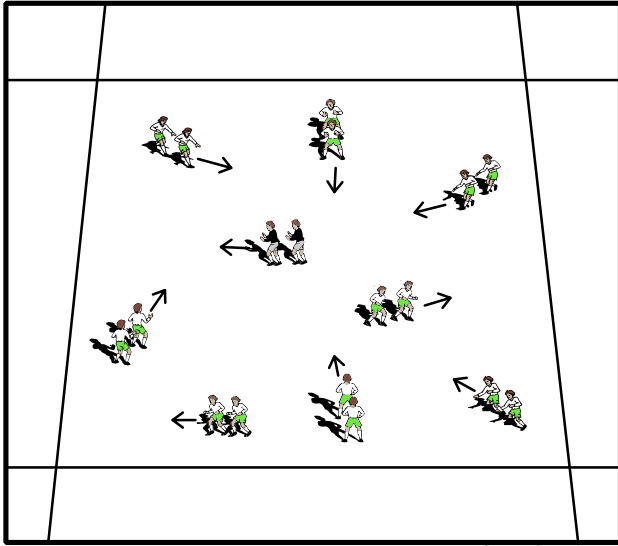


ACTIVITY #1

Set up: Matching Pairs Warm-Up 1

Instructions: Warm up starts with players working in pairs with no balls. The leader determines the warm-up movement of his following colleague and, of course, the leader is changed frequently.

Coaching Points: Type Coaching Points Here...



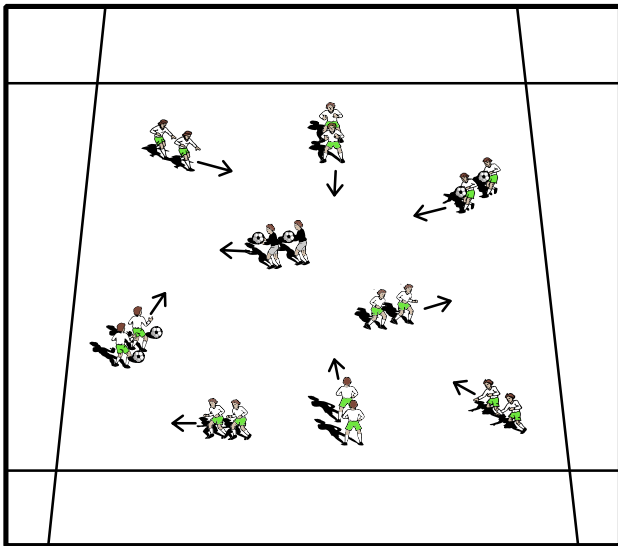
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ACTIVITY #2

Set up: Matching Pairs Warm-Up 2

Instructions: Progress with several pairs having a ball each. They do whatever movement the leader determines with the ball, while the other proceeds as before.

Coaching Points: Type Coaching Points Here...



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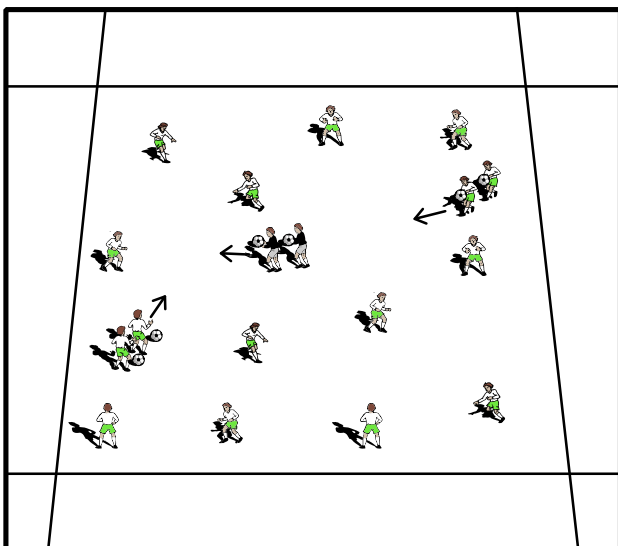
ACTIVITY #3

Set up: Matching Pairs Warm-Up 3

The players without a ball separate and stand in a space while selected pairs continue with a ball each. To learn the activity it is useful if the players with a ball each, following one behind the other, carry the balls by hand. When desired, the leading player throws the ball to one of the standing colleagues and takes his place.

Instructions: The player who receives the ball immediately runs to move in behind the former following player who now is the leader. This is repeated several times to ensure that all standing players have the opportunity to become mobile. An advancement of this is for the ball to be thrown twice by the leading player to one of the standing colleagues. He catches the ball, returns it to the front player who, again, throws it back. Only then does he run to catch up and move in behind the former following player. This exercise then is done by throwing to head, headed back, and caught by the player who then runs to follow the leading player who first threw the ball.

Coaching Points:



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ACTIVITY #4

Set up: Matching Pairs Warm-Up 4

Instructions: Having learned by hand, then incorporating heading, the ball is now played on the ground. The dribbling pair, one behind the other, may be asked to perform a matching turn, or other activities, before the leader passes the ball and takes the place of the receiving player. An additional, testing activity, is to do the exercise with all players keeping the ball in the air. Then, finally, free "Matching Paris" movements are encouraged before the leader passes the ball to the new following player.

Coaching Points:

