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# 23 WARM UPS

Drills and games for all ages

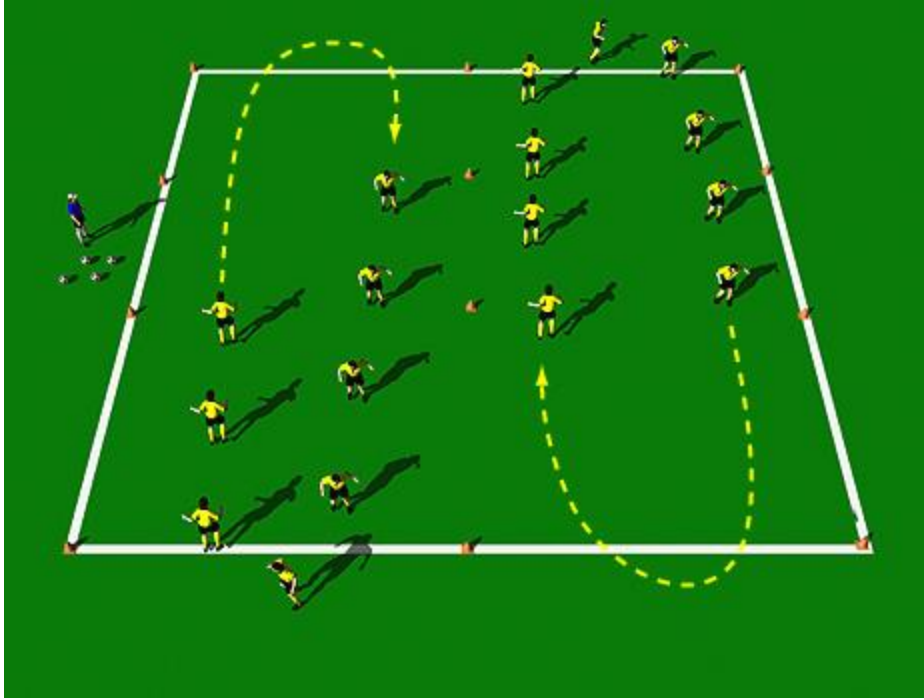
# ***23 Warm Up's***

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# 1. Arsenal Warm Up

## Dynamic Stretch Routine.

The Pre-Game warm up begins with a dynamic stretch routine. All of the exercises are done whilst moving across the grid and back again, the coach or the captain sets the tempo, and rhythm at all times. After this phase is done, the players work individually for 2 minutes on static stretching, addressing their own personal needs.



## Dynamic Stretch Sequence takes 15 Minutes.

- ☐ 1. Warm Up Jog
- ☐ 2. Heel Touches
- ☐ 3. Knee Touches
- ☐ 4. Knee and Heel Touches
- ☐ 5. Arms back, front and clap
- ☐ 6. Thighs, Chest, Head
- ☐ 7. Side Step Forward
- ☐ 8. High Kicks
- ☐ 9. Trunk Twists
- ☐ 10. Carioca
- ☐ 11. Side Jacks
- ☐ 12. Inside Feet
- ☐ 13. Side Swings
- ☐ 14. Thigh, Thigh, Heel, Heel
- ☐ 15. Back Steps
- ☐ 16. Sky Stretch

## Field Preparation

- ☐ 2 even groups
- ☐ Area 20 yards x 20 yards
- ☐ Cones



## Ball Work and Quick Reaction Sequence.

The entire group now works in a much tighter area. All of the exercises are done whilst moving across the grid and back again, the coach or the captain sets the tempo, and rhythm at all times. The tempo begins slowly but is rapidly accelerated to match pace as soon as possible. Players should be talking and encouraging each other to prepare their minds for the game as well as their bodies.



### Field Preparation

- ☐ 2 even groups
- ☐ Area 10 yards x 10 yards
- ☐ Cones
- ☐ Balls

**Ball Work and Quick Reaction Sequence takes 5 -10 Minutes.**

- ☐ 1. Pass and Follow
- ☐ 2. Pass "One Touch" Follow
- ☐ 3. Pass "Two Touch" Follow
- ☐ 4. "Give and Go "1 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

## 2. Ajax Warm Up Circuit



### Exercise Objectives:

This is a good circuit to add variation to your Dailey practice warm up. The Circuit involves, jogging, backwards running, sprinting and dynamic stretching. The entire circuit should take no longer than 15 minutes.

### Field Preparation

□ Entire team □ Area 30 yards x 20 Yards □ Cones

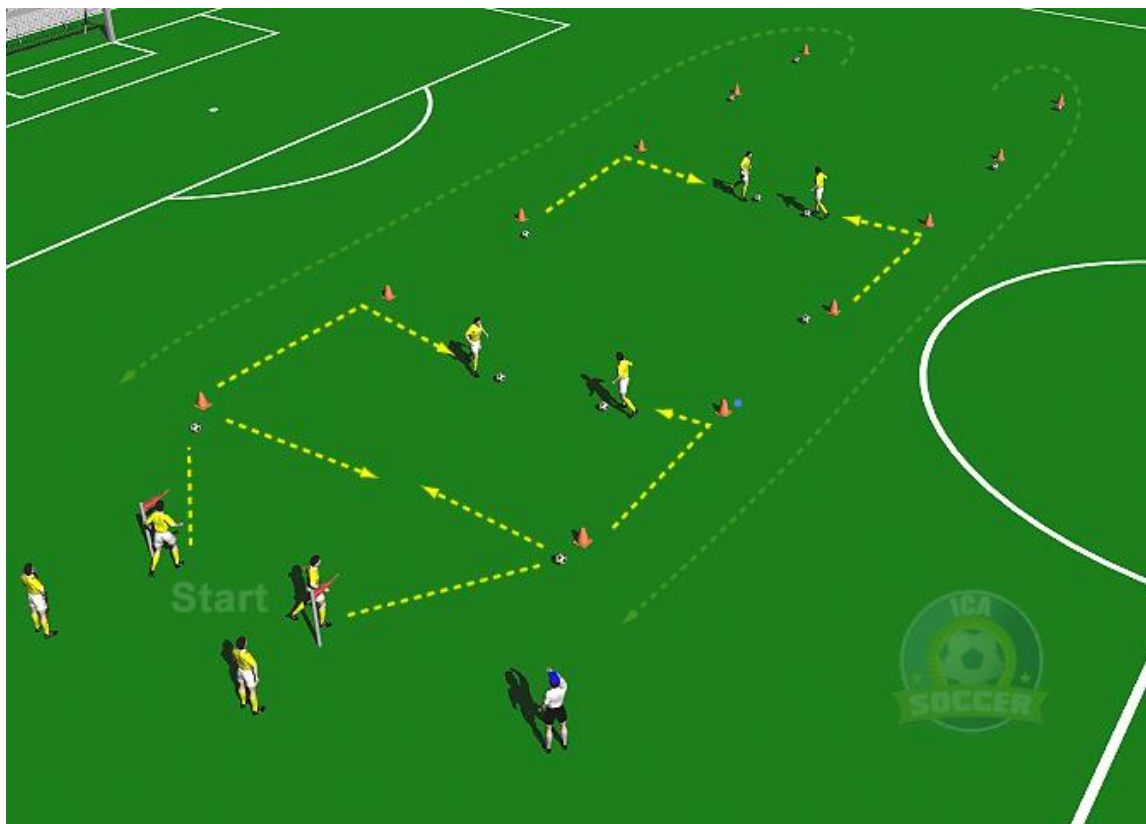
### Coaching Pointers:

Players are divided into two equal groups to start. Each group faces the line of small cones.

On the coaches command the players perform a variety of exercises through the line of cones, then jog backwards to the opposite line. The sequence is as follows;

- Players start with **High Steps** in between each cone, jogs backwards to opposite cones.
- Players start with **Double Steps** in between each cone, jogs backwards to opposite cones.
- Players start with **Zig Zags** in between each cone, jogs backwards to opposite cones.
- Players start with **In and Outs** in between each cone, jogs backwards to opposite cones.
- Players start with **Knee Pops** in between each cone, jogs backwards to opposite cones.
- Players form a tight circle in the inner square. Like **Fish in a pond**. On the coaches command players sprint around an outside small cone and back to the big square. Last player does 5 push ups.

# 3. Holland Dribble 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.

# 4. Holland Double Up Warm Up



## Exercise Objectives:

This is a great alternative to warm up your players using a ball. A variety of passing techniques are involved in this warm up. Jogging and dynamic stretching can easily be incorporated with a little imagination.

## Field Preparation

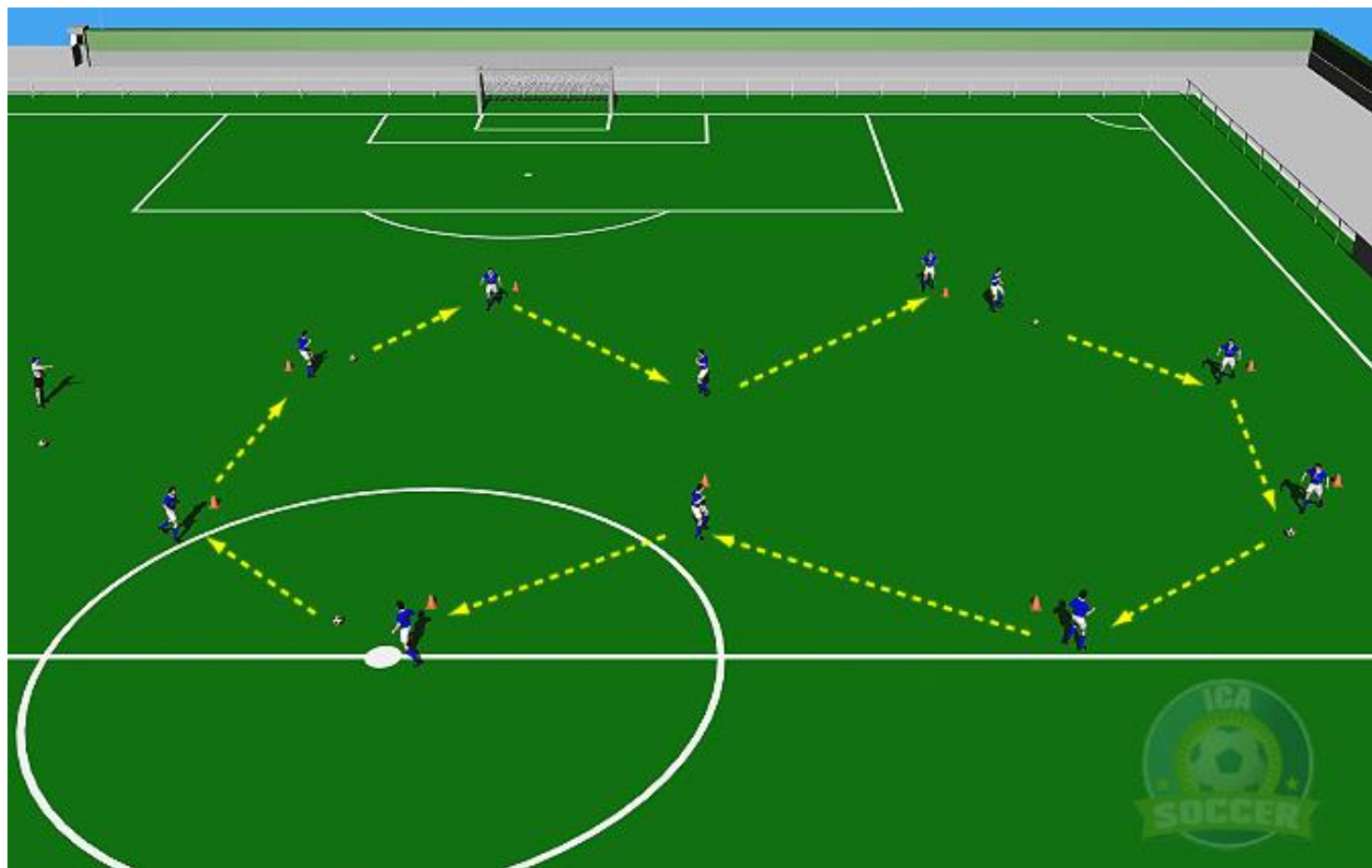
- ☐ Entire team
- ☐ Area 30 yards x 50 Yards
- ☐ Cones
- ☐ Supply of Balls ( a ball is placed at every cone.)

