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20 WARM UP ACTIVITIES



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INTRODUCTION

The warm up is arguably the most important phase of any coaches session. As well as making sure that players bodies are suitably prepared for the session ahead, they also set the tone for the rest of the practice.

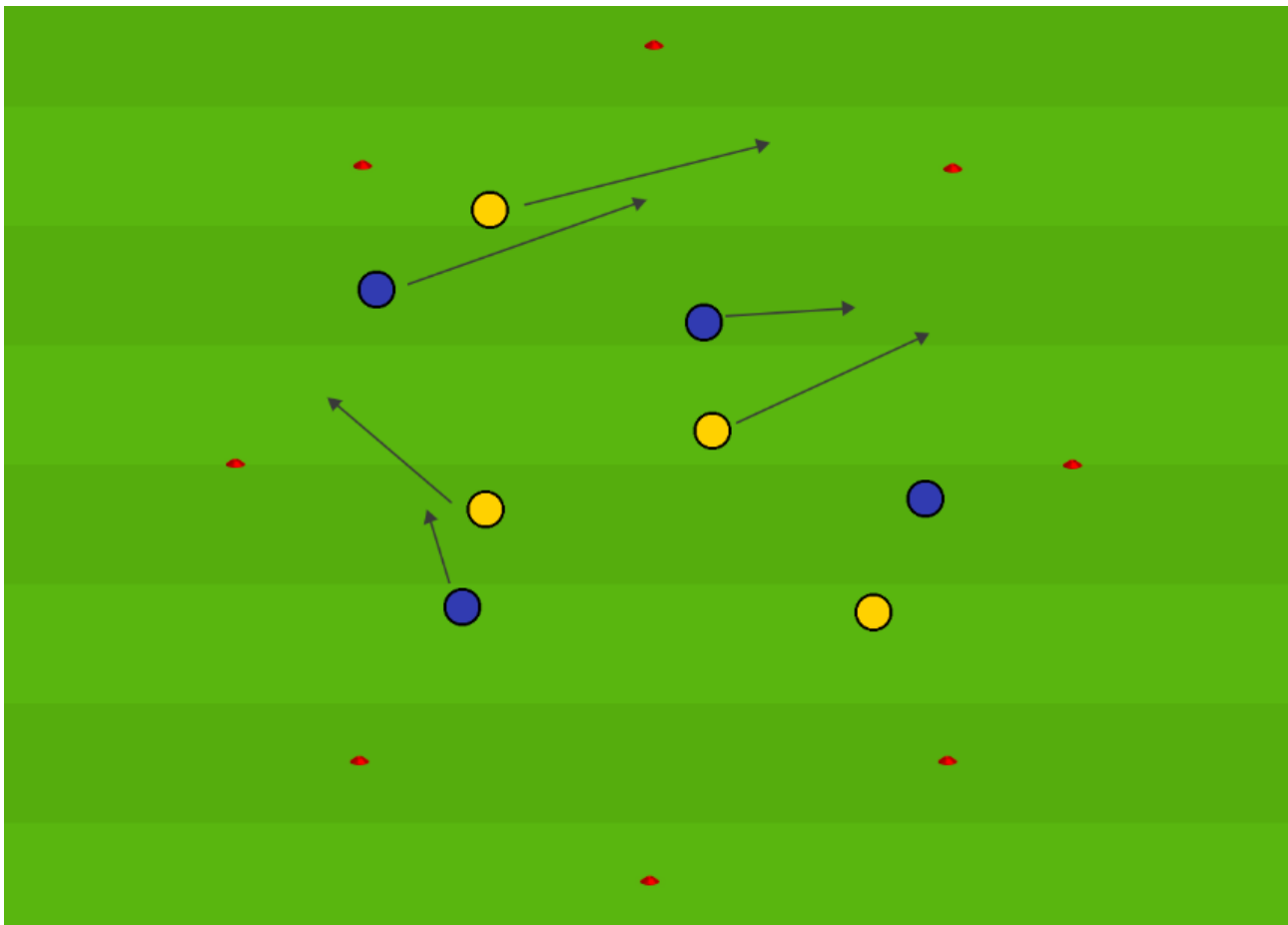
As coaches it is important that we inspire and energise our players from the very first moment. Our warm ups should be energetic, competitive and fun for our players.

This book provides you with 20 different warm ups, each with progressions to add to the challenge for players. Some progressions involve added competition, some challenge players technically. All are designed to not only warm the players up physically, but mentally as well.

The suggested ages are simply that, suggested. You know your players better than anyone, and may feel that some of the activities in this e-book are perfect for your players.

Things to Remember

1. Keep it FUN!
2. Make sure your players understand the purpose for the warm up
3. Keep it relevant to your session
4. Start gently and increase the intensity gradually
5. Don't go on too long
6. Use an appropriate size area for the number of players
7. Consider the weather



PARTNER TAG

Set Up

Set up a playing area with 20 yards of space. Players are in pairs and number themselves 1 & 2.

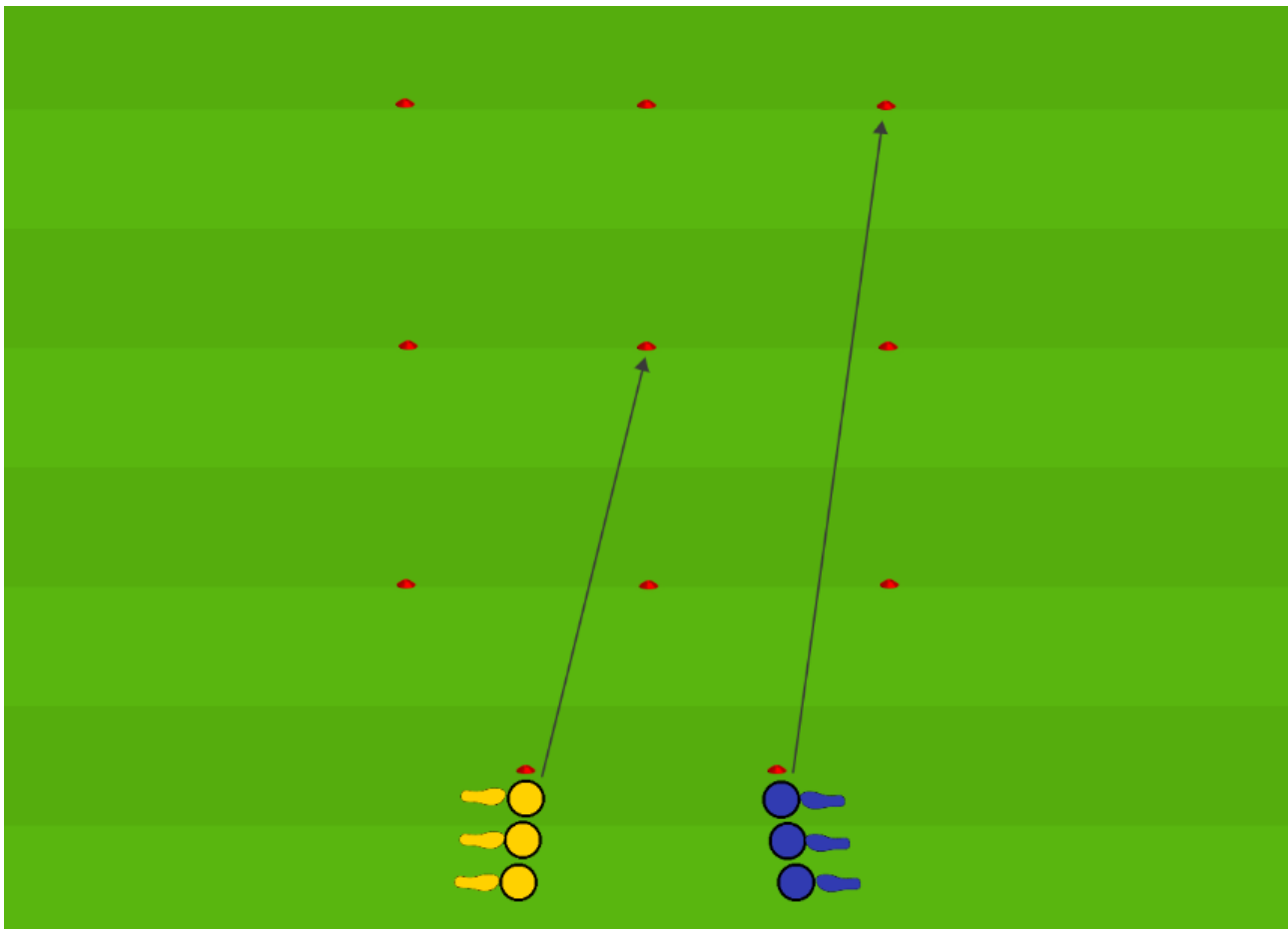
On the coach's command, number 1 tries to tag number 2. If they succeed, players swap places. If the player running away from the tagger steps outside of the playing area, they are automatically tagged. Play for 1 minute and swap partners.

Progressions

- Groups of 3 – 1 tagger is able to catch 2 players
- The runner has a ball that the tagger must touch with their foot

Suggested Ages

- U8, U9, U10



TIC TAC TOE

Set Up

Set up 9 cones in 3 equal lines, with 5 yards of distance in between each cone. Place 2 additional cones 10 yards away. Split players into groups of 3-4. Each group has 3 bibs.

The first player in each group runs into the coned area and places their bib on top of one of the cones. They run back to their team and high five the next player, who does the same. The first team to get all 3 bibs in a straight line – vertically, horizontally or diagonally – wins.

