

## Speed and Agility Warm Up Sequence



**Jumping Jacks**



**Seals**



**High Knees**



**Butt Kickers**



**Lunges**



**Soldier Kicks**



**Ankle Grabs**



**Side Shuffles**



**Full Speed Sprints**

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

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