

TECHNICAL WARM UP LESSON PLAN

- Progress from easy & slow to complex & fast
- Target 10-20 reps per movement

1) 'Juggle'

- While waiting for everyone to file in have those ready complete juggles nonconsecutively challenge them to reach a certain # for juggles to count (ie. 200 juggles > 6 to count)
- Once everyone is moving have them complete 1 touch & catch feet only / thighs only
ex. - level 1: kick the ball up & catch
level 2: kick the ball up & catch in the same exact spot
level 3: same as 2, but do 10 in a row
level 4: same as 3 but both feet
- Challenge w/ some pattern (ie. right foot / left foot / left thigh / right thigh)

2) 'Stationary touches' - (Basically Beast Mode)

- Boxes / side taps
- Toe Taps
- Brazilian toe taps
- 'L's'
- Roll & stop

Level 1: Do in place

Level 2: Introduce auditory commands (ie. "stop" means stop the ball)

Level 3: Increase complexity of audio cue (ie. "stop" means accelerate & "sit on the ball")

Level 4: Introduce visual cue (ie. RED means dribble to a red cone)

Level 5: Increase complexity of ~~visual~~ visual cues (RED means dribble to BLUE)

Level 6: Combine & increase complexity of all cues

3) 'Dynamic Touches' - same as stationary but moving

- Boxes / side taps (forward & backwards)
- Toe taps (forward & backwards)
- Roll overs
- Inside outsides (IO)
- (OI/OI)
- Chops
- Speed Dribble

- Progression similar to stationary touches

- Add obstacles / audio cues / visual cues / combinations / patterns

- Looking to master all basic → advanced touches while efficiently interpreting information

4) 'Toss ups' (No Bounce)

- Toe
- Inside half turn
- Outside half turn
- back heel / leg 180° turn
- Chop
- BUTT

Level 1: stationary - bring the ball down from below head height

Level 2: stationary - above head height

Level 3: kick ball up & bring down

Level 4: Juggle → pop up → bring down

Level 5: Bring the ball down → accelerate into space

Level 6: same as 5 but bring the ball & accelerate to 1v1 move and/or turn

- Progress by incorporate stationary & dynamic touches and cues

5) 'GET UPS'

- Sitting → Bounce → catch → control → control + #2/3 variations → juggle
- Standing → fall + bounce
- Standing → "Toss up" → Down & up → catch/control/juggle
- Standing → cart wheel
- Lying down → Bounce + get up

Progression