

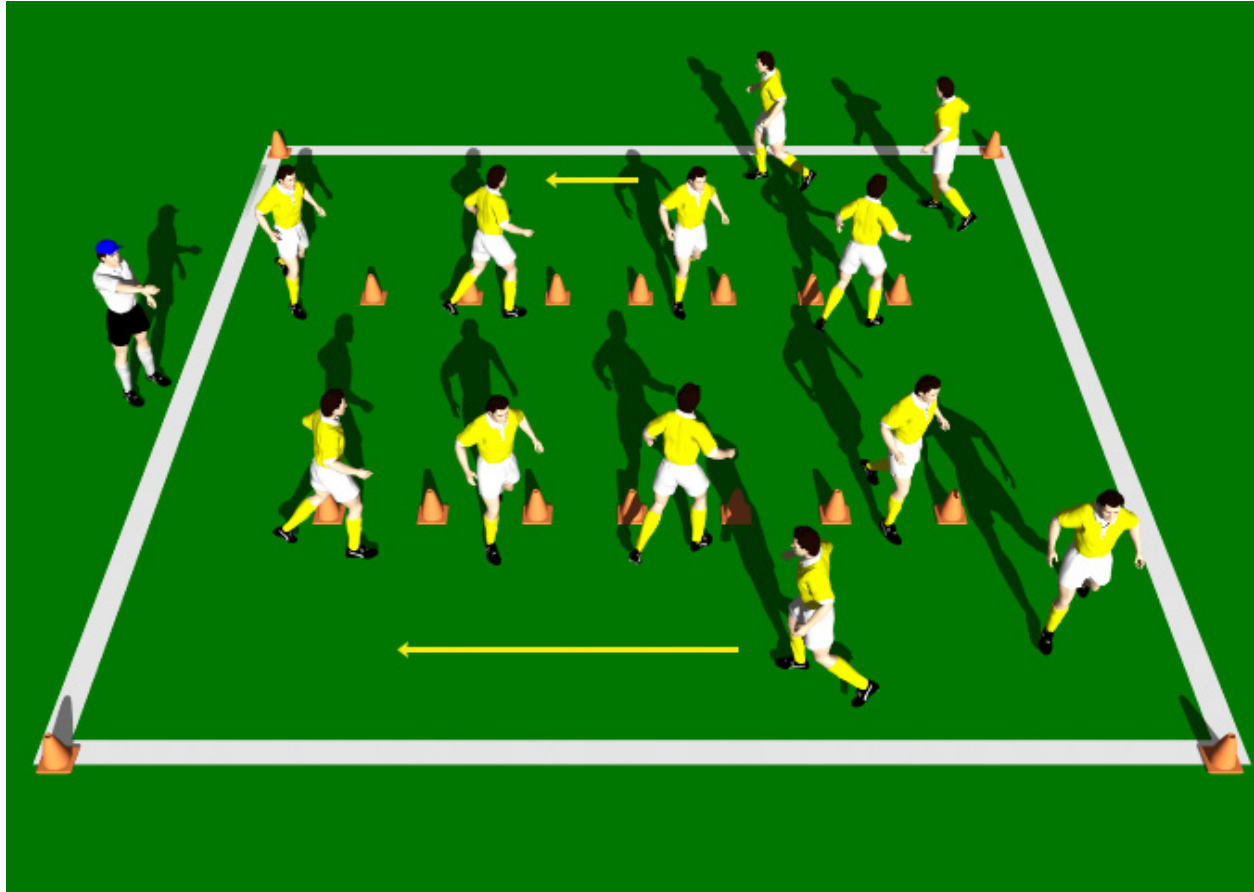
75 Best Warm Up Sessions and Games Players Love!

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4 Minute Warm Up



Objective of the Practice:

This is a short 4 minute warm dynamic warm up. This warm up can be used for a “substitution warm up”.

Coaching Points:

Dynamic Stretches: Start with a slow jog.

1. Forward Skips.
2. Backwards Skips.
3. High Kicks.
4. Groin stretch inside (close the gate).
5. Groin stretch outside (open the gate).
6. High Kicks across body.
7. Sideways – In and Outs.
8. Forward Zig Zags.
9. Backwards Zig Zags

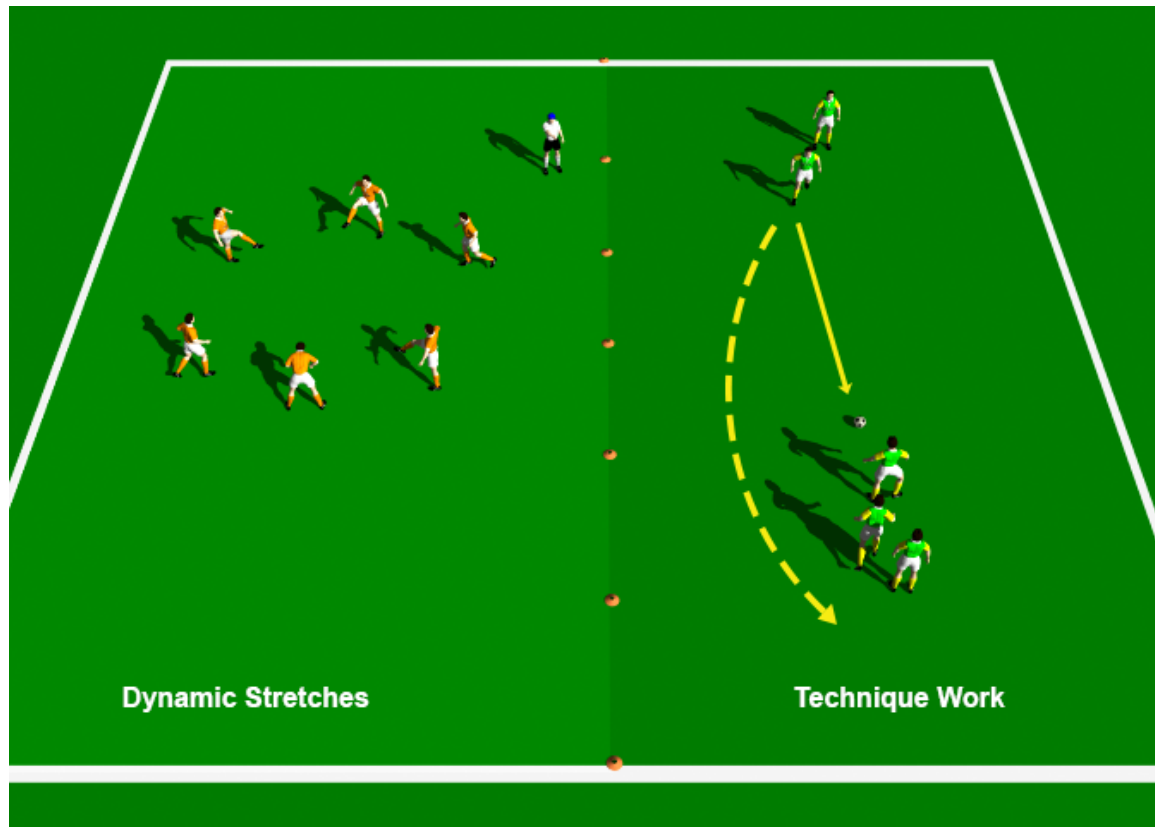
Field Preparation:

Area 10 yards x 10 yards, Cones.

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Alternating Warm Up 2



Exercise Objectives:

This is another variation of an alternating warm up. It is designed to incorporate both dynamic stretching and technique work.

Coaching Pointers:

Set up and area 20 x 20 yards. Using cones, divide the area into two half's. divide your players into two equal group. On group will perform technique work and the other group will focus on technical work. Group change every 2 minutes. The players will perform a variety of dynamic stretches and the navigate through the center cones. Cone the coaches command they move to the outside balls and pass with a partner.

Dynamic Stretches:

1. Warm Up Jog
2. Sky Stretch
3. Lunges
4. Side Steps
5. Carioca's
6. Zig Zag Forward
7. Zig Zag Sideways
8. Zig Zag Backwards (chest above knees)
9. Bunny Hops
10. Rainbows
11. Groin stretch inside (Close the gate)
12. Groin stretch outside (open the gate)

Technique Work:

1. Pass and Follow
2. Pass "One Touch" Follow
3. Pass "Two Touch" Follow
4. "Give and Go "One Touch"
5. Double "Give and Go"
6. Dribble and Take Over
7. Dribble with Pace
8. 2 Yard Rapid Passing

The pace starts slowly but must be increased to a "flat out" effort as quickly as possible.

Look for leadership in your group warm ups. See what players are motivating others during the warm up.

Field Preparation

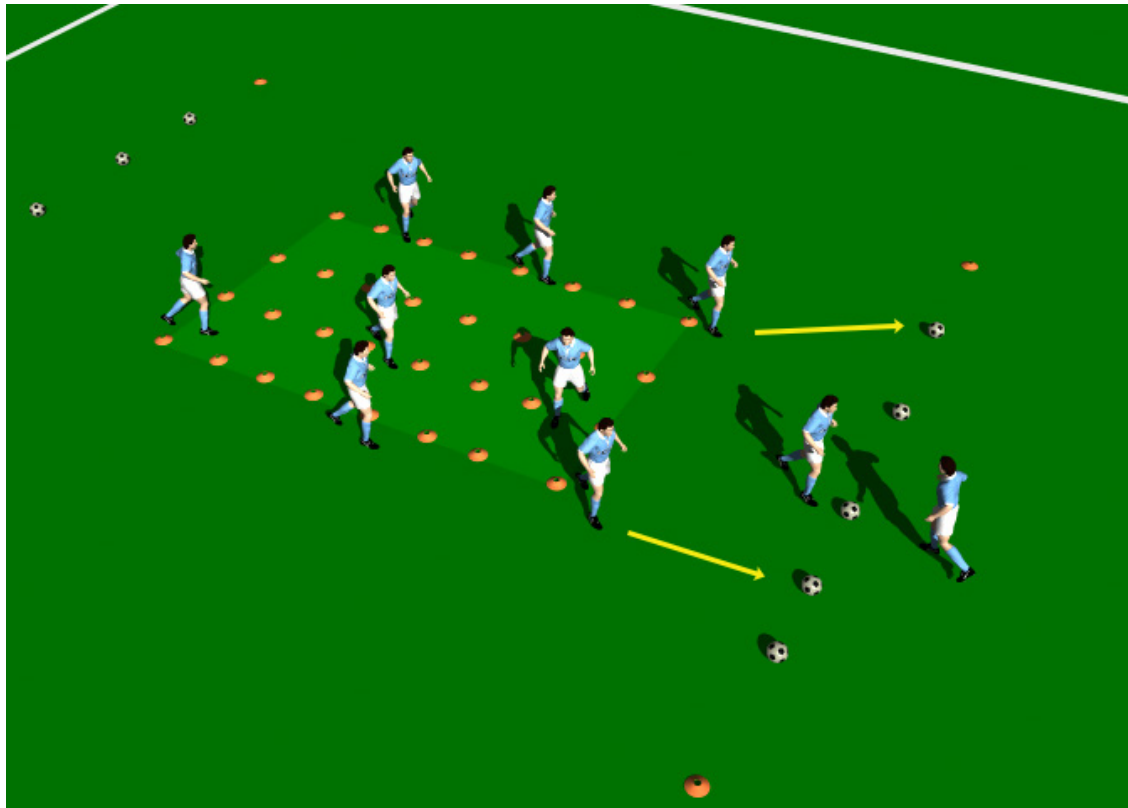
Set up and several lines of cones. Set up marker cones on each side 10 yards from the middle cones. Place a line of balls between the marker cones (as in the diagram above).

Area 30 yards x 30 yards

Cones

Supply of balls

Alternating Warm Up 2



Exercise Objectives:

This warm up is designed to incorporate both dynamic stretching and technique work.

Coaching Pointers:

Set up and several lines of cones. Set up marker cones on each side 10 yards from the middle cones. Place a line of balls between the marker cones (as in the diagram above). The players will perform a variety of dynamic stretches as they navigate through the center cones. Once the coaches command they move to the outside balls and pass with a partner.

Dynamic Stretches through Cones:

1. Warm Up Jog
2. Sky Stretch
3. Lunges
4. Side Steps
5. Carioca's
6. Zig Zag Forward
7. Zig Zag Sideways
8. Zig Zag Backwards (chest above knees)
9. Bunny Hops
10. Rainbows
11. Groin stretch inside (Close the gate)
12. Groin stretch outside (open the gate)

Technique Work:

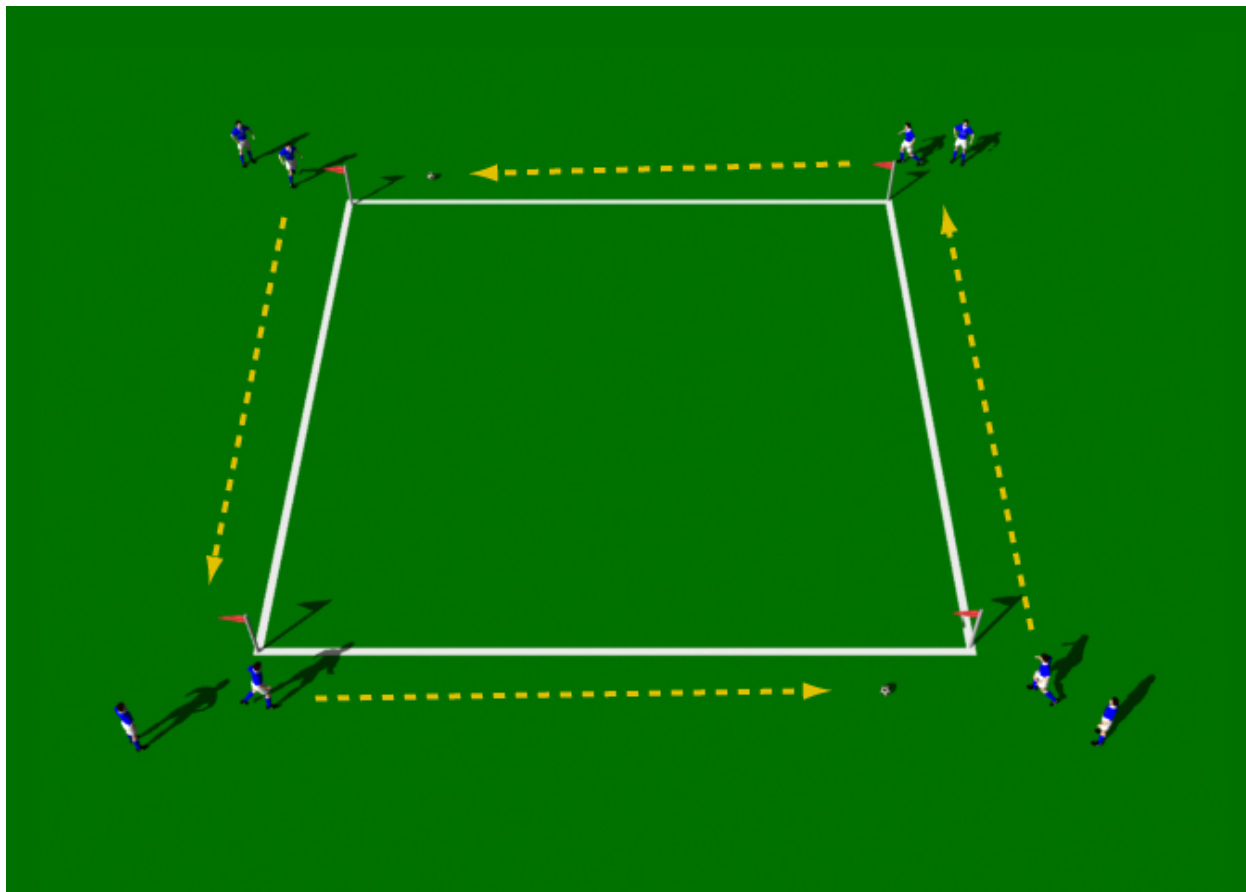
1. 1 yard speed passing with partner.
2. 2 yard speed passing with partner.
3. 1 yard apart, partner serves for player to volley back.
4. 1 yard apart, partner serves for player to chest and volley back.
5. 1 yard apart, partner taps ball, jockeys backwards to head a served ball from their partner. Field

Preparation Set up and several lines of cones.

Set up marker cones on each side 10 yards from the middle cones. Place a line of balls between the marker cones (as in the diagram above).

Area 30 yards x 30 yards Cones Supply of balls

Belgium 2 Touch Passing Drill



Objective of the Practice:

This is a great group practice to develop short range passing techniques.

Field Preparation

☆ Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

Coaching Points

Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise.

The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to "two touch". A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

Progression:

Now after passing the ball the players must follow their pass and make an explosive run to the flag pole.

- ☆ Coach should develop a high tempo rhythm as quickly as possible.
- ☆ Players must constantly be moving and communicating with each other.
- ☆ Passes should be quality followed with explosive runs into space.

Benfica Pregame Goalkeeper Warm Up



Selection of Warm Up Exercises.

Sequence

Intermittent dynamic stretching and ball work. One keeper stretch, one keeper focuses on footwork.

Dynamic Stretches

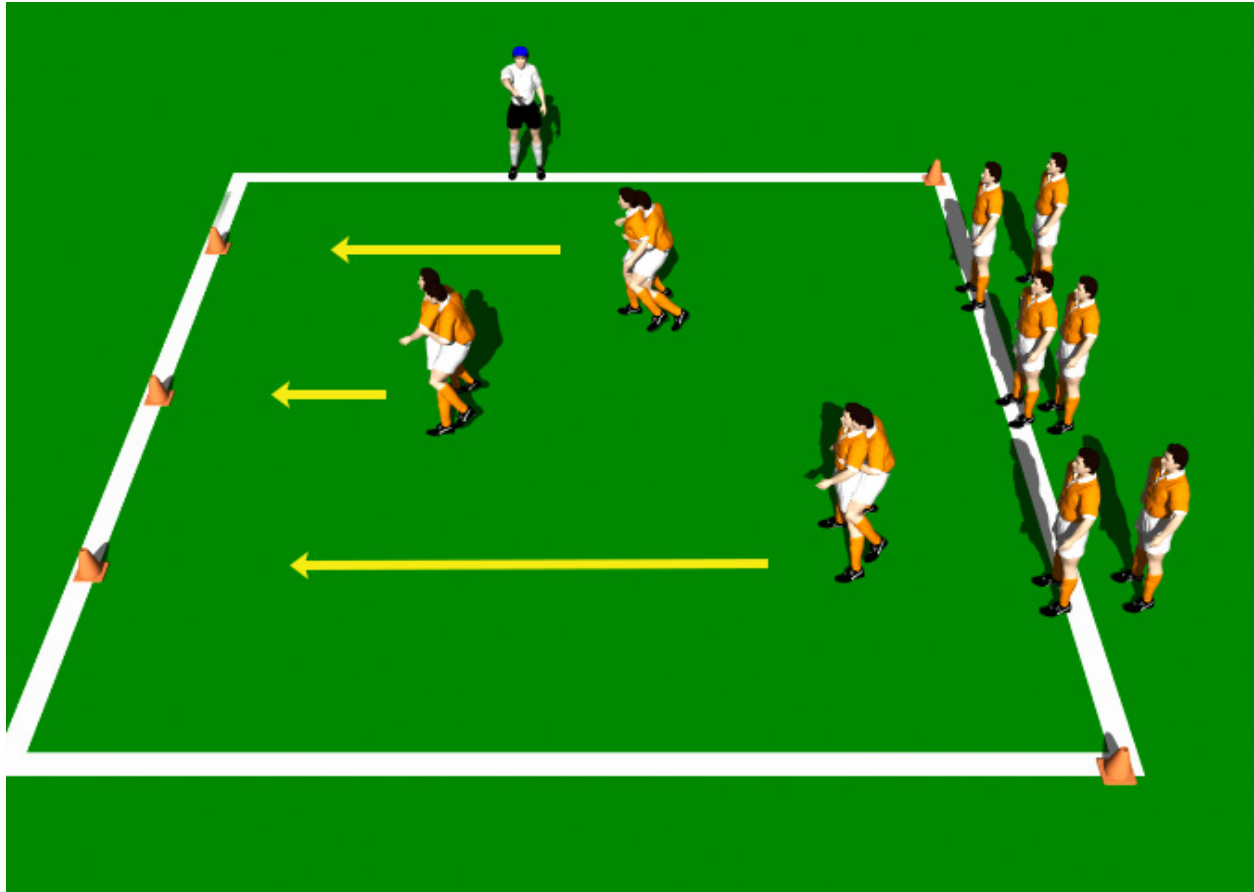
Heel Touches, Knee Touches, Knee and Heel Touches, Arms back, front and clap, Side Step Forward, High Kicks, Trunk Twists, Carioca.

Ball Warm Up

1. Ball played to feet, short passes.
2. Ball served to chest height.
3. Ball served to chest height with side steps.
4. Ball served to chest height with keeper starting sideways.
5. Ball served hard on ground for keeper to scoop.
6. Keeper lays on ground, ball served to one side.
7. Rapid series of 6 shots taken at keeper.

This is followed by more individual static stretching.

Carry Me Relay Game

**Objective of the Practice:**

This is a fun warm up game to develop team building. Players love this game.

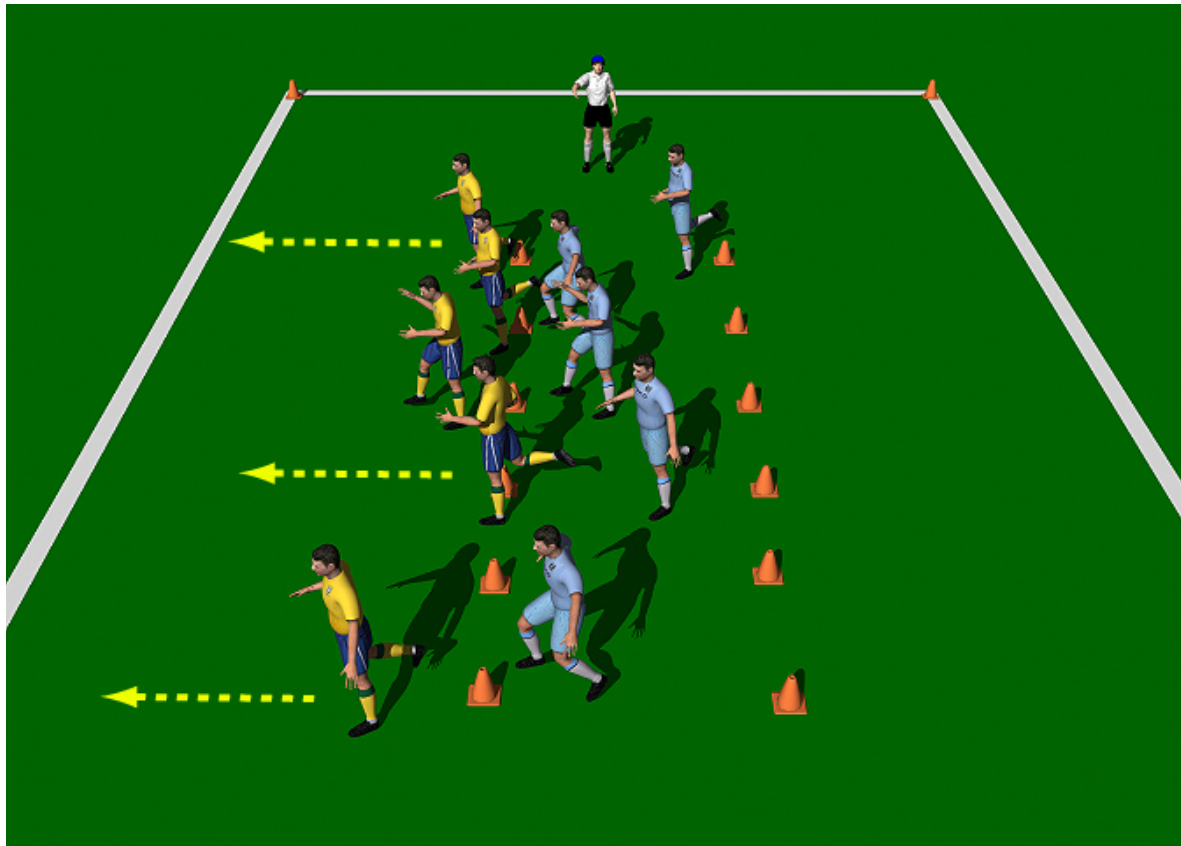
Coaching Points:

Divided your players into two teams. The first player in line must carry the second player in line around the cone and back. Then two players carry the next player and so on, until the last player is carried around the cone. The first team to carry every player wins.

Field Preparation:

Grid 10 x 20 yards. Entire group of players. Cones.

Catch your Man



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

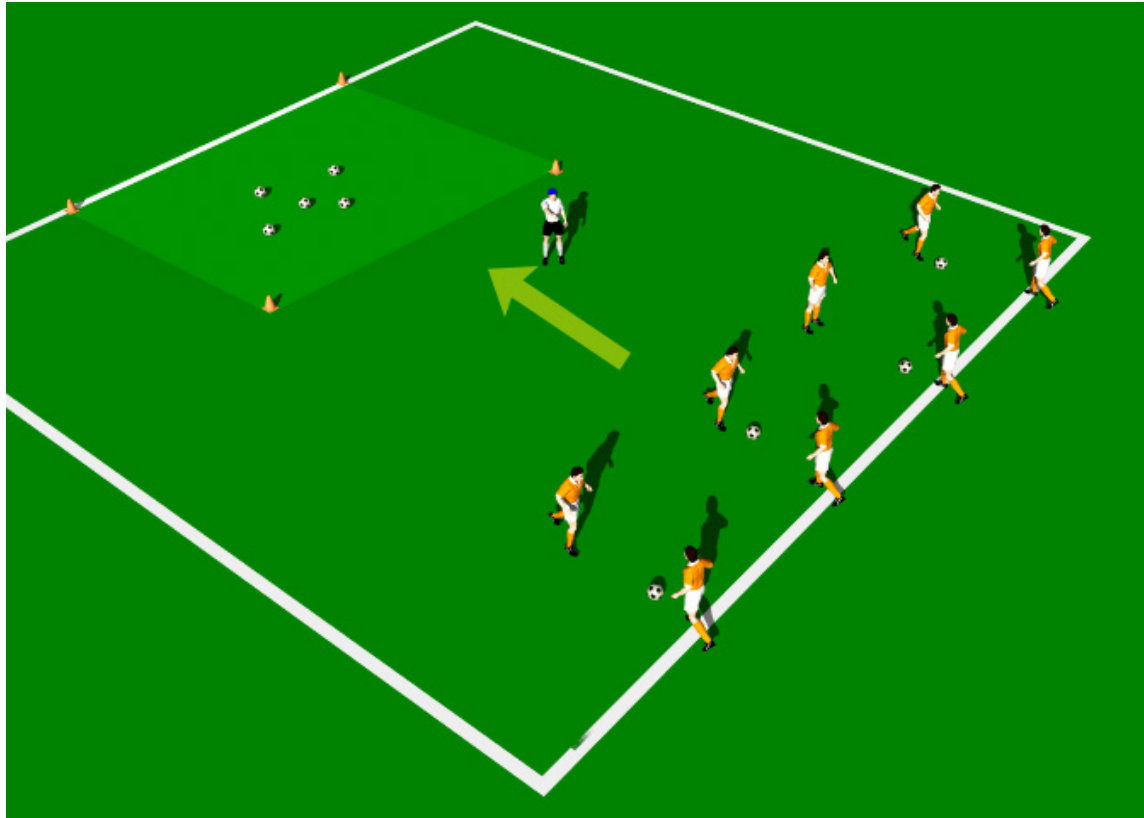
Using cones mark a line 2 yards apart. Divide the group into pairs. Each group wears a different color pinnie (e.g.; blue and yellow). Each player is positioned at a cone, opposite their partner. When the coach shouts out one of the colors, the opposite color must chase their partner to the side and try and tag them. The successful players get a point.

