



Box SAQ Warm Up

Category: Warm-ups
Difficulty: Moderate

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Box SAQ warm Up #1 (5 mins)

Set Up

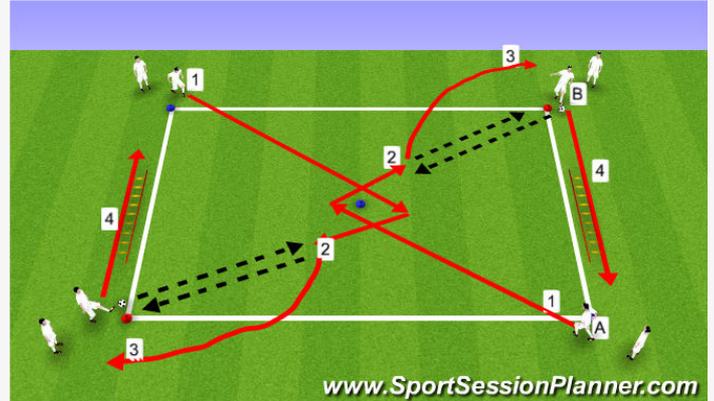
As shown. 15 x 15 yard box
minimum 6 players in box or maximum 10 players

Organisation

Player A from opposite sides connect movement to run to the middle once past the other player they turn to receive the ball from the other corner. This is a quick bounce pass and then the run to the back of the line that they just passed to. When Player B receives the ball back they go through the SAQ activity. Activity continues on this cycle.

Coaching Points

Connected movement (acknowledge each other)
Speed of play
Quality of pass



Box SAQ warm up Turn & Pass (5 mins)

Set Up

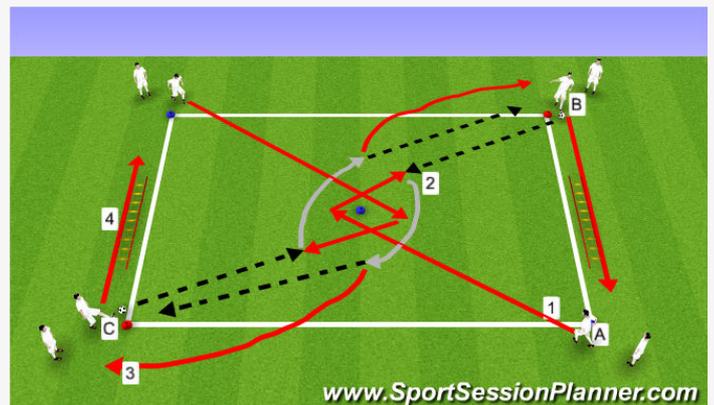
As shown. 15 x 15 yard box
minimum 6 players in box or maximum 10 players

Organisation

Player A from opposite sides connect movement to run to the middle once past the other player they turn to receive the ball from the other corner. The Player A receives the ball from player B and turns (outside of foot) and then passes to the opposite corner Player C. When Player C receives the ball back they go through the SAQ activity. Activity continues on this cycle.

Coaching Points

Connected movement (acknowledge each other)
Speed of play
Quality of pass



Box SAQ warm Up Turn and receive (5 mins)

Set Up

As shown. 15 x 15 yard box
minimum 6 players in box or maximum 10 players

Organisation

Player A from opposite sides connect movement to run to the middle once past the other player they turn to receive the ball from the other corner. The Player A receives the ball from player B and turns (inside of foot) and then passes to the opposite corner Player C. Player A now turns back to the other side to receive the ball from player B for a bounce pass. When Player B receives the ball back they go through the SAQ activity. Activity continues on this cycle.

Coaching Points

Connected movement (acknowledge each other)
Speed of play
Quality of pass