## 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, **Play 3 "One Touch Passes**, 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, **Play 3 "Two Touch Passes**, 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, **move in close, Play 4 five yard quick passes**, repeat at the next cone as they work their way down the series of cones. Players sprint back outside of cones. Add your own variations in this exercise such as, volleys, chest volleys, headers etc.

# 5. Scotland Warm Up



## Objective of the Practice:

This practice is designed as a simple passing drill which can be used in any warm up session or a pre-cursor to a passing session.

## Field Preparation:

Use entire team. Cones are set up 10 yards apart. ( see diagram above).  
Use 1 ball, every other player.

## Coaching Points:

Players pass the ball **"clockwise"** from cone to cone. After they pass the ball to the next player they must quickly run to the next cone. Effectively working their way around all the cones. Limit to "2 touches". On the coach's command, players reverse direction without interrupting the tempo of the drill.

Emphasize fast paced passes!  
Use inside and outside of the foot.  
Work for 10 minutes.

## Progression – Play "1 touch"

Other variation is have players dribble the ball to the cone.



## 6. The Brazilian Warm Up



### Exercise Objectives:

This warm- up is commonly used as a pre-match preparation, working in pairs across the width of the field.

### Field Preparation

- ☐ Entire Group
- ☐ Half Field

### Coaching Pointers:

Entire group works in pairs across the width of the field. The coach (or in some cases the captain of the team) is at the front of the group and sets the rhythm and tempo of the exercise. The coach starts off at a slow jog pace, and then undertakes the following sequence.

- Start with slow jog around the perimeter of half the field.
- 1. Warm Up Jog
- 2. Heel Touches
- 3. Knee Touches
- 4. Knee and Heel Touches
- 5. Chest arms back, front and clap
- 6. Thighs, Chest, Head
- 7. Side step forward

- **8. High Kicks**
- **9. Trunk Twists**
- **10. Carioca**
- **11. Side Jacks**
- **12. Inside Feet**
- **13. Side Swings**
- **14. Thigh, Thigh, Heel, Heel**
- **15. Back Steps**
- **16. Sky Stretch**

## **Variations**

- Player react to the following commands.
- Coach shouts “Up” players touch the ground with both hands.
- Coach shouts “Down” players jump up to head an imaginary ball.
- Front men sprint to back.
- Back men sprint to front.
- Sprint backwards, side-step, backwards half way and turn.
- Jump and Challenge “shoulder to shoulder”.
- Turn quickly 180 degrees.
- Inside man jumps on outside mans back and visa a versa.
- Coach calls out a number and team must split into groups of that number. Players must huddle as a group. Any players not in group do a simple exercise.

# 7. Celtic Warm Up



## Exercise Objectives:

This is a warm up exercise that combines stretching and ball work at the same time.

## Field Preparation

- ☐ Entire Group
- ☐ Inside Penalty Area
- ☐ Supply of Balls

## Coaching Pointers:

Divide team into 2 groups. One group stretches for 60 seconds while the other group maneuvers around the penalty with the ball. Swap roles every 60 seconds.

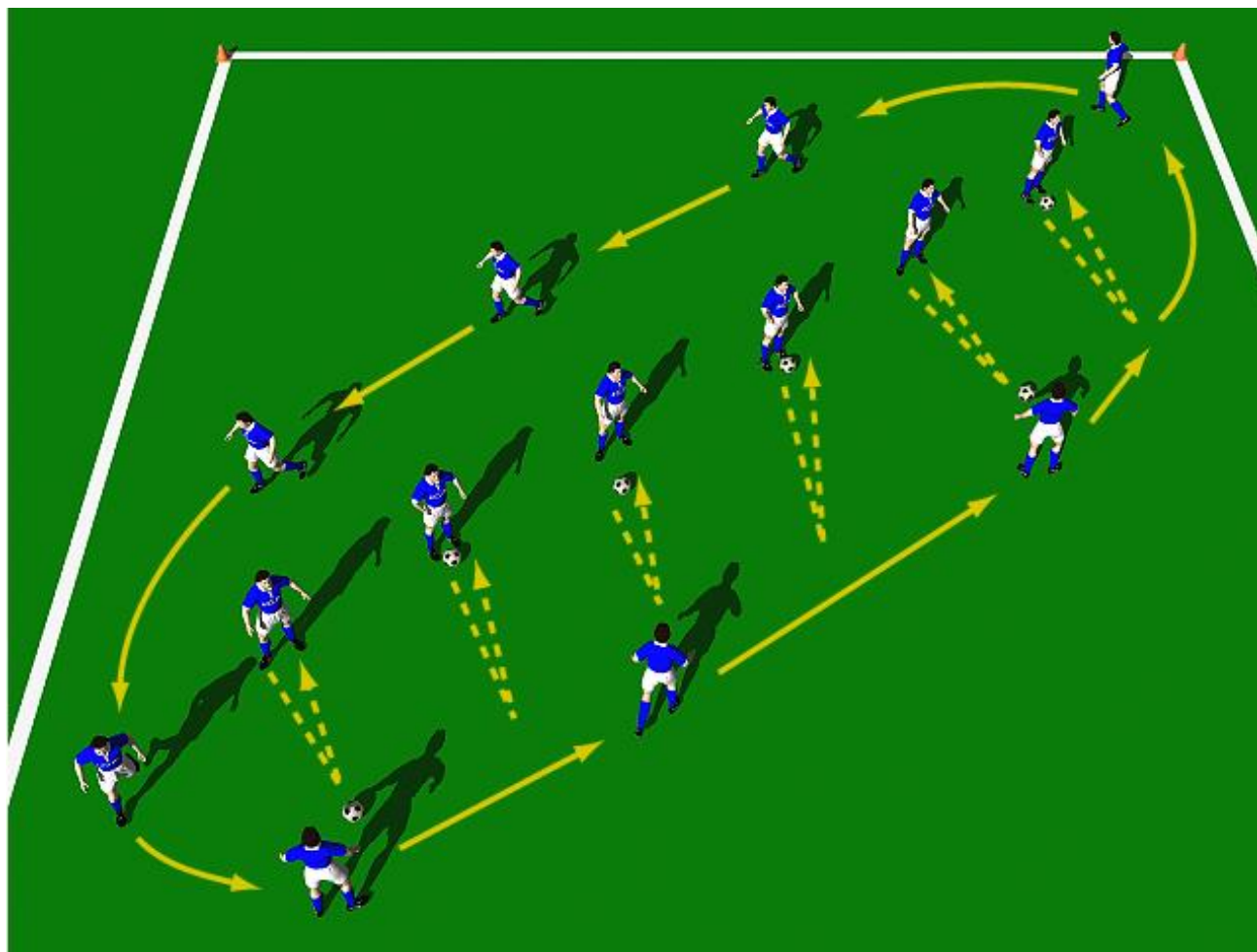
### Stretches:

- ☐ Calf's.
- ☐ Quadriceps.
- ☐ Groin.
- ☐ Back

### Ball Maneuvers:

- ☐ Dribble into space.
- ☐ Push ball through stretching players legs.
- ☐ Flick ball over stretching player.
- ☐ Variety of turns.
- ☐ Volley in the air and control.
- ☐ Try to tag another player who has a ball.

## 8. Brazil Line Warm Up



### Exercise Objectives:

This warm up activity helps the player prepare for the session. It is a combination of dynamic movements and light ball work.

### Field Preparation

Entire group divided into pairs

Area 20 yards x 20 Yards

Cones or Flag poles

Supply of Balls

### Coaching Pointers:

#### Warm Up Sequence:

Pass the ball back and forth using "one touch"

Run on the spot while volleying the ball back. Good arm movement. Rhythmic!

Run on the spot while controlling ball with thigh and volley back using opposite foot.

Run on the spot while controlling ball with thigh and volley back using same foot.

Run on the spot while jumping 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.

Pass the ball back and forth, come forward to meet the ball, pass and jog backwards.



# 9. Tight Box Warm Up

This warm up will cover dynamic stretching, Jogging, Sprinting, Dribbling maneuvers and short range passing.



## ***Warm Up Olympics***

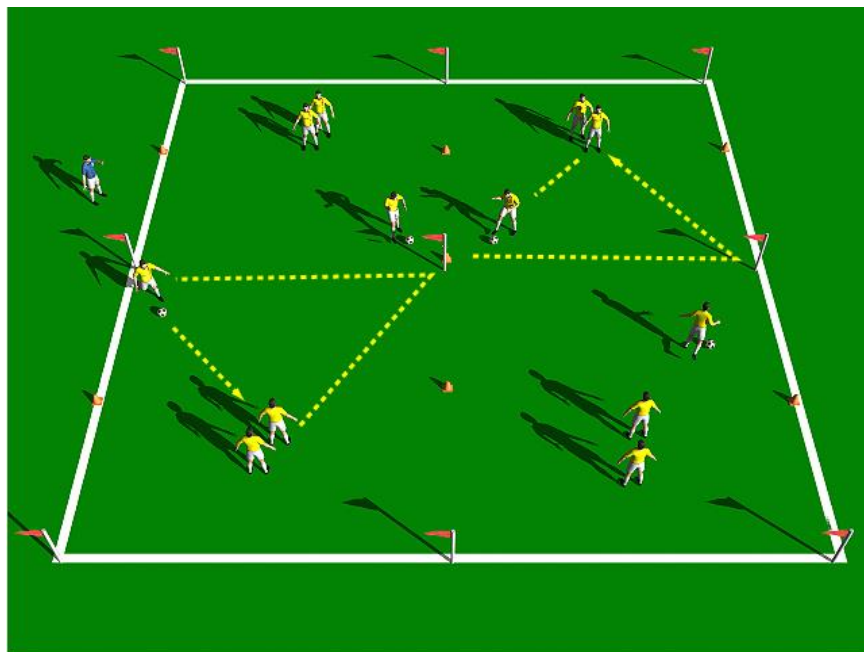
Divide team into 4 small groups.