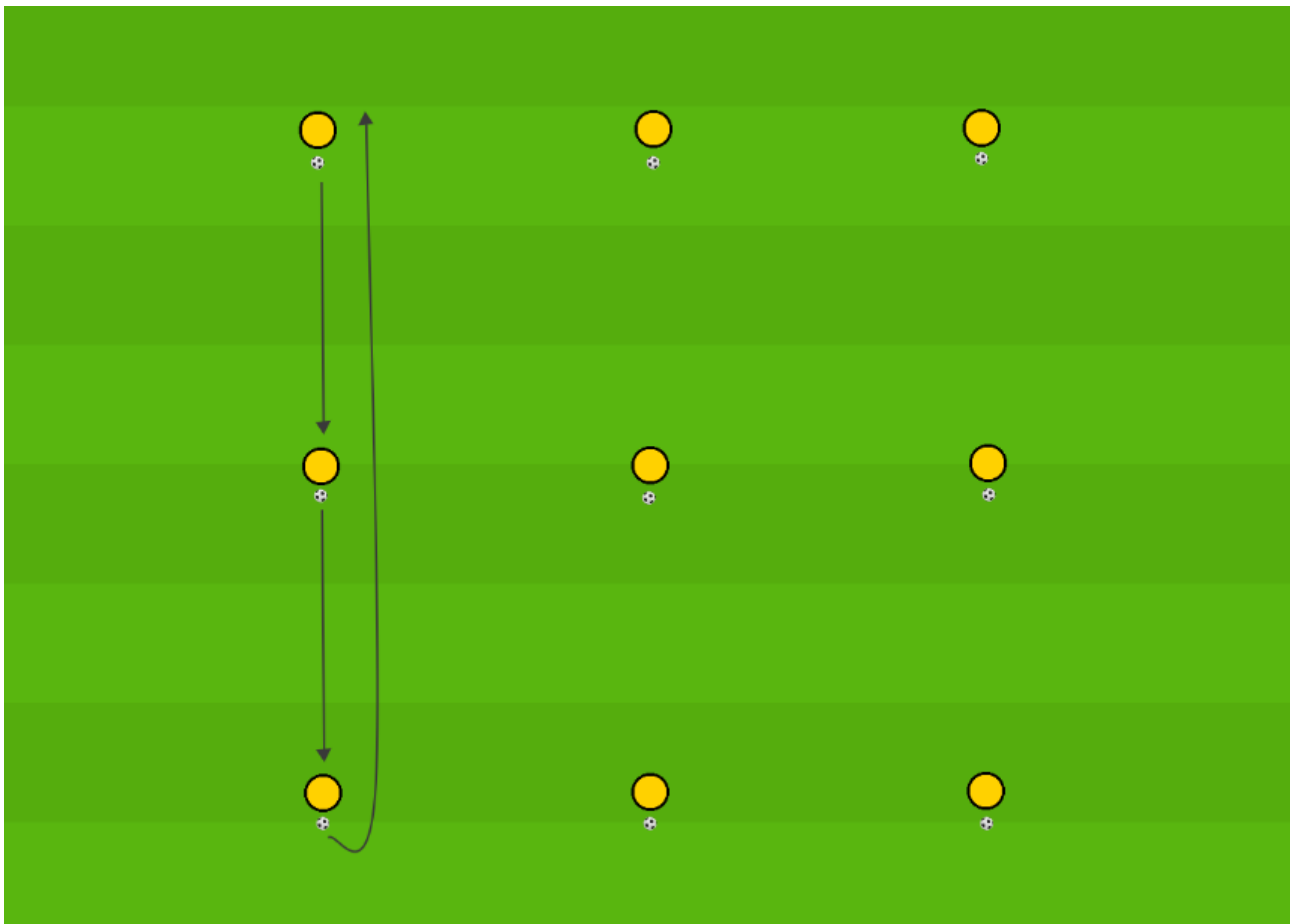
If all bibs are placed and there is no winner, continue with the next player running into the coned area, picking one up and moving it to a new cone. Continue until there is a winner.

Progressions

- ☐ Use a ball instead of a bib
- ☐ Have players perform ball mastery technique up to the coned area
- ☐ Best of 7

Suggested Ages

- ☐ U8, U9, U10, U11, U12



BALL MASTERY RACES

Set Up

Split players into even groups. Each player has a ball. Groups are in lines, with 3 yards of distance between each player.

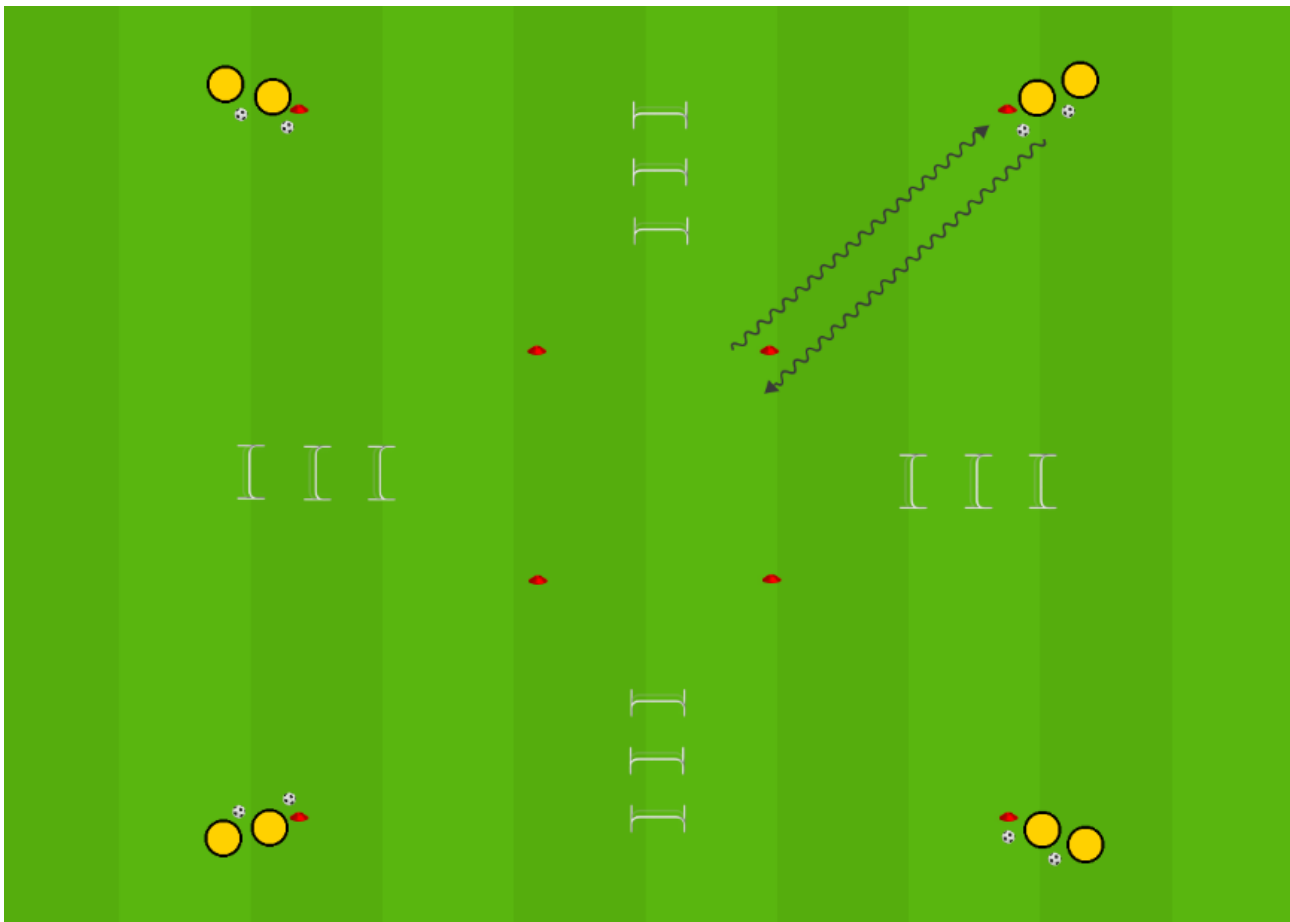
On coaches command, players have 15 seconds to perform as many repetitions as possible, alternating feet. Ball mastery techniques include Toe Taps; Tick Tocks (inside-inside); Inside-outside both feet; Scissors; Step-overs; Drag push; Samba touches

Progressions

- Group race – players perform 10 of technique move, then move onto the next the ball and repeat. Once back to the ball they started with, they sit on the ball. First team sat down wins.

Suggested Ages

- U8, U9, U10, U11



BALL MASTERY SQUARES

Set Up

Set up a 20x20 square, with a 5x5 square inside. Players are in groups of 2-3, with a ball each. Each group starts at one of the cones making up the larger square.

The first player in each group dribbles around the cone in front of them and back to their starting cone. Once they get back, the next player goes.

Progressions

- Players perform ball mastery technique to the cone
- Players pass the ball back from the cone
- SAQ stations are added for players to move through after their pass
- Groups race – 1 point for each complete circuit

Suggested Ages

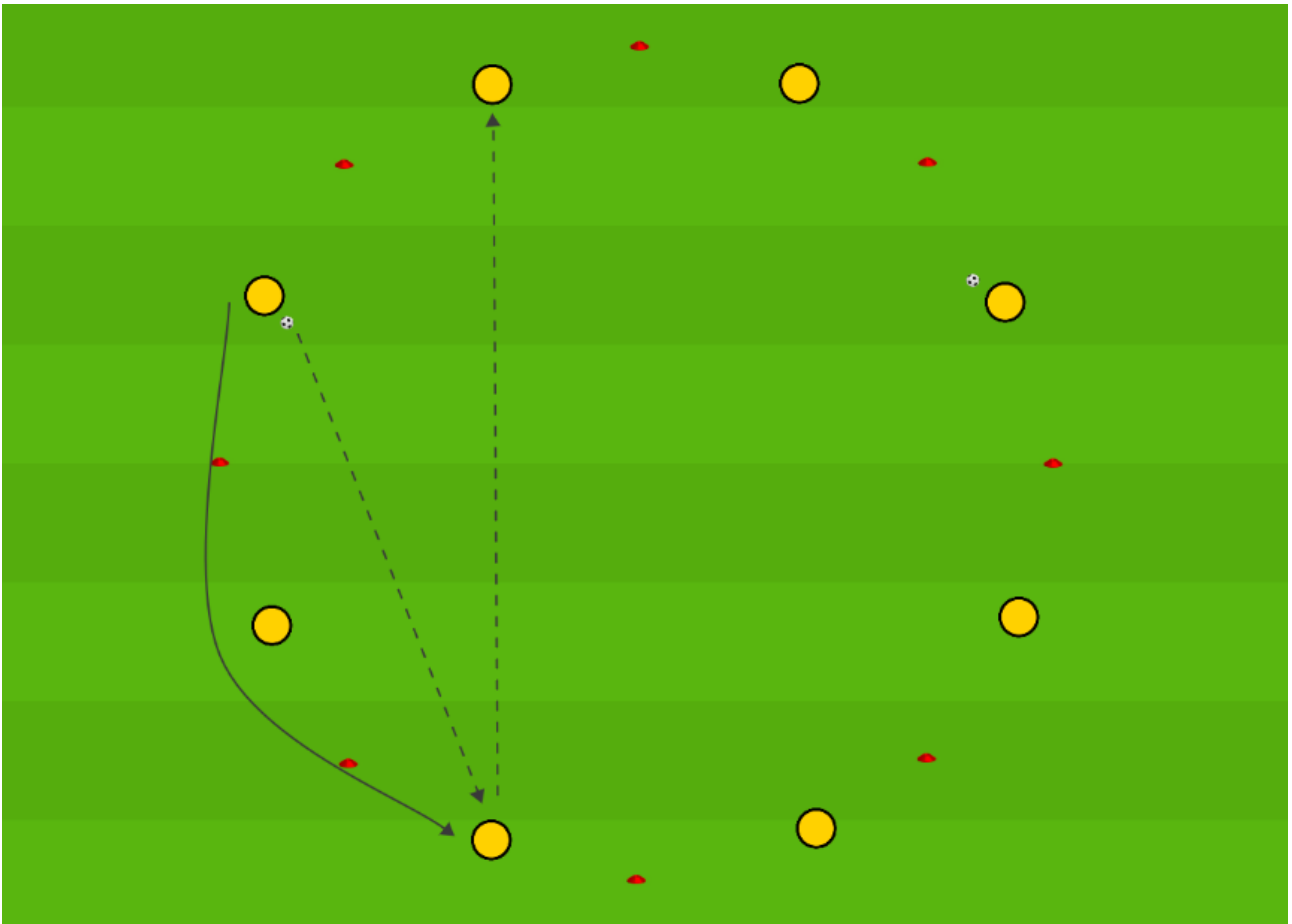
- U8, U9, U10, U11, U12



The first player in line calls out a colour. The player in the square moves to the cone of that colour, touches it with their hand, then moves back to the centre of the square. They receive a pass, turn and dribble to the SAQ station. After working through the station, they dribble to the back of the line. The passing player moves into the square.

