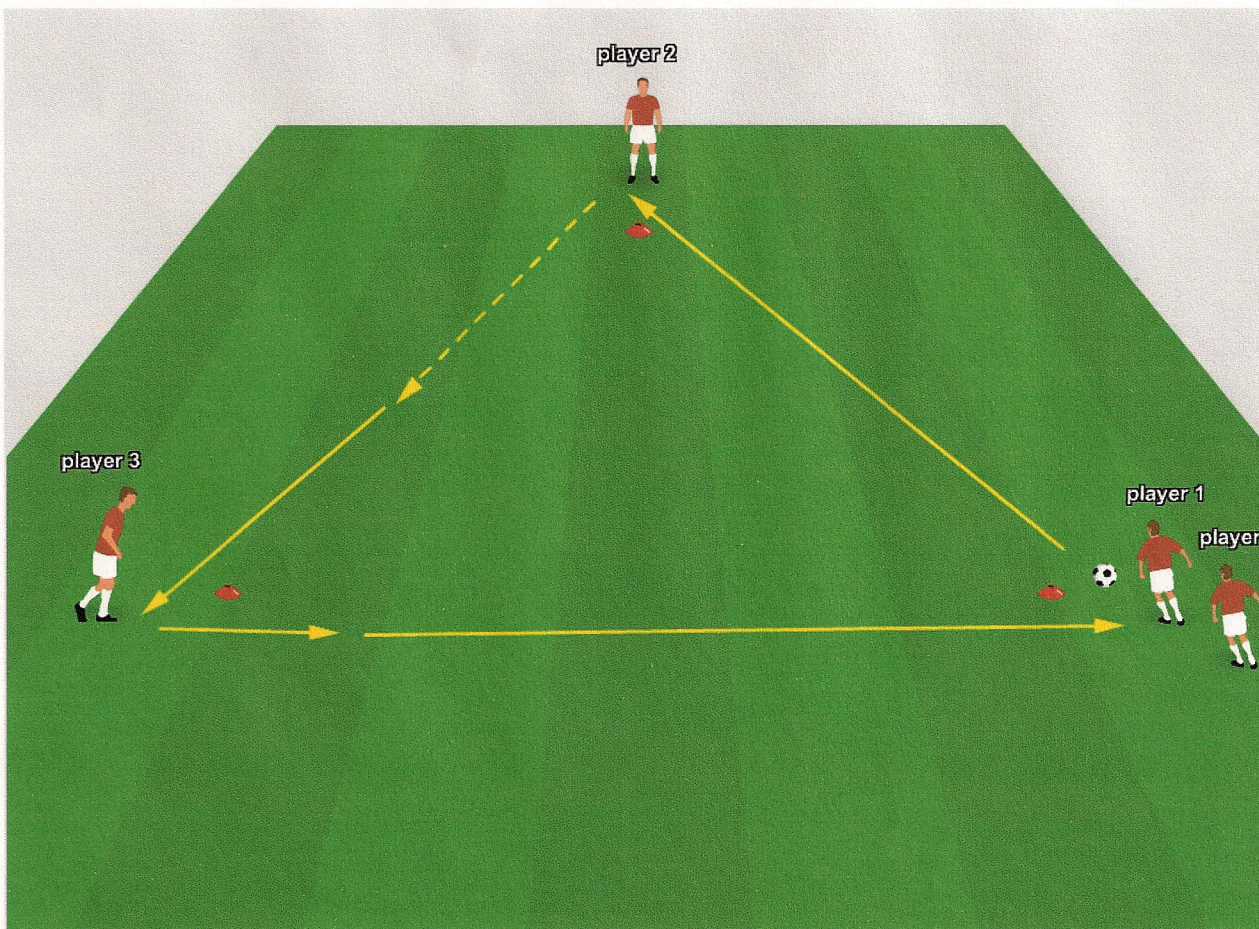


### Philadelphia Charge Warm up



<b>Date:</b>		<b>Measurement:</b>	15x15x15
<b>Time:</b>		<b>Players:</b>	unlimited
<b>Duration:</b>	15 mins	<b>Level/Age Group:</b>	16 up

**Description:** mark out a triangle with 15 yards from each of the cones. Player 1 starts with the ball and passes to player 2. Player 2 dribbles half way then passes to player 3 who takes a touch towards player 4 then passes with

**Objective:** to warm the players up mentally and technically by having them perform some basic techniques and keep a rythum going.

**Coaching Points:** Play towards front foot. First touch out of feet and towards line you are passing to. Be aware.

**Progression:** Change direction. Add give and go at top of triangle.