Designate a player in each group to be the leader. This player has to lead his players through a series of static and dynamic stretches.

Make it a fun competition! Award Gold, Silver and Bronze.

Each group will be judge on the quality and originality of their warm up routine.

Conclude this portion of the warm up with several shorts sprints in various directions, eg; forward, side to side, backwards etc.

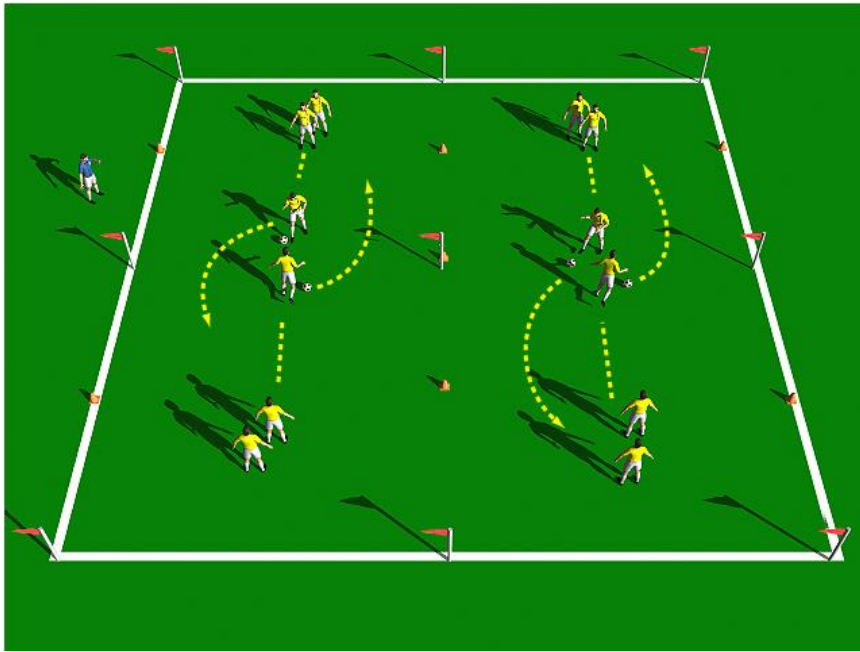


## ***Change of Direction & “Spin Outs”***

Work from opposite sides. Go from one side to the opposite. First a few runs without the ball to loosen up.

1. Run to right flag, Run to left flag, then to opposite line.
2. Run to Left flag, Run to right flag, then to opposite line.
3. Dribble ball to right flag, do a “half turn” pass back to your own line. Can add a sprint to left flag.
4. Dribble ball to right flag, do a “spin out” pass to opposite line.

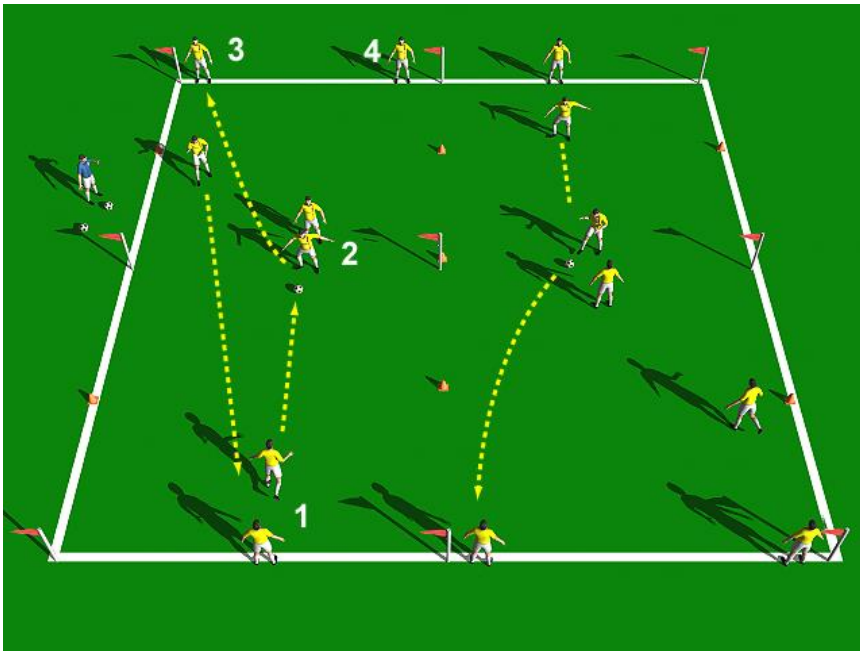
# Tight Box Warm Up *cont*



## ***Step Over's & Scissor Moves***

Work from opposite sides. Dribble directly to opposite player.

1. Dribble directly to your partner, perform a **"scissors"** move.
- 2 Dribble directly to your partner, perform a **"Maradona spin"** move.
3. Dribble directly to your partner, perform a **"Half Turn"** move & back to your line.
4. Dribble directly to your partner, perform a **"Step & Hop"** move & back to your line.
5. Dribble directly to your partner, perform a **"Chop"** move & back to your line.



## ***The Chelsea "Y" Drill***

Y Drill is performed in opposite directions on each side.

1. Passes to 2 and follows pass.
2. Controls and turns **RIGHT**, passes to 3, and follows pass.
3. Passes to 1 and follows pass.
1. Passes to 2 and follows pass.
2. Controls and turns **LEFT**, passes to 3, and follows pass.
3. Passes to 1 and drill is repeated.

# 10. Soccer Tennis Tournament



## ***Warm Up Sequence***

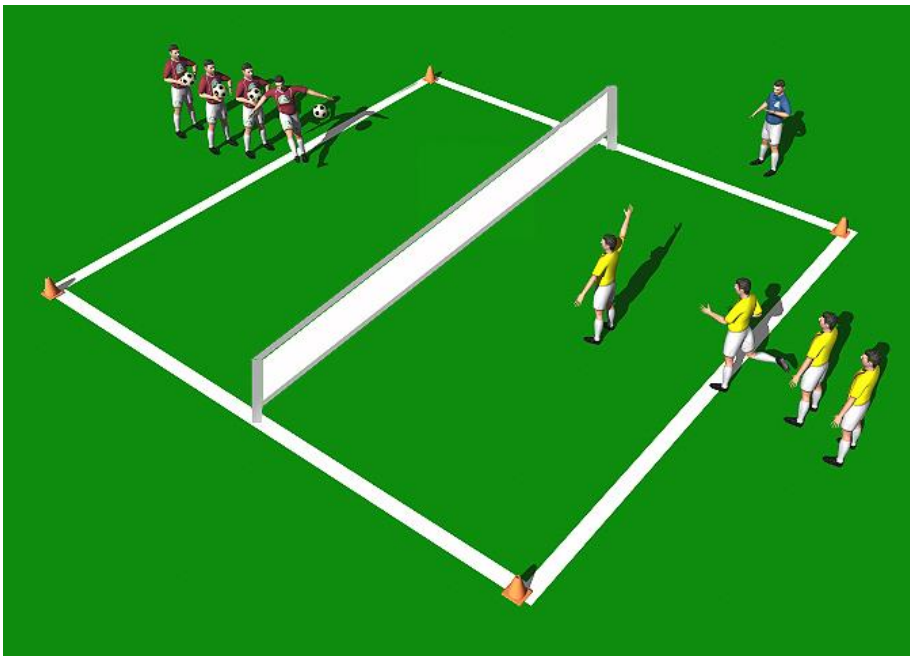
Divide team into 4 small groups.

Designate a player in each group to be the leader. This player has to lead his players through a series of static and dynamic stretches.

Make it a fun competition! Award Gold, Silver and Bronze.

Each group will be judge on the quality and originality of their warm up routine.

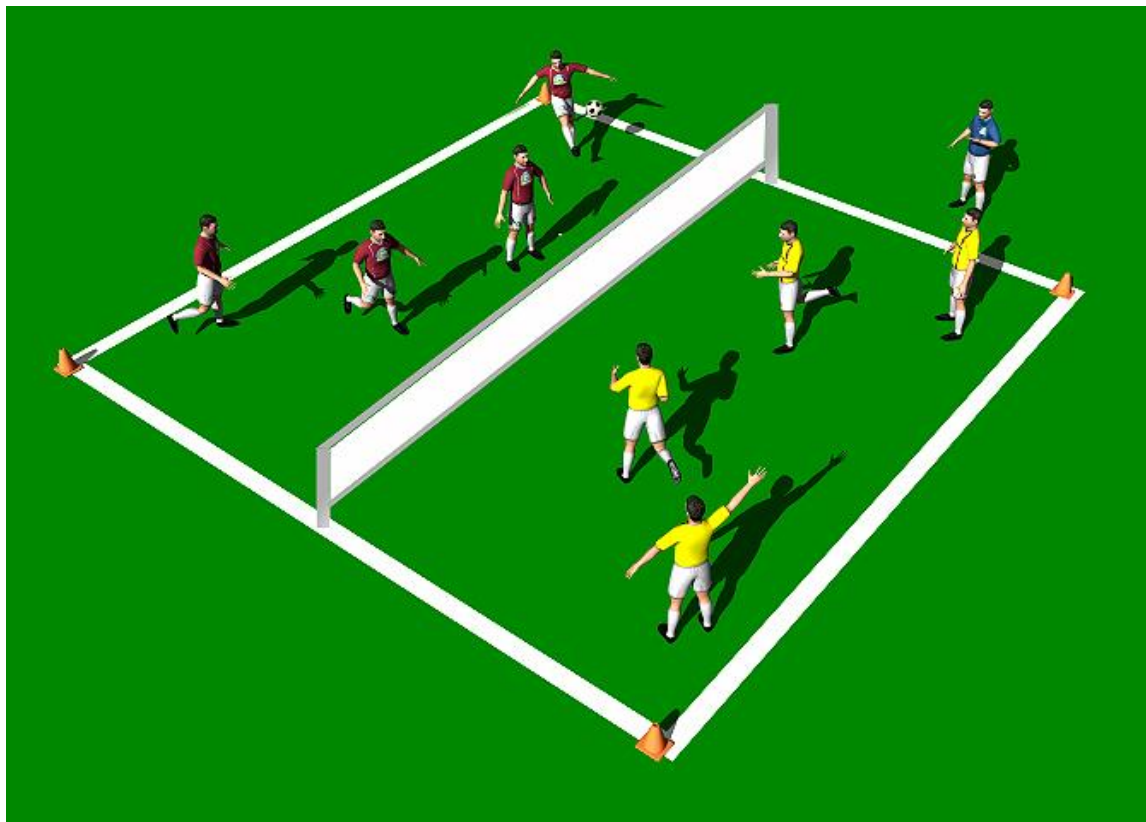
Conclude this portion of the warm up with several shorts sprints in various directions, eg; forward, side to side, backwards etc.



As a pre-cursor to our small sided soccer tennis tournament we can incorporate a warm up related to the necessary skills. Groups alternating serving the ball.

- Serve for player to “Head Back” one touch
- Serve for player to “Head Back” two touch
- Serve for player to “Volley Back” one touch
- Serve for player to “Volley Back” two touch
- Serve for player to “Control chest” volley back

# Soccer Tennis Tournament *cont*



## 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.



# 11. Circle Warm Up



## Field Preparation

- ☐ Entire team
- ☐ Using Center Circle

Coach stands in the middle of the Center Circle with players around the perimeter.

