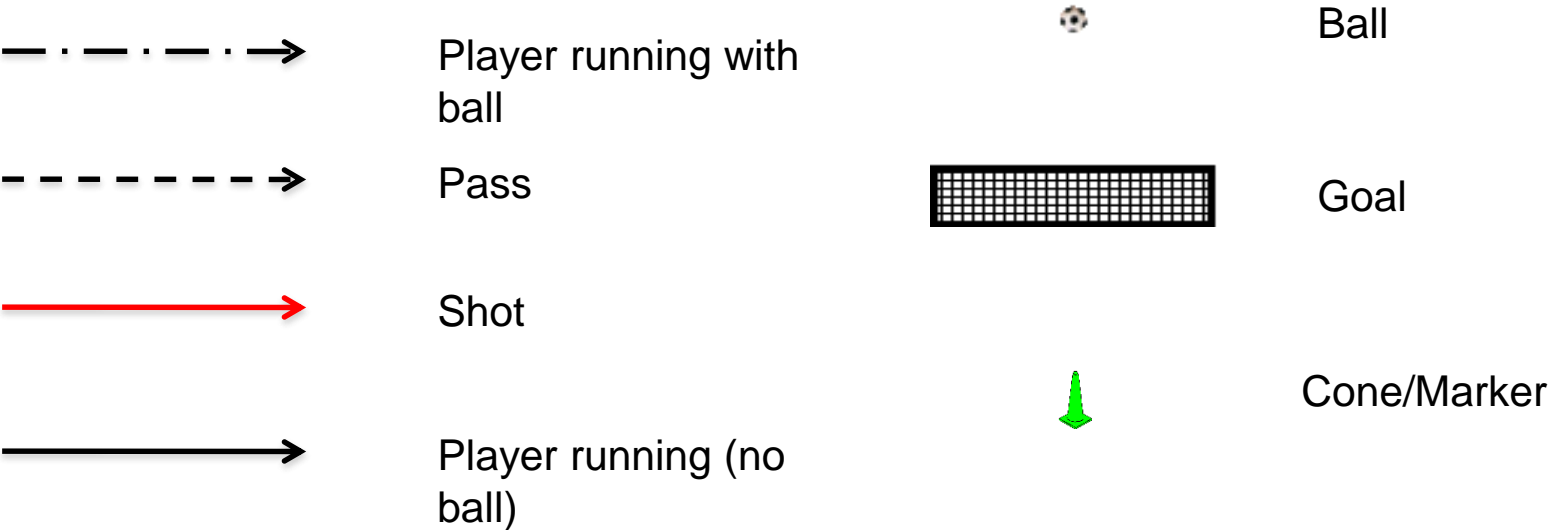




Diagram Key:



Footspeed/Agility and Passing Warm Up 1

Category: Passing/Ball Circulation

Practice Segment:

- Warm Up
- **Skills:**
- Passing

Players: 8-12 players

Time: 15-20 min

Footspeed/Agility Warm Up:

Set Up:

- 2 small hurdles set side-by-side about 18-24 in apart
- A ladder or 6-10 cones set up about 18 in apart
- Additional cone 8-10 yards away in line with “ladder”; 3rd cone 6-8 yards to the side and about half way between end of ladder and second cone

Action:

- (A) Players hop (one leg) over the hurdles and move through ladder area performing fast footwork exercises at coach’s command and then jog to cone 6-8 yards away
- Players perform dynamic flexibility movements during return run.
- (B) As before, players perform a foot work pattern through the first set of cones.
- After exiting the cones/ladder, they sprint forward to receive the ball and pass it back to the server.
- After the returning the ball to the server, the player sprints out around the wide cone and back to server for a second sequence of passes.
- After the second pair of passes, the player must sprint back to the end of the line and switch sides

