



## MAN U WARM-UP I

**EQUIPMENT:** cones as needed to mark grid

**FIELD DIMENSIONS:** approx 8 x 20 yds.

**NUMBER OF PLAYERS:** 10 minimum, including 2 goalkeepers.

**PLAY:**

- trainer (T) plays ball to A
- A plays clean one-touch square ball to B then immediately, with a sprint, overlaps B into the grid
- A and B attempt to beat the keeper (K) by either dribbling or using a give-and-go.
- K can use his hands and plays 100%.
- if A and B get past K, the ball is immediately played to the next pair of players on the opposite side and the exercise begins again.
- if K wins the ball, T quickly plays a ball to the next waiting pair.
- a second goalkeeper is on standby and keepers rotate into the exercise as they see fit.

### COACHING POINTS:

- this exercise is done at a rapid pace. If the ball is played out of bounds, a new ball is immediately played by the trainer to one of the next waiting pairs so that the players are kept moving.
- encourage the pairs to take the keeper on with pace, and to not hesitate. The less time the keeper has to react, the better the chance for success for the attacking pair.
- expect overlapping players to overlap at top speed.
- all balls are playable for the keeper, so expect the one-touch square pass to be a clean one, and not a lead pass.

**NOTES:** -I witnessed this exercise being done with the Manchester United Academy u12 team at the Cliff, the legendary training ground where so many Man U greats were taught the game. It was easy to tell the players truly enjoyed this warm-up exercise. It is a great exercise for 'capturing' a group before moving into the main part of a training session. An added benefit to this exercise is that it directly involves the goalkeepers.

— PASS —  
 - SHOOT -  
 ... RUN ...  
 - DRIBBLE -