Coach instructs player to perform a variety of dynamic stretches.

Players perform these stretches moving towards the coach, and then back out to the edge of the circle, all on the coach's command.

## Dynamic Stretch Sequence takes 15 Minutes.

- ☐ 1. Warm Up Jog
- ☐ 2. Heel Touches
- ☐ 3. Knee Touches
- ☐ 4. Knee and Heel Touches
- ☐ 5. Arms back, front and clap
- ☐ 6. Thighs, Chest, Head
- ☐ 7. Side Step Forward
- ☐ 8. High Kicks
- ☐ 9. Trunk Twists
- ☐ 10. Carioca
- ☐ 11. Side Jacks
- ☐ 12. Inside Feet
- ☐ 13. Side Swings
- ☐ 14. Thigh, Thigh, Heel, Heel
- ☐ 15. Back Steps
- ☐ 16. Sky Stretch

# Circle Warm Up *cont*



After the dynamic section of the warm up, the coach can introduce a few fun exercises to the players.

Players must continually be “on the move” jogging around the entire center circle.

1. On the coach’s command; jump off the ground and give a team mate “***the high five***”.
2. On coach’s command; jump “***shoulder to shoulder***” with a team mate.
3. On coach’s command; “***sprint making a tight circle***” around a team mate.
4. On coach’s command; get both feet “***on a white line***”
5. On coach’s command; last one to “***kneel down***”. Specify leg.
6. On coach’s command; ***last one to tag #6*** etc. Pick a number.
7. On coach’s command; ***make group of 6*** etc. Specify number.
8. On coach’s command; ***players fake and sprint 5 yards (like fish in a pond)***

Use your imagination as a coach. Add your own fun exercises to the warm up.

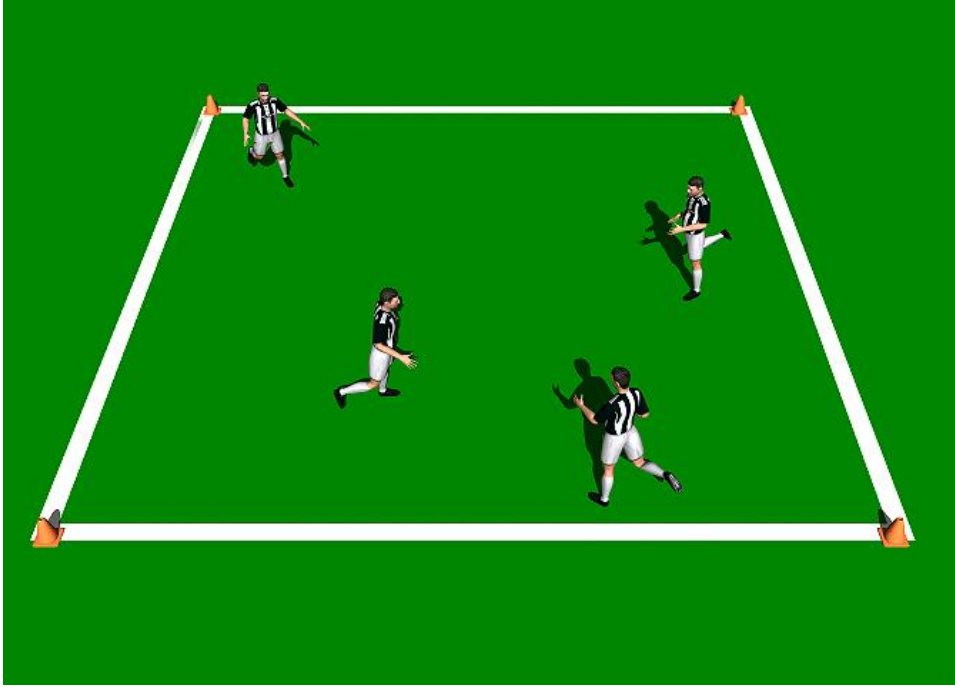
## 5v2, 6v2, 6v3



To complete the Circle Warm Up we will play 5v2, 6v2, 6v3 in a very tight space in the center circle.

- **5 yellow** player’s one side of the center circle.
- **5 red** player’s one side of the center circle.
- On the coach’s command, 2 players from the yellow team run into the red half of the circle and try to win the ball. If they win the ball, they yellow team get possession and the red team sends in 2 defenders in the yellow half of the circle.
- 10 passes and team get a goal. First to 5 goals wins etc.
- Teams must vary the 2 pressurizing players on each attack to keep the tempo high.

# 12 Newcastle Warm Up

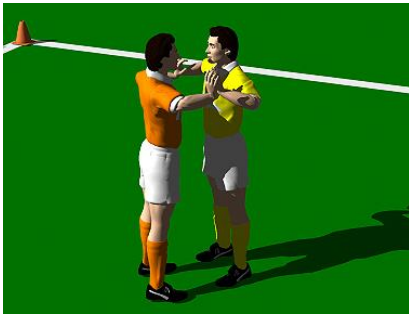


## **Static and Dynamic Stretches**

Team is divided into groups of 4 and position in a small square.

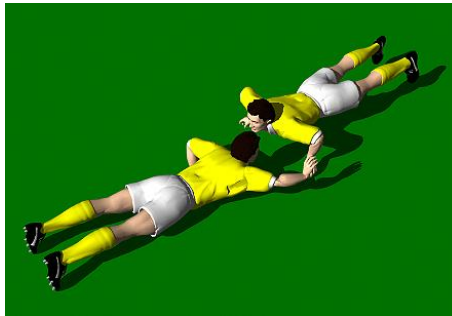
- ☐ 1. Warm Up Jog
- ☐ 2. Heel Touches
- ☐ 3. Knee Touches
- ☐ 4. Knee and Heel Touches
- ☐ 5. Arms back, front and clap
- ☐ 6. Thighs, Chest, Head
- ☐ 7. Side Step Forward
- ☐ 8. High Kicks
- ☐ 9. Trunk Twists
- ☐ 10. Carioca
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- ☐ 13. Side Swings
- ☐ 14. Thigh, Thigh, Heel, Heel
- ☐ 15. Back Steps
- ☐ 16. Sky Stretch

## **In Pairs**



### **Push Me Over**

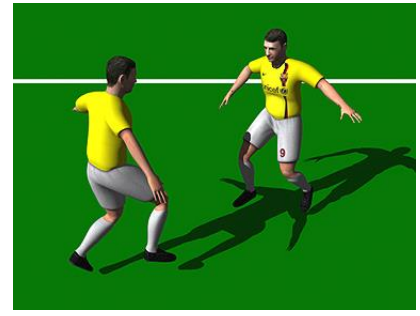
Each pair faces each other with hands in front and legs closed. Players stand approximately 1 foot apart. The object of the game is to try and make your partner move their feet by unbalancing them. Contact can only be made by pushing the partner's hands. Points are awarded each time a player moves their partners. If a player touches another player's 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.



### **Push Up Wars**

Divided your group of players into pairs. Each pair faces each other in the push up position. The object of the game is for each player to try to knock their partner to the ground by pulling their arms. A point is awarded for each successful attempt.

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



### **Slap Knees Competition**

In pair's players try to slap their partner knee. They receive a point for each time they can slap the knee.

Players must keep low and be constantly moving. Avoid banging heads.

Rotate players to challenge new opponents.

# Newcastle Warm Up *cont*



## ***Fun with the Ball***

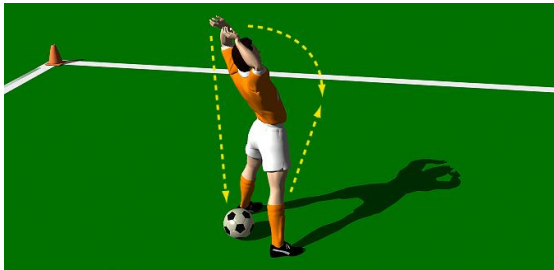
The team continues to work **in** groups of 4 and position in a small square. Each player has a ball. The players must instantly react to a series of commands from the coach. The commands are;

**Stop** – stop the ball using sole of the foot.  
**Turn** – change direction 180 degrees.  
**Step Over** – step over move over the ball.  
**Fake** – fake to pass or cross the ball.  
**Explode** – change speed into open area.

**Kill ball dead** and sprint to an open ball.  
**Exchange a pass** with a team mate.

Players must avoid colliding with other teams within the grid.

## ***Individually***



### **One Bounce Through Legs**

Each player has a ball. With legs open wide the player drops the ball from behind and towards their legs. The ball has to bounce once through the legs for the player to bend over and catch. Work for 60 seconds.



### **Roll Ball around Feet**

Each player has a ball. The player sits on the ground and rolls the ball around the legs and back. The players fingertips must always be in contact with the ball. Reverse directions after each rotation. This exercise will help stretch the hamstrings. Work for 60 seconds.



### **Figure Eights**

The players rolls the ball in between and around both legs making a "figure 8". Reverse the direction after each rotation. Work for 60 seconds.

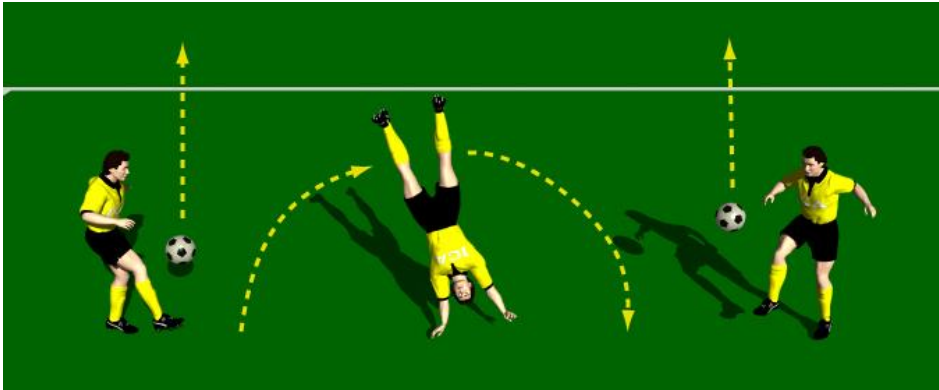


## ***Juggle Spin***

Have the player juggle the ball, on the coach's command the player kicks the ball above head height, spins 360 degrees and must control the ball again. The ball is allowed to bounce more twice.