- The player with the ball calls out 2 colours
- Players perform ball mastery technique to the SAQ station
- Groups race against each other. 1 point for each complete circuit

- U8, U9, U10



CIRCLE PASSING WARM UP

Set Up

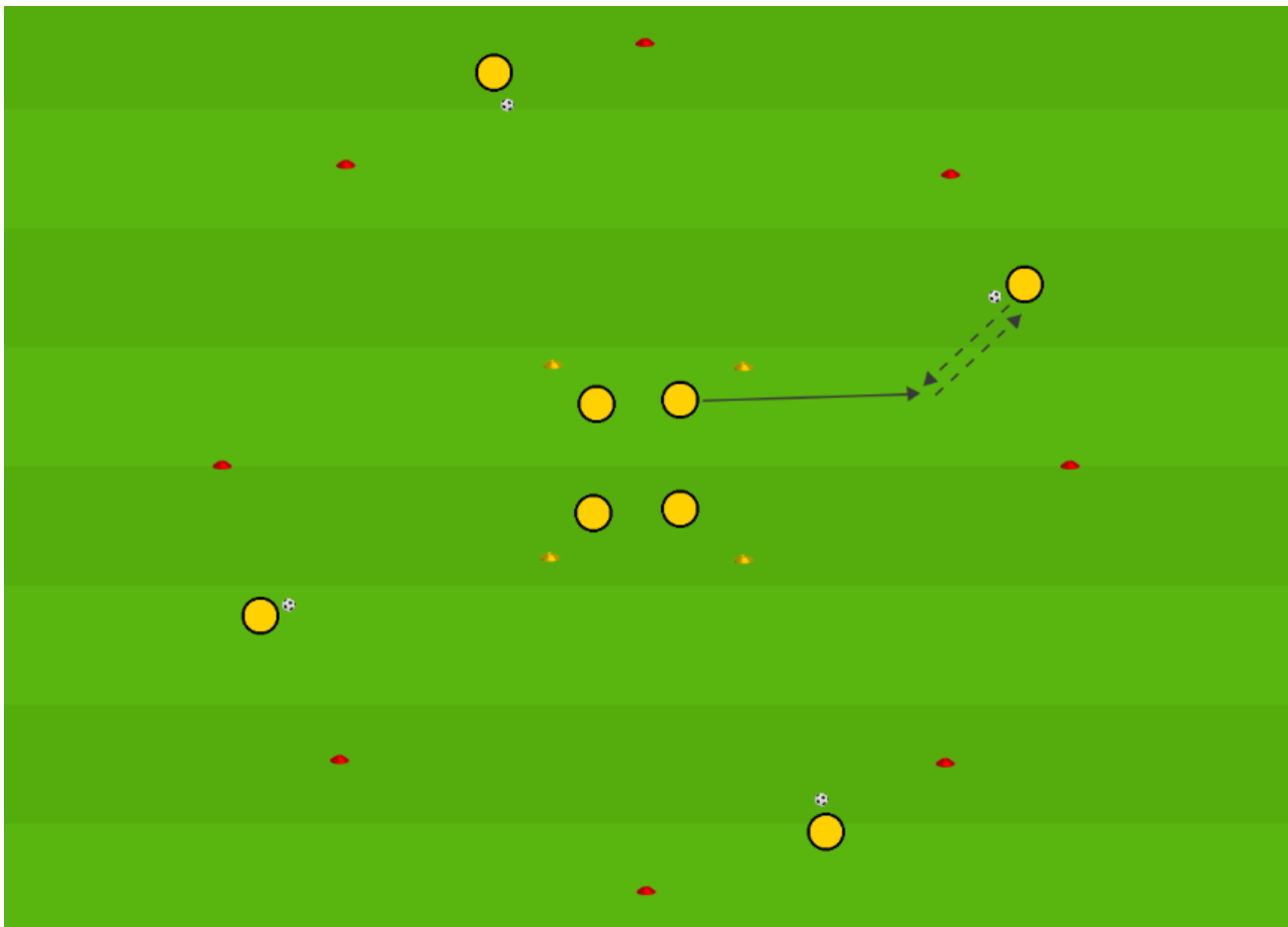
Set up a circle of cones, 20 yards in diameter. All players start outside of the circle. 1 player starts with a ball. The ball is passed across the circle. The passing player then jogs around the circle to take the place of the player they passed to. Pause every 2 minutes for players to perform dynamic movements – High knees, butt kicks etc

Progressions

- Increase the number of balls, to a maximum of 1 per 4 players
- Limit touches that players are allowed

Suggested Ages

- U11, U12



CIRCLE WARM UP

Set Up

Set up a circle of cones, 20 yards in diameter. Set up a 4x4 square inside the circle. Half of the players start in the square, half start outside the circle with a ball.

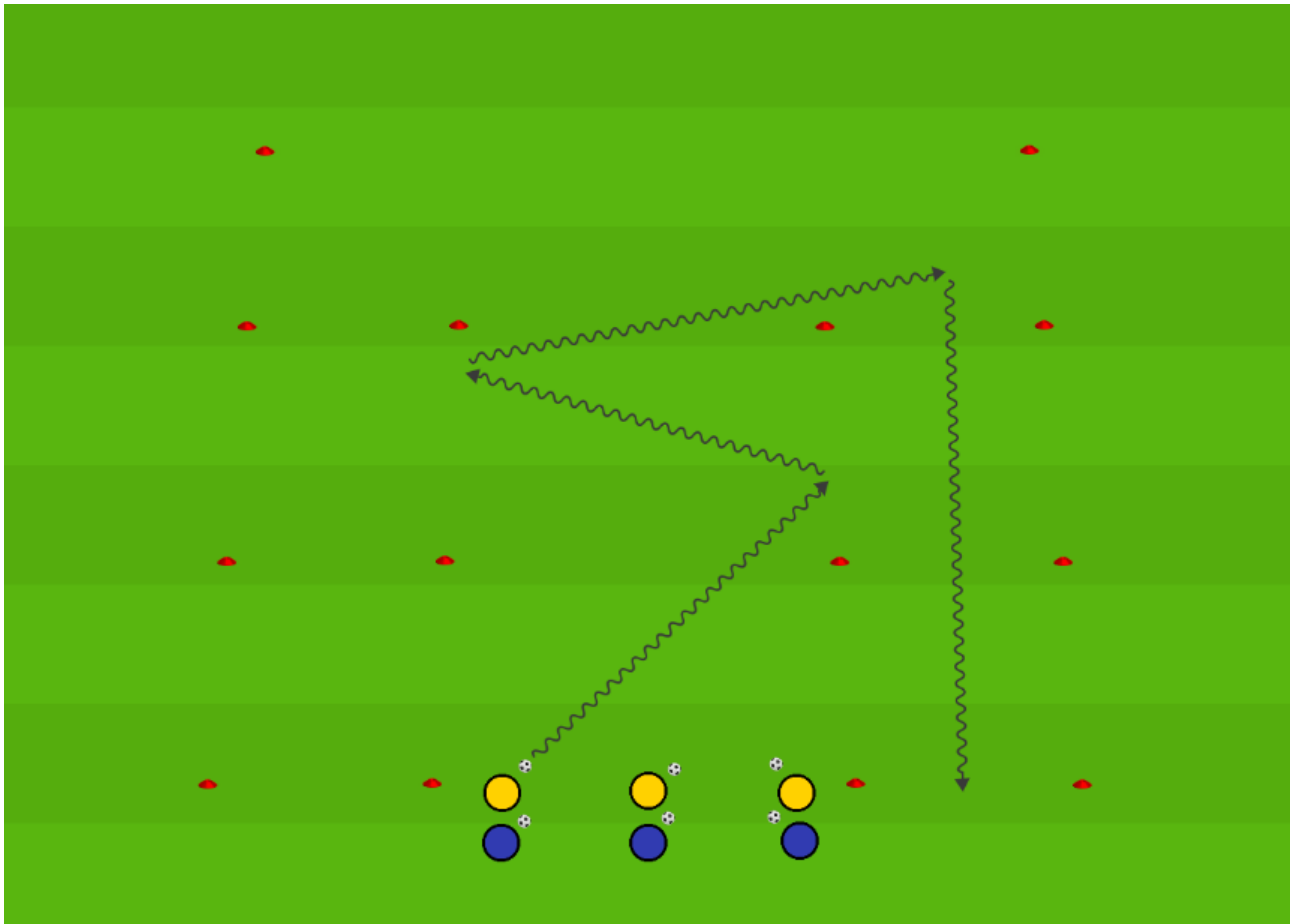
The inside players move to a player on the outside, receive a pass and then pass the ball back. They move back into the square before finding a new player. Switch roles after 2 minutes.

Progressions

- ☐ Ball is thrown and volleyed back
- ☐ Control on thigh/chest and volley back
- ☐ Receive and pass to a new player on the outside
- ☐ Perform move turn after receiving

Suggested Ages

- ☐ U8, U9, U10, U11. U12



SKILLS CORRIDOR

Set Up

Set up a 20x20 playing area. Split the playing into 3 channels (corridors), with the central channel measuring 10 yards wide, and all 3 measuring 10 yards long. Players are in groups of 3, with a ball each.

