

Elevators

U6 & U8

Phase: Warm-Up

Intensity: Low-Medium

Intervals: 1 minute

Recovery Time: 30 seconds - 1 minute

Coaching Points:

Dribbling with the head up. Looking for an open space, and turning back when space is closed.



Instructions:

Players dribble their own soccer ball and try to move through an open “elevator”.

Parents or coaches stand side-by-side and move a step apart and random intervals to open the “elevator”.

