

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 in 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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