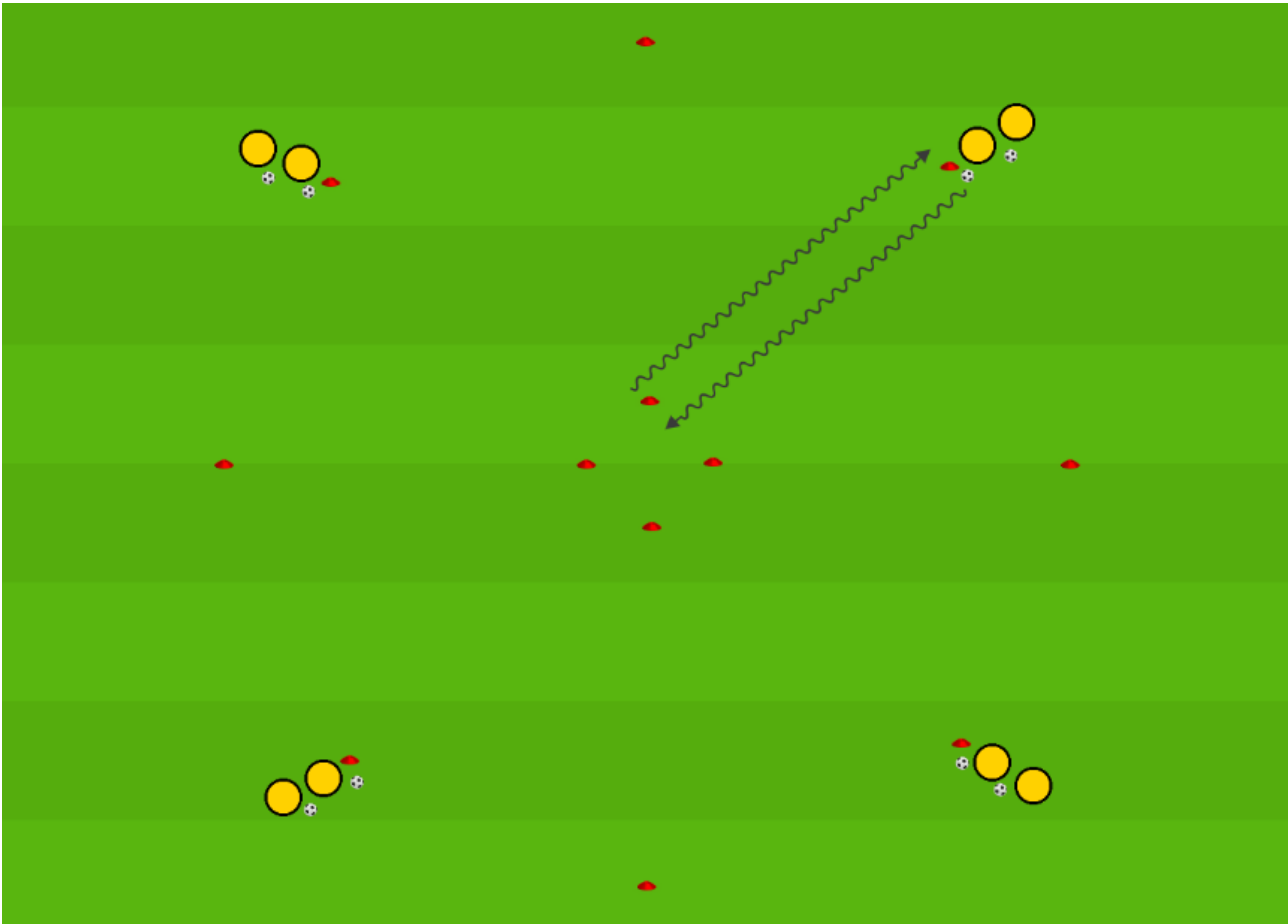
The first group dribble the ball through the central corridor. They must touch 2 sides of the corridor, before choosing a wide corridor to dribble back through. Once all 3 players have chosen, the next group goes.

Progressions

- ☐ Add a goal at the end of the wide corridors to score in
- ☐ Players perform ball mastery technique on the way back
- ☐ Players race against each other

Suggested Ages

- ☐ U8, U9



TECHNIQUE CIRCLE

Set Up

Set up a circle of cones, 20 yards in diameter. Set up a smaller circle inside, about 4-5 yards in diameter. Players are in pairs with a ball each. Each pair starts at a cone of the bigger circle.

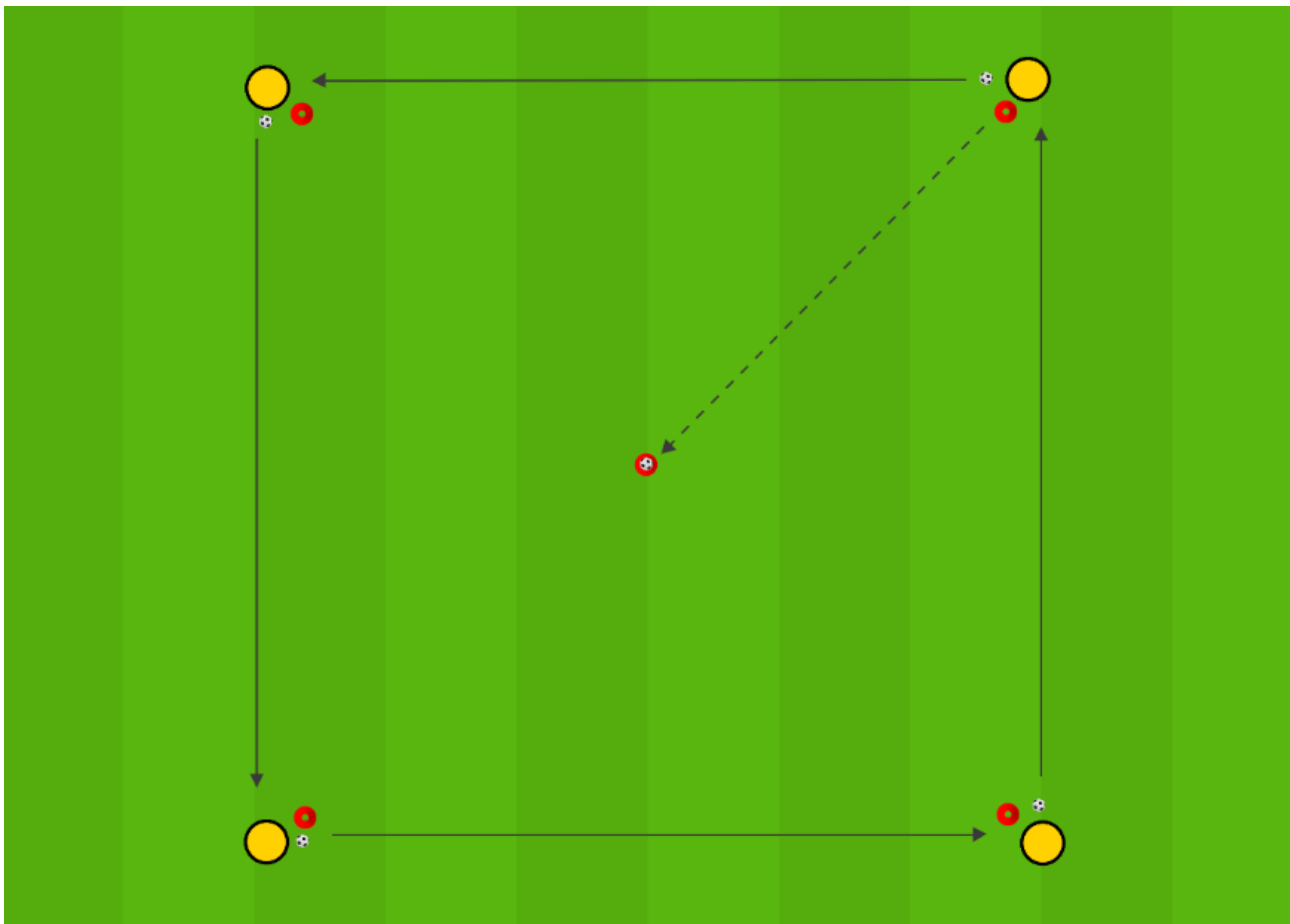
Player dribble to the small circle, turn and dribble back. Their partner then does the same. Repeat.

Progressions

- Players share a ball and pass back
- Players to pass back using different techniques – inside, outside, laces, back-heel
- Players perform ball mastery technique into small circle – toe taps, tick-tocks, drag-push
- Receiving players create an angle to receive the pass
- Players perform aerial technique to return the ball – volley, overhead kick

Suggested Ages

- U8, U9, U10, U11



HIT THE CONE

Set Up

Set up a 10x10 square, with an additional cone in the centre. Place a ball on top of this cone. Players are in groups of 4 and start at their own cone, each with a ball.