# Newcastle Warm Up *cont*

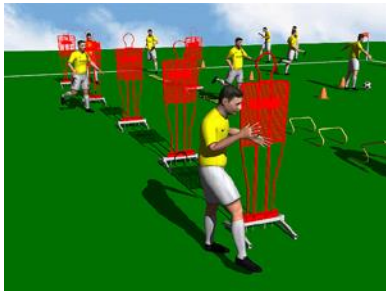
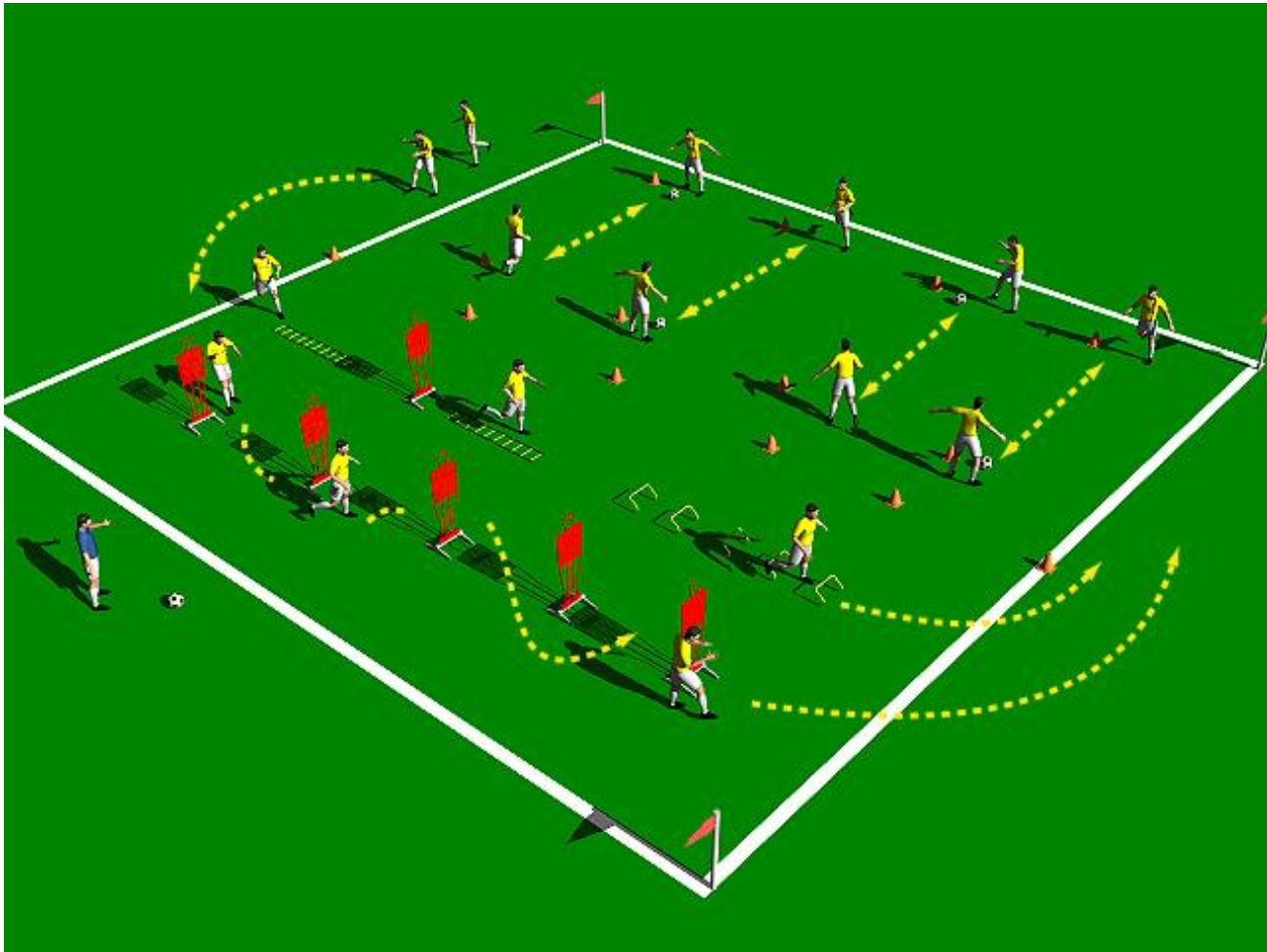


**Juggle Cartwheel**  
Have the player juggle the ball, on the coach's command the player kicks the ball above head height, performs a cartwheel and must control the ball again. The ball is allowed to bounce more twice.

## In Pairs with Ball

<p><b>Truck Twists</b> Both players work together "in synch" as they time their trunk twists. One player has the ball and turns the upper half of the body (trunk) around to meet their partner. Their partner must turn from the opposite side to receive the ball. After receiving the ball, the partner turns to the opposite side to return the ball. This is continued for 60 seconds. The coach can adjust the speed going from slow to quick, quick to slow.</p> <p>Make a game. How many can you do in 30 seconds?</p>	<p><b>Up and Under</b> Both players stand "back to back". 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</p> <p>Make a game. How many can you do in 30 seconds?</p>	<p><b>Head Catch</b> One player serves a straight throw to their partner. As the player serves the ball he shouts one of two commands "HEAD" or "CATCH".</p> <p>If the server shouts, "HEAD" - the player must do the opposite and catch the ball. If the server shouts, "CATCH" - the player must do the opposite and head the ball. If they catch the ball they must then serve it back to their partner for them to either head or catch.</p> <p>A competition can also be played. First player to 5 goals wins. Swap partners for a new competition.</p>

# 13. Barcelona Warm Up



***Mannequin Agility***

1. Sideways shuffle
2. Circle around move to next one
3. Head and Shoulder fakes
4. Slalom Running



***Ladder & Mini Hurdle Agility***

1. Ladder - Side Shuffle
2. Mini Hurdle Hops
3. Ladder – In and Out
4. Mini Hurdle – Forward Runs

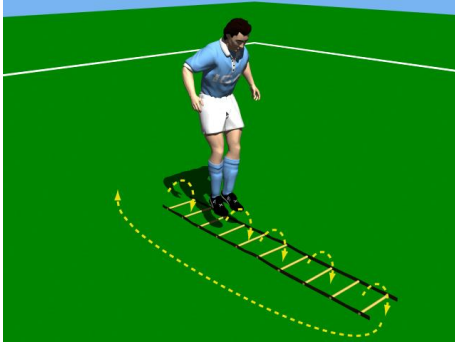


***Technical Skills Repetition***

1. 3 “two touch” passes.
2. 3 “one touch” passes
3. Serve to partner to Volley 3 x
4. Serve to partner to Head 3 x

# Barcelona Warm Up *cont*

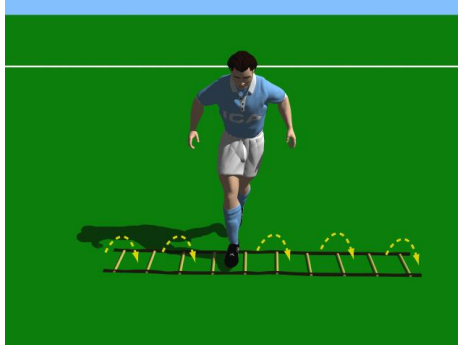
## Ladder and Mini Hurdle



### Forward Ladder

**Forward Run** – run through the ladder putting both feet in the rung.

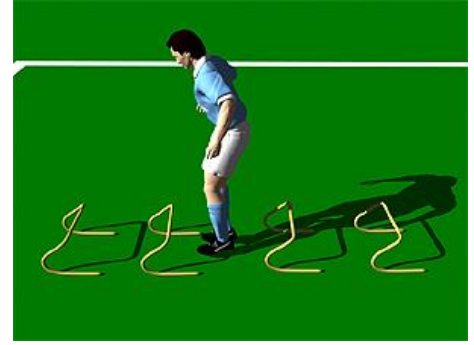
**In-in-Out** – start on the left side of the ladder. Lateral step with the right foot and place it in the first square, then the left foot follows the right foot inside the first square of the ladder. Lateral step with the right foot to the right side of the ladder, then advance the left foot to the next square in the ladder. Bring the right foot to the square the left foot is in. Lateral step to the left side of the ladder and advance the right foot to the next square on the ladder.



### Lateral Ladder

**Side Shuffle** - Begin by standing sideways to the ladder. Leading with your right foot place both feet in the box. Repeat this procedure throughout the ladder.

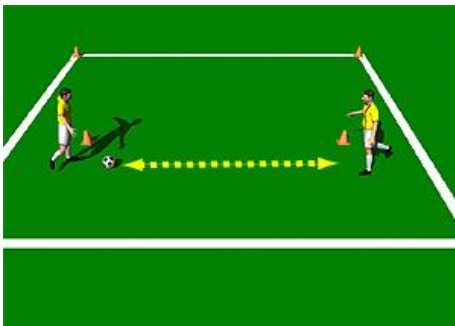
**Carioca**- Begin standing sideways to the ladder. Cross-step with the right foot into the first square in front of the left leg. Cross the left foot into the second square. The left foot should cross behind the right leg. Cross-step with the right foot into the third square. The right foot should cross behind the left foot. The left foot crosses over in front of the right foot into the next square. Repeat this sequence through the ladder.



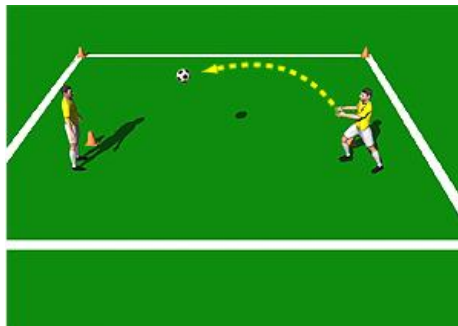
### Mini Hurdle Hops

Sprint to the hurdle and perform a forward hop over it. Both feet are close together. As soon as contact is made with the ground, jump forward over the mini hurdle.

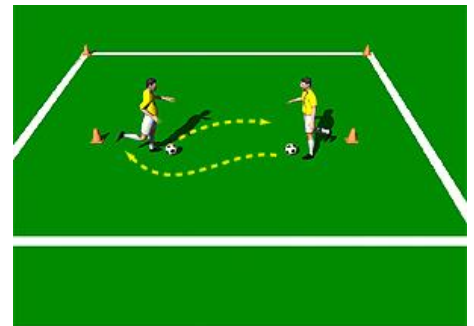
## Technical Skills Repetition



1. Play 3 "two touch" passes.
2. Play 3 "one touch" passes
3. Play 1<sup>st</sup> touch around cone, 2<sup>nd</sup> touch pass back.
4. Move in close, Play 4 five yard quick passes.

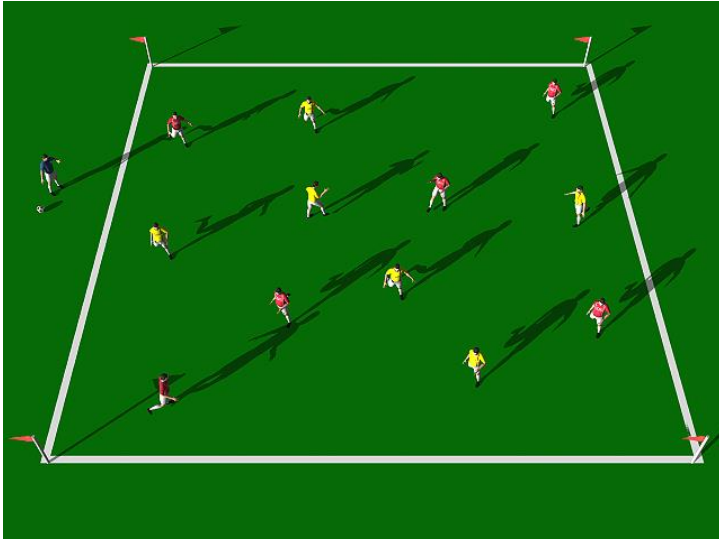


1. Serve to partner to Volley back.
2. Serve to partner to Head back.
3. Control with Chest and Volley back
4. Control with Chest and Head back.