Coach can vary the practice by having players do the opposite of what he says. Also can be performed with a ball. Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins. Swap partners.

Field Preparation

- ☆ Entire Group
- ☆ 20 yards by 10 yards

Celtic Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

Coaching Points:

Divide your group into pairs, one ball per pair. Set up a square proximately 15x15 yards. The group will alternate between ball work and dynamic stretching. The transition must be high paced.

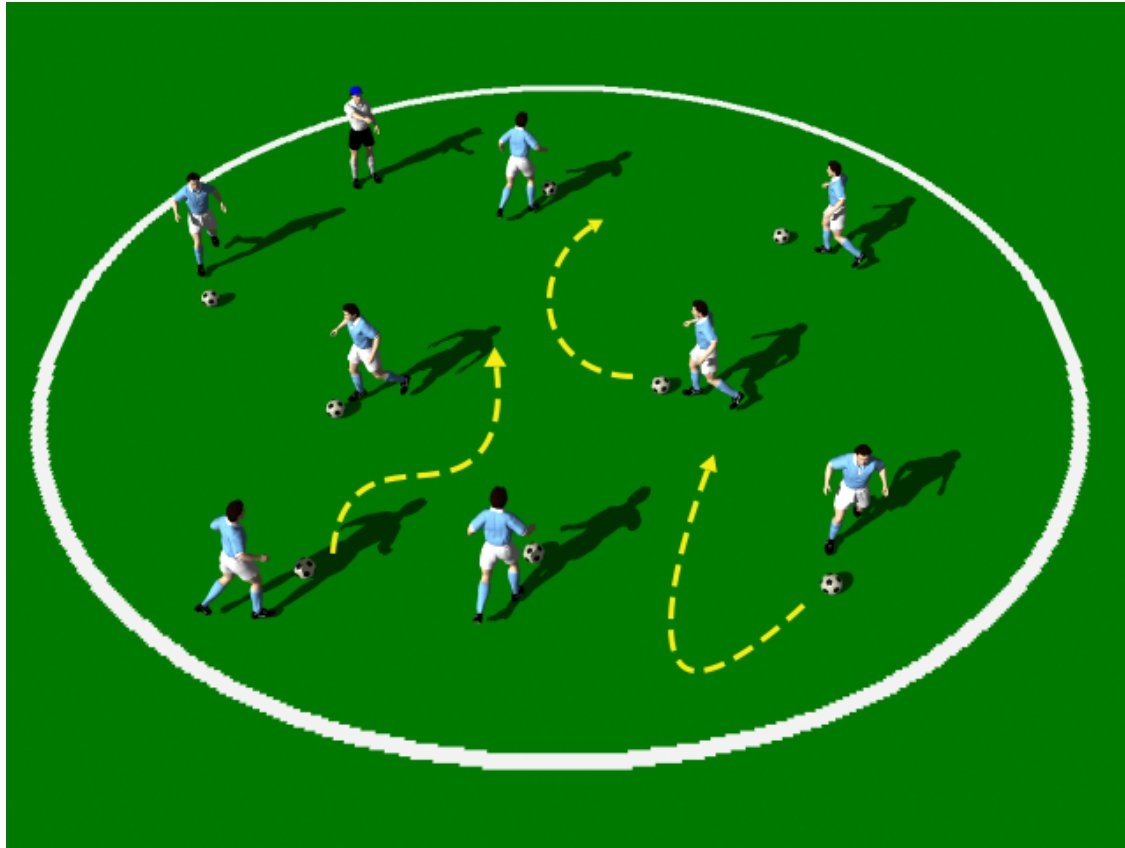
Working in pairs:

10. Speed Passing (1-2 yards apart).
11. Accelerate to opposite end and repeat Speed Passing.
12. High Kicks to opposite end and back, repeat Speed Passing.
13. Side Skips to opposite end and back, repeat Speed Passing.
14. Backwards Skips to opposite end and back, repeat Speed Passing.
15. Groin stretch "open the gate" to opposite side.
16. Groin stretch "close the gate" back.
17. Longer Speed Passing (10 yards apart).
18. Jog to big square.
19. Zig Zag Forwards in between cones.

Working in a group:

1. Head Catch Game, 2 directional.
2. Volley, Catch Game, 2 directional.

Center Circle Warm Up



Exercise Objectives:

The Center Circle warm up includes ball work and dynamic stretching.

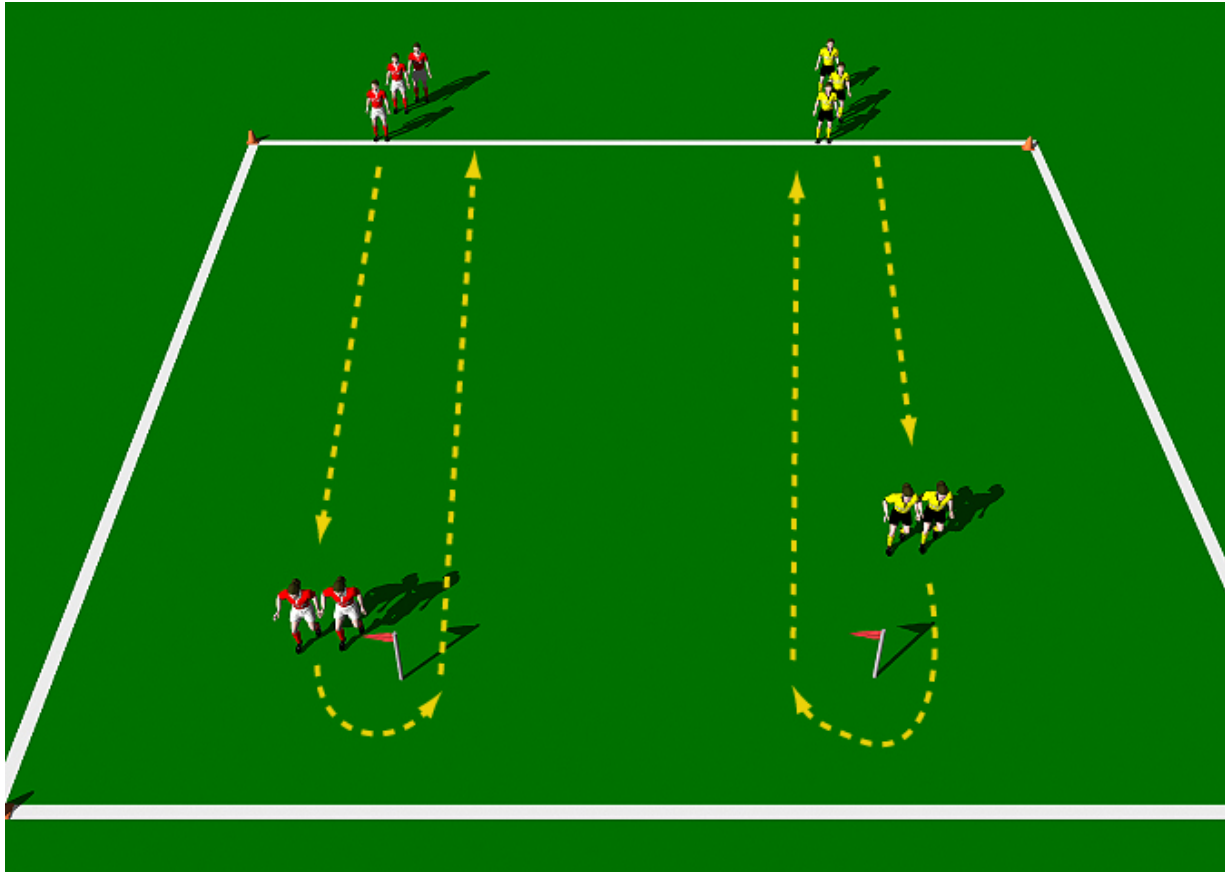
Coaching Pointers:

Place your entire group in the center circle. Each player has a ball.

The warm up is conducted in the following sequence:

- Dribble the ball around the circle using different foot surfaces.
- On the coach's whistle, players "spin" on the ball.
- Hold the ball while moving around the circle and perform trunk twists.
- Hold the ball while moving around the circle and perform high kicks.
- Hold the ball while moving around touch the ball with the knees.
- Ball on the ground, players jog then do two taps on the ball.
- Players perform fun heading and volley game.
- Players perform pass and flick game.

Chain Relay Game – Team Building



Exercise Objectives:

This is a fun warm up that focuses on teamwork and team building skills.

Field Preparation

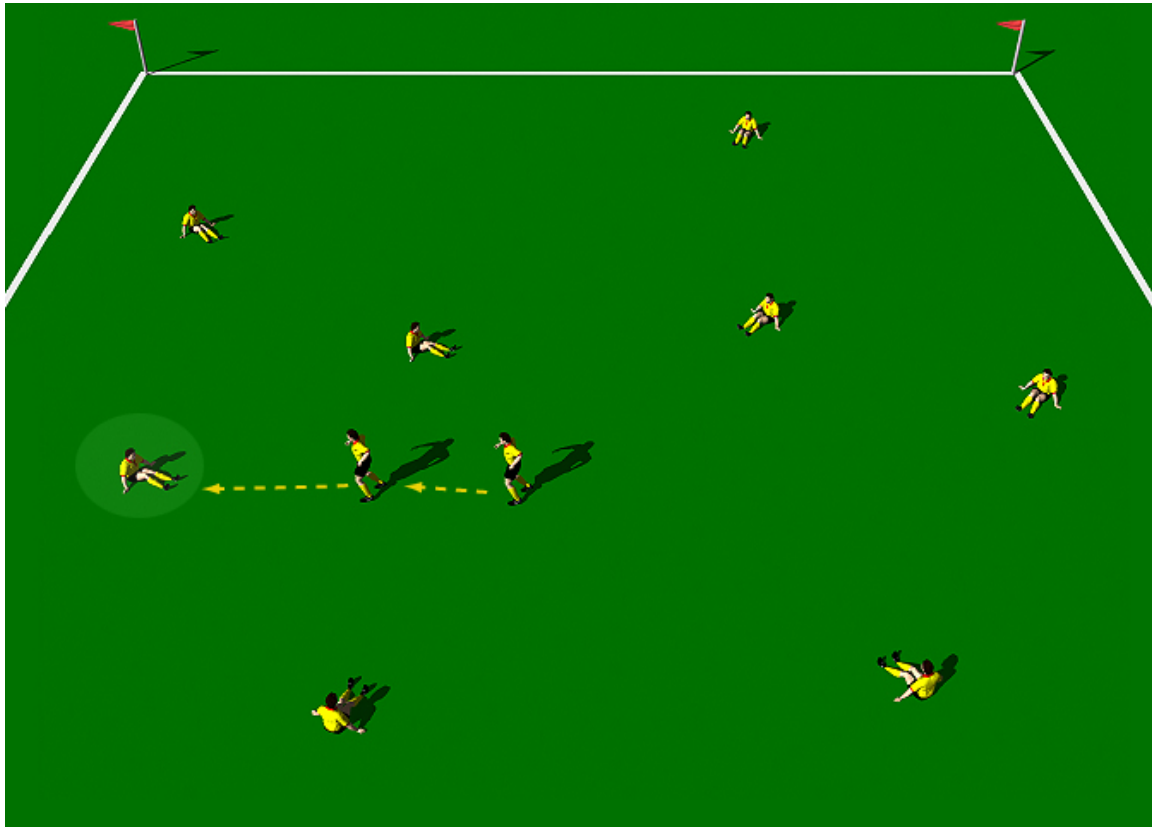
- ☐ Entire Group
- ☐ Half Field

Coaching Pointers:

Divide the group into two teams. Place cones 20 yards apart. First player in each group runs around opposite cone and back to group. He then joins hands with the next player and repeats.

Follow this sequence until all players are linked in a chain. First team around cone and back to finish line with all players win. If the link is broken, the team must start again from the first player.

Chase and Sit Game



Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Field Preparation

- ☐ Entire Group
- ☐ 30 x 30 Yards

Coaching Pointers:

Group sits on ground, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner", the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by sitting next to a resting player, thus making the player he sits next to the new "runner".

Fun Clap Reaction Game



Exercise Objectives:

This is a fun exercise you can incorporate into your warm up to help make it fun and upbeat.

Coaching Pointers:

Place all players in an area 10x10 yards. Have all the players facing the coach. In this fun exercise when the coach crosses his hands, all the players must immediately clap their hands.

The coach “fakes” to clap to try and catch some of the players out.

The exercise starts off slow at first but gets faster and faster. Players love this fun game, try it at your next practice.

Cone Throw Game



Exercise Objectives:

This is a fun warm activity that players thoroughly enjoy playing. Its primary purpose is to create a fun upbeat mood to the start of the practice session, but it also helps improve each players quickness of recreation.

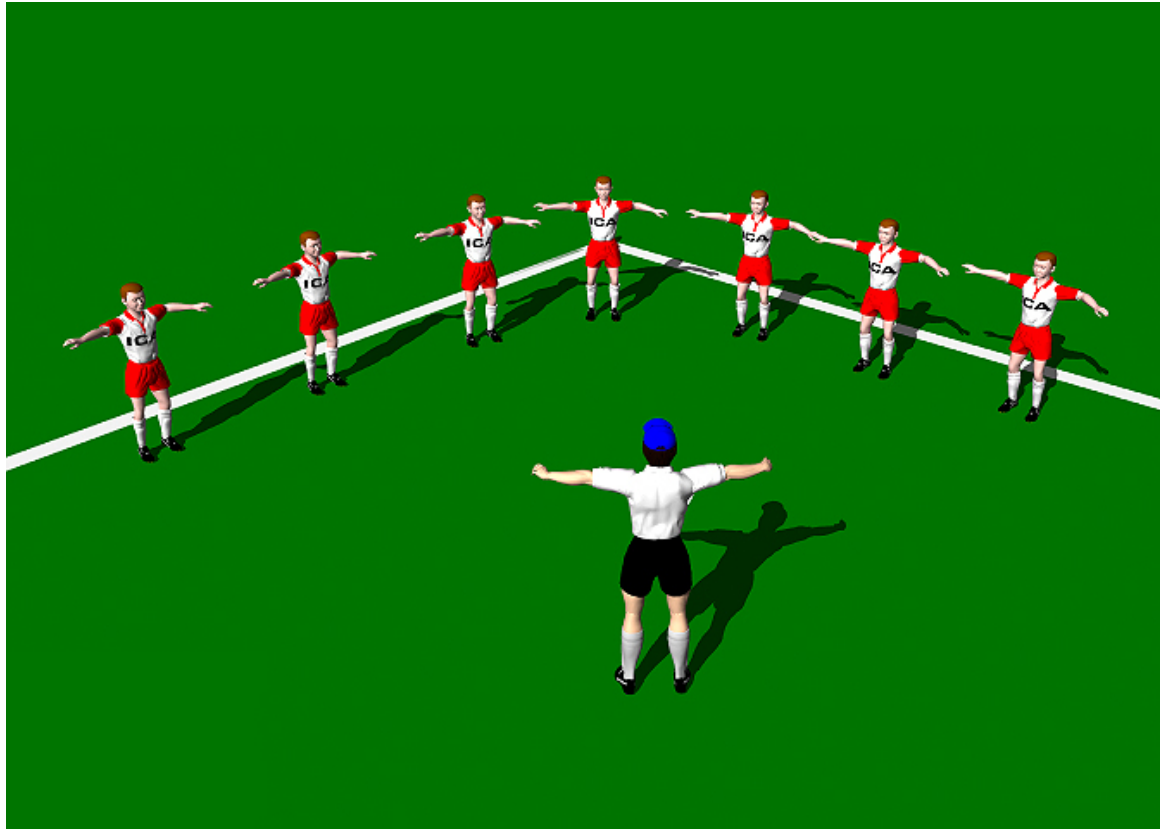
Coaching Pointers:

Make an area approximately 20x20 yards. Place your entire group inside of the area. Each player has a cone in their hand. The players start the exercise by jogging around the area. On the coach's command, they throw their cone in the air as high as they can, then sprint to pick up a different cone. After they pick up the cone they must sprint outside the area. The object is not to be the last player out of the area carrying a cone.

Field Preparation:

Area 25 yards x 25 yards.
Cones.

Do This, Do That Game



Exercise Objectives:

This is a fun game to incorporate into your warm up or warm down activity. It also develops quick thinking, timing and coordination.

Field Preparation

★ Entire Group

Coaching Pointers:

The coach should stand in a position, so the entire group can see him clearly.

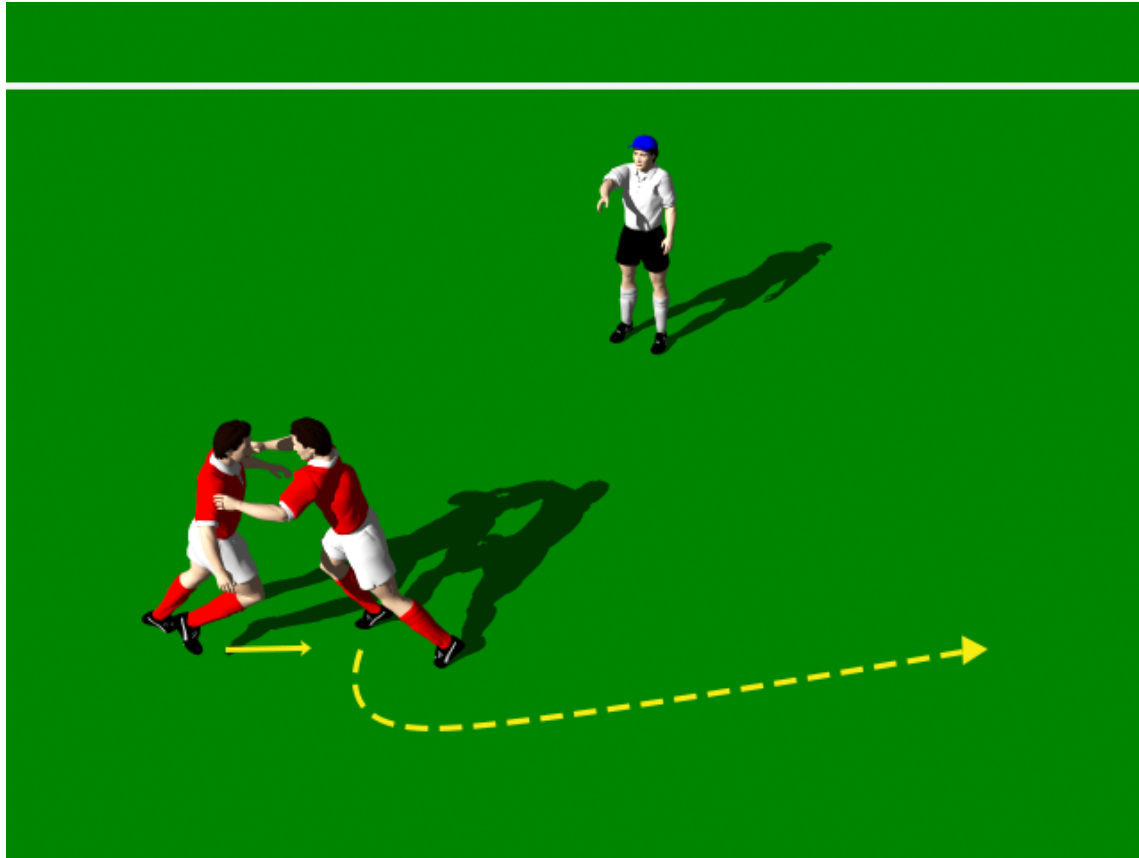
The Rule: If the coach says "**Do this**" the group does not react. If the coach says "**Do that**" then the players must instantly mimic the coach's movement. The coach should be creative and perform a variety of different moves such as;

- Both arms out to the side.
- Both arms out to the front.
- Kneel on one leg, both legs.
- Sit down.
- Stand up.
- Move a finger, elbow, etc.
- Make up your own moves.

Any player who moves when they shouldn't can either;

- Sprint around a cone.
- Do an exercise.
- or sit out until there is a champion of the game.

Face and Chase

**Exercise Objectives:**

The Face and Chase is a partner resisted warm up game and is a fun activity for all age groups.

Coaching Pointers:

Divide your players into pairs in an area approximately 20x20 yards. Pairs start on the end line. Both partners face each other. One partner puts both hands on the others shoulder. As the player is running this provides resistance for the player.

The partner provides resistance for their partner for about 5 to 10 yards, then turns and sprints to the end line. Their partner must react and try and catch them (tag). The objective is to catch them before they reach the end line.

Change partners.

Fun Warm Up Drills



Exercise Objectives:

This is fun quick warm up supplies a variety of fun exercises designed to start the practice off with a fun high tempo tone.

Coaching Pointers:

Include your entire group is an area approximately 20 yards by 20 yards. On the coaches command the players perform the following exercises:

- Players jump up in pairs, shoulder to shoulder
- Get player to form a defensive wall
- Perform groin stretch
- Shoulder to shoulder resistance drill
- Tight circle jogging then sprint out 10 yards, repeat (fish in a pond)
- Tight circle use your arms to hold off players (iron bars)
- Player jump up in pairs, give each other a “high five” like they scored the best goal ever

Field Preparation

Entire Group

Area 20 yards by 20 yards

Flag Poles or Cones

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Fun Warm Up Games



In this sequence the coach puts his players through a variety of warm ups games using the ball.

- **One bounce through legs**
- **Bounce behind the back**
- **Juggle and Spin 180**
- **Juggle and Forward Roll**
- **Up and Under**
- **Trunk Twists**
- **Roll the Ball**
- **Ball Sequence**

Field Preparation

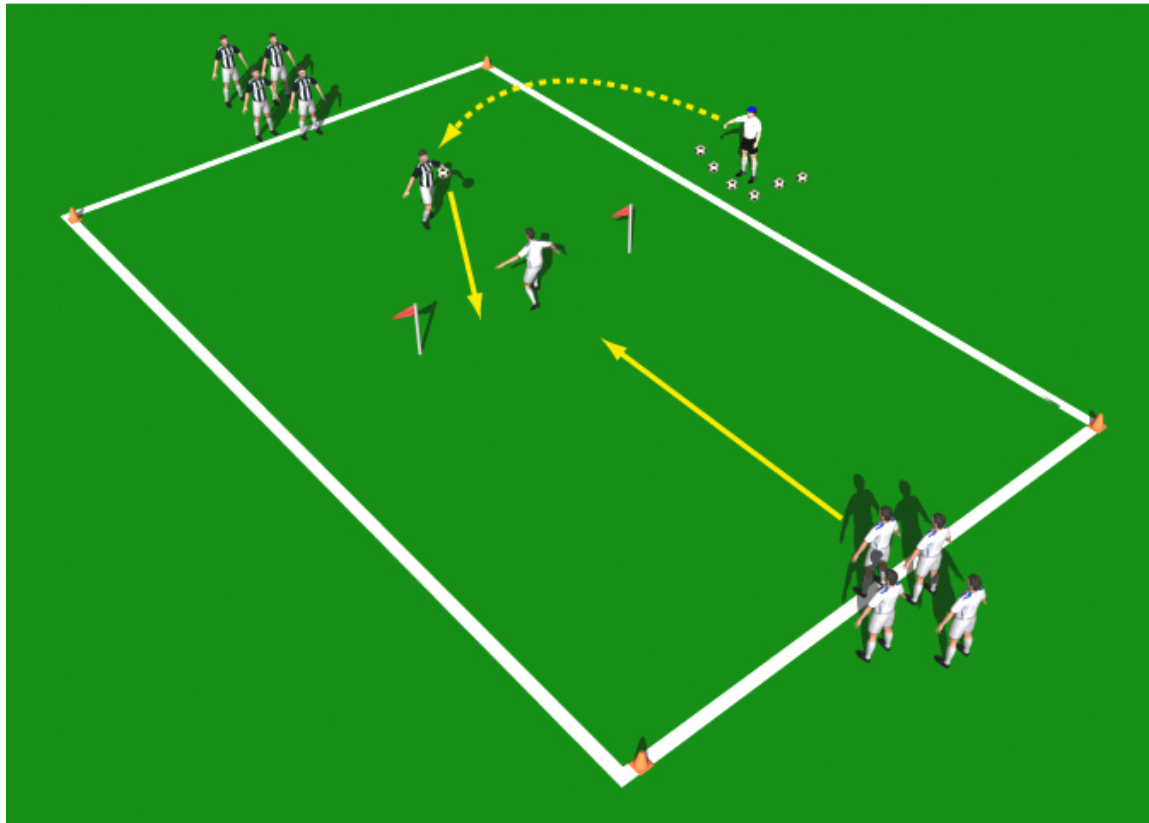
Entire group

Area 30 x 30 yards

Cones

Supply of balls

Fun Warm Up Heading Game



Exercise Objectives:

This is a fun attacking heading game to start off your practice session.