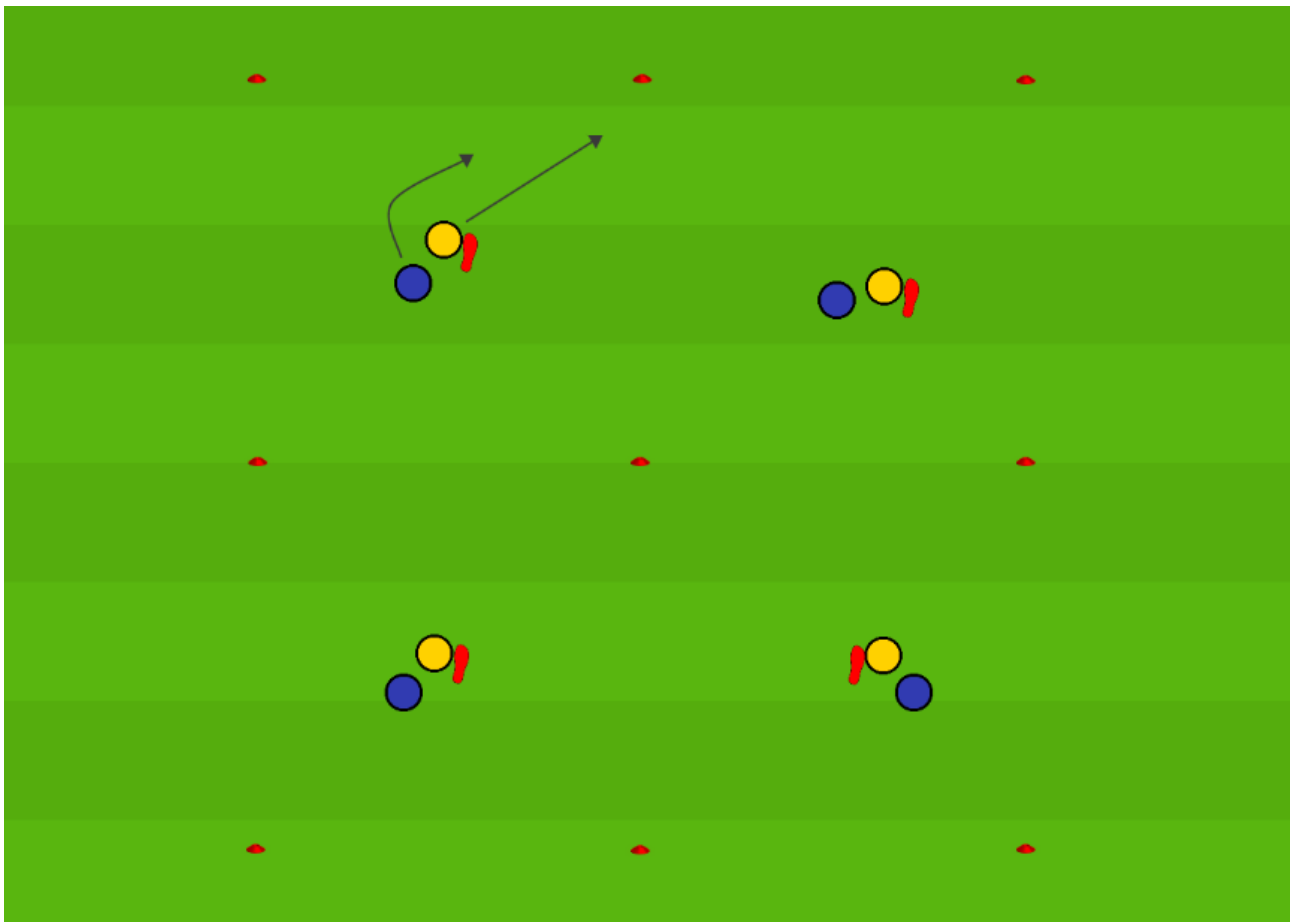
On the coach's command, players dribble anti-clockwise around the square. When they get back to their starting cone, they strike their ball at the central cone, attempting to knock the ball off. The first person to do this wins.

Progressions

- Dribble clockwise
- Strike at the central cone using only the inside/outside/laces/back-heel/volley
- Perform ball mastery technique around the square
- Perform a double turn at each cone

Suggested Ages

- U8, U9, U10



PROTECT THE BIB

Set Up

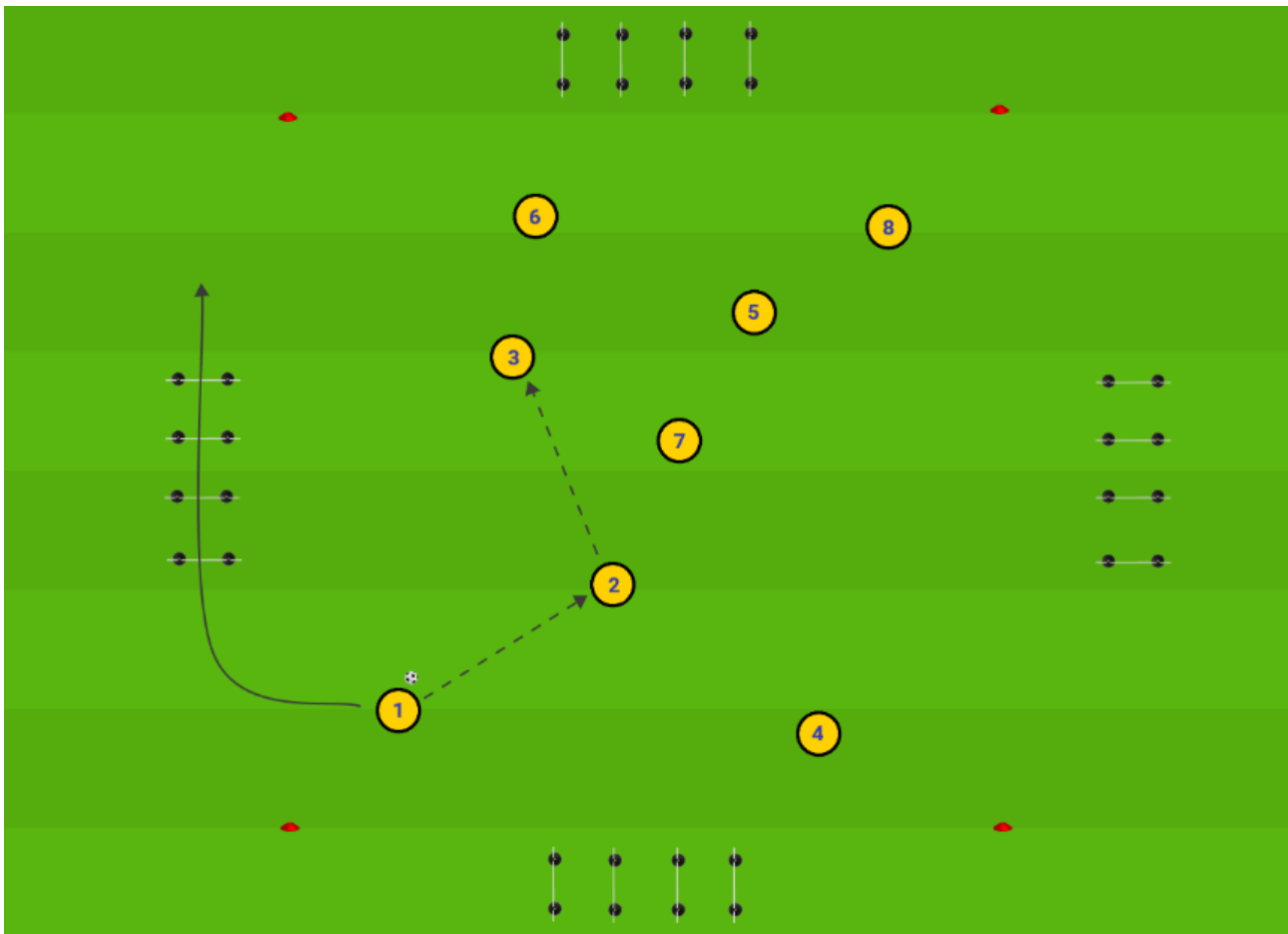
Set up a 6x6 playing area. Players are in groups of 2. One player has a bib tucked into the side of their shorts. The player with the bib attempts to protect from the partner who is trying to steal it. If the player with the bib steps outside of the player area, or they have the bib stolen, their partner then tucks it into their own shorts and tries to protect it. Play for 2 mins and switch partners.

Progressions

- Use a ball instead of a bib
- Players can score a point if they nutmeg their opponent

Suggested Ages

- U8, U9, U10, U11



SEQUENCE PASSING

Set Up

Set up a 15x15 playing area. Place an SAQ station on each side of the playing area. Number players from 1-8 (or however many you have). Player 1 starts with the ball.

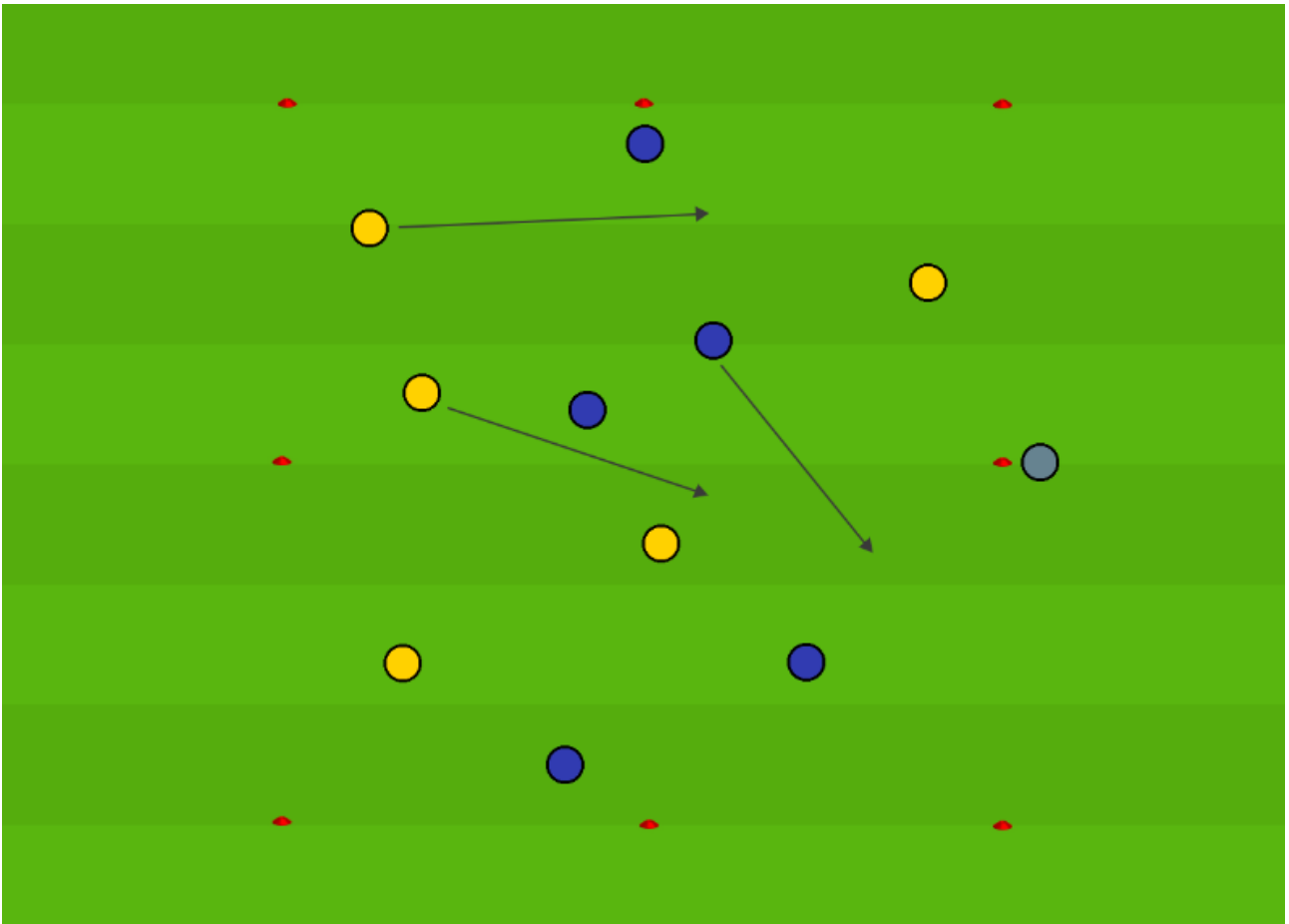
Players throw the ball in number order. After they have passed to the next player, they run to a SAQ station and performed the required movement, before re-entering the playing area. Those who are not passing or receiving are to move around the square with soccer-specific movements - side-steps, forward jogging, back pedals – and/or dynamic movements – high knees, butt-kicks, 3 second sprints

Progressions

- 2 balls – 1 thrown, 1 rolled
- 3 balls – 1 thrown, 1 rolled, 1 passed with feet
- Vary the movement through the SAQ station
- Players can only hold the ball for 3 seconds

Suggested Ages

- U10, U11, U12



THROUGH THE GAP

Set Up

Set up a 20 x 20 playing area. Players are split into 2 groups.