1. Dribble ball to opposite cone.
2. Dribble directly to your partner, perform a scissors move.
3. Perform a "spin out"
4. Perform a "Maradona spin"
5. Perform a half turn.

# 14. Liverpool Warm Up



## Static and Dynamic Stretch

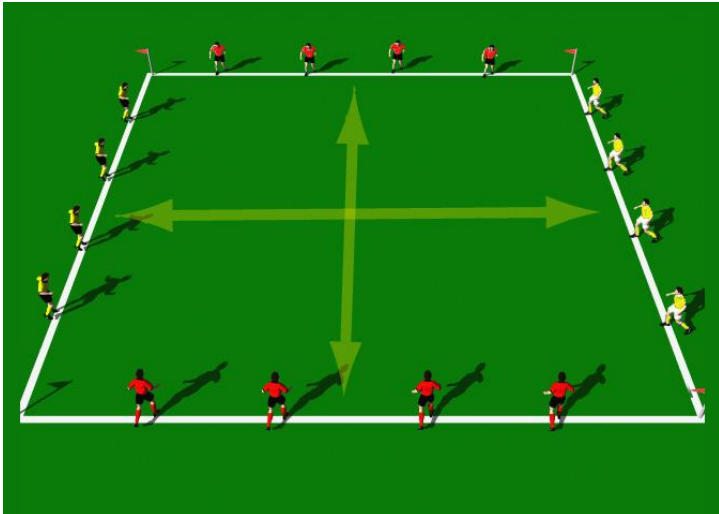
Players jog around area 20 yards x 20 yards. Perform static then dynamic stretches.

### Static

- ☐ 1. Warm Up Jog, very light.
- ☐ 2. Hamstrings, Groin
- ☐ 3. Calves, Quads.
- ☐ 4. Back and Shoulders

### Dynamic

- ☐ 5. Knee and Heel Touches
- ☐ 6. Arms back, front and clap
- ☐ 7. Thighs, Chest, Head
- ☐ 8. Side Step Forward
- ☐ 9. Russian Kicks
- ☐ 10. Trunk Twists
- ☐ 11. Carioca
- ☐ 12. Side Jacks
- ☐ 15. Back Peddling

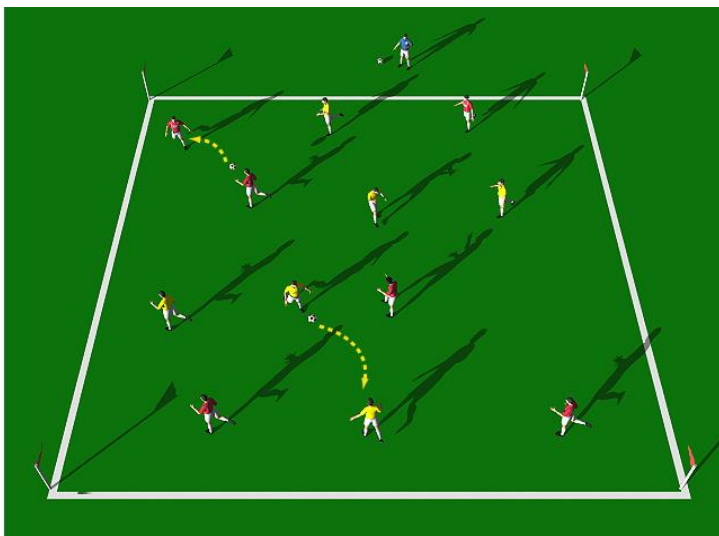


## Looking for Space

Divide the team into four equal groups. Identify each groups using colored bibs. Each team is position at one side of the square as in the diagram above. On the coach's command the players all sprint across the square and back again 5 times. The first team to get all their players back wins. Players must go "flat out" and be visually alert so they don't crash into other players.

### Focus on:

- ☐ Visually scan to find space to run into.
- ☐ Change of pace and direction



## Movement with the Ball

Players jog around area. Each team has one ball. Teams move constantly around the area throwing the ball to their team mates. On the coach's command the players must throw the ball in this sequence;

### Throw Ball

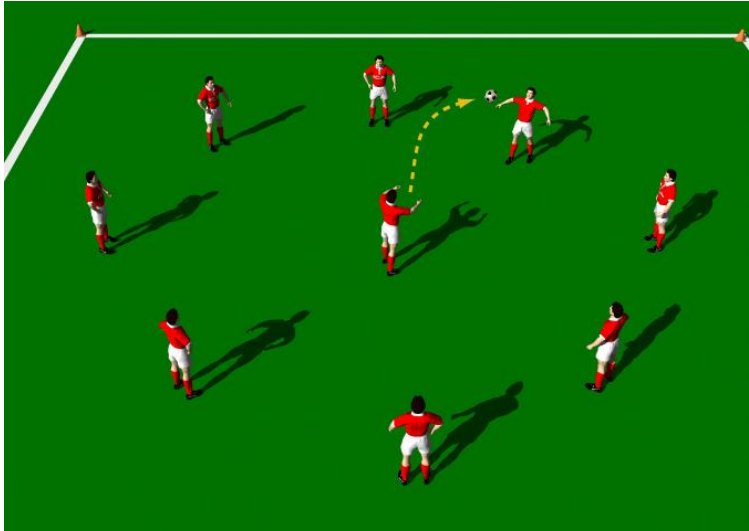
- ☐ Yellow throws to red, red throws to yellow.
- ☐ Yellow, Yellow, Red.
- ☐ Red, Red, Yellow.

### Pass Ball with Feet to any color

- ☐ Restricted to "Two Touch" only.
- ☐ Restricted to "One Touch" only.
- ☐ Passing player must shout out a number "One or Two". Receiving player has that amount of touches.
- ☐ Passing player must shout out a number "One or Two". Receiving player *do the opposite*.



# Liverpool Warm Up *cont*



## **Heading Reaction Game**

The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts, "CATCH" - the player must do the opposite and head the ball.

The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.



## **Crash the Goal**

Place 2 goals approximately 15 yards apart.

Two teams are inside the square. Identify each team using colored bibs. The object is to score a goal with a header or volley. The drill starts with one player serving the ball to his team from the side cone.

The ball must be thrown in with pace. His team must crash the goal and try to score with a header or volley. After the attack the ball is turned over the opposite team to serve. Team can serve from any side. This is a fun activity using a lot of players. If Goalkeeper catches the ball he can throw it at the opposite goal to try and score.

### **Focus On:**

- ☐ Attack the ball aggressively.
- ☐ Quality heading and volleying technique.
- ☐ Challenging for the ball.



## **Throw, Head, Catch**

Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "header". The team in possession can only advance up the field in using this sequence "**Throw, Head and then Catch**".

Players cannot run with the ball. Opposing team can only intercept a throw with a header and a header with a catch.

### **Progression:**

- ☐ Head ball from hands and catch.
- ☐ Volley ball from hands and catch.
- ☐ Must score with a volley.
- ☐ Diving headers worth 3 goals.
- ☐ Double headers worth 5 goals.

# 15. Ireland Warm Up



## Exercise Objectives:

The Warm up involves, jogging, backwards running, sprinting and dynamic stretching. The entire warm up should take no longer than 15 minutes.

## Field Preparation

☐ Entire team ☐ Side to side half field.

## Coaching Pointers:

Players face the coach and are in a straight flat line across the field. On the coaches command the players perform a variety of exercises. The sequence is as follows;

### Start with slow jog across the field.

- 1. Warm Up Jog
- 2. Heel Touches
- 3. Knee Touches
- 4. Knee and Heel Touches
- 5. Chest arms back, front and clap
- 6. Thighs, Chest, Head
- 7. Side step forward
- 8. High Kicks
- 9. Trunk Twists
- 10. Carioca
- 11. Side Jacks
- 12. Inside Feet
- 13. Side Swings
- 14. Thigh, Thigh, Heel, Heel
- 15. Back Steps
- 16. Sky Stretch

## Variations

Player reacts to the following commands.

- Coach shouts “Up” players touch the ground with both hands.
- Coach shouts “Down” players jump up to head an imaginary ball.
- Coach points right, players sprint left 1 yard.
- Coach points left, players sprint right 1 yard.

This warm can also be performed using a ball each. Add a variety of foot skills to the exercise for fun.

# Ireland Warm Up *cont*

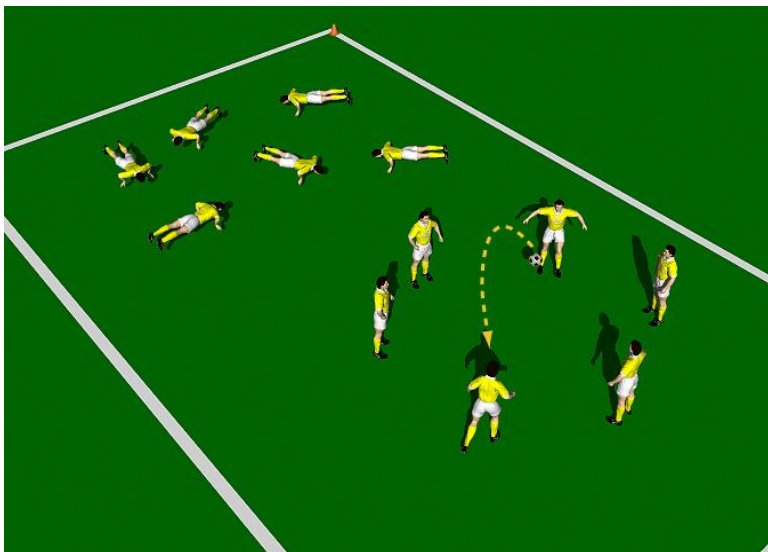


## ***Odds and Evens***

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



## ***Make them Work***

Divide players into two groups. Each group in their own area, 10 yards x 10 yards. First group juggles the ball in the air "one touch", using the head, chest, thighs and feet. They may not pass the ball to the player they received the ball from. Second group must perform a designated exercise until the first group drops the ball. Reverse roles after ball is dropped.

**Players exercising can perform:**

- Sit-ups.
- Push-ups.
- Star jumps.
- Sprints.

