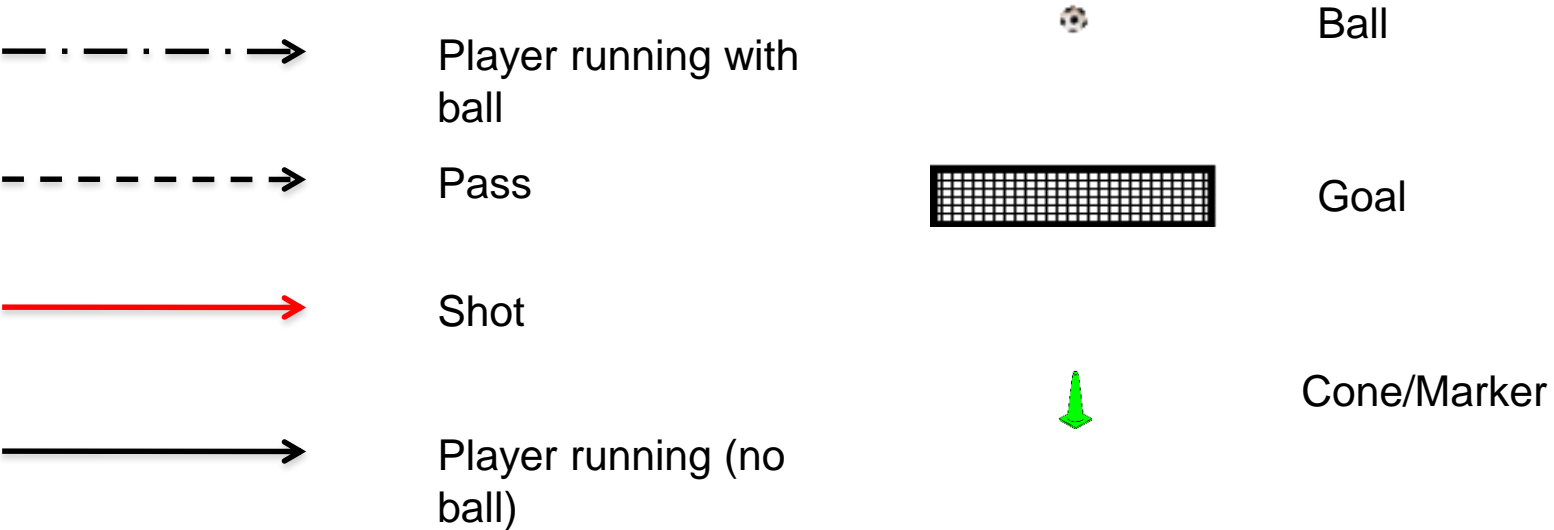




Diagram Key:



## **Footspeed/Agility and Passing Warm Up 3**

**Category:** Passing/Ball Circulation

**Practice Segment:**

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

**Players:** 8-12 players

**Time:** 15-20 min

### Warm up:

- 8x8-10x10 box with “gates” center on 2 sides and a marker at the center of the other 2 sides
- Half players on opposite ends in gates with ball on one side
- Players play ball and run to designated side, turning at marker as shown
- Players perform dynamic flex or foot speed agility movements along  $\frac{1}{2}$  side of box while returning to start point
- Note: Ladders can be added for the return run provided there are at least 6-8 players on each side

### Sequence:

- 2 touch right foot, run right
- 2 touch left foot, run left
- 1 touch right foot, run right
- 1 touch left foot, run left