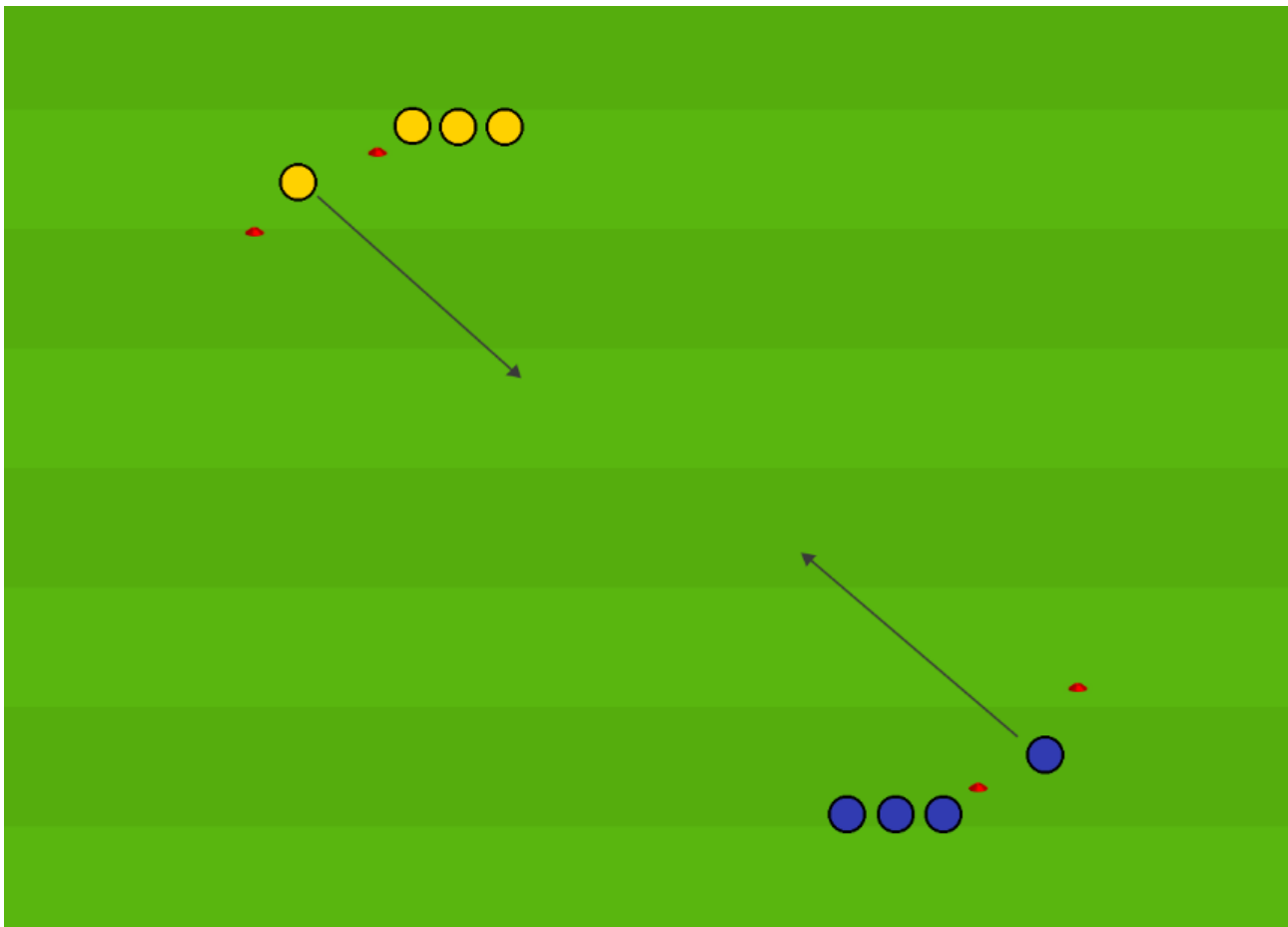
Players perform soccer-specific movements in the playing area - side-steps, forward jogging, back pedals. On the coach's command, players look to sprint through a gap of 2 players who are wearing different coloured bibs. Once done, they go back to their initial movements.

Progressions

- Coach calls out a number and players must get into groups of this number as fast as possible
- Players sprint to the outside after finding 2 gaps
- Include dynamic movements
- Players have a ball each and dribble

Suggested Ages

- U10, U11, U12



1 v 1 DEFENDING TAG

Set Up

Set up a 15x15 playing. Have 2 gates in a corner each, facing each other diagonally. Players are split into 2 teams, each standing by their starting gate. 1 player from each team starts inside the gate.

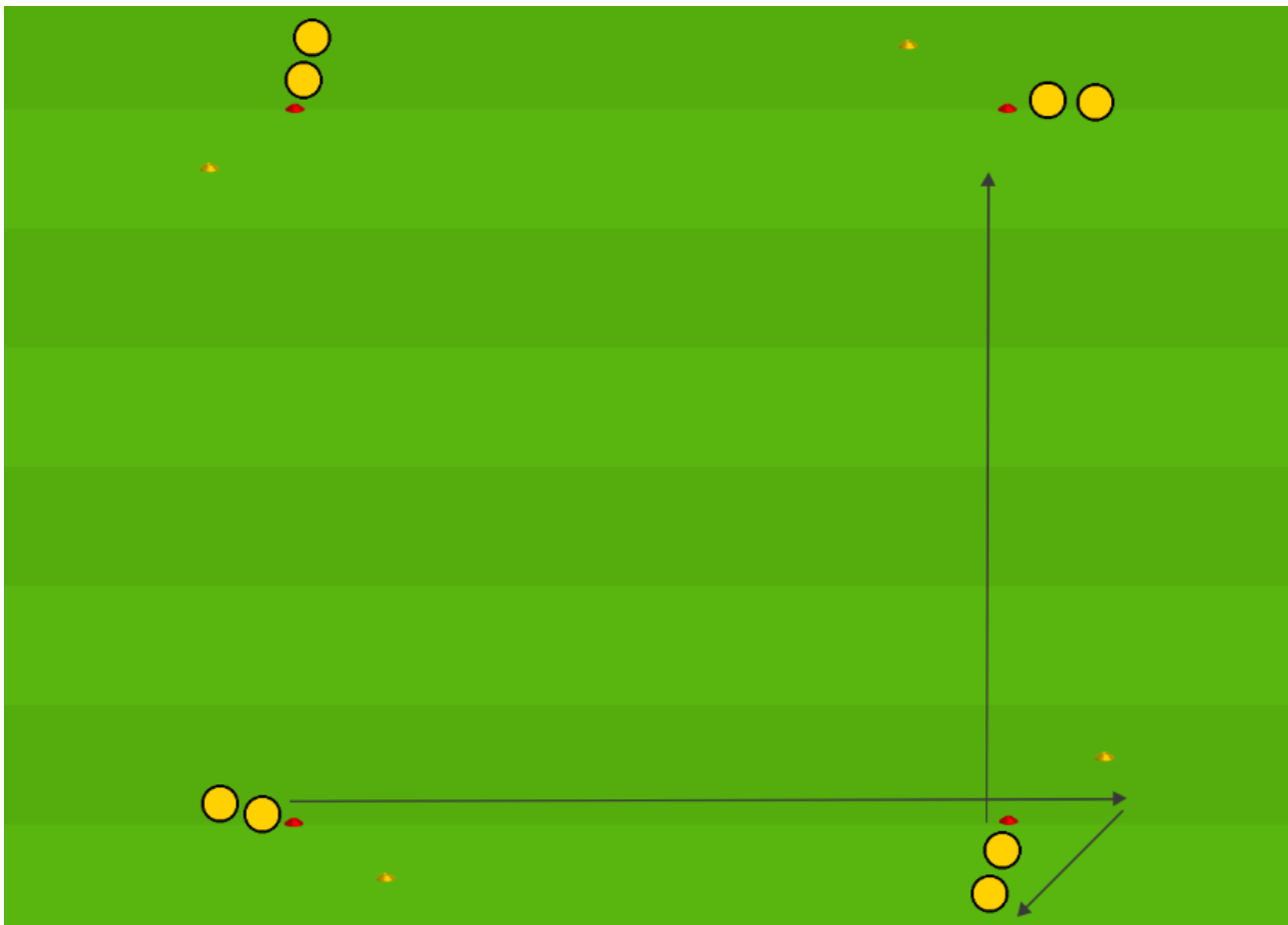
The attacking player attempts to run through the opponents gate without being tagged. If they do, they score a point. If the tagger is successful, they score a point. Change lines and the next pair go.

Progressions

- The attacker has 5-6 seconds to get through the gate
- If the defender tags their opponent, they attempt to run through the opposite gate

Suggested Ages

- U9, U10, U11, U12



SPEED SQUARE

Set Up

Set up a 12 x 12 square. Place a cone 2-3 yards past each corner of the square. Players are split into 4 even groups. Each group starts at a corner of the square.