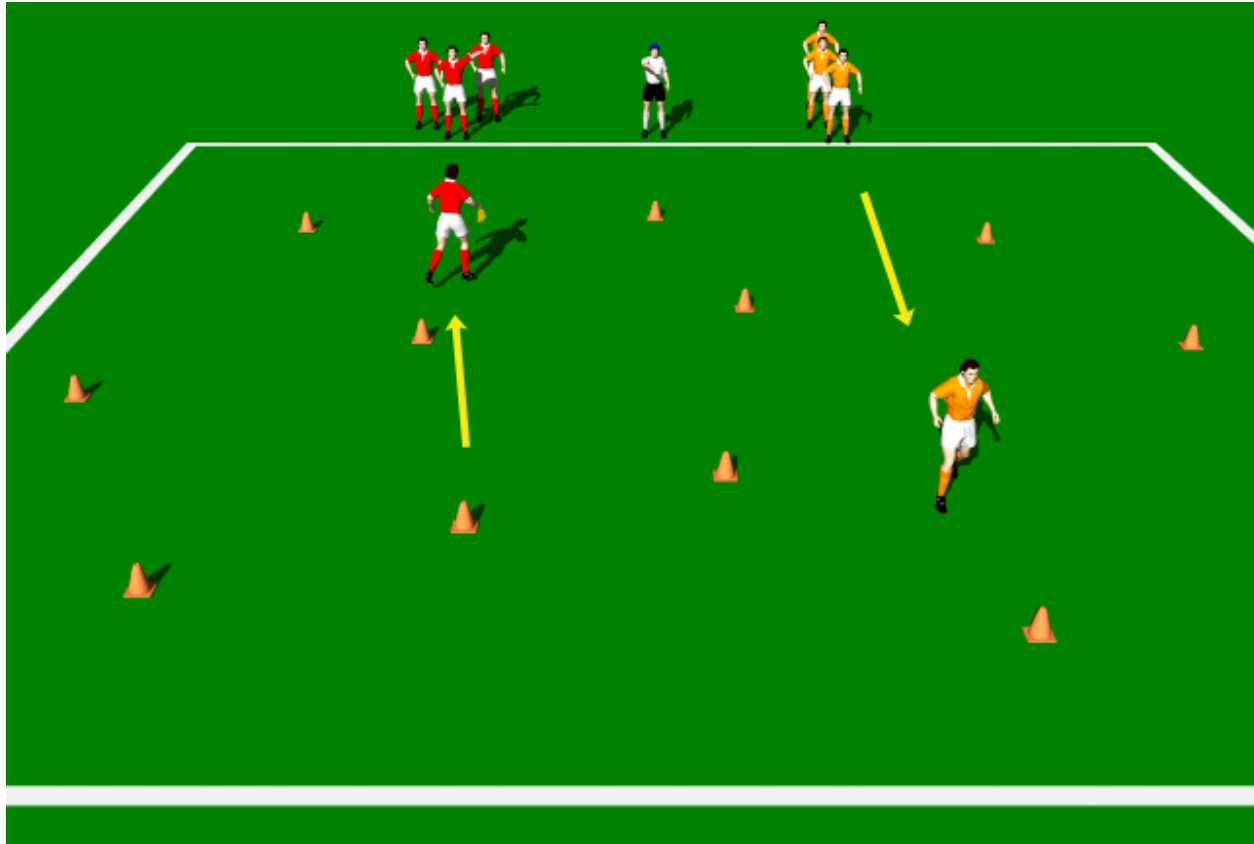
Field Preparation

☆ 2 flag poles, supply of balls,

Coaching Pointers:

Divided your group into two teams. A player from one team starts off as the goalkeeper. The coach serves the ball from the sideline. The first player on the opposite team runs forward to head the ball and try and score past the goalkeeper. After the attempt, the same player then becomes the goalkeeper. The first player from the white team then attacks the goal and tries to score a header. This sequence is repeated. First team to score 5 goals wins.

Game of Cones

**Exercise Objectives:**

The Game of Cones is a fun warm up activity for all age groups. In addition, it's a great activity for speed and change of direction.

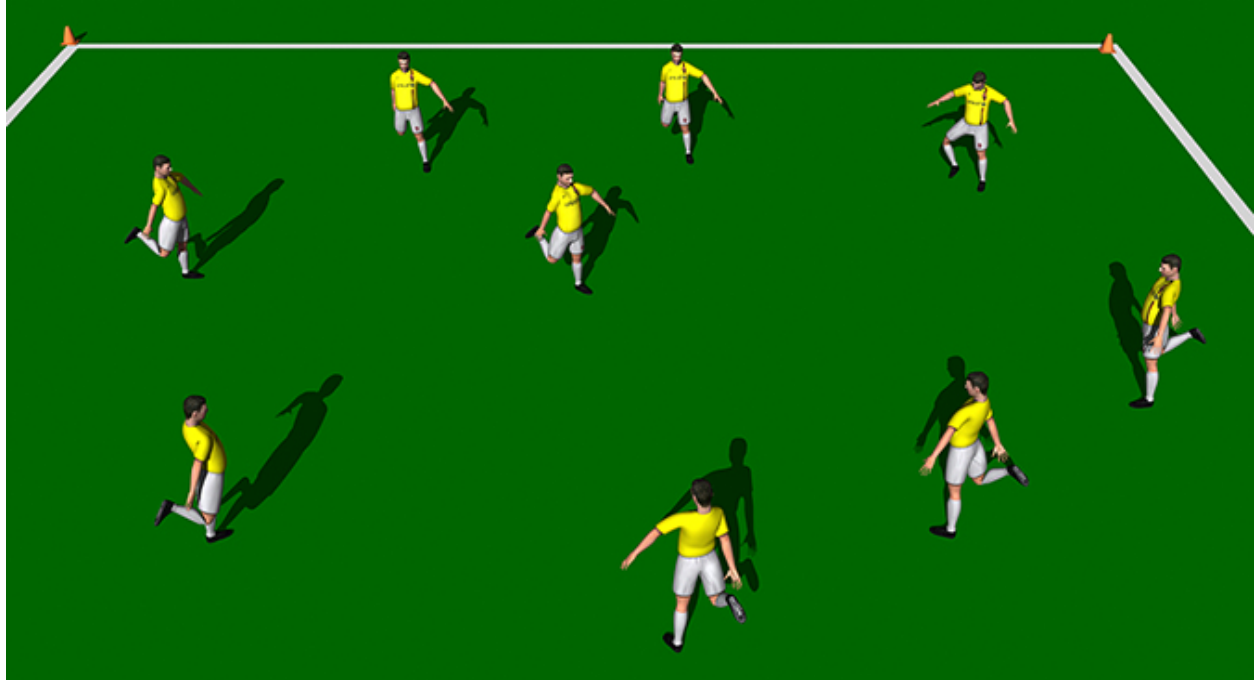
Field Preparation:

Position a large number of cones around the field. Hide five pinnies under the cones.

Coaching Points:

Divide your group into two teams. The first team to find 3 pinnies wins. Players run one at a time. Have several rounds to ensure everyone participates.

Group Stretching



Exercise Objectives:

In the "Group Stretch" warm up, the players take charge and perform the warm up without the coach.

Coaching Pointers:

Players form a circle and take turns standing in the middle of the circle and leading the rest of the team in a stretch. Stretched can be static or dynamic but must be different each time.

Sample Stretches are:

Hamstring

Stand with knees slightly bent. Bend forward and reach for the toes. Straighten the legs and hold in this position for 10 to 15 seconds.

Hamstrings, Calves, Achilles, Ankles

Stand with feet shoulder-width apart Keep heels flat, toes pointed straight ahead. Assume bent knee position (quarter squat). Hold 30 seconds.

Hamstring

Sit on the ground with both legs straight and extended. Feet upright about 6 inches apart.

Hands on ankles or toes. Bend from the hip and lean forward. Hold this position for 10 to 15 seconds.

Groin Stretch

Stand with your feet apart. Gradually shift all your weight to your right leg by bending your right knee. Your left leg stays straight. Place both your hands on your right knee for support.

Groin Seated

Heels together, holding both feet with your hands. Lean forward from your hips, gradually increasing the stretch by bringing your heels closer to your groin, and your chest closer to your feet. Make the movements small and controlled.

The Calf

Place right foot in front of you, leg bent, left leg straight behind you. Move hips forward until you feel stretch in calf of left leg. Keep left heel flat and toes pointed straight ahead. Hold easy stretch 10 to 20 seconds. Repeat on other side.

Calf Stretch

Stand with feet shoulders width apart and the left foot slightly forward. Slightly bend the left knee and fully extend the right leg. Pull the toes towards the shin. Hold 10 to 15 seconds. Repeat other leg.

Hip and Back

Sit on the ground with the right leg forward and straight. Cross the left leg over the right. Slowly rotate upper body to left and look over shoulder. Reach across the left leg with the right arm. Hold 10 to 15 seconds. Repeat other side.

The Neck

Sit or stand with arms hanging loosely at sides. Tilt head sideways, first one side then the other. Hold for 5 seconds.

Shoulder, Chest

Stand with head up, chin in, hands joined behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull stomach in to prevent arching of the lower back. Hold for 5 seconds.

Hamstring Stretch

This position can be maintained while gently drawing the ankle of the outstretched leg towards the forehead while you sit upright. Hold 10 to 15 seconds. Repeat on other side.

Hamstring Stretch

Sitting with one leg bent and the other straight, lean forward (keeping the back as straight as possible), thus stretching the hamstrings of the straightened leg. (This can also be done with both legs straight). Repeat on other side.

Triceps, top of Shoulders, Waist

Keep knees slightly flexed. Stand or sit with arms overhead. Hold elbow with hand of opposite arm. Pull elbow behind head gently as you slowly lean to side until mild stretch is felt. Hold 10 to 15 sec. Repeat on other side.

Shoulder Stretch

Interlock your fingers and reach above your head. Your lower back should be flat or slightly arched inwards. You can perform this exercise sitting or standing.

Field Preparation

Entire Group

Hands in a Circle – Team Building



Exercise Objectives:

This is a fun game to end your warm or even a cool down. Helps develop team chemistry and unity.

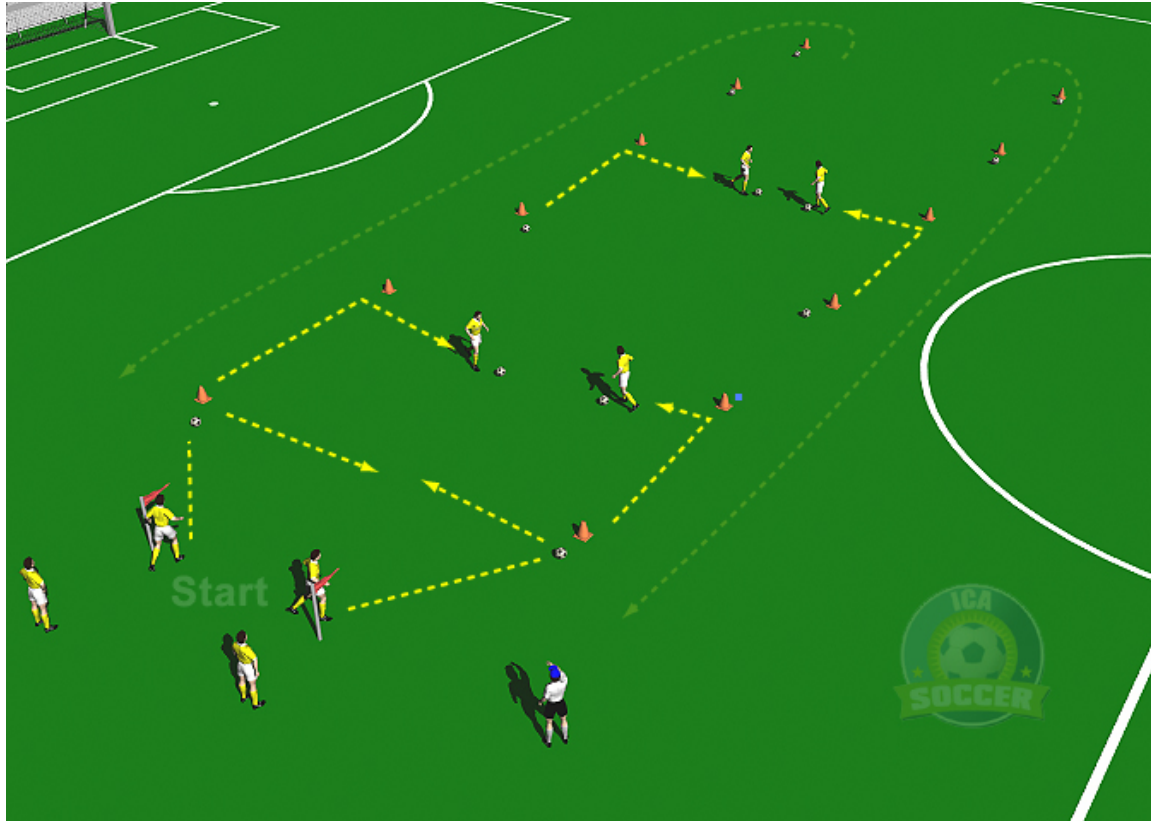
Field Preparation:

★ Entire Group

Coaching Pointers:

This is a fun game to end your warm or even a warm down. Bring the team together to form a small circle. Have the players close their eyes and reach out and hold the players hands of a player opposite them. Then they open their eyes and try to unravel from the group without letting go of their partner's hands. This is a great team problem solving game.

Holland Ball Warm Up



Exercise Objectives:

This is a great alternative to warm up your players using a ball. A variety of dribbling maneuvers, feints and change of direction is involved in this warm up. Jogging and dynamic stretching can easily be incorporated with a little imagination.

Field Preparation

- ☐ Entire team
- ☐ Area 30 yards x 50 Yards
- ☐ Cones
- ☐ Supply of Balls (a ball is placed at every cone.)

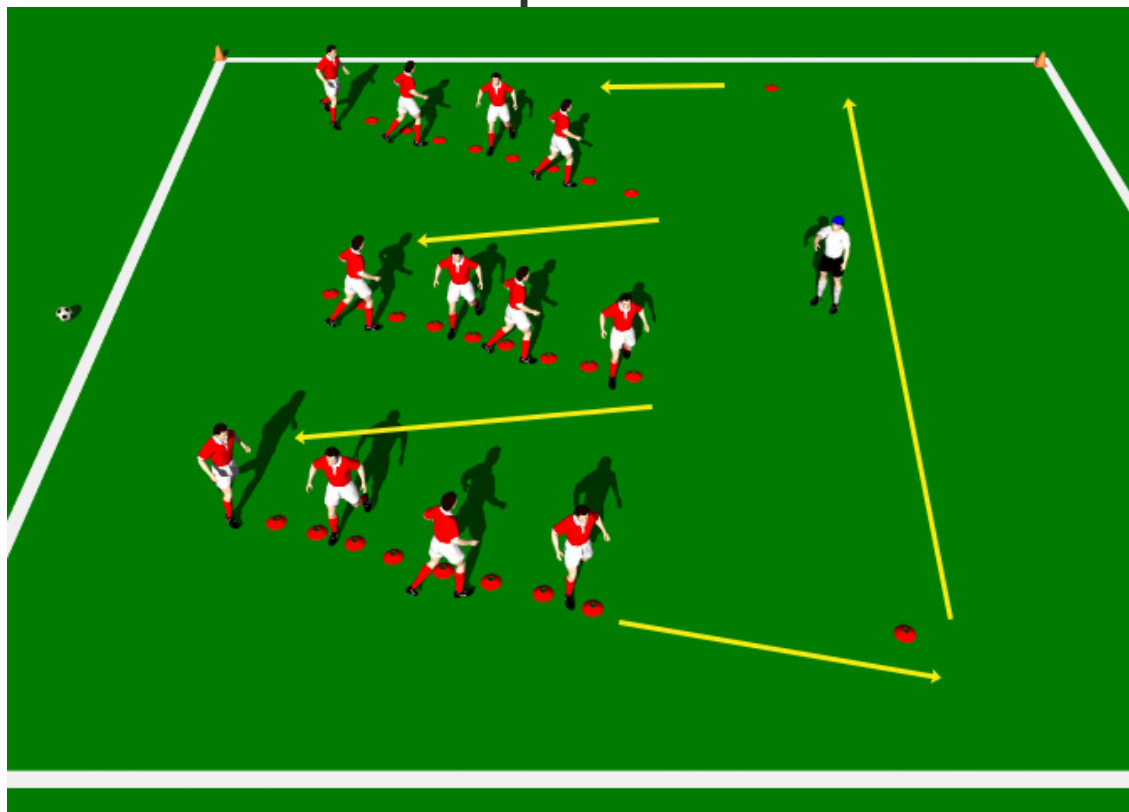
Coaching Pointers:

Players are divided into pairs. Pairs in turn, perform the following exercises; (it is vital to leave the ball "dead" at the cone for the next pair).

- ☐ 2 players run to first cones, collect a ball each, **dribble ball to opposite cone**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.
- ☐ 2 players run to first cones, collect a ball each, **dribble directly to your partner, perform a scissors move**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.

- 2 players run to first cones, collect a ball each, ***dribble directly to your partner, perform a "spin out" move or "Maradona spin" move***, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.
- 2 players run to first cones, collect a ball each, ***perform a half turn***, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.
- 2 players run to first cones, collect a ball each, ***dribble ball around cone in a tight circle***, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones.

Italian Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

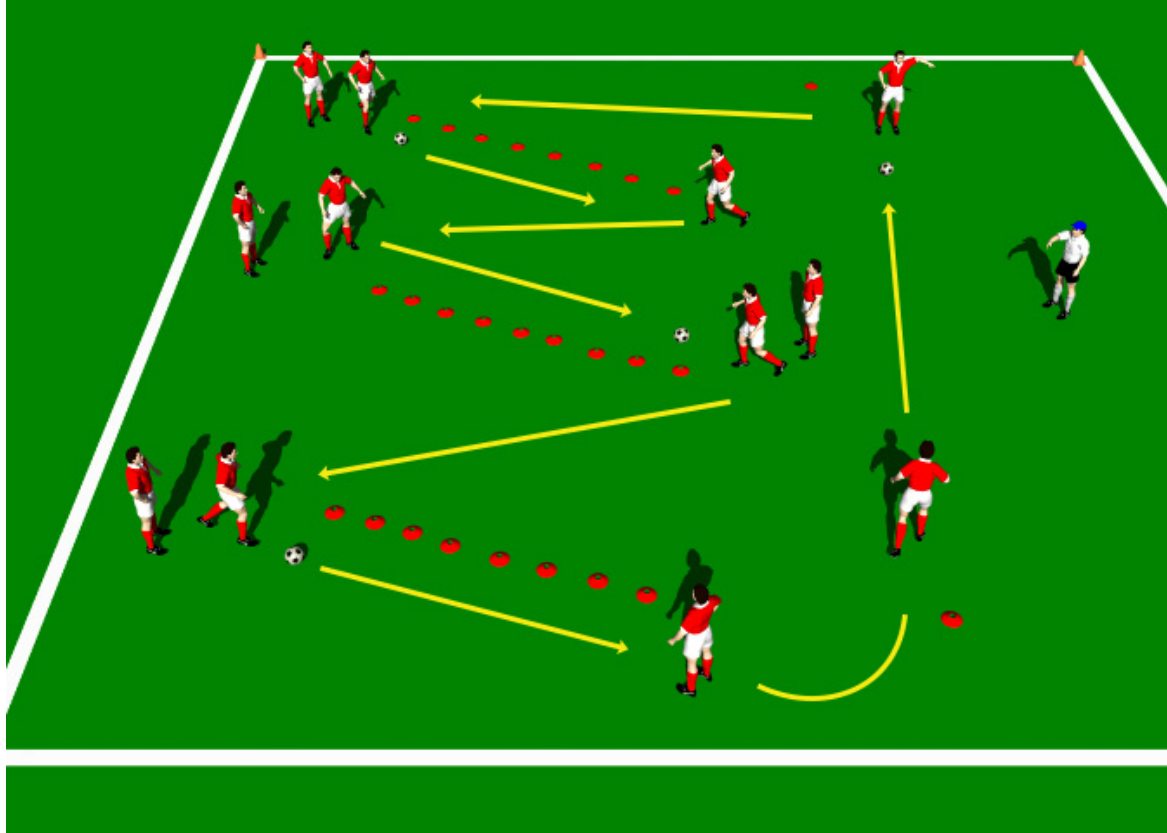
Coaching Points:

Divide your group into pairs, one ball per pair. Set up 5 cones for each pair. The group will perform stretches and ball work in-between their cones and alternate every few minutes between both. The transition must be high paced.

Dynamic Stretches:

20. Jog slowly in between cones.
21. Zig Zag Forwards in between cones.
22. Rainbows over cones.
23. Forward and Backwards in between cones. Side on position.
24. Bunny Hops over cones.
25. Zig Zag backwards in between cones.

Italian Warm Up



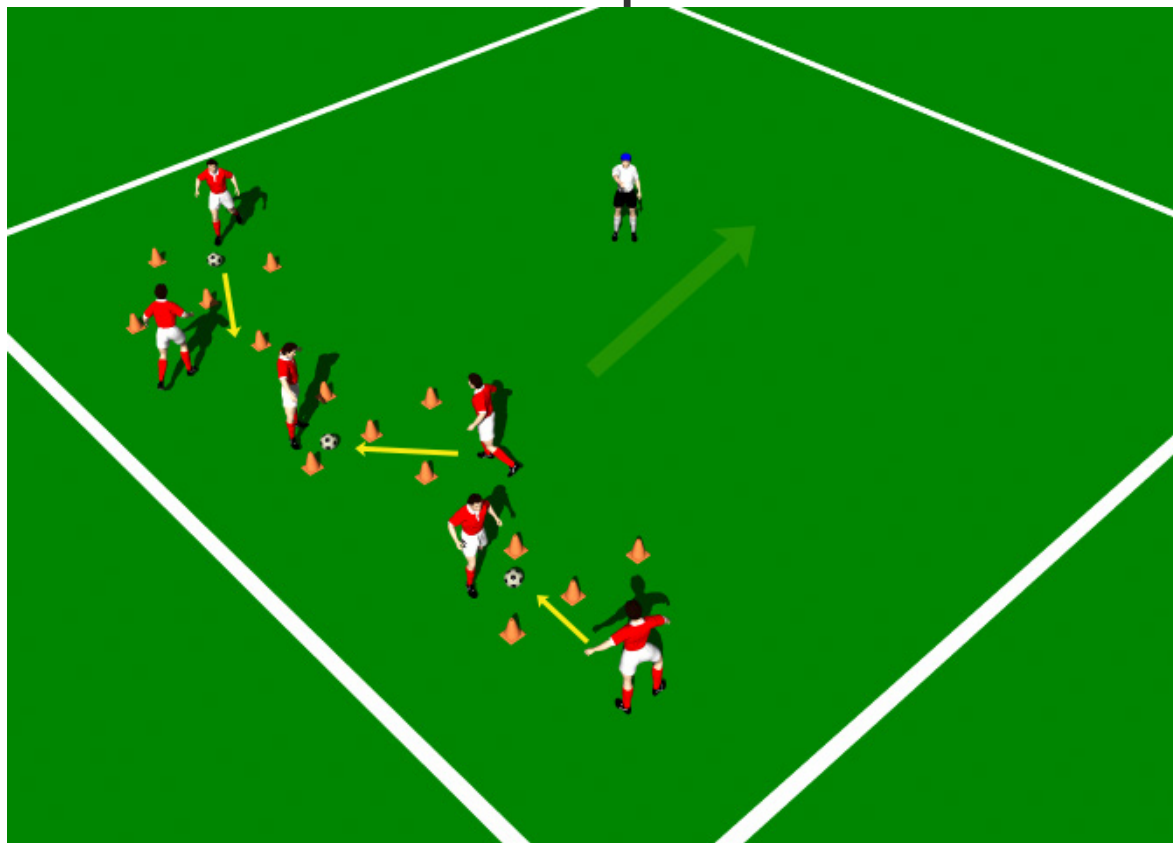
Ball Work in between cones:

1. Run with the ball to opposite player.
2. Run with the ball to opposite player. Limit to three touches.
3. Two touch passing.
4. One touch passing whenever possible.

Field Preparation:

Area 20 yards x 20 yards, Large supply of Cones, Balls.

Juventus Warm Up



Objective of the Practice:

This warm up involves **Ball Work** and **Dynamic Stretching**.

Coaching Points:

Divide your group into pairs, one ball per pair. Set up 5 cones for each pair. The group will perform stretches and ball work in-between their cones and alternate every few minutes between both. The transition must be high paced.

Dynamic Stretches:

26. Jog slowly in between cones.
27. Zig Zag Forwards in between cones.
28. Zig Zag Backwards in between cones.
29. Side step forward and backwards in between cones.
30. Bunny Hops over cones.
31. Players jog 20 yards and perform High Kicks.
32. Players increase pace in sprints.
33. Groin stretch inside (close the gate).
34. Groin stretch outside (open the gate).
35. Cariocas.

Ball Work in between cones:

5. Players dribble in and out of cones.
6. Players pass in between the cones.

Field Preparation:

Area 20 yards x 20 yards, Large supply of Cones, Balls.