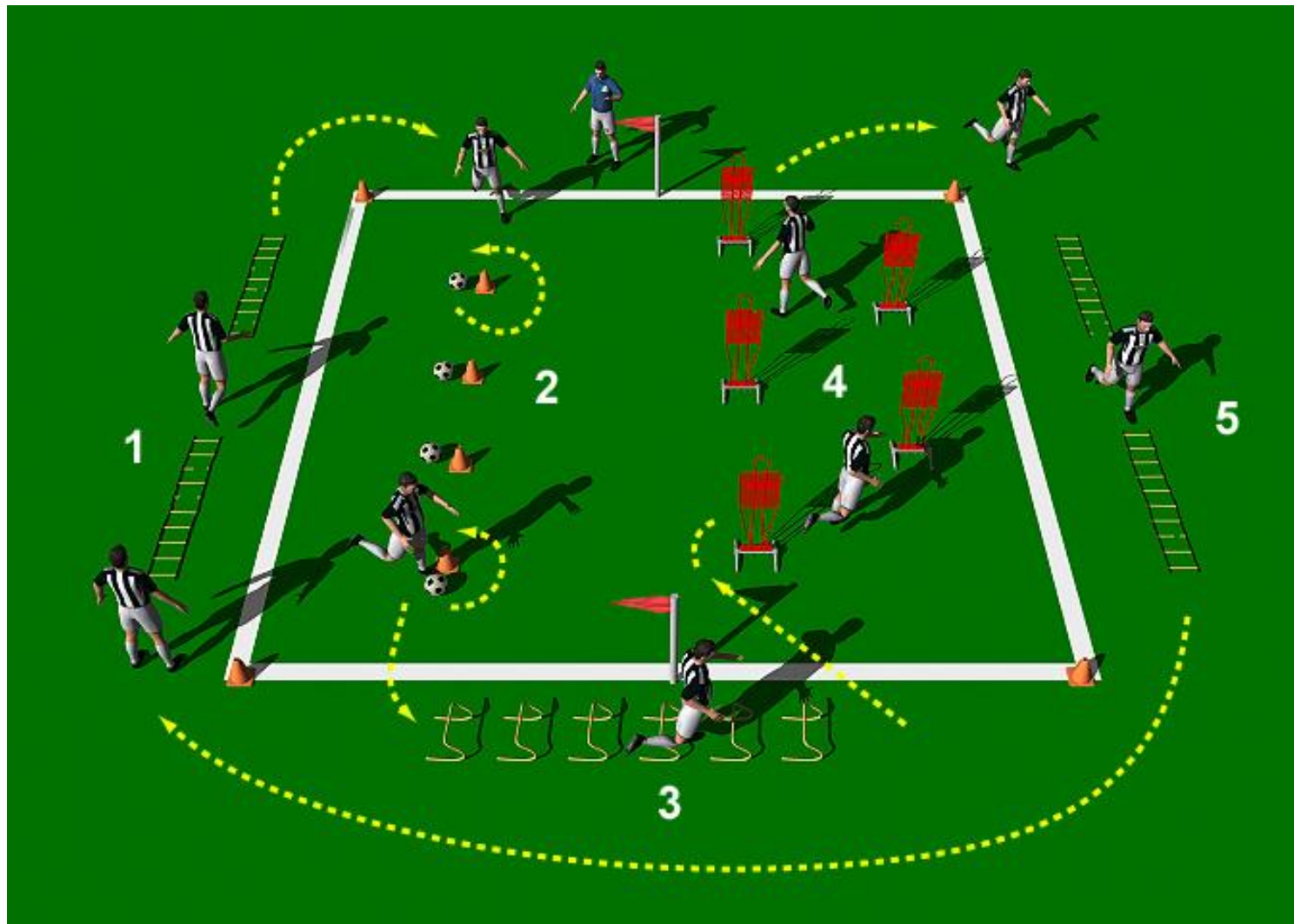


## ***Sprint and Sit***

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".

# 16. Germany Warm Up



This is a dynamic warm up exercise combines agility and ball work at the same time.

## Field Preparation

- ☐ Entire Group
- ☐ Area 20 x 20 yards
- ☐ Supply of Balls, Cones, mini hurdles, ladders and flag poles or mannequins.

## Warm Up Sequence:

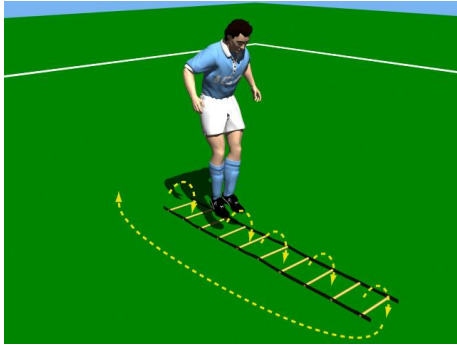
Players work their way around the warm circuit and perform the following exercises;

1. Two Ladders
2. Cones with balls
3. Mini Hurdles
4. Mannequins
- 5 Two Ladders



# Germany Warm Up *cont*

## 1. 2 Ladders



### First Ladder

**Forward Run** – run through the ladder putting both feet in the rung.

### Second Ladder

**In-in-Out** – start on the left side of the ladder. Lateral step with the right foot and place it in the first square, then the left foot follows the right foot inside the first square of the ladder. Lateral step with the right foot to the right side of the ladder, then advance the left foot to the next square in the ladder. Bring the right foot to the square the left foot is in. Lateral step to the left side of the ladder and advance the right foot to the next square on the ladder.

## 2. Cones with Balls



### Cone Slalom

The player dribble the ball around the cone, making the smallest circle possible, and then move onto the next cone. Use the right foot on two cones and the left foot on two cones.

## 4. Mannequins

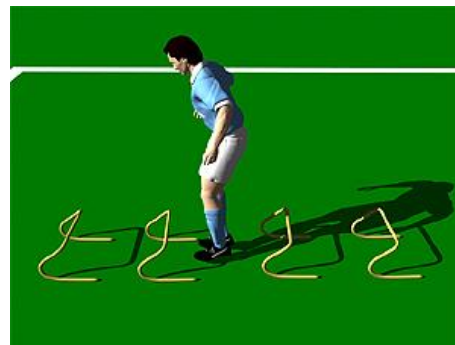


1. Players Sideways shuffle while running forward

### Variations:

2. Circle around move to next one
3. Head and Shoulder fakes
4. Slalom Running – Full Sprints

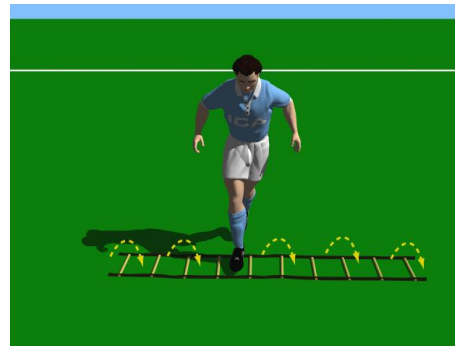
## 3. Mini Hurdles



### Mini Hurdle Hops

Sprint to the hurdle and perform a forward hop over it. Both feet are close together. As soon as contact is made with the ground, jump forward over the mini hurdle.

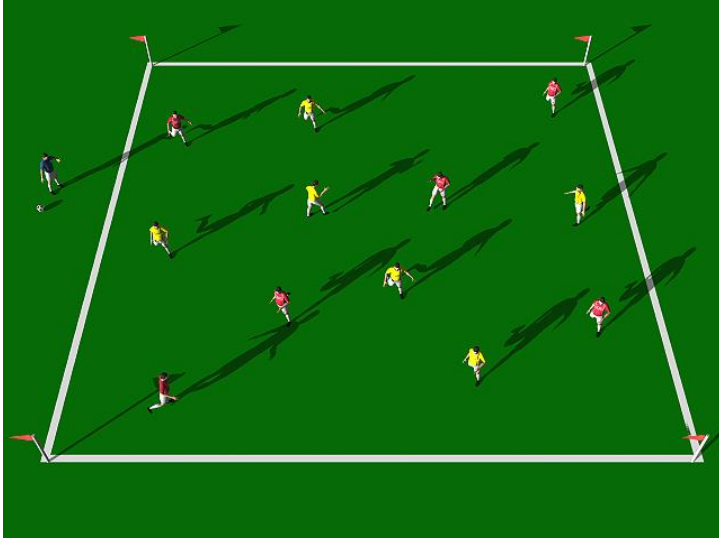
## 5. Two Ladders



**Side Shuffle** - Begin by standing sideways to the ladder. Leading with your right foot place both feet in the box. Repeat this procedure throughout the ladder.

**Carioca**- Begin standing sideways to the ladder. Cross-step with the right foot into the first square in front of the left leg. Cross the left foot into the second square. The left foot should cross behind the right leg. Cross-step with the right foot into the third square. The right foot should cross behind the left foot. The left foot crosses over in front of the right foot into the next square. Repeat this sequence through the ladder.

# 17. Canada Warm Up



## Static and Dynamic Stretch

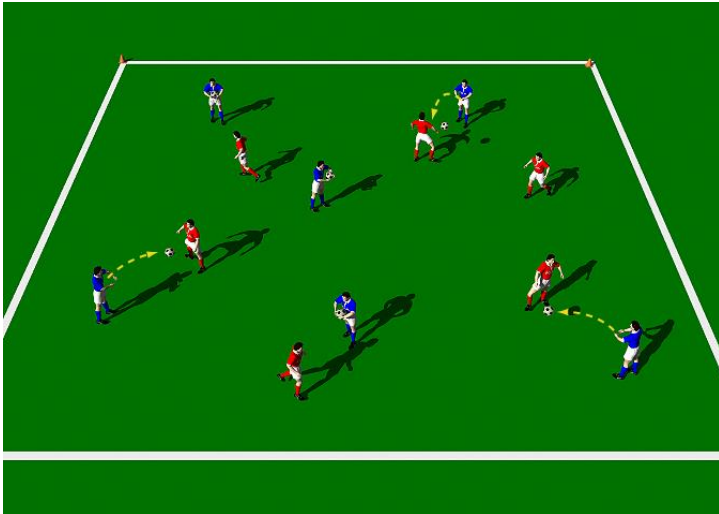
Players jog around area 20 yards x 20 yards. Perform static then dynamic stretches.

### Static

- ☐ 1. Warm Up Jog, very light.
- ☐ 2. Hamstrings, Groin
- ☐ 3. Calves, Quads.
- ☐ 4. Back and Shoulders

### Dynamic

- ☐ 5. Knee and Heel Touches
- ☐ 6. Arms back, front and clap
- ☐ 7. Thighs, Chest, Head
- ☐ 8. Side Step Forward
- ☐ 9. Russian Kicks
- ☐ 10. Trunk Twists
- ☐ 11. Carioca
- ☐ 12. Side Jacks
- ☐ 15. Back Peddling

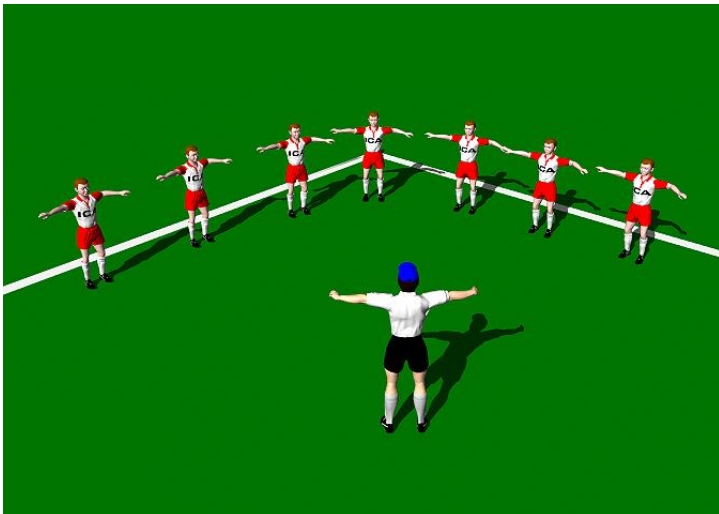


## Million Touches

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

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.