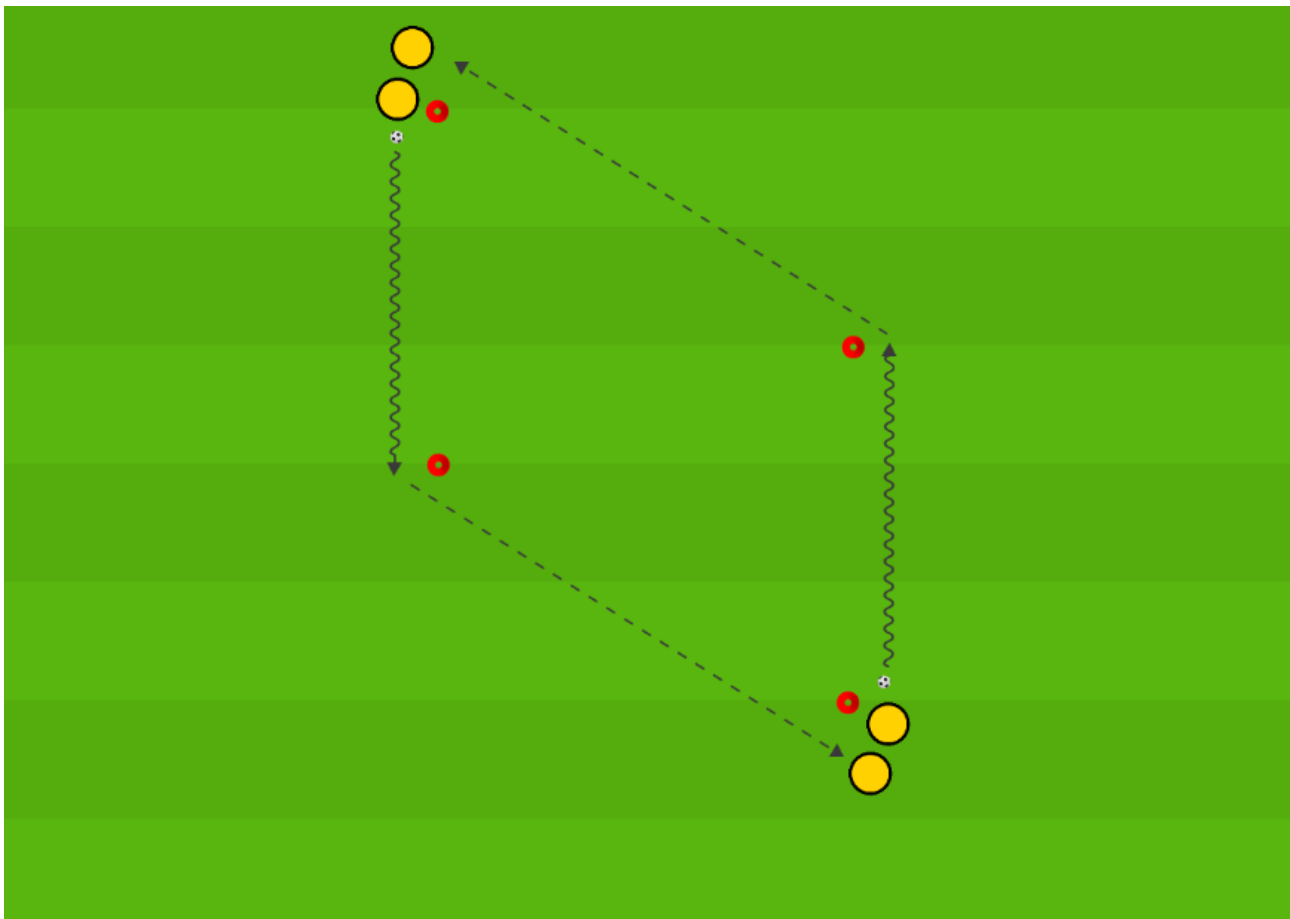
The first player nominated by the coach, jogs past the cone in front of them, onto the second cone. As soon as they pass the player standing at the cone in front of them, that player runs. Continue.

Progressions

- 4 players running at the same time
- When the sprinting player runs to the 2nd cone, they turn and chase the next runner, trying to tag them
- 2 sprinting, 2 chasing
- 4 sprinting, 4 chasing (12 players minimum)
- Running players dribbles a ball and stops it in front of the next runner

Suggested Ages

- U11, U12



RUN & PASS

Set Up

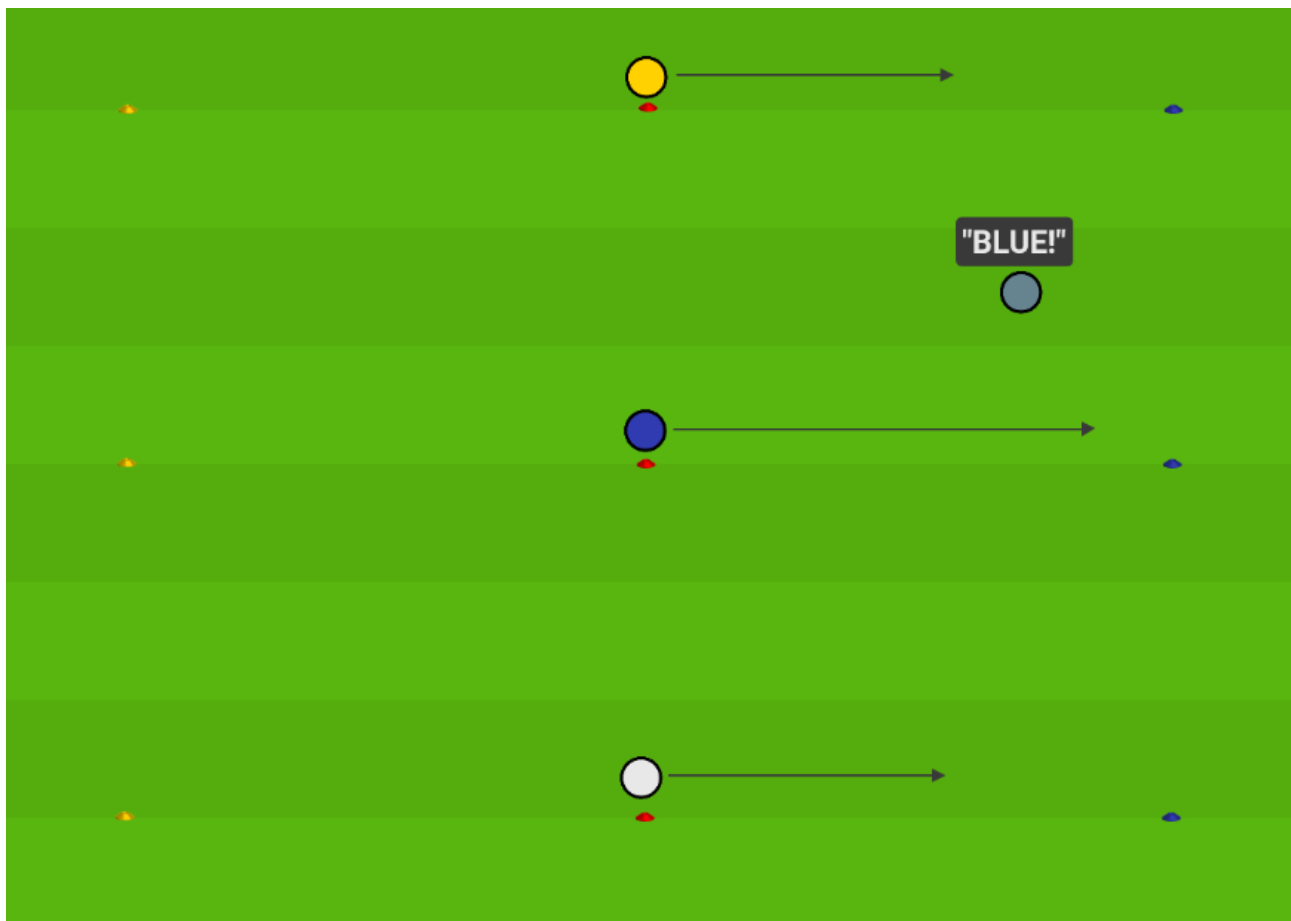
Set up 4 cones in a parallelogram shape, with 10 yards of distance between each cone. Players are in groups of 4, with 2 players each starting at a cone diagonally opposite each other. Each pair has a ball between them. The first player with the ball dribbles to the cone in front of them and then passes to the player at the next cone. They follow their pass. Continue.

Progressions

- Go in opposite direction
- Players to perform run and pass with 2 touches
- Players perform 2 turns at the cone
- Race between groups – how many passes in 1 min?

Suggested Ages

- U11, U12



UP, DOWN, TURN

Set Up

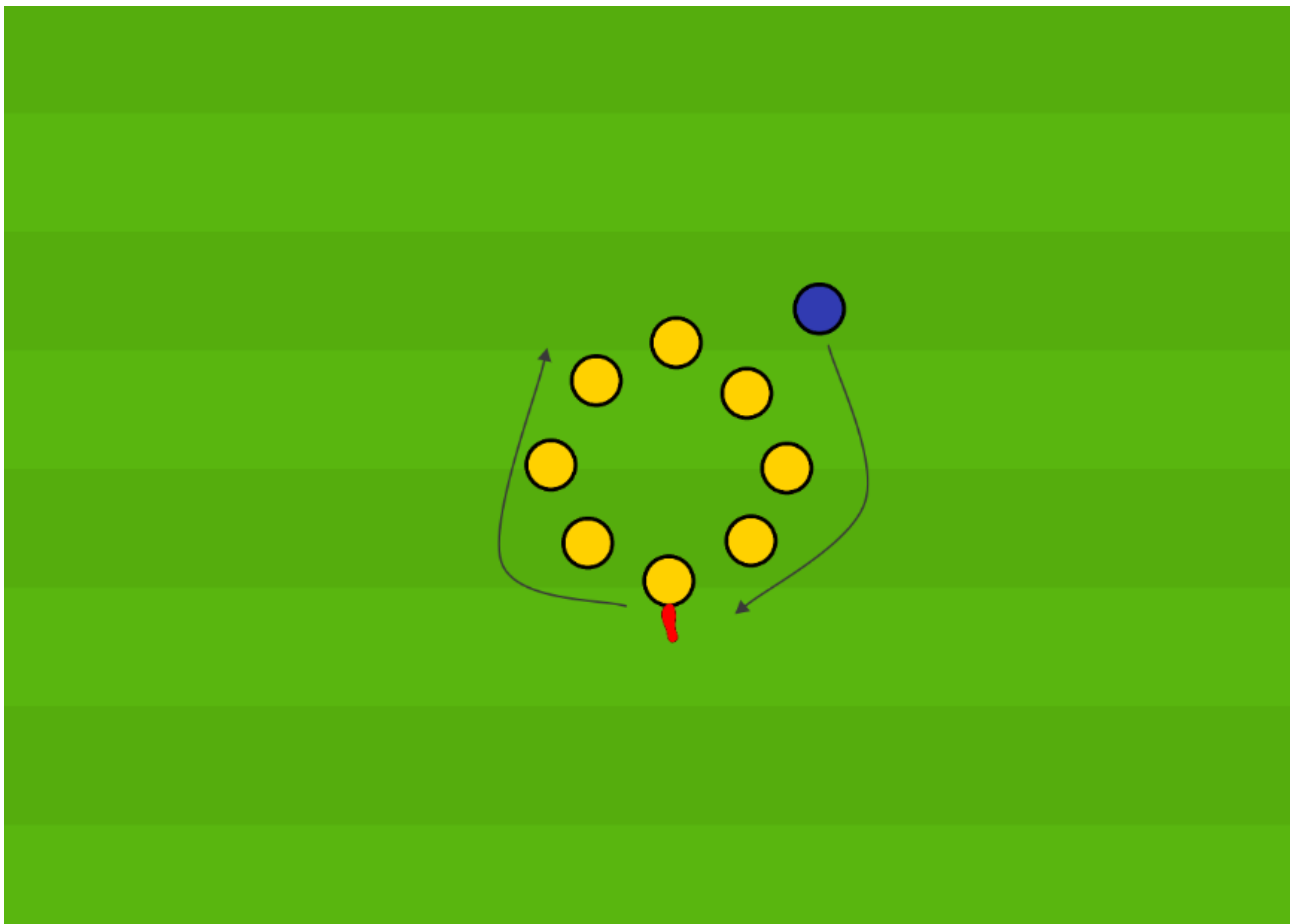
Set up 3 lines of cones, each a different colour. Players start in at the central cones, jogging on the spot. On coach's command, players perform the following – Up = Jump, Down = Touch the floor, Turn = Turn around and face the other way. If the coach calls out the colour of one the other lines of cones, players race to that line.