Knee Slap Game



Exercise Objectives:

This is a fun game that players enjoy. Develops fast footwork, agility and simulates a defensive position (down low, knees bent)

Field Preparation

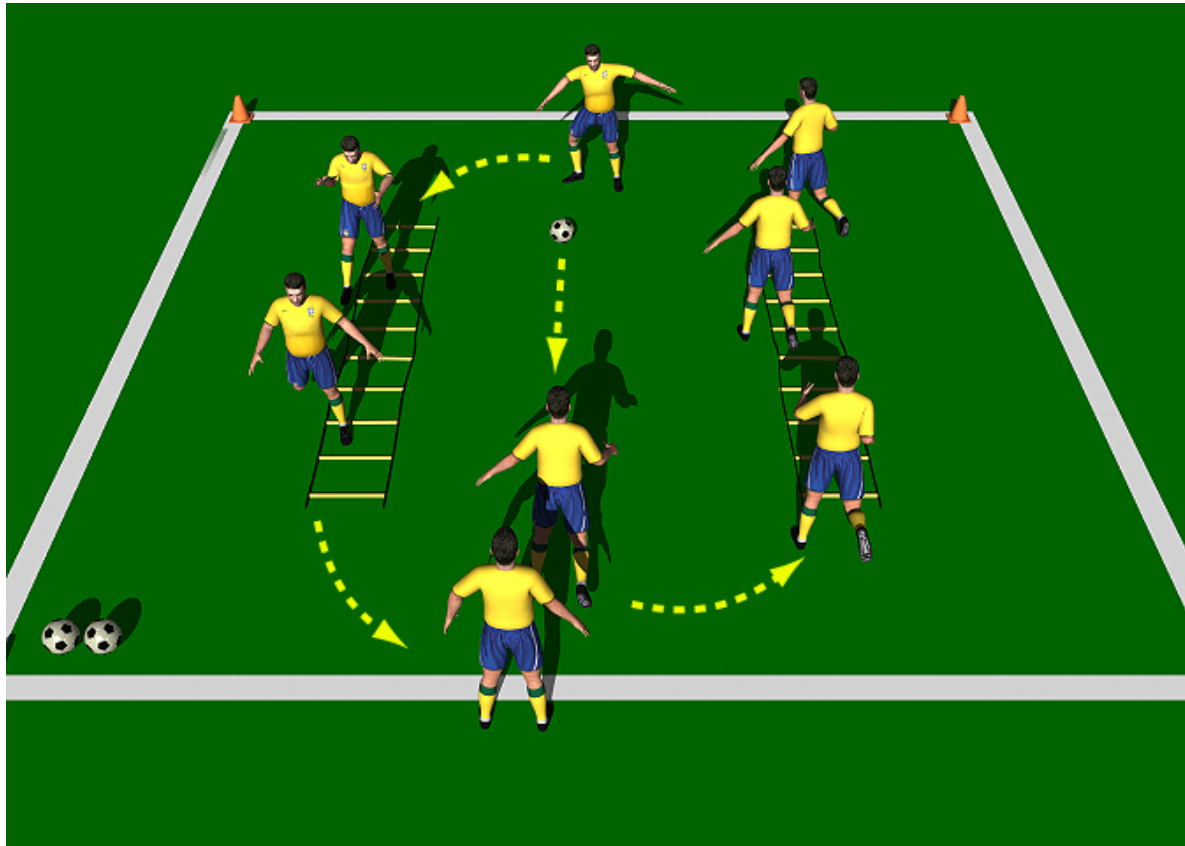
★ 2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The object of the game is for each player to try and slap his partner on the knee. Players are down low in the bent knee position (just like a defending stance). Players move around trying to avoid getting slapped. A point is awarded for each successful attempt. First player to 5 points wins. Rotate players to challenge new opponents.

Be careful not to bang heads.

Ladder and Ball Warm Up



Exercise Objectives:

This warm up is designed to incorporate both technical and agility work by using both balls and ladders.

Coaching Pointers:

Players rotate in a circular manner between the agility exercises and ball work (see diagram above). Make sure the tempo is high and focus on quality technique:

Ball Work Exercises

- ★ Run with the ball to the opposite side
- ★ Run with the ball to the opposite side and execute a dribbling move at halfway
- ★ Play 3 touch passing
- ★ Play 2 touch passing
- ★ Play 1 touch passing

Agility Ladder Exercises

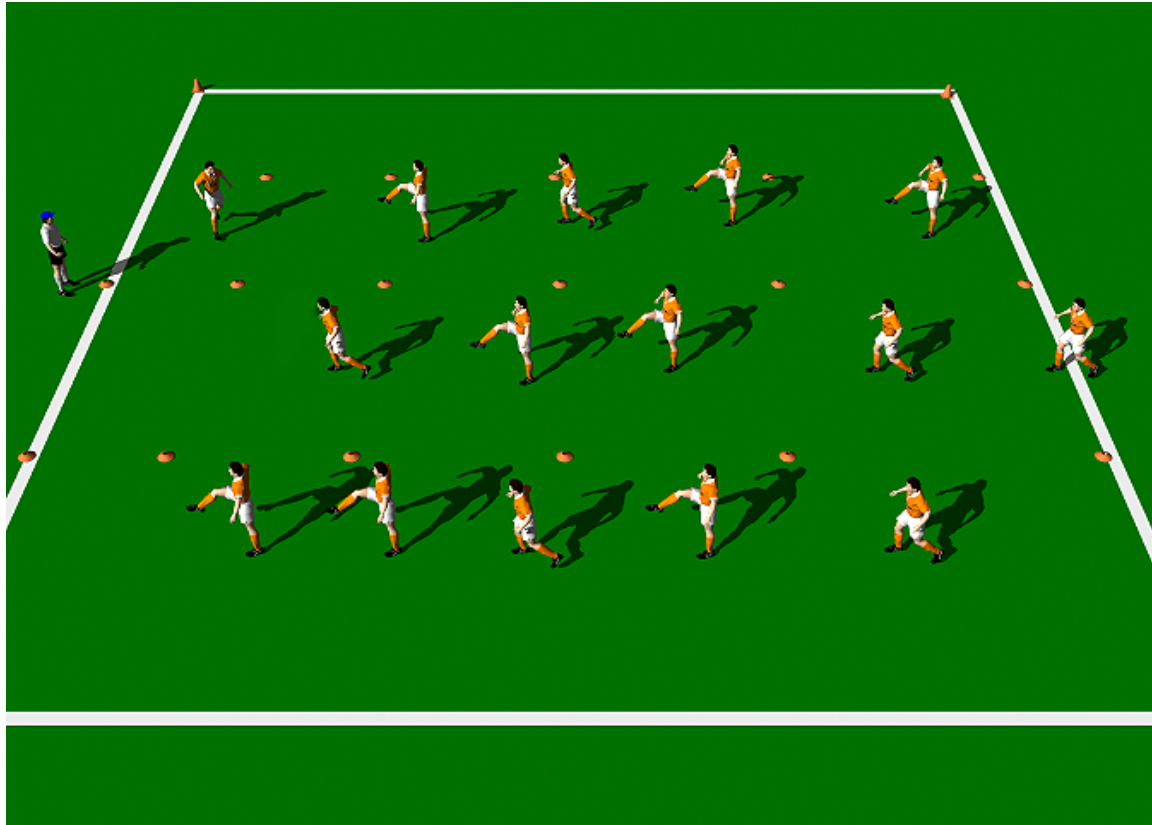
- ★ In-Out Drill
- ★ Slalom
- ★ Side to Side
- ★ Bunny Hops
- ★ One Leg Hop
- ★ Run Through
- ★ Hopscotch

[Video samples of Agility Ladder Exercises can be found at this link.](#)

Field Preparation:

Entire Group
2 Agility Ladders
Supply of Balls

Large Group Warm Up



Exercise Objectives:

This is an example of how to conduct a warm up when dealing with a large group of players.

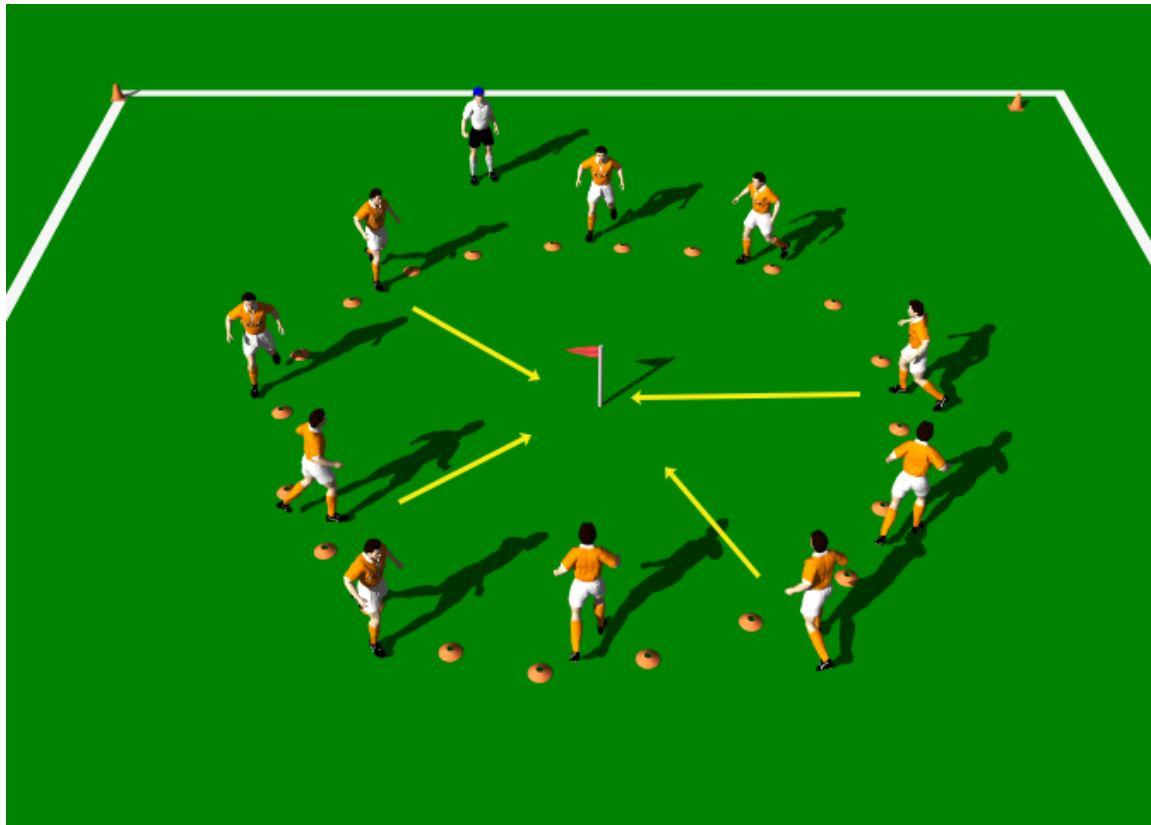
Coaching Pointers:

Place all players in an area 20x20 yards. Make several lanes with cones and place a group in each lane, as in the diagram above.

Have players perform the following warm up sequence:

1. Slow Jog
2. Carioca's
3. High Kicks
4. Lunges
5. Sky Stretches
6. Groin Stretches
7. Chest Stretch
8. Heel & Knees Clap
9. Thigh, Chest, Up
10. Side Step and Sprint
11. Forward and Backwards Sprints
12. Knees Up and Sprint

Man City Circle Warm Up



Exercise Objectives:

This warm up variation includes dynamic stretching, agility and sprint work. This can be utilized for players at any age and skill level.

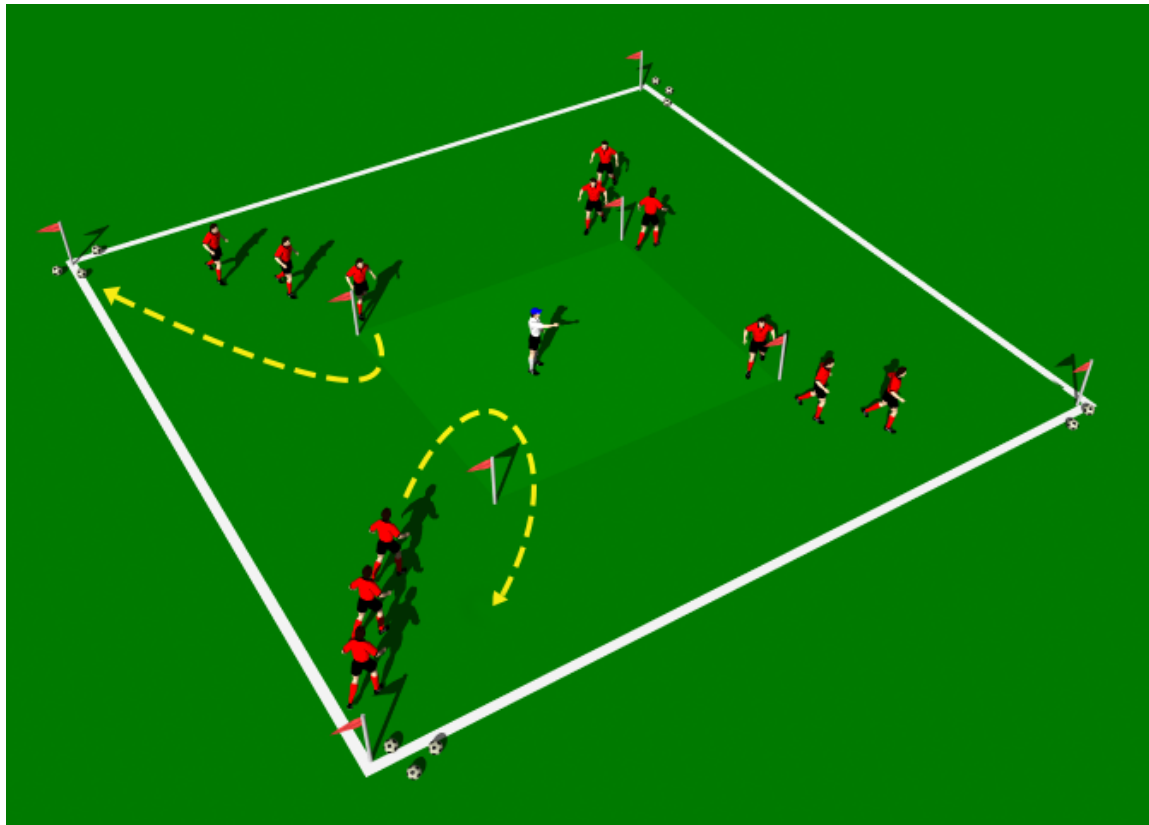
Coaching Pointers:

Set Up: Lay down a circle of cones, with a flag pole in the center.

1. Spread your players around the perimeter of the cones.
2. Jog "in & out" through the cones.
3. On the whistle players sprint to flag pole and back. Coach can shout "go" to see which players are tuned in. They only sprint on the whistle.
4. Zig Zag through the cones.
5. Rainbows over the cones, with sprints in out out of the circle.
6. Bunny Hops (two feet) and sprints.
7. High Kicks.
8. Trunk Twists and Jockey backwards.
9. Close the Gate (groin stretch)
10. Open the Gate (groin stretch)
11. Forward & Backwards through cones and sprints.
12. Back Kick stretch.
13. Sprint outs.

Add your own stretches and ideas to the warm up. Category

Man United Warm Up



Exercise Objectives:

The Man United warm up emphasizes ball work and dynamic stretching.

Coaching Pointers:

Place four groups in an area 15x15 yards. One group and balls in each corner. An inner square is marked off with cones or flag poles.

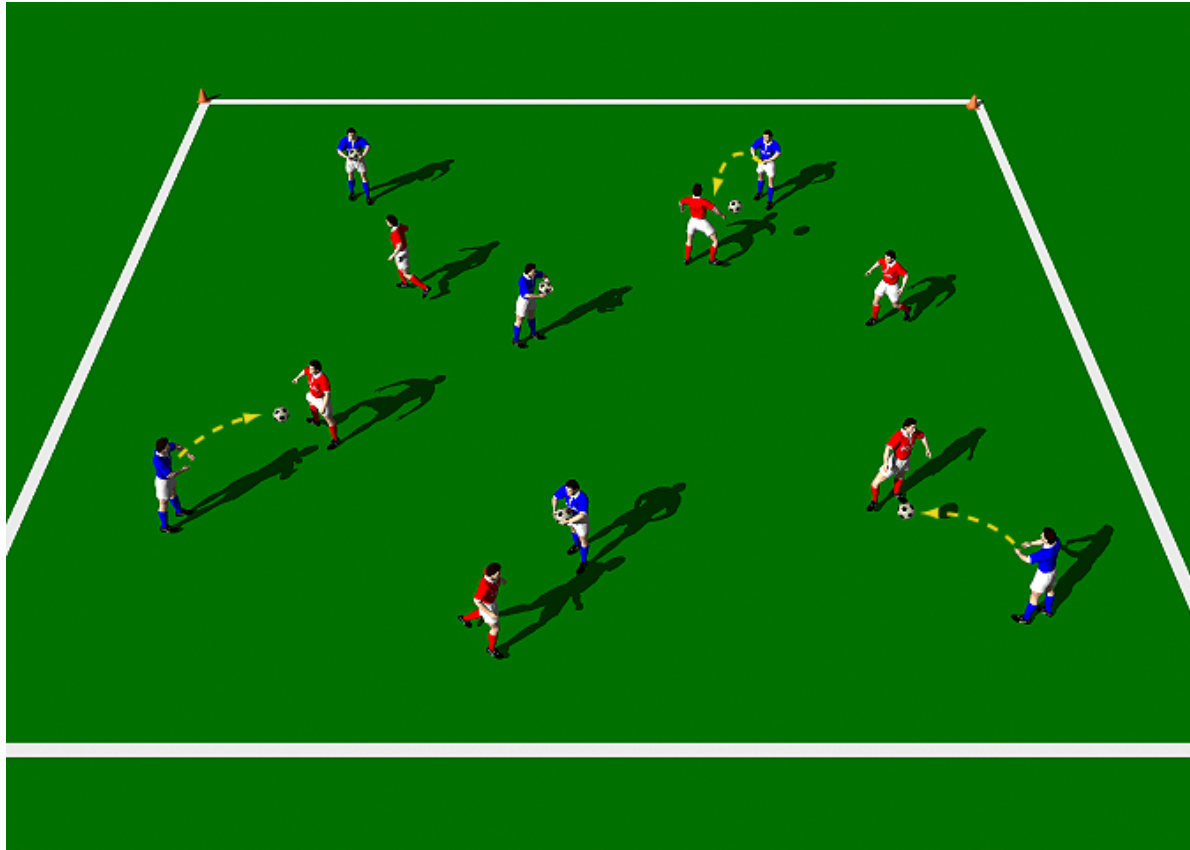
The warm up is conducted in the following sequence:

- Start with a slow jog around the flag poles.
- Each group must perform their own dynamic stretches. See which group is the most creative and coordinated.
- Players dribble ball around flag pole and back. Use inside and outside of the foot to turn.
- Players spin on the ball as they dribble around the flag pole.
- Drag the ball around the cone using the left and right foot.
- Player dribbles around flag pole, then passes ball to the next player in their group and sprints back.
- Player dribbles around flag pole, then passes ball to the next player in their group and sprints diagonally to the corner to their left.
- Player dribbles around flag pole, then passes ball to the next player in their group, performs a "Give and Go" and sprints diagonally to the corner to their left.
- Player dribbles around flag pole, then passes ball diagonally to the corner to their left then sprint back to their corner.
- On coach's whistle, one player in each group dribbles the ball into the center square. On the second whistle they dribble back as fast as possible.

Suggested Dynamic Stretches:

36. Warm Up Jog
37. Sky Stretch
38. Lunges
39. Side Steps
40. Carioca's
41. Zig Zag Forward
42. Zig Zag Sideways
43. Zig Zag Backwards (chest above knees)
44. Bunny Hops
45. Rainbows
46. Groin stretch inside (Close the gate)
47. Groin stretch outside (open the gate)

Million Touches Drill



Exercise Objectives:

This is a great warm up exercise that allows a lot of contact and ball work while using a variety of techniques.

Field Preparation

- ☆ Entire Group
- ☆ 30 x 30 Yards
- ☆ Large Supply of Balls
- ☆ Cones
- ☆ Colored Bibs

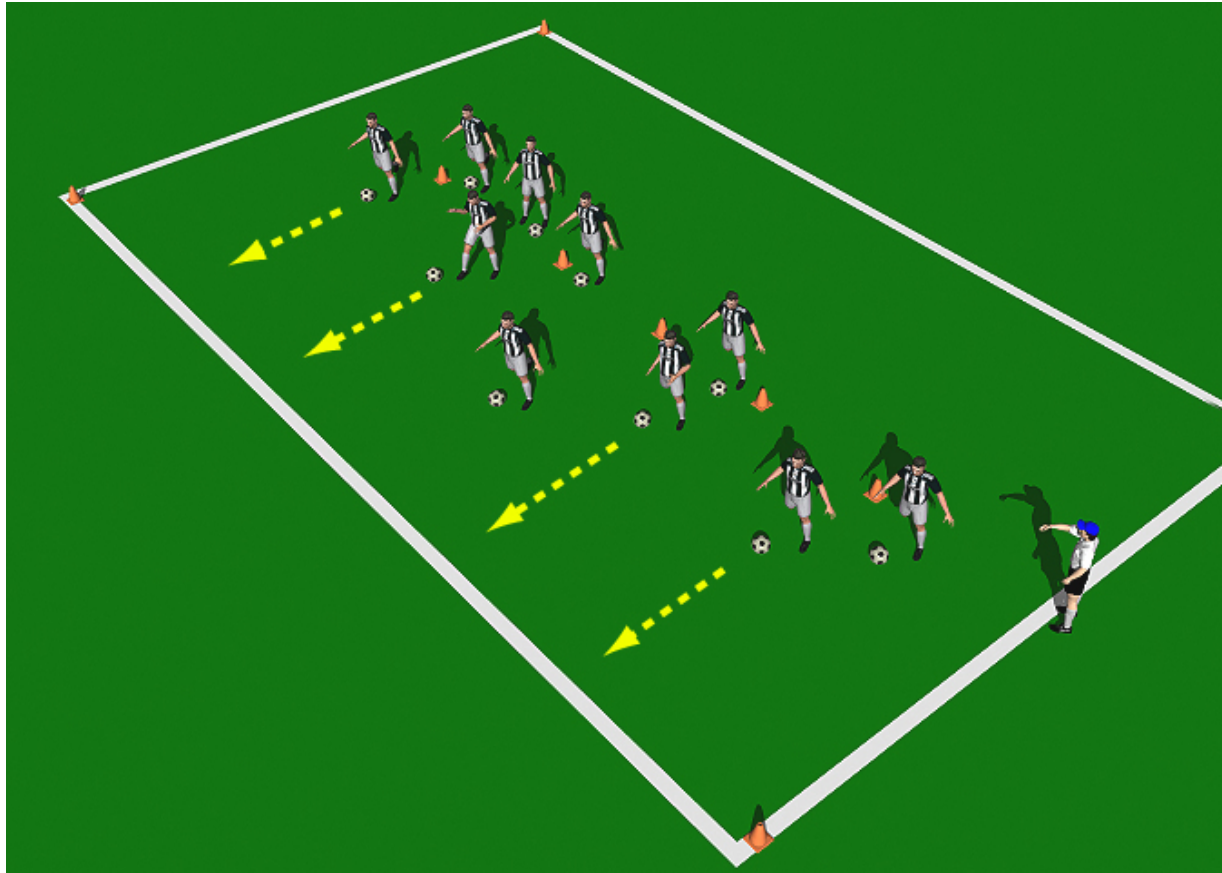
Coaching Pointers:

Divide group into 2 teams. One team has a ball and jogs around the grid with the ball in their hands. The working players must move quickly around the grid receiving the ball from the servers. Servers throw ball for the player to control using the head, chest, thighs and feet. Alternate roles every 60 seconds.

Make a competition by seeing who can get the most touches in 60 seconds. Players may not receive the ball consecutively from the same player. Only award a point if the player controls the ball and plays it back without the ball hitting the ground.

Develop to passing “one touch”.

Odds and Evens with the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Field Preparation

- ☆ Entire Group
- ☆ Area 20 yards by 10 yards
- ☆ Ball each player

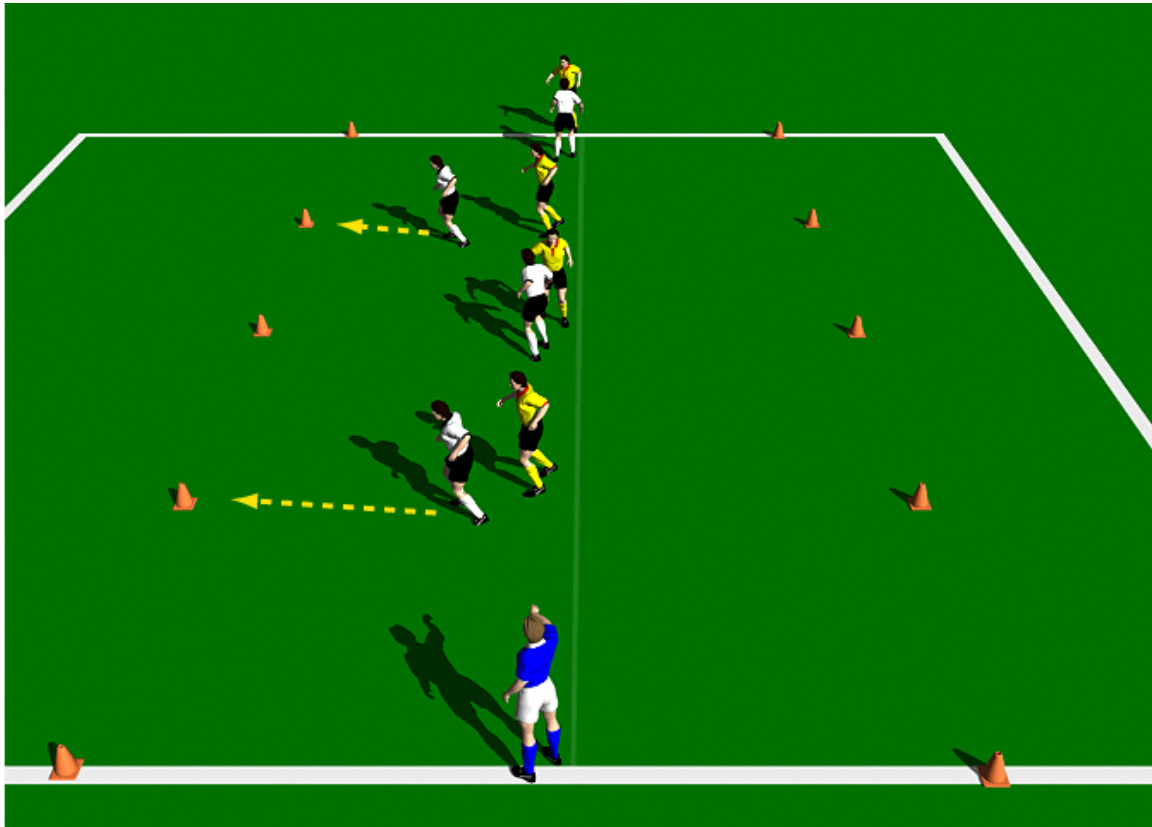
Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line with a ball each. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform without a ball.

Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins.

