

Bring it Back

U6

Phase: Warm-Up

Intensity: Low-Medium

Intervals: 1 minute

Recovery Time: 30 seconds - 1 minute

Coaching Points:

Develop agility, coordination, movement with the ball.



Instructions:

Coach stands stationary and asks the players to bring the ball to them anyway they want.

Coach throws the ball out and says "Bring it back".

Enhancements:

1. Coach moves instead of standing stationary.
2. Skip Back
3. Big Jumps Back
4. Have obstacles like cones or hurdles