Progressions

- Players race by side-stepping to the cone
- Players race by back-peddalling to the cone
- Opposites – Whichever colour is called, players race to the opposite

Suggested Ages

- U8, U9, U10



CIRCLE OF DOOM

Set Up

Players form a circle, with one player standing on the outside. One of the circle players has a bib tucked into the back of their shorts. The players forming a circle must hold hands.

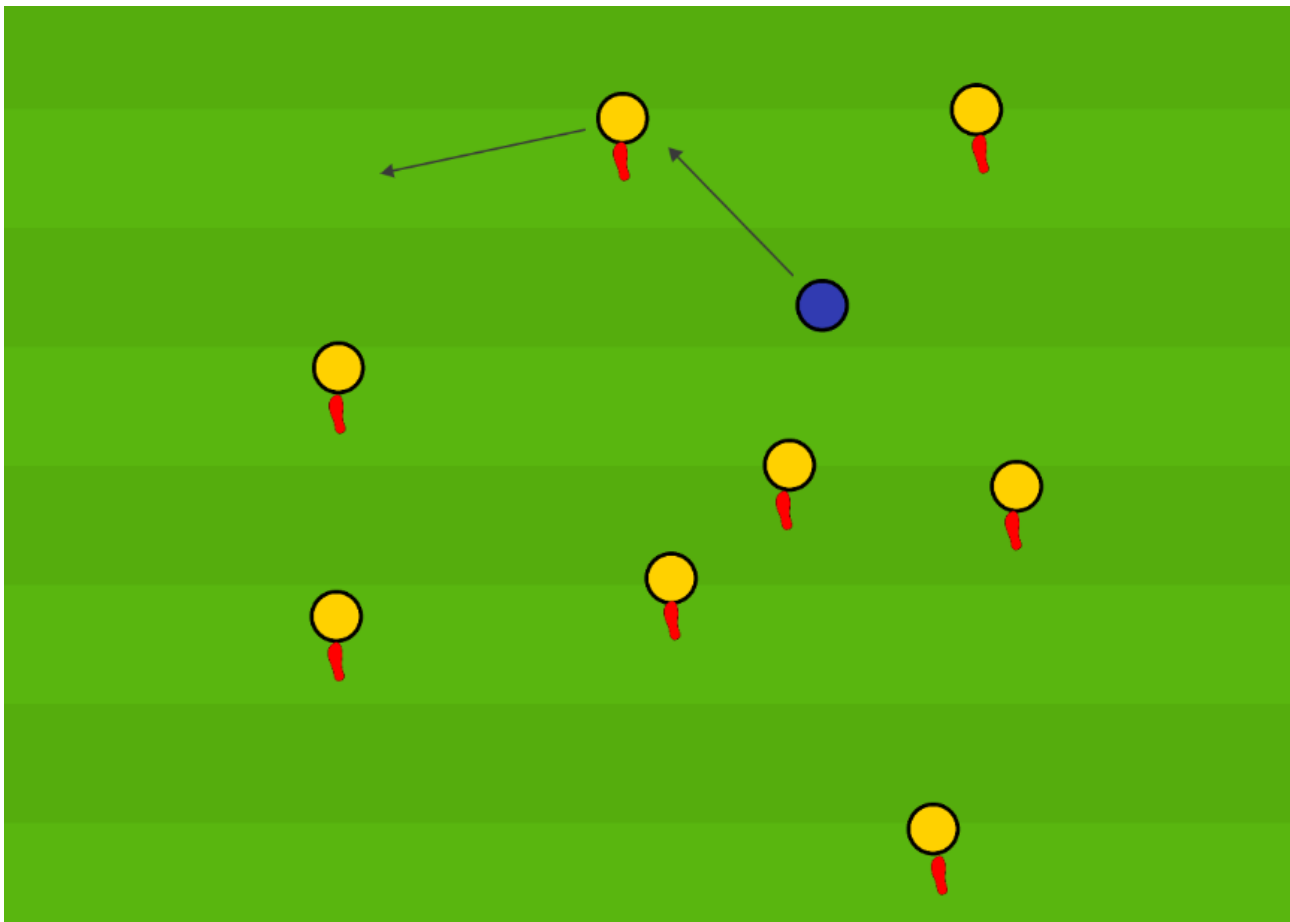
The outside player tries to steal the bib. The circle must stay joined together and rotate to avoid the bib being stolen. Play for 90 seconds or until the bib is caught and switch the tagger.

Progressions

- Smaller/Larger groups
- 2 bibs in the circle

Suggested Ages

- U8, U9, U10, U11



TAKE THE BIB

Set Up

All players have a bib tucked in to the side of their shorts. One player is the tagger.

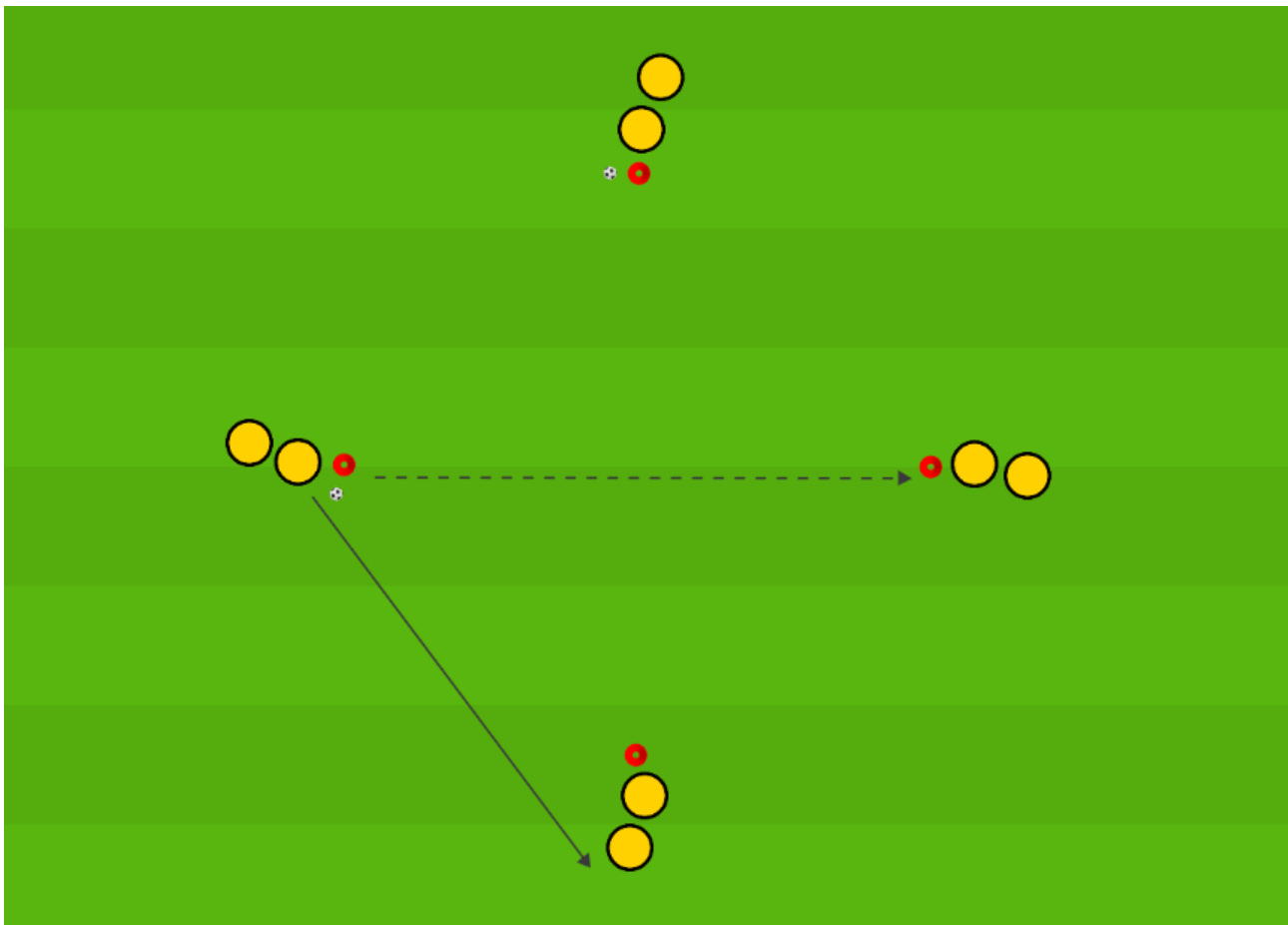
The tagger attempts to steal the bibs from the other players. If caught, they become a tagger as well. Play until one player is left.

Progressions

- Multiple taggers
- Players have a ball also (2 lives)
- 1 v 1

Suggested Ages

- U8, U9, U10



PASS THEN MOVE

Set Up

Set up a diamond of cone, with 10 yards distance between each cone. Players are evenly split between the cones. 2 groups of players start with a ball.

The first ball is passed directly across the diamond. After passing, the player jogs to the cone to the right. The second ball is then passed. Change directions every 60 seconds.

Progressions

- ☐ Perform dynamic movements between cones – High knees, butt-, side steps, back pedals
- ☐ Pass with different parts of the foot
- ☐ Pick the ball up and volley across
- ☐ Sprint between cones

Suggested Ages

- ☐ U11, U12