Odds and Evens without the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Field Preparation

☆ Entire Group

☆ Area 20 yards by 10 yards

Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

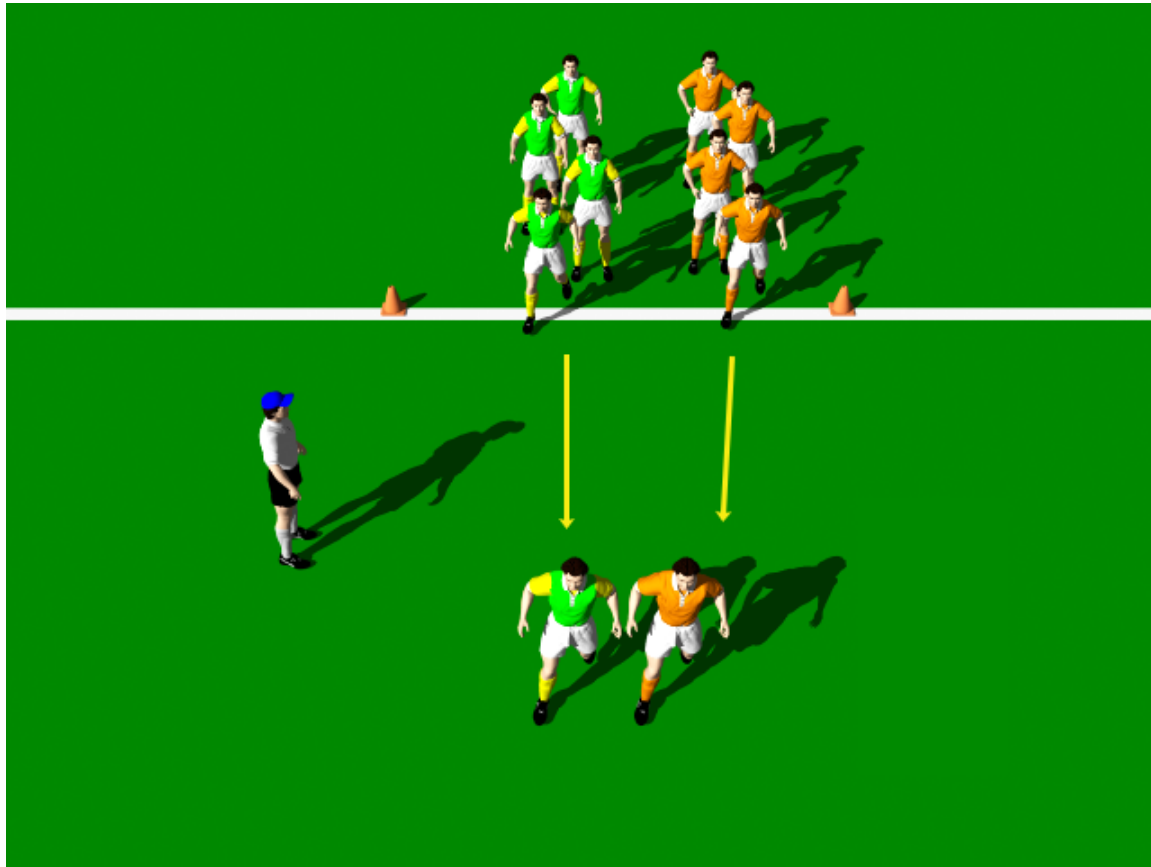
When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball.

Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins.

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Partner Wars Warm Up



Exercise Objectives:

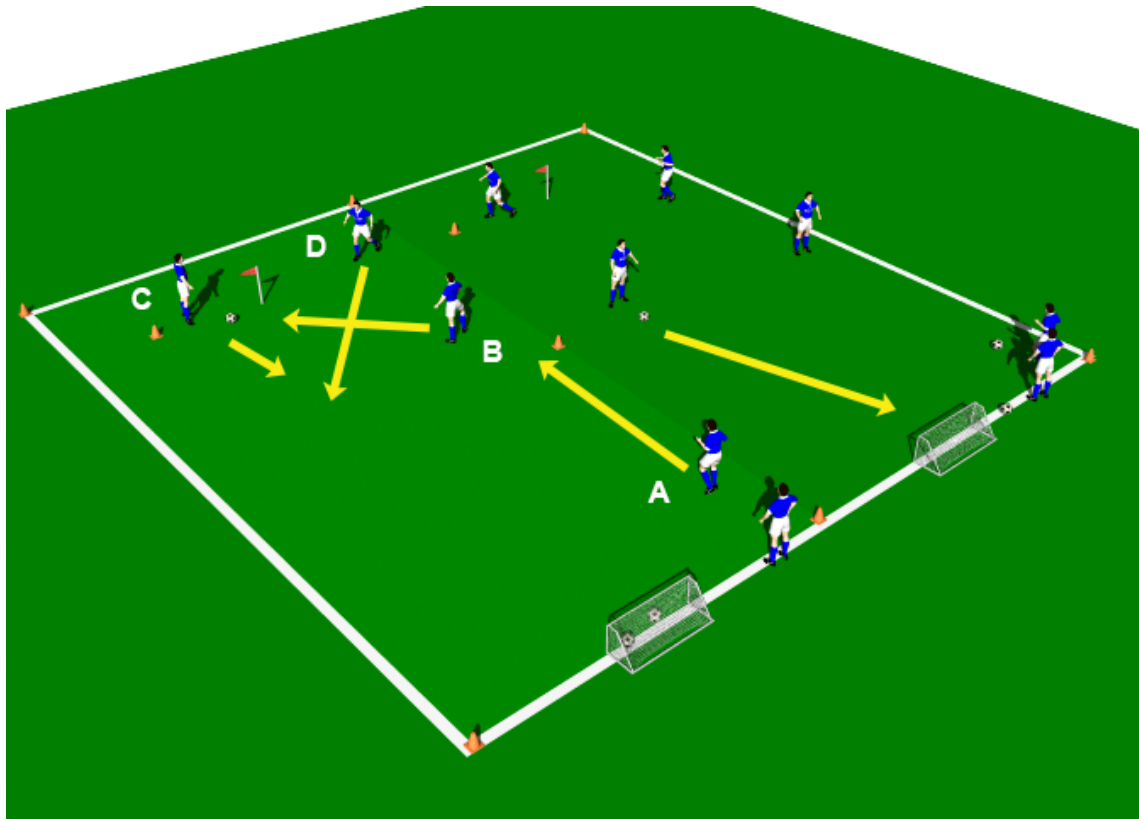
This is a fun warm up that players perform in pairs. It dynamic stretching, agility and sprint work. This can be utilized for players at any age and skill level.

Warm Up Sequence:

1. In pairs and on coach's command, jump up and down in place, jog forward.
2. In pairs and on coach's command, both players challenge shoulder to shoulder while moving forward.
3. In pairs and on coach's command, both players push on each other's shoulders for resistance while moving forward.
4. In pairs and on coach's command, players jump up and bounce off each other using shoulders.
5. In pairs and on coach's command, players perform groin stretch inside (Close the gate).
6. In pairs and on coach's command, players perform groin stretch outside (open the gate).
7. In pairs and on coach's command, players perform High Kicks.
8. In pairs and on coach's command, players perform Pendulum Stretches.
9. In pairs and on coach's command, players perform Sprints.

Add your own stretches and ideas to the warm up.

Pass Finish Warm Up



Objectives:

This is a fun passing warm up activity for players involving the entire group.

Coaching Points

Divide your team into two groups. Position each group as in the diagram above. The exercise starts with player "A" passing to player "B" and moving into "B's" spot. Player "B" passes to player "C" and moves to player "D's" spot. Player "C" plays a give and go pass with player "D", then runs towards the goal and shoots at the goal. This sequence is then repeated.

Challenge both teams, first team to score 10 goals win!

Field Preparation

- ☆ Entire team..
- ☆ Area 20 by 20 yards
- ☆ 2 Small Goals.
- ☆ Supply of Balls and Cones
- ☆ Colored Bibs

Pendulum Stretching



Exercise Objectives:

This series of Dynamic stretches are known as “Pendulum Stretches”. A pendulum by its very nature swings in absolute balance, the same height to the front as to the back, the same height to the left as to the right. When working in pairs that balance must be worked upon, as the one player swings to the front, the other swings to the back, in balance. This applies to the left and right also.

Front and Rear Pendulum

Players facing each other left hand on each other’s shoulder for support, swing to the front and then to the rear, emphasize the height must be equal. Perform 10 to the left and 10 to the right.

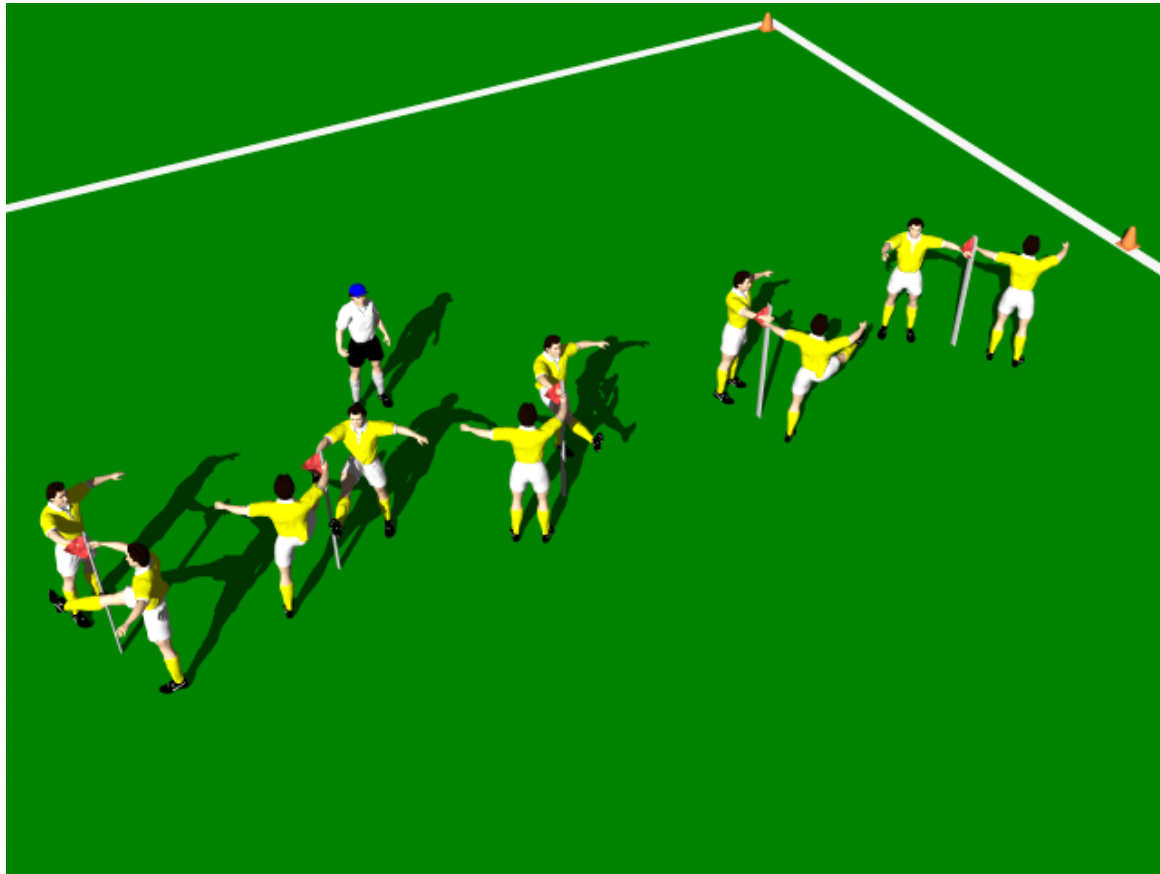
Left and Right Pendulum

With the players facing each other, left hand to left hand for support, swing to the left and then to the right, emphasize the height must be equal. Perform 10 to the left and 10 to the right.

Half Pendulum

With the players facing each other, hand to left hand for support, swing to the left and then as the leg swings to the right bend the knee up to the side. Perform 10 to the left and 10 to the right.

Pole Warm Up



Exercise Objectives:

This is a variation of dynamic stretching using corner flag pole.

Coaching Pointers:

Set up a line of poles approximately 5 yards apart. Place two players at each flag pole. The players will perform a variety of stretches while holding onto the poles.

Stretching Sequence:

1. Pendulum kicks using the right leg.
2. Pendulum kicks using the left leg.
3. Groin stretches on right groin.
4. Groin stretches on left groin.
5. Cross the leg stretch.
6. Side to side groin stretch.
7. Squats.
8. One leg squat using the right leg.
9. One leg squat using the left leg.
10. Calf stretches.
11. Sit down groin stretch.
12. Russian kicks.
- 13.

Protect Your Buddy Game



Objective of the Practice:

This team building exercise, emphasizes team strength in numbers with a circle game.

The group of players link arms to form a circle. One player is positioned outside the circle, they get 10 seconds to penetrate the circle.

The group must work together as a team to keep the player outside the circle.

Field Organization

- Practice Area: 10 x 10 Yards
- Equipment: No equipment needed.
- Skill Level: Intermediate to Advanced.
- Clipboard: Print for Practice

Push Them Over Game



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing.

Field Preparation

☆ 2 Players

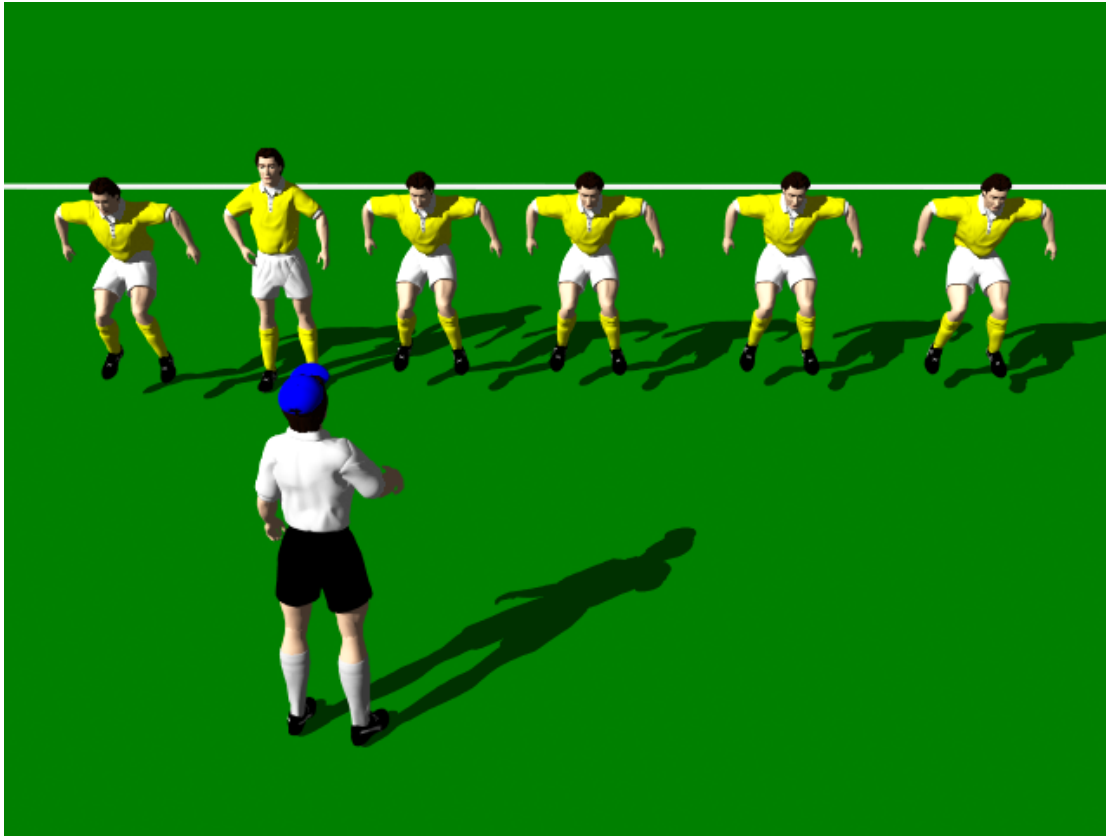
Coaching Pointers:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing. Divided your group of players into pairs. Each pair faces each other with hands in front and legs closed. Players stand approximately 1 foot apart. The object of the game is to try and make your partner move their feet by unbalancing them. Contact can only be made by pushing the partners hands. Points are awarded each time a player moves their partners.

If a player touches another players chest, their partner receives a point. A player can quickly move their hands away and make a player touch their chest.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.

Quick Thinking Drill

**Exercise Objectives:**

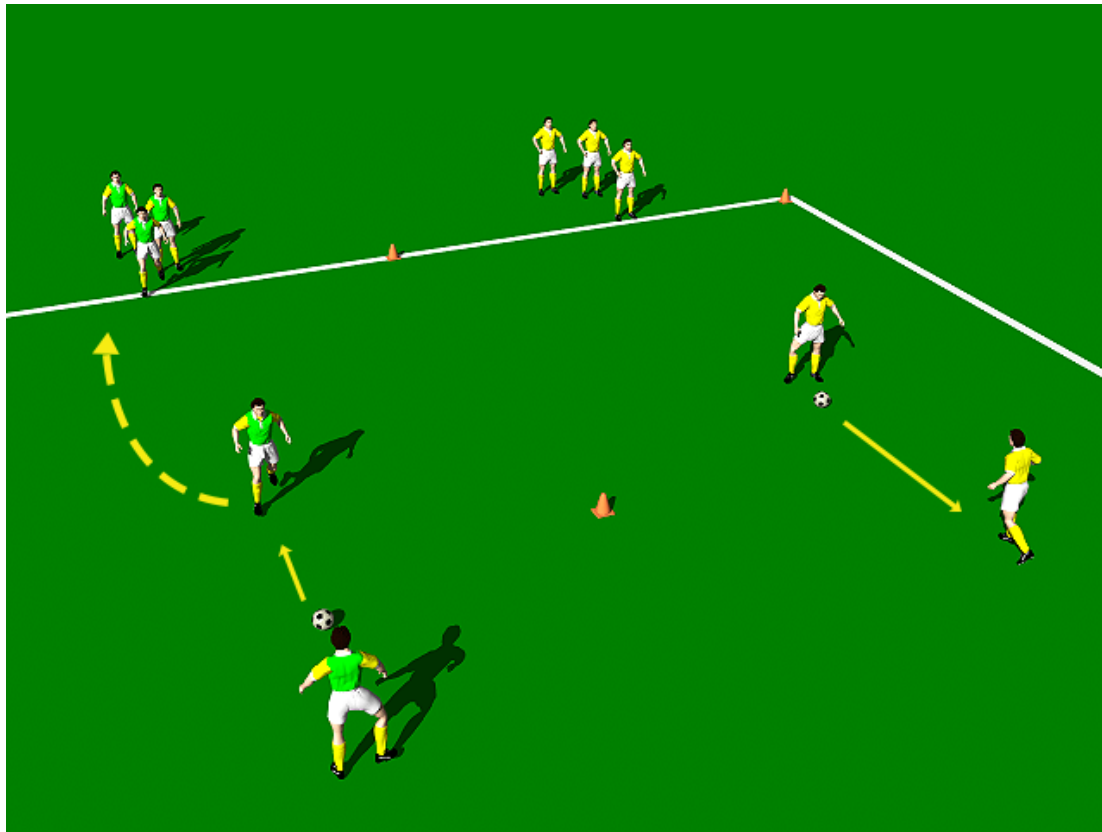
This is a fun exercise to develop quick thinking.

Coaching Pointers:

Have your players in a line facing you. On your command, the players jump forward, backward, right, left, up or down. Then the players must perform the "opposite" of what you shout.

Players who make a mistake must sprint a short distance. This quick exercise gets the practice off to a fun start.

Relay Warm Up Games



Objective of the Practice:

This relay warm up is a fun variation to your practice session, no matter what age group.

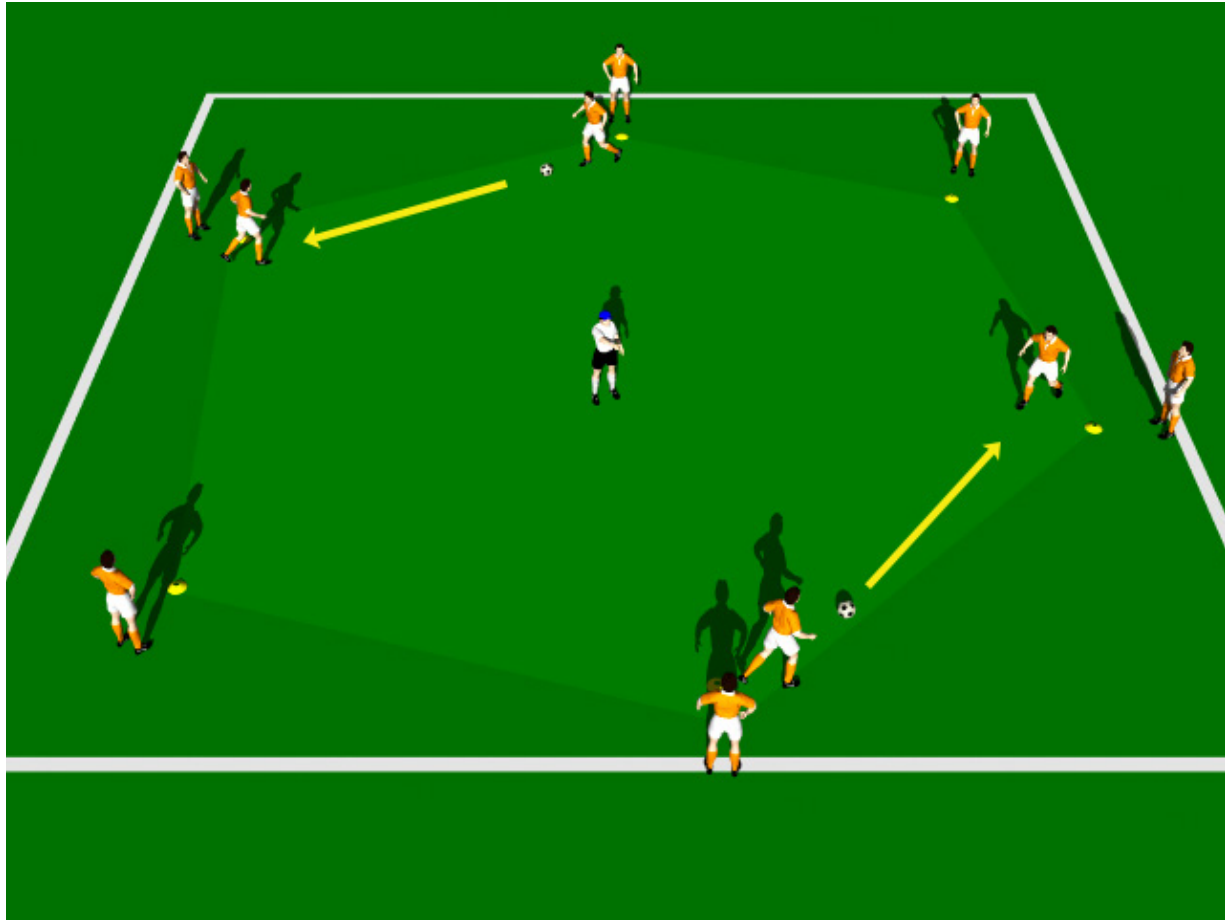
Coaching Points:

Divide your player into small groups. Each group has their own lane to perform the exercise. One server in each group is placed approximately 10 yards away. Each server has a ball.

Relay Sequence:

1. The players take turns receiving the ball from the server, playing a return pass and sprinting back to the end of their group. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the servers' feet. The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.
2. Same as the above drill but now player have to "**Volley**" the ball back to the server.
3. Same as the above drill but now player have to "**Head**" the ball back to the server.
4. Two players run towards the server, the receiving player must pass the ball to their partner, then their partner passes to the server. "**Double Pass**".
5. Two players run towards the server, the receiving player must "**Volley**" the ball to their partner, then their partner must "**Volley**" to the server.
6. Two players run towards the server, the receiving player must "**Head**" the ball to their partner, then their partner must "**Head**" to the server.
7. Finish with a "Piggy Back" Race.

Rotating Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

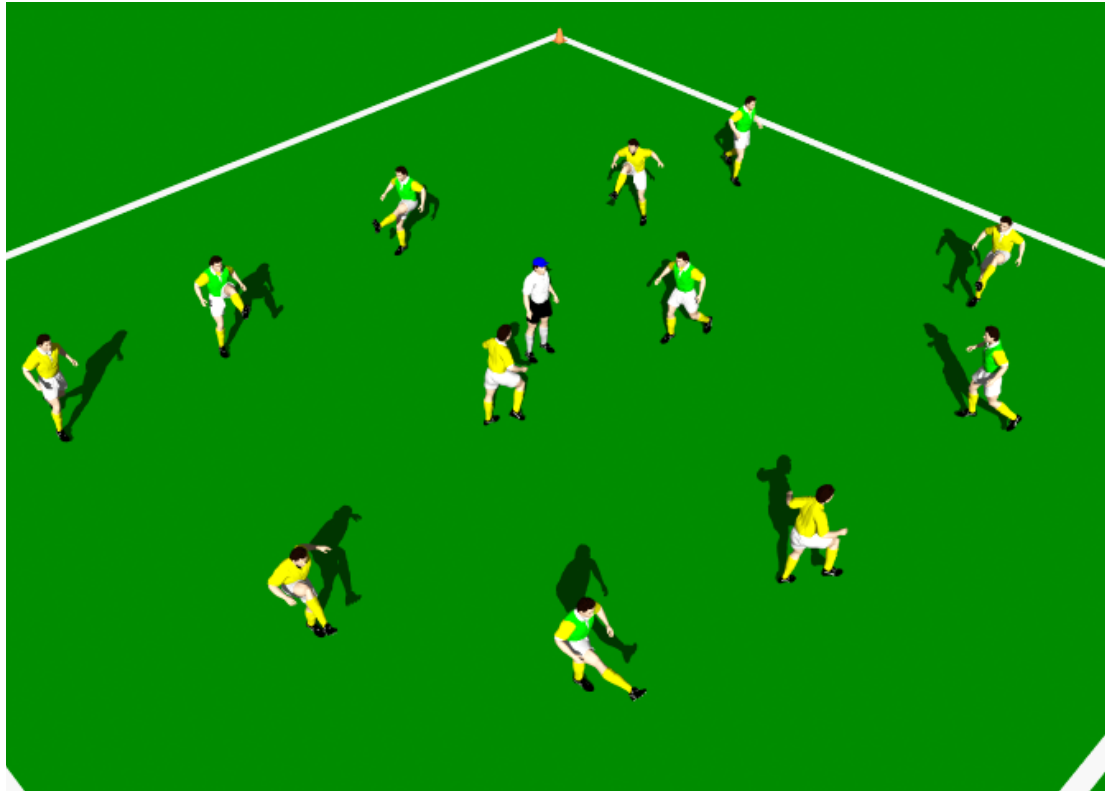
Coaching Points:

The entire group is split up evenly at each cone. The group will alternate between ball work and dynamic stretching. The transition must be high paced.

