

Training Session Warm-up Exercises



Direct from
Pep Guardiola's
Manchester City
Training Sessions

1. One-Touch Combination Play with Aerial Pass in a Warm-up Circuit



All players rotate positions (A -> B -> C -> D -> A).

Description

1. Player A meets in the middle with the opposite Player A.
2. They hold hands and side-step to the cone.
3. Player A on the left moves between the hurdles and 2 foot jumps over the 2nd. Player A on the right 2 foot jumps over all 3 hurdles.
4. The Coach passes the ball.
5. Player A receives.
6. Player A passes to Player B.
7. Player B passes the ball back (1-2).
8. Player A plays an aerial pass to Player C.
9. Player C passes the ball back for Player B.
10. Player B passes in front of the mannequin for Player C to run onto.
11. Player C either passes to Player D's feet or in front of the mannequin for him run onto.
12. Player D receives and dribbles through the yellow poles to the start.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 13th February 2019