Warm Up Sequence:

1. Player dribbles the ball to the next cone.
2. Player has three touches and players to player at next cone.
3. Player has two touches and players to player at next cone.
4. Players perform High Kick stretches.
5. Players perform Hamstring stretches.
6. Players perform Groin stretches.
7. Players perform Sprints to cones.
8. Players perform Forward Zig Zags.
9. Players perform Pass, Set, Pass.

Salsa Warm Up



Exercise Objectives:

This warm up includes ball work and dynamic stretching.

Coaching Pointers:

Place your entire group in a square approximately 20x20 yards. Divide your group with two different colored pinnies.

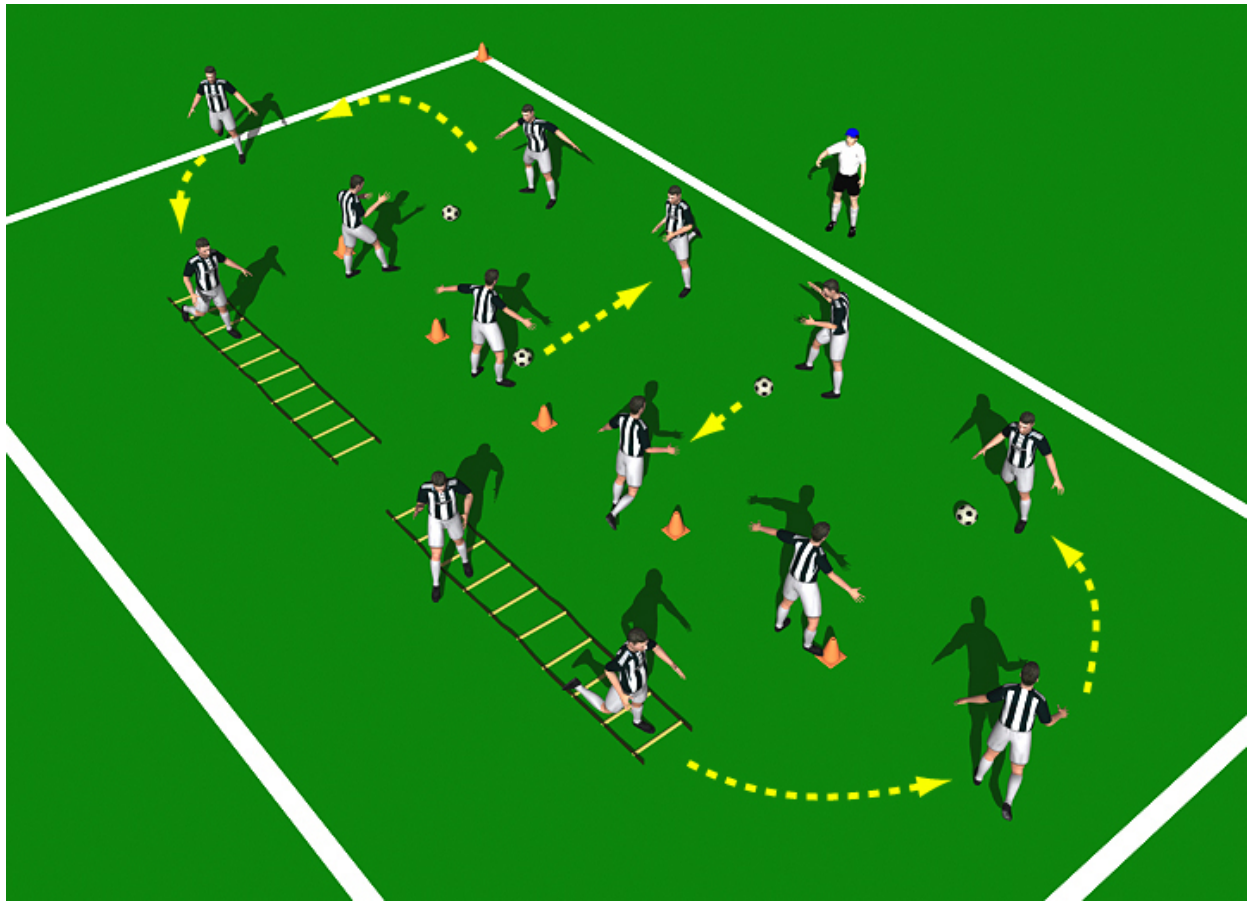
The warm up is conducted in the following sequence:

- Within their own groups, players circulate the ball around the square. Play one and two touch. Add a second ball for each group.
- Pass ball within group. After a player passes the ball they must sprint around an outside cone.
- Pass ball to a player in the other group (different colored pinnie). After a player passes the ball they must sprint around an outside cone.
- Dynamic stretches are performed intermittently between ball work.

Dynamic Stretches:

48. High Kicks.
49. High Kicks with trunk twist.
50. Groin stretch inside (close the gate).
51. Groin stretch outside (open the gate).
52. In pairs, both players jump up and challenge shoulder to shoulder.
53. Behind leg hamstring stretch.
54. Lunges.
55. Squats.

Skill and Agility Warm Up



Exercise Objectives:

This warm up is designed to incorporate both skill and agility work by using both balls and ladders.

Coaching Pointers:

Players rotate in a circular manner between the agility exercises and ball work (see diagram above). Make sure the tempo is high and focus on quality technique:

Ball Work Exercises

- ☆ Pass the ball back using “one touch”
- ☆ Volley the ball back. Good arm movement. Rhythmic!
- ☆ Control ball with thigh and volley back using opposite foot.
- ☆ Control ball with thigh and volley back using same foot.
- ☆ Jump to control ball with chest and volley back.
- ☆ Run forward, touch ball with hand, run backwards and head the ball (feet off the ground).
- ☆ Head the ball (feet off the ground) greater distance. Jump on the spot.

Agility Ladder Exercises

- ☆ In-Out Drill
- ☆ Slalom
- ☆ Side to Side

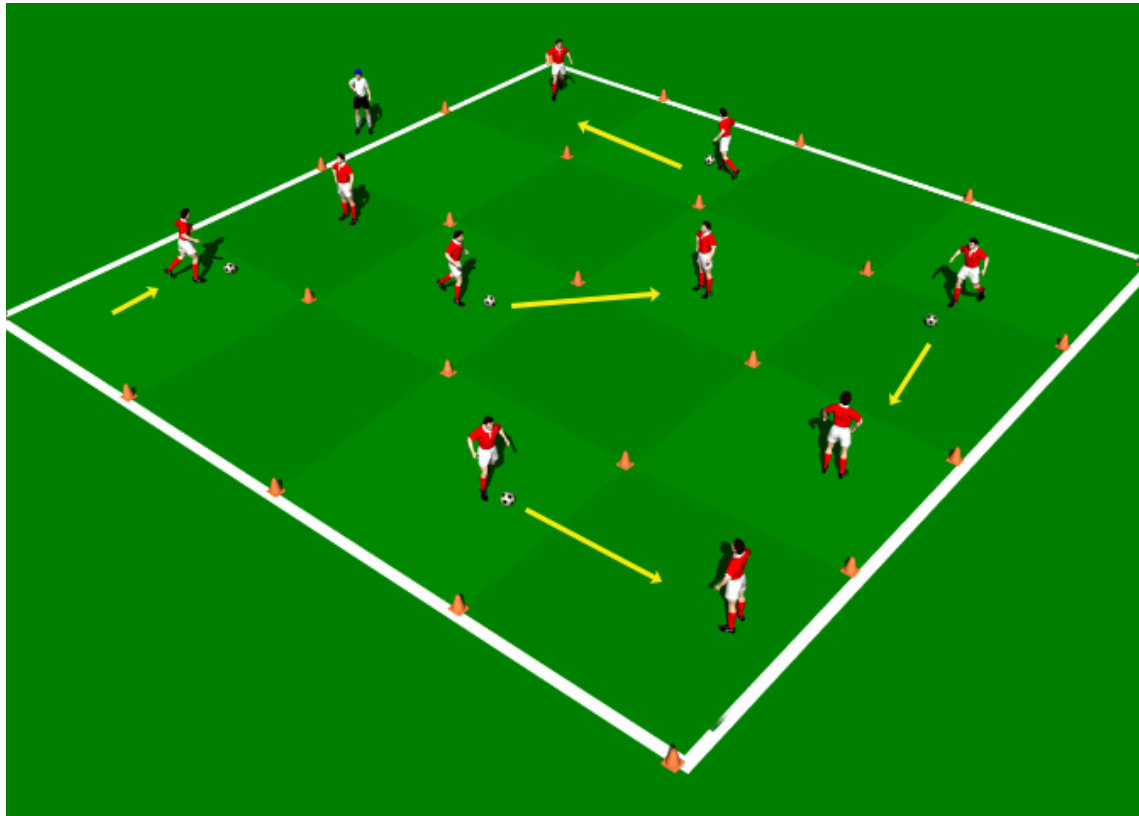
- ☆ Bunny Hops
- ☆ One Leg Hop
- ☆ Run Through
- ☆ Hopscotch

[Video samples of Agility Ladder Exercises can be found at this link.](#)

Field Preparation:

- ☆ Entire group
- ☆ Area 20 yards x 20 Yards
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Agility Ladders

Small Box Warm Up



Objective of the Practice:

This is a great warm up activity that involves passing, running with the ball and peripheral vision.

Coaching Points:

Using cones, set up an area of 5x5 yard squares. Divide your group into pairs, with one ball per pair. Players in pairs are numbered player "1" and player "2". The practice begins with two players per square passing the ball back and forth.

When the coach shouts out number 1 or 2, that player performs the following:

- The player must run without the ball and find a new player to pass with.
- The player must run with the ball to a different square.
- Both players travel with the ball to a new square, cannot be the next square.
- Player perform the "10 pass drill".

In between ball work the players perform the following Dynamic Stretches:

56. High Kicks.
57. Hamstring Stretch.
58. Zig Zags.
59. Groin stretch (close the gate).
60. Groin stretch (open the gate).
61. On coach's command player must go under their partners legs.

Snatch Warm Up Game



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It develops players reaction time.

Field Preparation

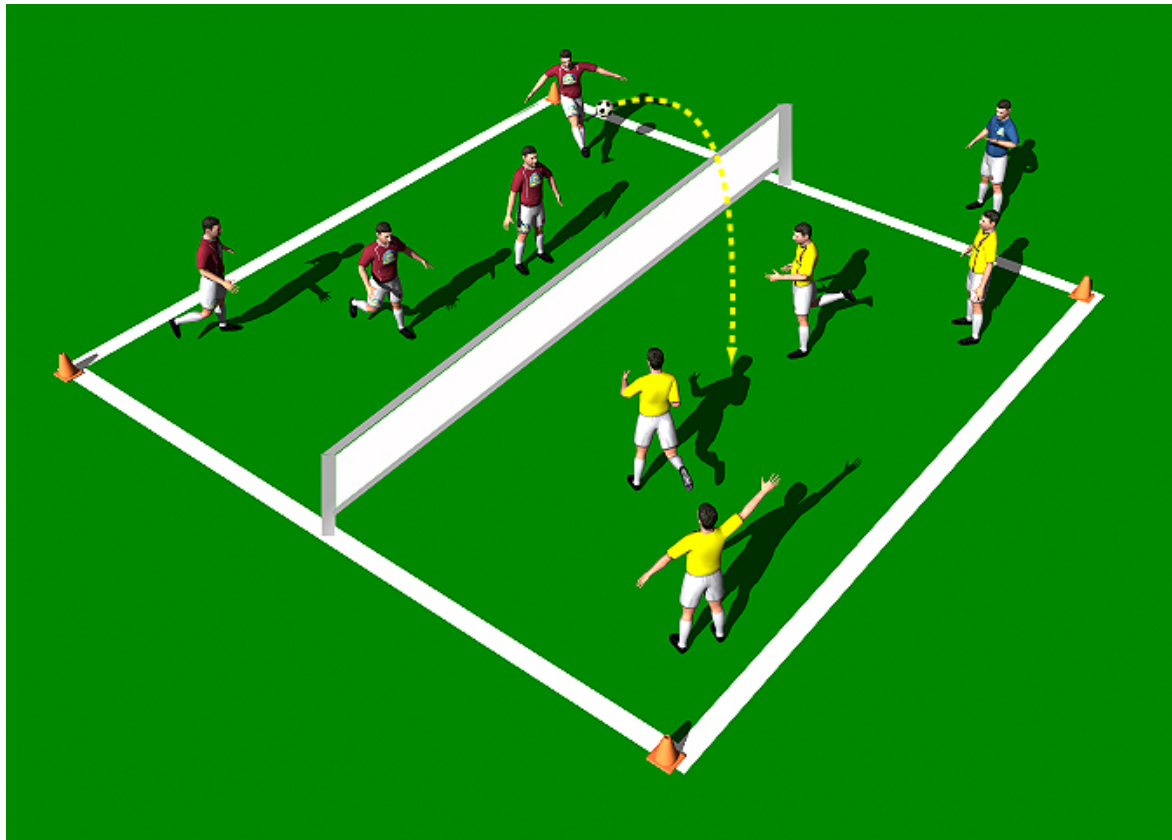
☆ 2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The coach calls out a series of commands, which the players must perform, but when the coach shouts out "SNATCH" the first player to grab the ball wins.

Coach tells the players to touch their; head, ears, shoulder, knees, toes etc. First player to 5 wins.

Soccer Tennis Tournament



Exercise Objectives:

This is a fun exercise designed to improve the player's aerial ball control and communicational skills.

Field Preparation

- ☐ Divide team into two groups
- ☐ Area 10 x 20 yards
- ☐ Supply of Balls
- ☐ Volley Ball or Tennis Net

Coaching Pointers:

Split the group into two teams one on each side of the net. Team must have serve to win a point. Players can use their head, chest, thighs and feet to control the ball. The ball is only allowed to bounce 'once' in the area. Can use unlimited touches. First team to 11 points wins. Always rotate servers.

Speed and Agility Warm Up Sequence



Speed and Agility Warm Up Sequence

In the Speed and Agility Warm Up sequence the coach puts his players through a dynamic warm up, using a variety of stretches and movements.

- Jumping Jacks
- Seals
- High Knees
- Butt Kickers
- Lunges
- Soldier Kicks
- Ankle Grabs
- Side Shuffles
- Full Speed Sprints

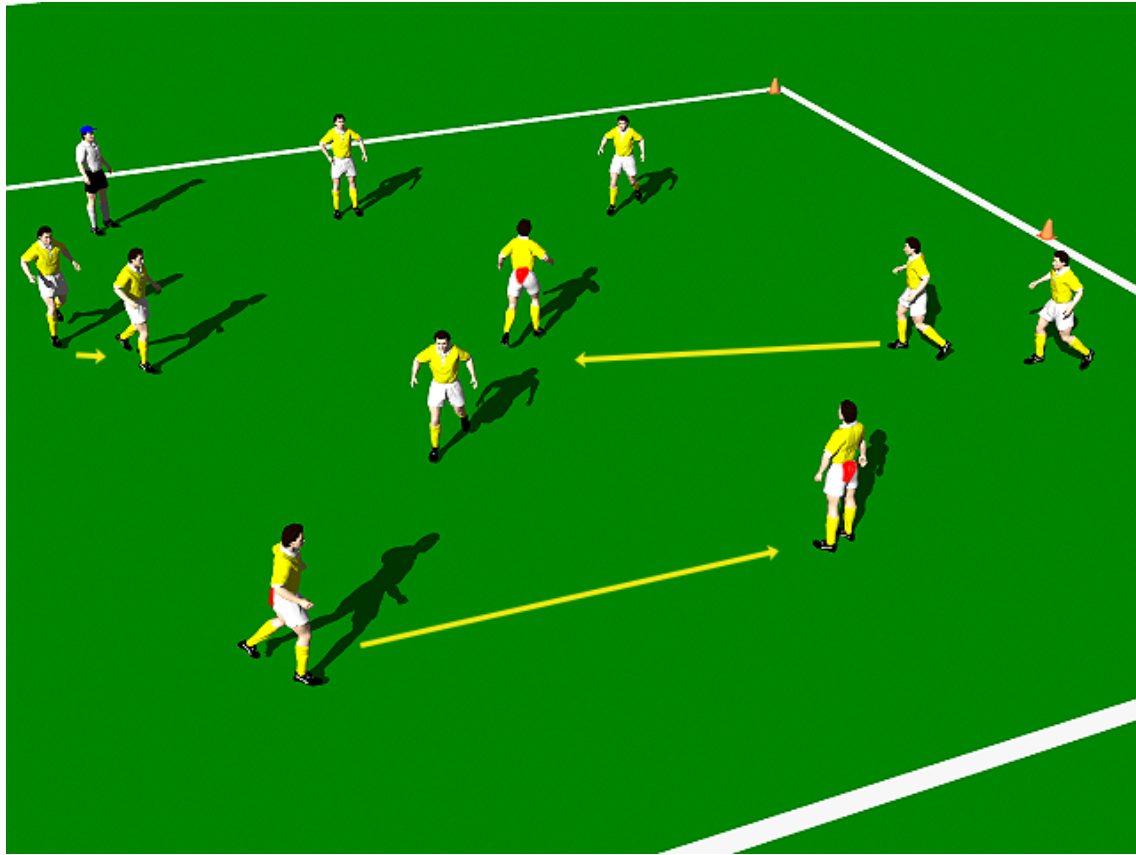
Field Preparation

Entire group

Area 30 x 30 yards

Cones

Steal the Pinnie



Exercise Objectives:

This is a fun warm up that focuses on vision and awareness.

Coaching Pointers:

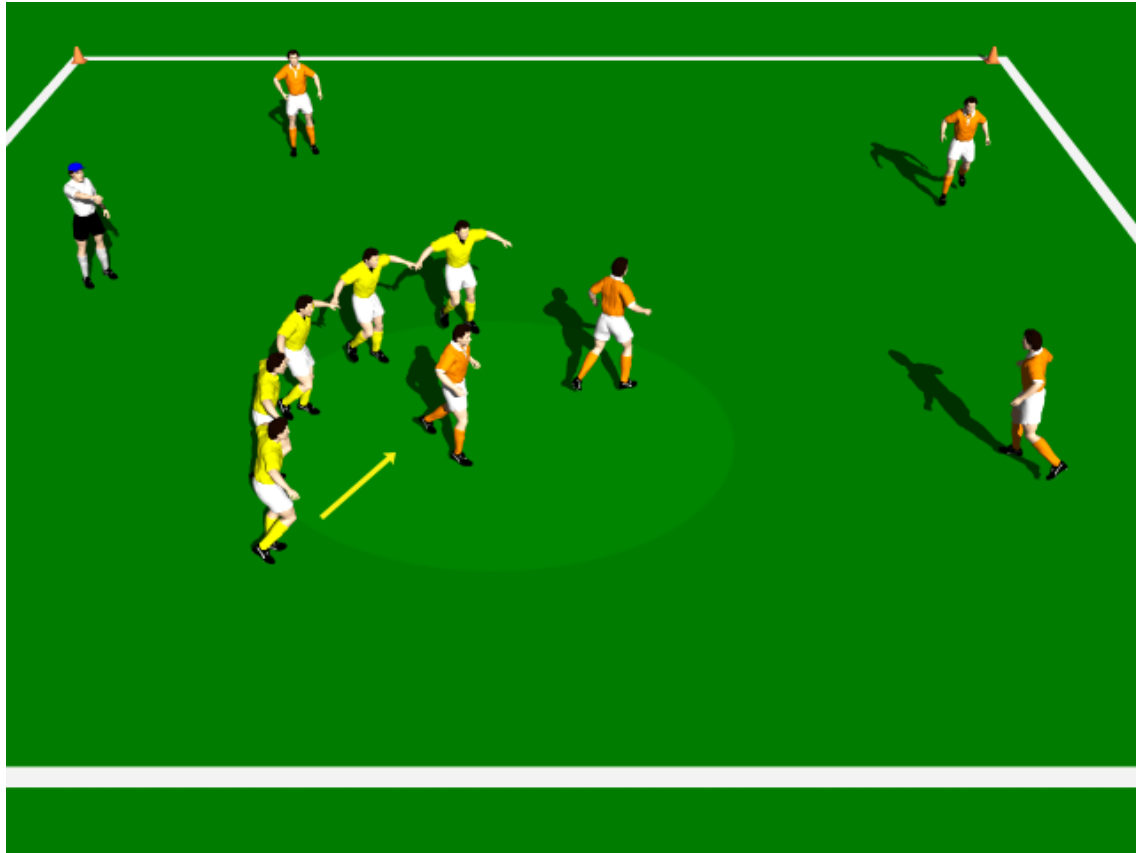
Place your entire group in a square approximately 20x20 yards. Each player has a pinnie stuffed in the back of their shorts. Players jog around the area. Place get 30 seconds to see how many pinnies they can steal from their team mates.

At the end of 30 seconds, players who do not have a vest perform a short exercise.

Field Preparation

- ☆ Entire Group
- ☆ 20 x 20 Yards
- ☆ Cones
- ☆ Colored Bibs

Stick Together Game

**Exercise Objectives:**

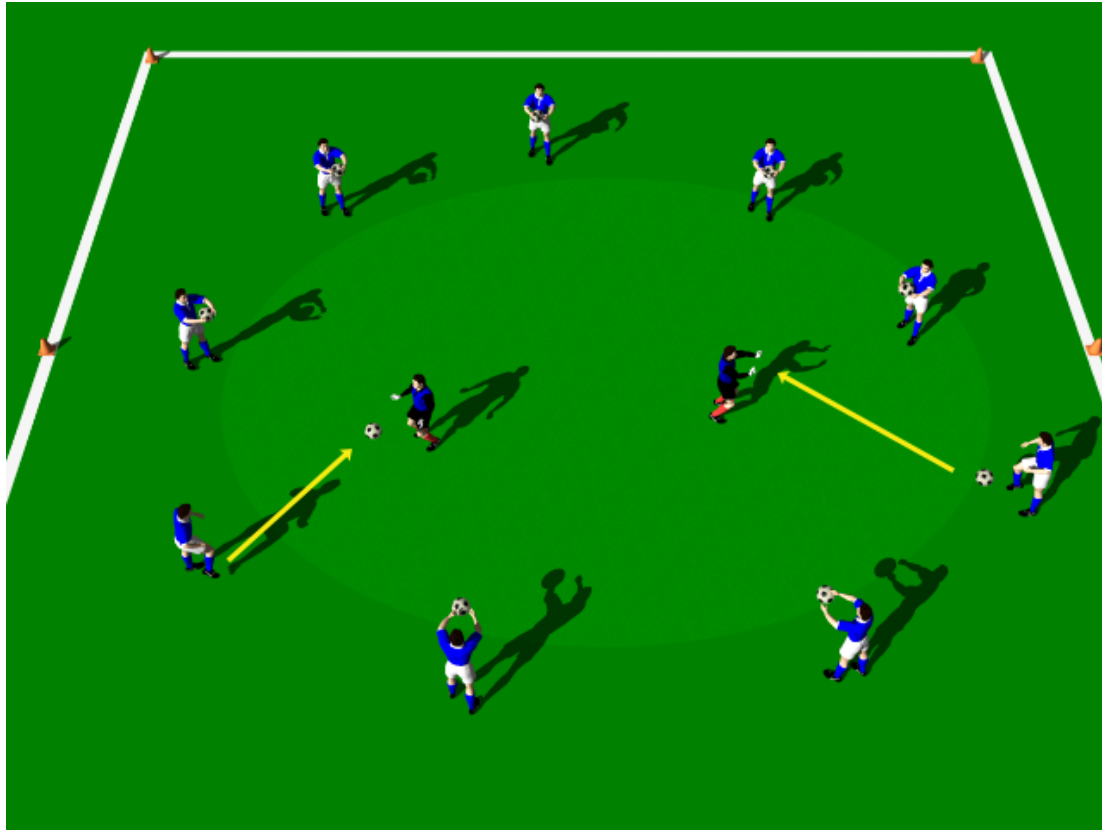
This fun warm up game encourages players to work together as a team to solve a problem. Great activity for team building.

Coaching Pointers:

Place your entire group in a square approximately 20x20 yards. Divide your group with two different colored pinnies. One team holds hands and forms a chain. They get 60 seconds to tag players on the opposite team. A player is eliminated if they are tagged. Swap roles after 60 seconds.

Team that tags the most players wins.

Team Warms Up the Goalkeeper



Exercise Objectives:

This warm up activity focuses on warming up the goalkeeper.

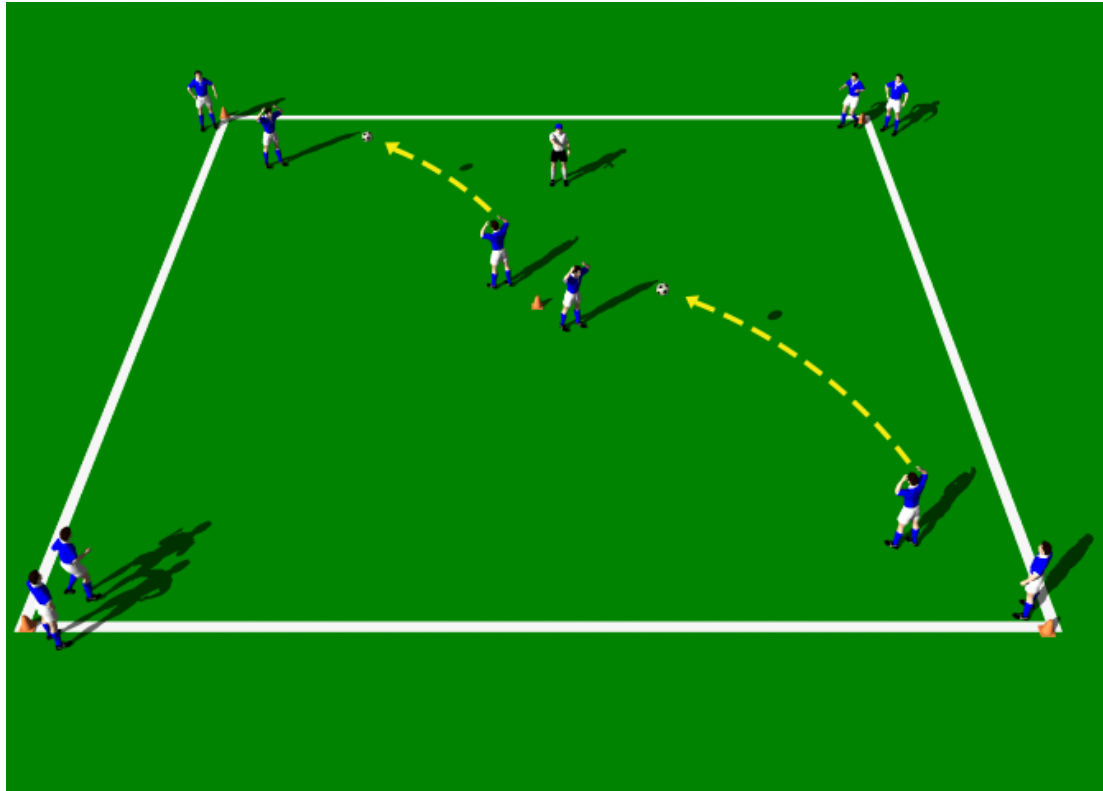
Coaching Pointers:

Position your entire group in a circle inside a square approximately 20x20 yards. Each player has a ball. Place both goalkeepers (more if you have them) in the center of the square.

The players serve the ball to the goalkeepers in the following sequence:

- Players “Volley” the ball from their hands for the goalkeeper to catch.
- Between saves the coach rolls a ball for the goalkeeper to react and dive to the ground.
- Between saves the coach rolls a ball for both goalkeepers to react too. First to the ball wins.

The Arsenal Warm Up



Exercise Objectives:

The Arsenal warm up activity includes a variety of exercises, with and without the ball.

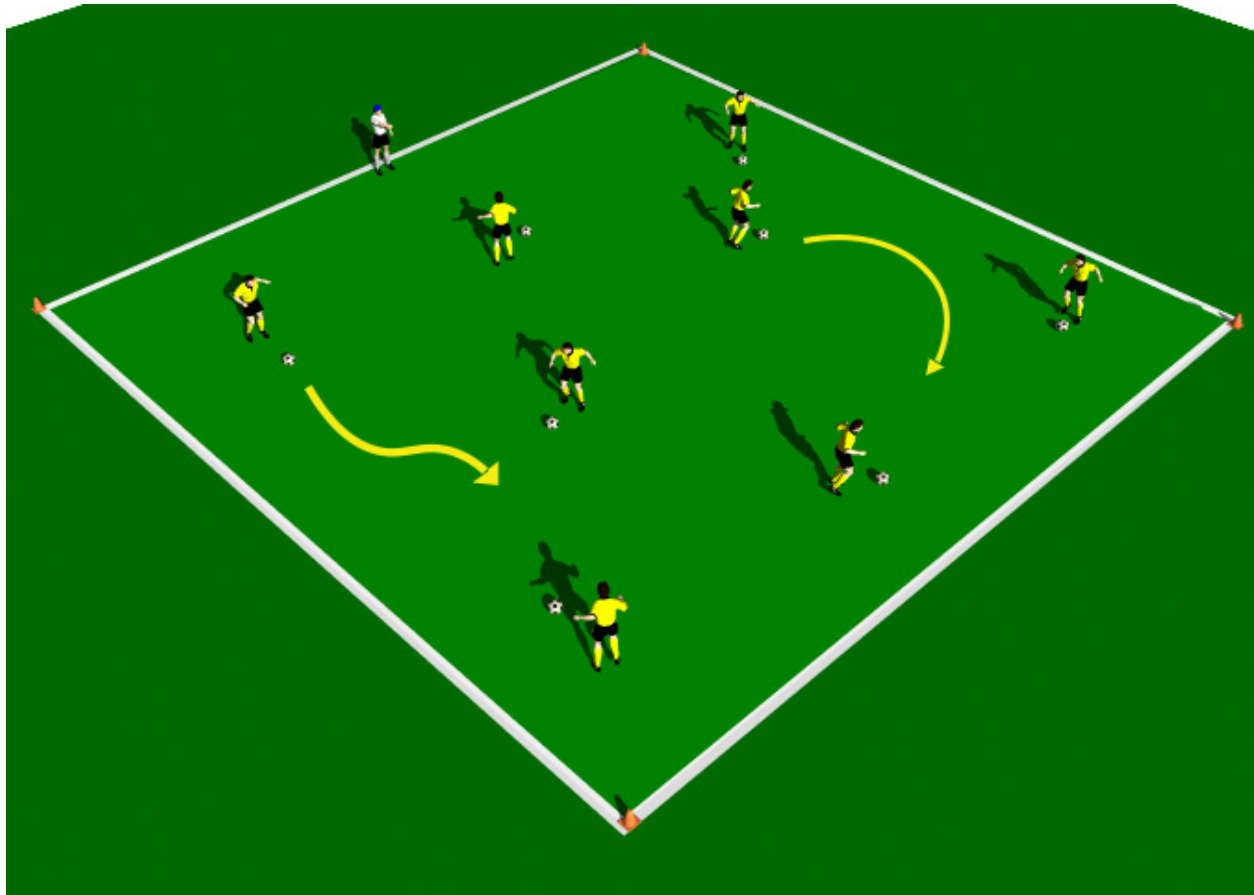
Coaching Pointers:

Position your entire group in a circle inside a square approximately 20x20 yards. Place 2 players in the center of the square and players in each corner (as in the diagram above).

The players perform the warm up in the following sequence:

- Players start off by throwing the ball overhead, like a throw in.
- Players head the ball from their hands.
- Players perform Groin stretches.
- Players now throw the ball and receive a service to head back.
- Players now run with the ball.
- Players perform Calf stretches.
- Players perform High Kicks.
- Groin stretch inside (close the gate).
- Groin stretch outside (open the gate).
- Players Pass, receive a set up pass and pass again.

The Chelsea Warm Up



Objective of the Practice:

This Chelsea warm up involves **Dynamic Stretching** and **Ball Work**.

Coaching Points:

Set up a square proximately 20x20 yards. The group will alternate between ball work and dynamic stretching. The transition must be high paced.

Warm Up Sequence:

1. Players dribble around the square with ball.
2. Players perform Trunk Twists.
3. Players throw up the ball and catch it. Try to catch the ball with feet off the ground.
4. Players exchange the ball while moving around the square.
5. Players perform Crescent Kick stretches. Outside and inside.
6. Players perform Toe Taps to ball.
7. Two players hold ball and perform Squats.
8. Players throw ball to open player and sprint around any cone.
9. One Bounce Volley game and sprint around any cone. Start with one ball, then add a second.
10. Players perform Resistance Sprints Shoulder to Shoulder.
11. Players perform Resistance Sprints Back to Back.
12. Players perform Resistance Sprints One Pushes, Turns and Sprints, partner must catch them.

The Circle Game



Objective of the Practice:

This team building exercise, emphasizes team strength in numbers with a circle game.

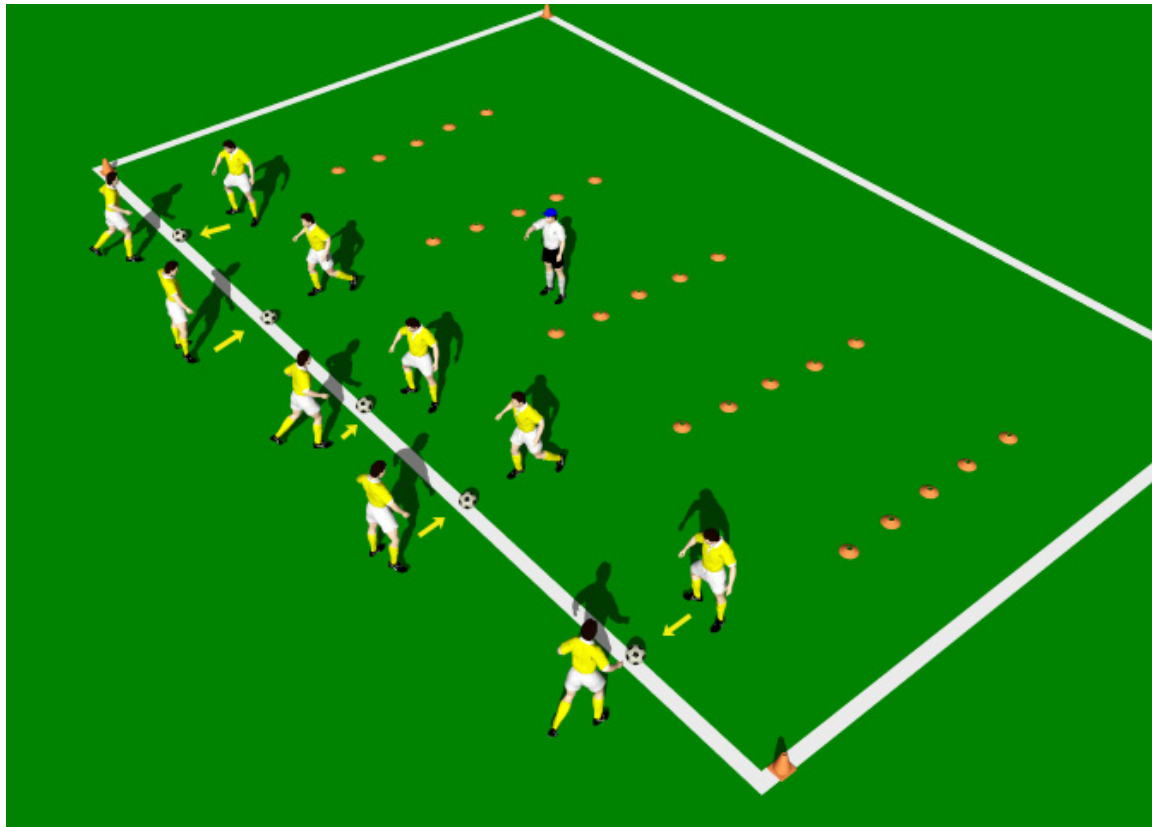
The group of players link arms to form a circle. One player is positioned outside the circle, they get 10 seconds to penetrate the circle.

The group must work together as a team to keep the player outside the circle.

Field Organization

- Practice Area: 10 x 10 Yards
- Equipment: No equipment needed.
- Skill Level: Intermediate to Advanced.
- Clipboard: Print for Practice

The Everton Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

Coaching Points:

Divide your player into pairs, one ball per pair. Set a line of 5 cones for each pair for dynamic stretches. The group will alternate every few minutes between dynamic stretching and Ball work.

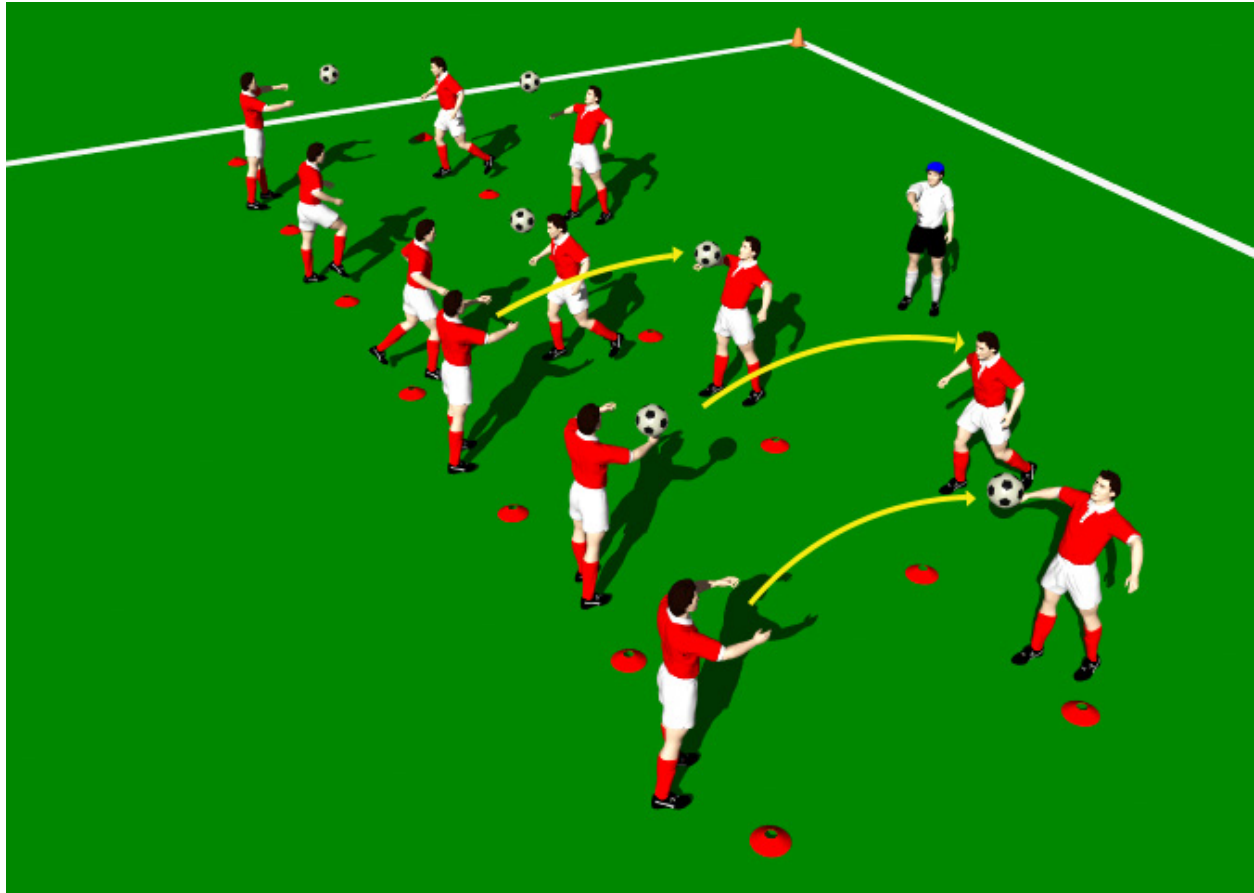
Ball Work:

1. Speed Passing (2-5 yards apart).
2. Short Passes then one player turns and zig zags through cones. (race)
3. Short Passes then one player turns and zig zags backwards through cones. (race)
4. Tape Ball and Head back. Sprint through cone on coach's whistle.

Dynamic Stretching:

62. Slow jog around end cones.
63. Side to Side Skip.
64. High Kicks.
65. Thigh, Chest, Clap.
66. Chest Pulls.
67. Lunges.
68. Groin stretch inside (close the gate).
69. Groin stretch outside (open the gate).

The Newcastle Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

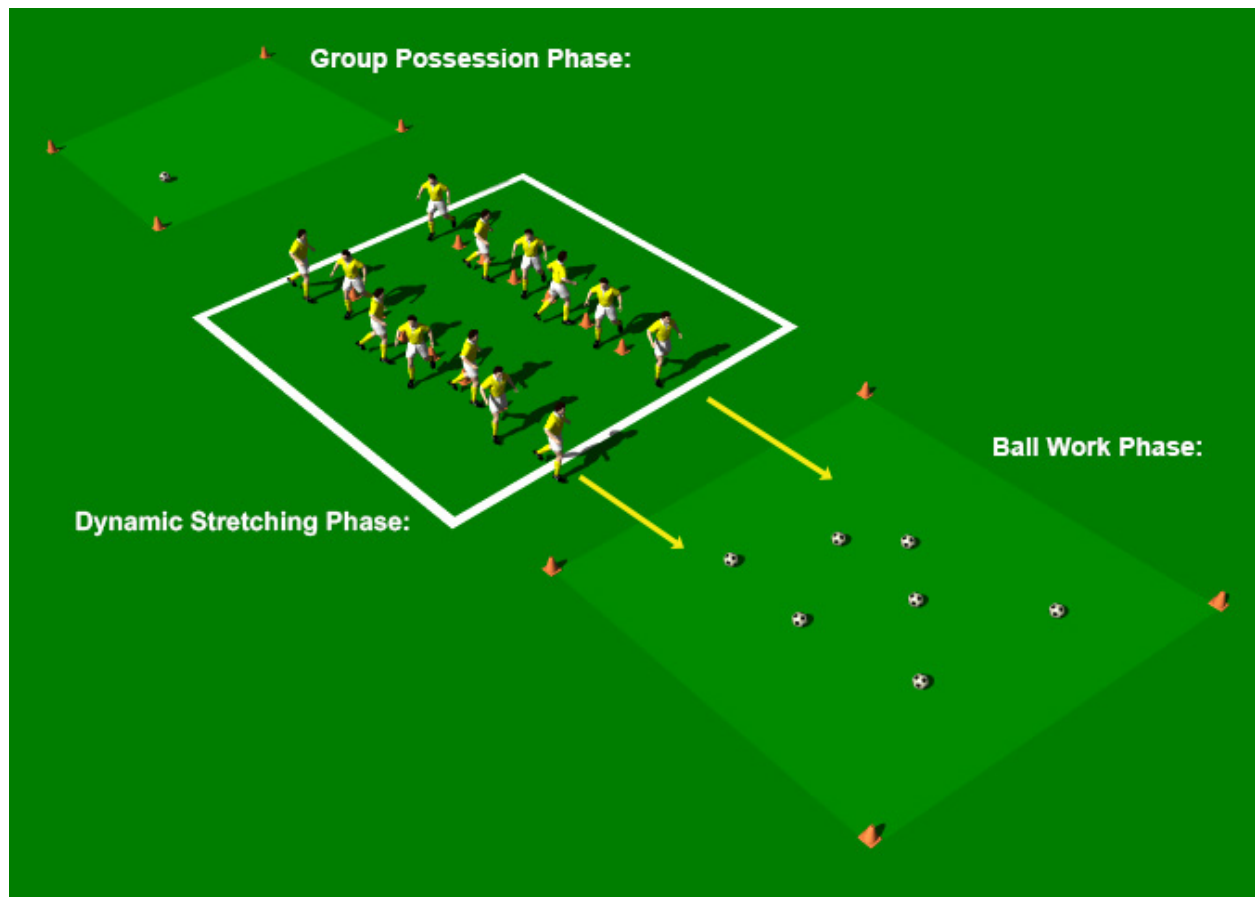
Coaching Points:

Divide your group into pairs, one ball per pair. Set up small squares proximately 2x2 yards. The group will alternate between ball work and dynamic stretching. The transition must be high paced.

Working in pairs:

1. Speed Passing (1-2 yards apart).
2. Volley Passes.
3. Control on the Thigh then Volley Back.
4. Zig Zag Forwards and Backwards around cones.
5. Side Skips to opposite end and back, repeat Speed Passing.
6. High Kick stretches.
7. Speed Passing (1-2 yards apart).
8. Control on the Chest then Volley Back.
9. Tap the ball, shuffle backwards, then jump up to head the ball back.
10. Play ball through the players open legs, player turns and sprints after the ball.
11. Knee Slap Game.

Three Phase Warm Up



Objective of the Practice:

This warm up involves three phase, **Dynamic Stretching**, **Ball Work** and **Group Possession Games**.

Coaching Points:

Set up three areas. One for dynamic stretching with two lines of cones and two squares approximately 15 x 15 yards. The group will alternate every few minutes between each phase. The transition must be high paced.

Dynamic Stretching Phase:

70. Arm Stretch.
71. High Kicks.
72. Knee Pulls.
73. Russian Kicks.
74. Groin stretch inside (close the gate).
75. Groin stretch outside (open the gate).
76. Side to Side Skip.
77. Backwards Skip.
78. Forward Zig Zags.
79. Rainbows.
80. Sideways In and Out.
81. Backwards Zig Zags.

Ball Work Phase:

5. Speed Passing (2-5 yards apart).
6. Volleys.
7. Headers.

Group Possession Phase:

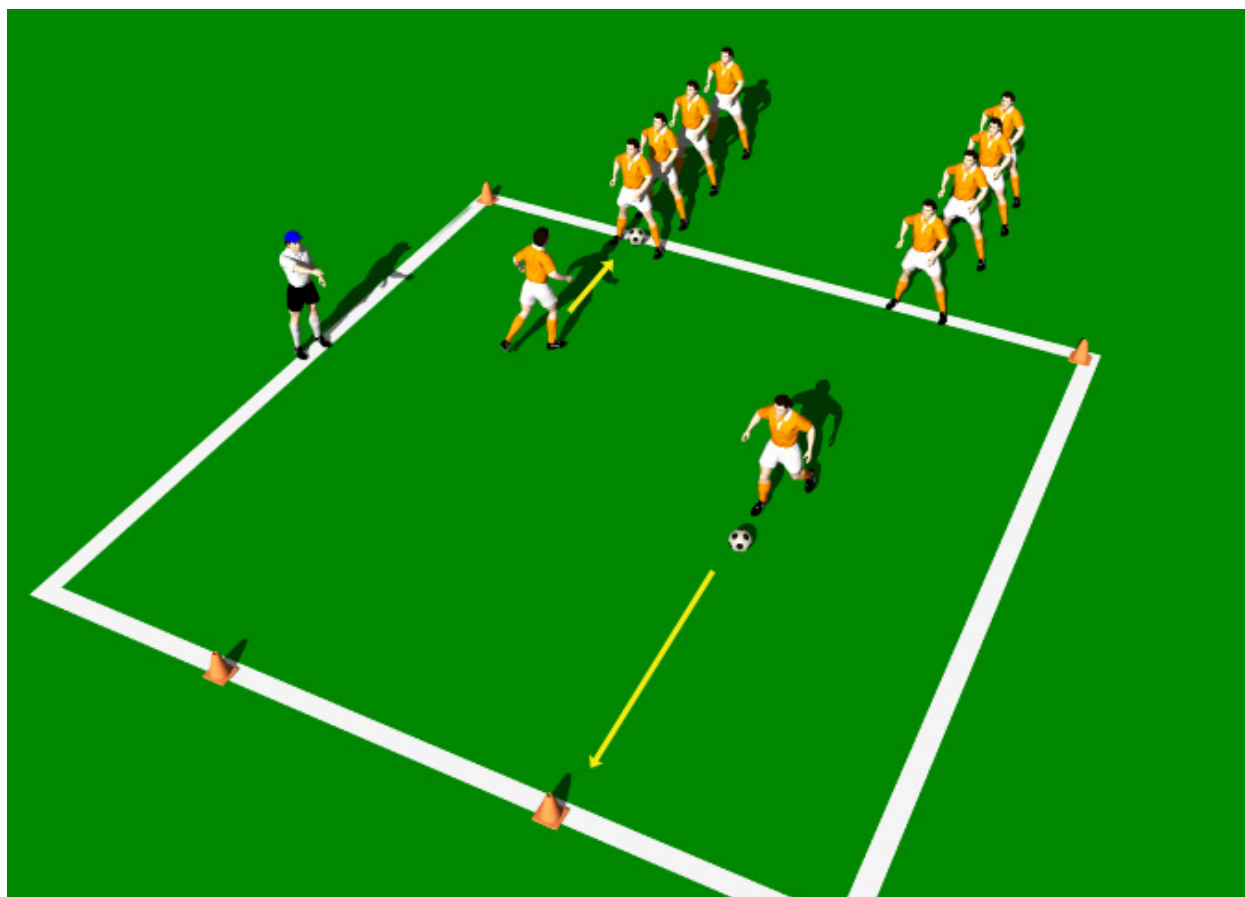
1. Throwing Keep Away Game.
2. Teams Vs One Possession. (4v4 +4 etc.)
3. Knee Pulls.

Conclude with Sprint Work.

Field Preparation:

One Square 10 yards x 10 yards, 2 Square 15x15 yards. Cones, Balls. Pinnes.

Through the Legs Relay Game



Objective of the Practice:

This is a fun game to incorporate a ball with your warm up activity. It also develops basic passing skills as well as team building.

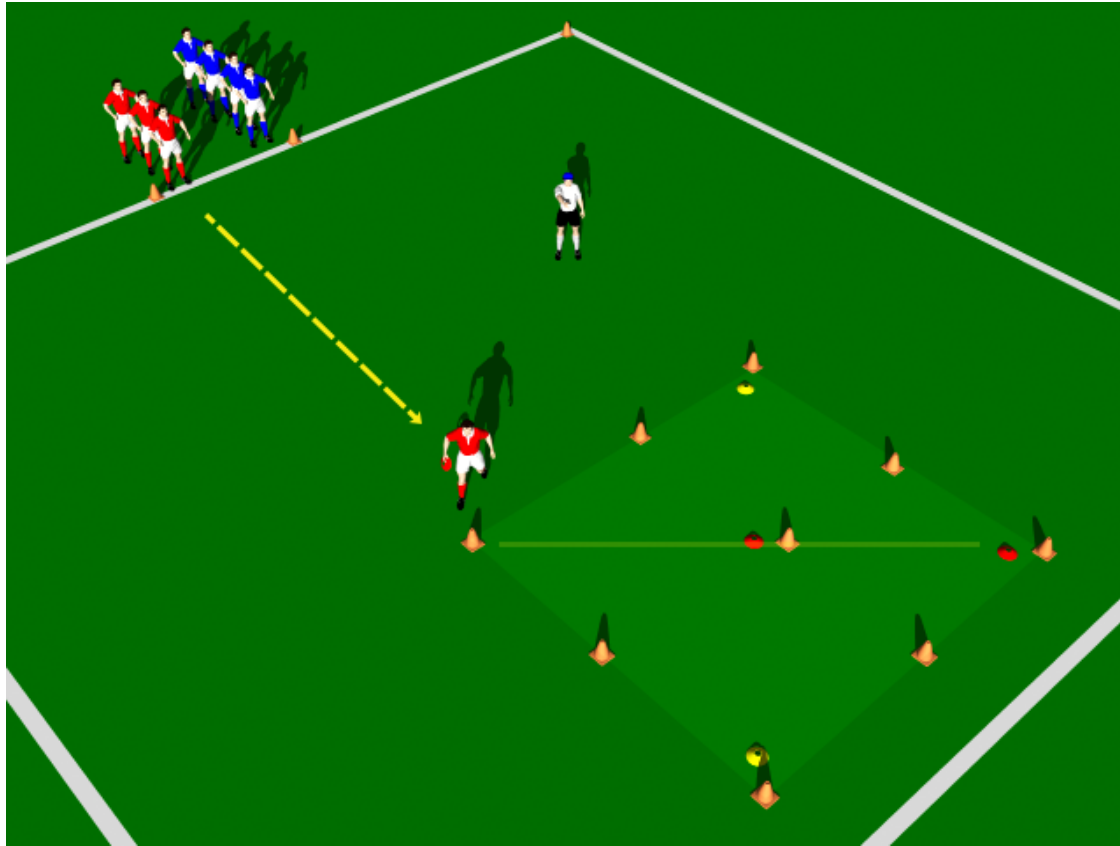
Coaching Points:

Divided your players into two teams. Each team has a ball. The first player in line has the ball. All other players in line open their legs wide to make a tunnel. The player passes the ball under the tunnel to the last player in line. The last player then dribbles the ball around the cone and back to the front of the line to repeat the exercise. The first team to have every player dribble the ball wins.

Field Preparation:

Grid 10 x 20 yards. Entire group of players. Cones. 1 Ball per team.

Tic Tac Toe Warm Up Game



Exercise Objectives:

The Tic, Tac, Toe warm up game is a fun activity for all age groups that promotes teamwork and quick thinking.

Coaching Pointers:

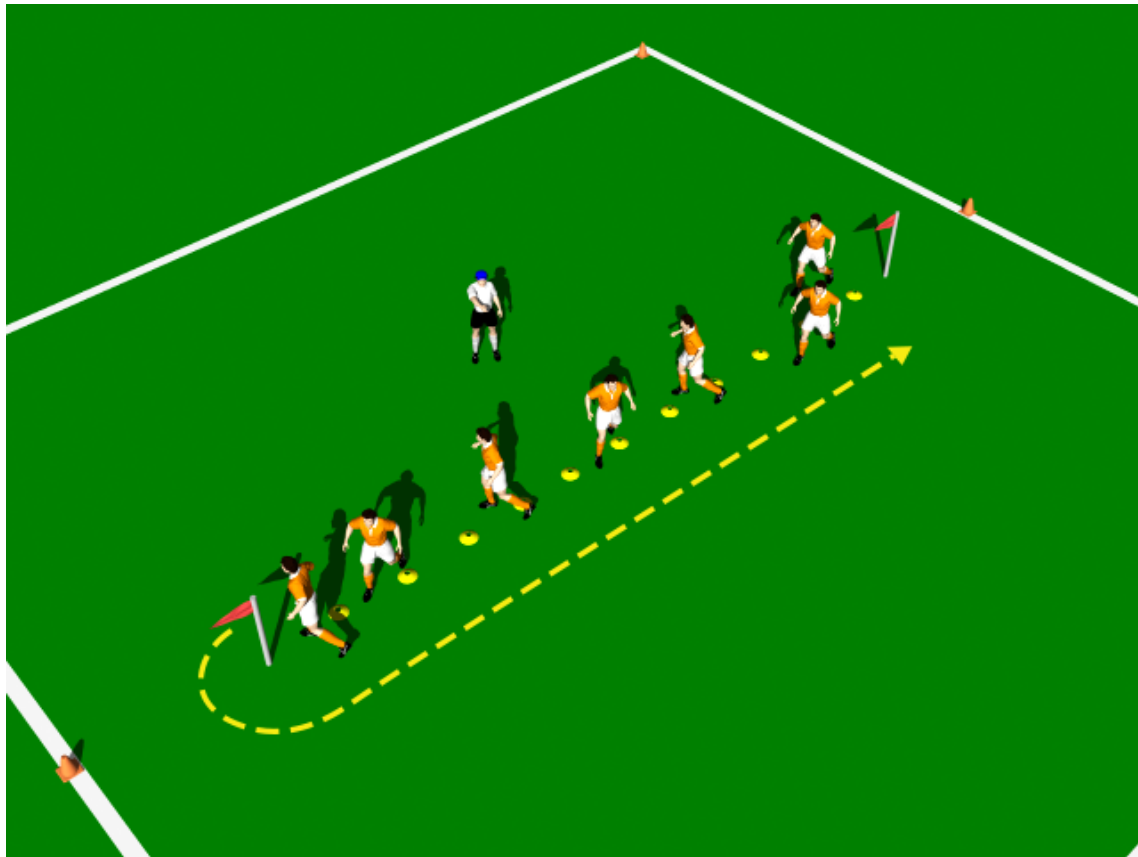
Divide your players into two teams. Place nine cones (as in the diagram above) approximately 15 yards from the players. You will need two sets of colored cones or pinnies as markers. One team with yellow cones, one with red cones.

Teams alternate to get three of the same colored cones in a straight line. The first team to place three of their cones in a row, whether it is horizontal, vertical, or diagonal wins.

If both teams are playing with optimal strategy, then there's a good chance that no one will win because they will have blocked all of each other's opportunities to create a row of three. Reset and start again.

Have the losing team do a short exercise or sprints.

Tottenham Warm Up



Exercise Objectives:

The Tottenham warm up encompasses dynamic stretching and agility exercises.

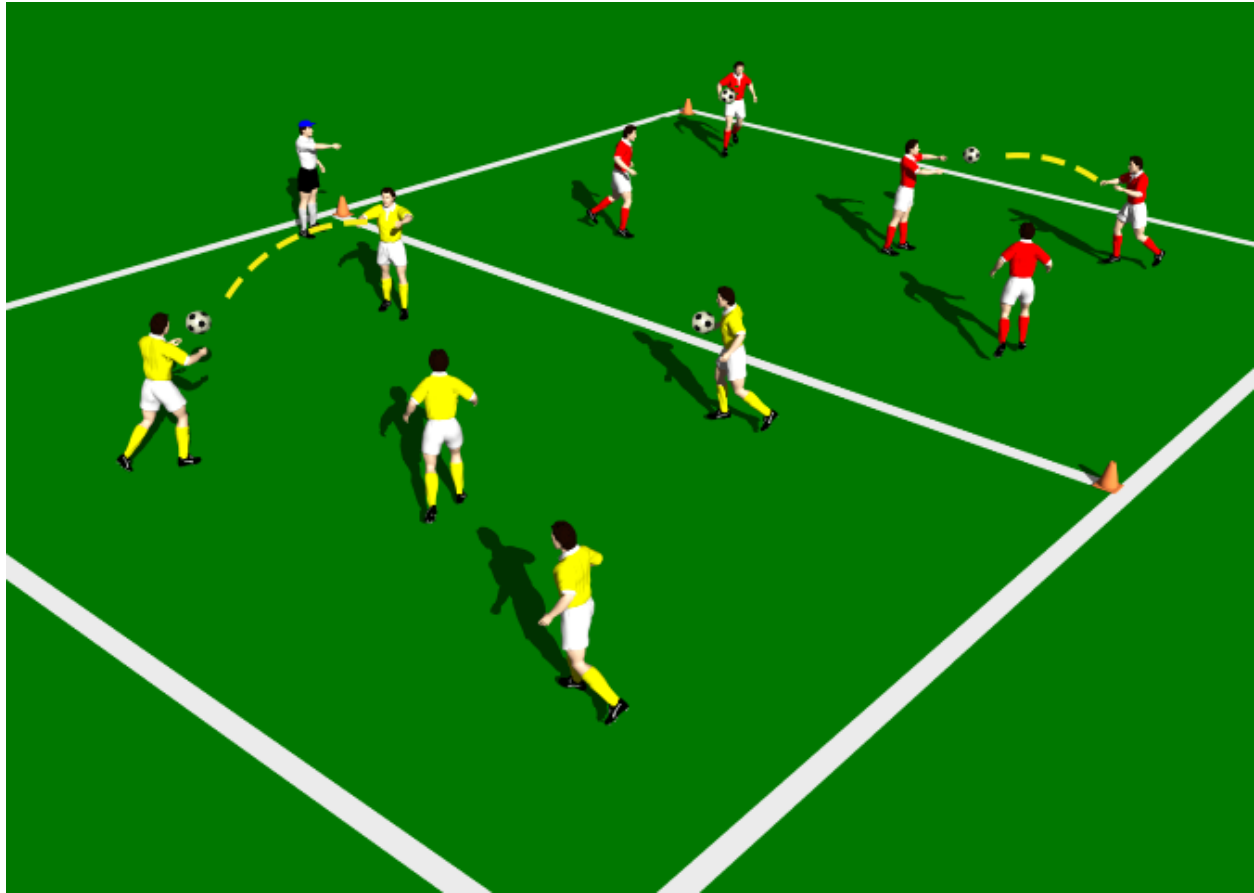
Coaching Pointers:

Place cones in a line approximately 10 yards in length (as in the diagram above).

The warm up is perform in the following sequence.

- Slow jog around flag poles.
- Touch inside of ankles.
- Touch heels.
- High Knees.
- Tip Toe Stretch.
- Carioca's
- Groin stretch inside (close the gate)
- Groin stretch outside (open the gate)
- High Kicks
- Touch heels and clap.
- Forward and backwards through cones.
- Zig Zag in and out through cones.
- Bunny hops (two footed) through cones.
- Rainbows through cones.
- Jockey backwards though cones.
- Jockey forward through cones.

Two Box Warm Up



Exercise Objectives:

The Two Box warm up is a fun activity for all age groups that promotes teamwork and quick thinking.

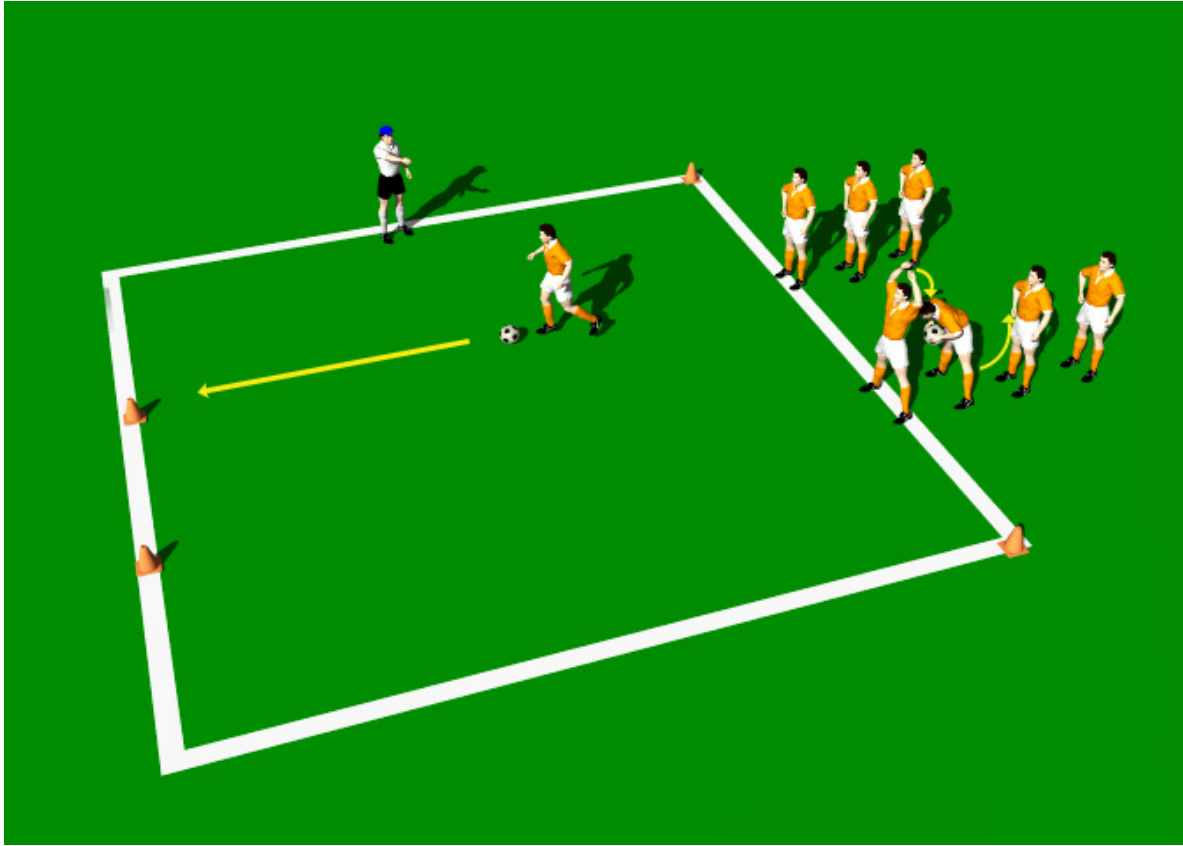
Coaching Pointers:

Divide your players into two groups. Place a group in each square (as in the diagram above).

The warm up performed in the following sequence:

- Players begin the warm up by throwing the ball to each other while moving around their square. Use two balls.
- On the coach's whistle, players change squares quickly.
- Players perform High Kicks.
- Player move around square serving a ball for the other player to volley back to a different player.
- Players perform Groin stretches.
- Players pass the ball around the square using "one touch". On the coach's whistle the players change square quickly.
- Players perform Calf stretches.
- Players pass the ball around the square. On the coach's whistle the players change square quickly and must get ten passes. First team to complete ten passes wins.
- Players dribble ball and lay it off to team mate.
-

Up and Under Relay Game



Objective of the Practice:

This is a fun game to incorporate a ball with your warm up activity. It also develops coordination and timing as well as team building.

Coaching Points:

Divided your players into two teams. Each team has a ball. The first player in line has the ball and raises the ball above their head for their partner behind them to take. Their partner brings the ball down and hands the ball back through the players open legs. This is repeated until the ball reaches the last player in line. The last player then dribbles the ball around the cone and back to the front of the line to repeat the exercise. The first team to have every player dribble the ball wins.

Field Preparation:

Grid 10 x 20 yards. Entire group of players. Cones. 1 Ball per team.

Up and Under Warm Up Game



Exercise Objectives:

This is a fun game to incorporate a ball with your warm up activity. It also develops coordination and timing.

Coaching Pointers:

Divided your group of players into pairs. Each pair has a ball. Both players stand "back to back". Both players work together "in synch" as they time the exercise. One player has the ball and raises the ball above their head for their partner to take.

Their partner brings the ball down and hands the ball back through both the players open legs.

This is continued for 60 seconds. The coach can adjust the speed going from slow to quick, quick to slow. Also the coach can shout "change" for the players to change the exercise in the opposite direction

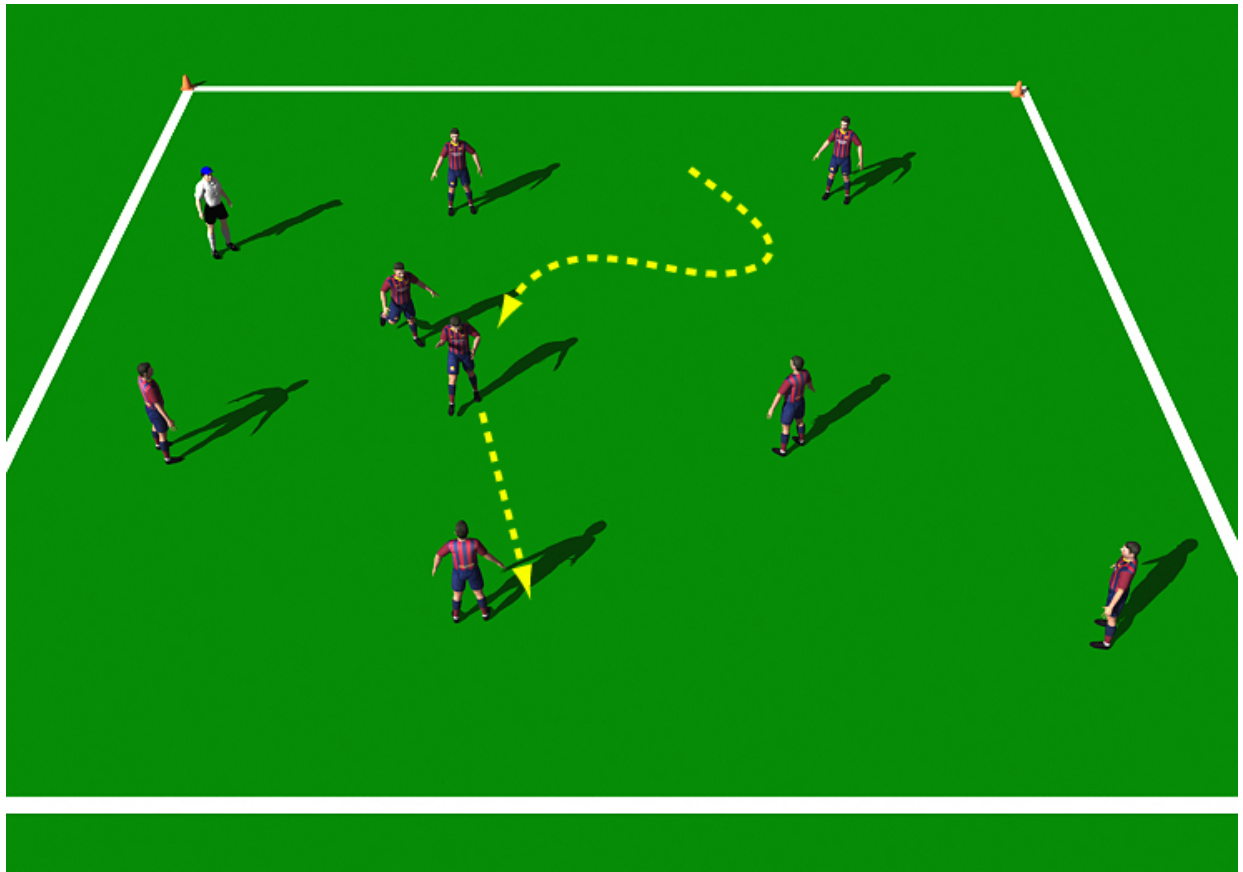
Make a game. How many can you do in 30 seconds?

Field Preparation

★ 2 Players

★ 1 Ball

Warm Up Tag Game



Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Field Preparation

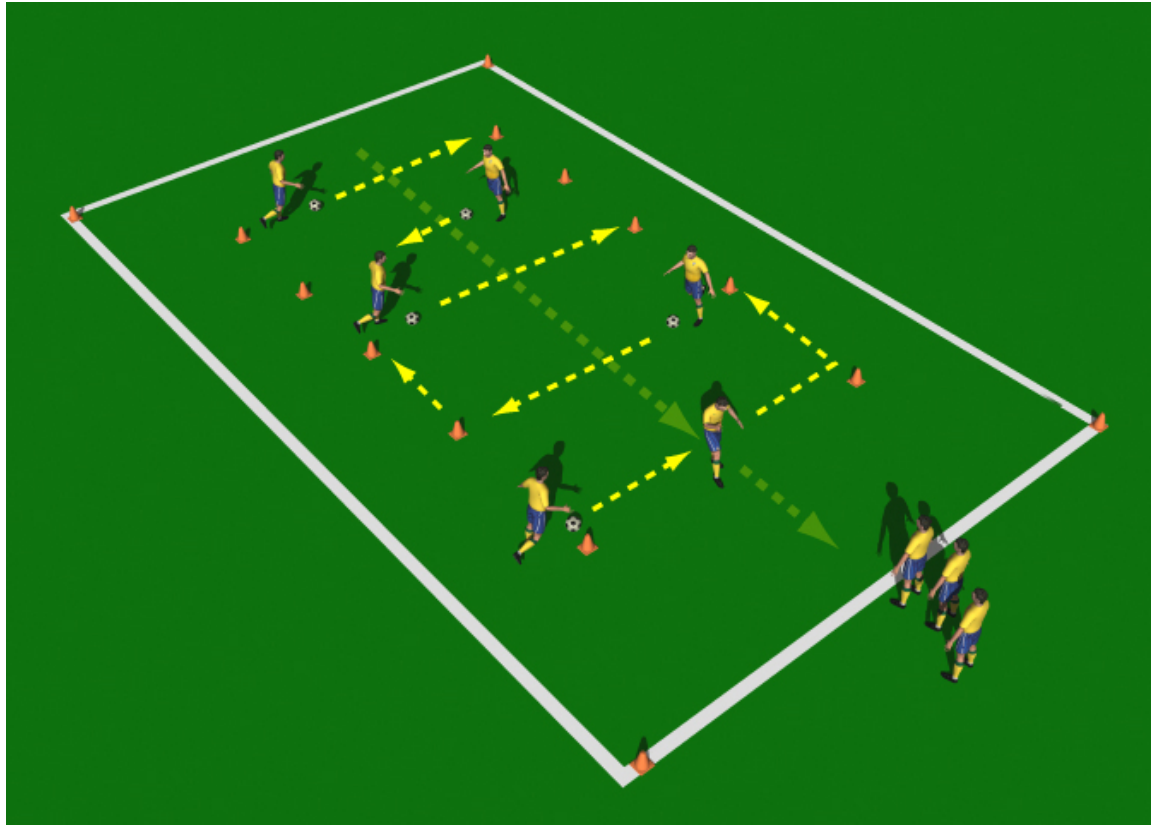
- ☆ Entire Group
- ☆ 30 x 30 Yards

Coaching Pointers:

Group stands around the grid, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner, the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by standing "shoulder to shoulder" next to a resting player, thus making the player he stands next to the new "runner".

Warm Up with the Ball



Exercise Objectives:

This is a great alternative to warm up your players using a ball. A variety of dribbling maneuvers, feints and change of direction is involved in this warm up. Jogging and dynamic stretching can easily be incorporated with a little imagination.

Field Preparation

- ☆ Entire team
- ☆ Area 30 yards x 50 Yards
- ☆ Cones
- ☆ Supply of Balls (a ball is placed at every cone.)

Coaching Pointers:

Players are divided into pairs. Pairs in turn, perform the following exercises; (it is vital to leave the ball "dead" at the cone for the next pair).

☆ Players run to first cone, collect a ball, dribble ball to opposite cone, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

☆ Players run to first cone, collect a ball, perform a scissors move, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

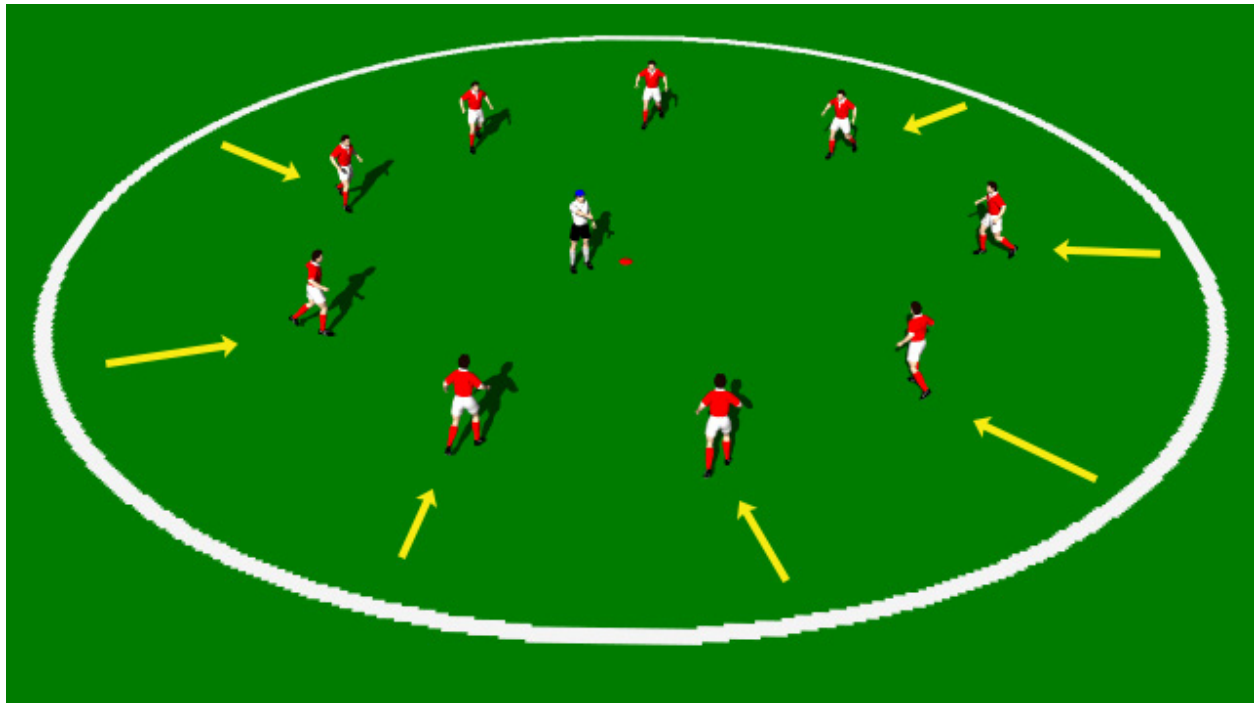
☆ Players run to first cone, collect a ball, perform a "spin out" move or "Maradona spin" move, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

☆ Players run to first cone, collect a ball, perform a half turn, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

☆ Players run to first cone, collect a ball, dribble the ball around the opposite cone and back, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

☆ Players run to first cone, collect a ball, dribble ball around cone in a tight circle, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

Watford Circle Warm Up



Exercise Objectives:

The Watford Circle warm up emphasizes a variety of dynamic stretching.

Mark a circle with cones approximately 20 yards in diameter.

Warm Up Sequence:

- Start with a slow jog around the circle.
- Players perform High Kicks.
- Players perform High Kicks with a Trunk Twist.
- Players Jog into center, jump up and give a team mate a high five.
- Players perform Groin Stretch – Open the Gate.
- Players perform Groin Stretch – Close the Gate.
- Players Jog into center, jump up shoulder to shoulder with a team mate.
- Players perform Forward and Backward Skips.
- Players perform Rainbows.
- Players jump forward, then backwards and sprint to center.
- Players perform Bunny Hops then sprint to center.
- Players perform head fakes (side on stance) then sprint to center.

Post-Game Recovery Session



Objectives:

This is an example of a "Regeneration" Session, the day after a game. Recovery from games is an integral component of an overall training program and is essential for optimal performance and improvement. In this session the players self-massage using a soccer ball and perform a series of dynamic stretches.

Self-Massage using soccer ball Sequence:

- Calf's
- Hamstrings
- Iliotibial (IT) Band
- Quadriceps
- Glutes
- Lats
- Upper Back

Dynamic Stretching Sequence:

- High Kicks
- Squats
- Trunk Twist Kicks
- Balance Steps
- Russian Kicks
- Zig Zag Skips
- Hamstrings