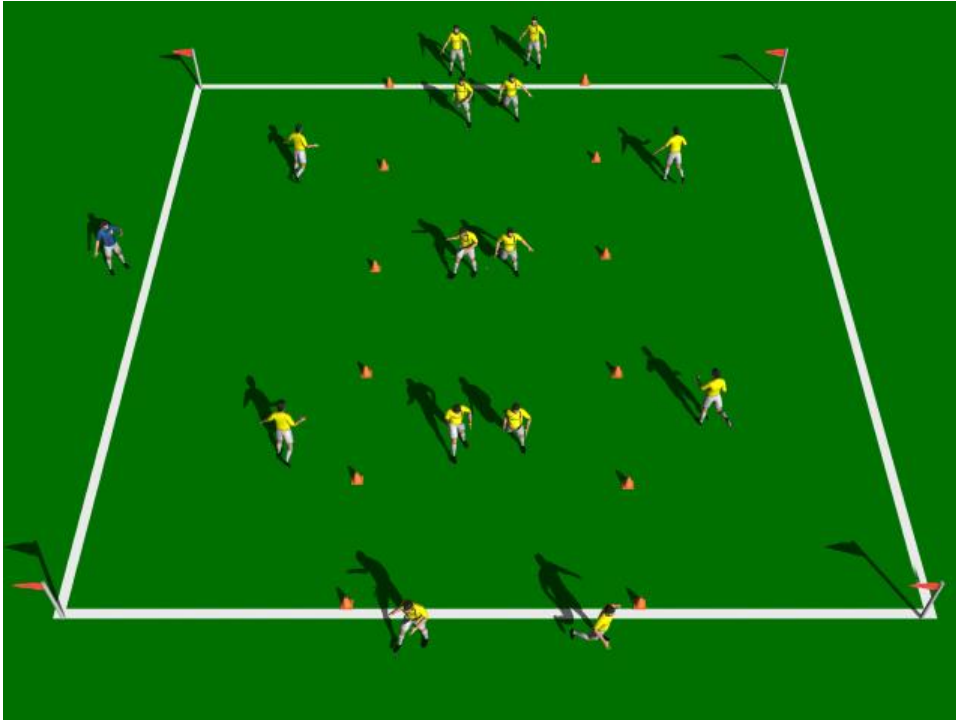
## Do This, Do That!

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 coaches 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.

Any player who moves when they shouldn't can either; Sprint around a cone, Do an exercise, or sit out

# 18. FIFA Warm Up



## ***FIFA XI Warm Up (Running Portion)***

The FIFA “11+” is a complete warm-up program to reduce injuries.

The program was developed by an international group of experts, and its effectiveness has been proven in a scientific study. Teams that performed the warm up at least twice a week had 30-50% fewer injured players.

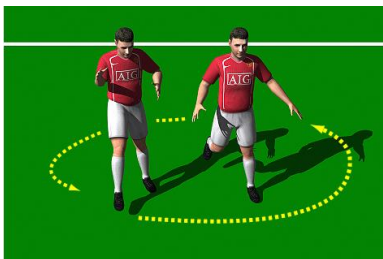
1. Running Straight ahead
2. Stretching Hip in and Out.
3. Circle Running
4. Jumping Shoulder to Shoulder
5. Running Forwards and Backwards
6. Bounding



***RUNNING STRAIGHT AHEAD***  
Jog together all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**



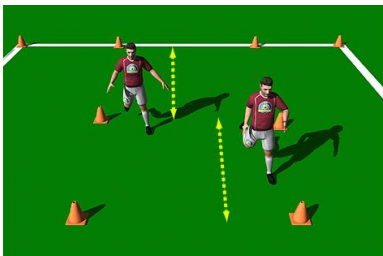
***RUNNING HIP OUT & HIP IN***  
Walk or jog, stop at each cone to lift your knee and rotate your hip. Alternate between left and right legs at successive cones. **2 sets**



***RUNNING CIRCLING PARTNER***  
Run to the first set of cones. Shuffle sideways to meet in the middle. Shuffle an entire circle around one other and then return back to the cones. **2 sets**



***RUNNING SHOULDER CONTACT***  
Run forwards to cones. Shuffle sideways, jump towards each other to make shoulder-to-shoulder contact. **2 sets**

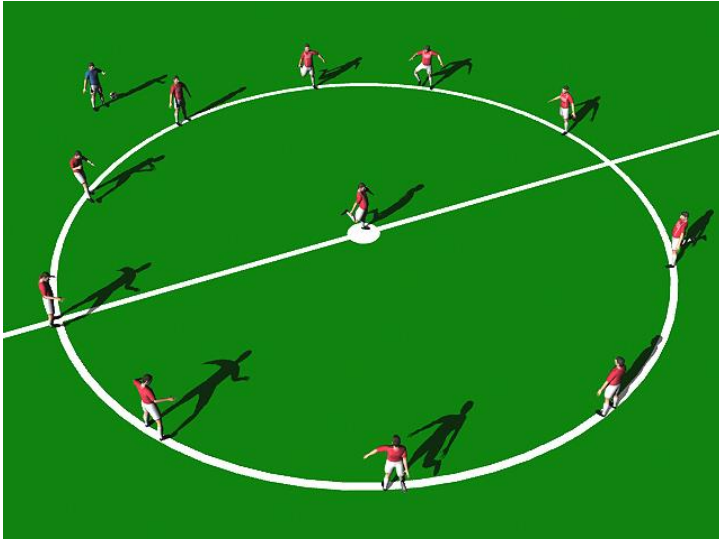


***RUNNING QUICK FORWARDS & BACKWARDS***  
Run two cones forwards and one cone backwards. **2 sets**



***RUNNING BOUNDING***  
Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. **2 sets**

# 19. West Ham Warm Up



## **Static and Dynamic Stretch Sequence**

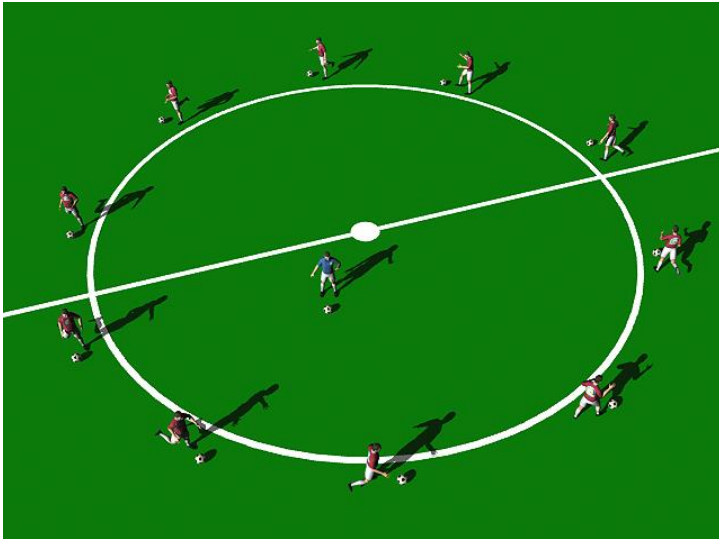
In the Center Circle, each player has to take a turn of giving the group a stretch. Stretches cannot be repeated by a player.

### **Static**

- 1. Start with light jog inside the circle.
- 2. Hamstrings, Groin
- 3. Calves, Quads, Back and Shoulders

### **Dynamic**

- 5. Knee and Heel Touches
- 6. Arms back, front and clap
- 7. Thighs, Chest, Head
- 8. Side Step Forward
- 9. Russian Kicks
- 10. Trunk Twists
- 11. Carioca
- 12. Side Jacks
- 15. Back Peddling

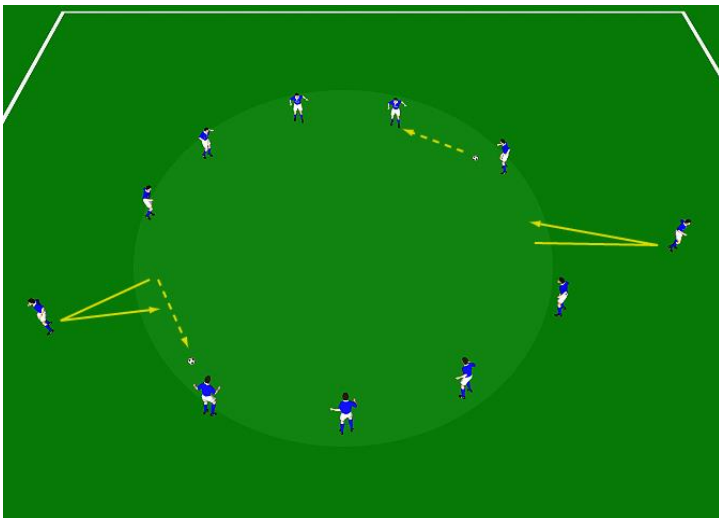


## **Around the World Ball Skills**

Players have a ball each and are spaced equally around the perimeter of the center circle.

On the coach's command the players perform the following skills;

1. Dribble around circle, on "whistle" turn 108 degrees. Turning using inside and outside of the foot.
2. On "whistle" perform a "**step over**" move.
3. On "whistle" perform a "**scissors**" move.
4. On "whistle" perform a "**Maradona Spin**" move.
5. On "whistle" kill ball dead, keep running to next ball.
6. Jog with ball in hands. On "whistle" throw ball up and head backwards for man behind you to catch.
7. Jog with ball in hands. On "whistle" throw ball up and head backwards for man behind head to man behind him to catch (double header).



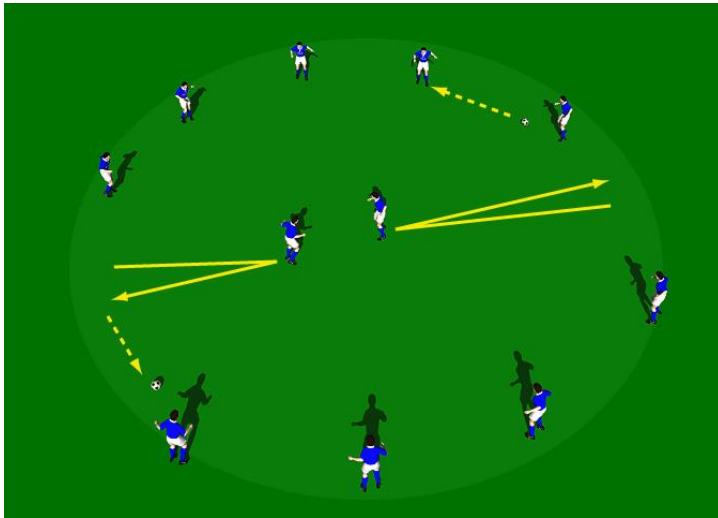
## **Circle Sprints Outside**

The entire group make a large circle. There should be at least 5 yards between each player. Use two balls.

The drills starts with the balls at opposite side of the circle. The ball is past to the next player on the right using "one touch" only. After a player passes the ball they must turn and sprint 10 yards outside the circle and back to their original position. Continue for several minutes. Have players perform same drill but pass to the next player on the left.



# West Ham Warm Up *cont*

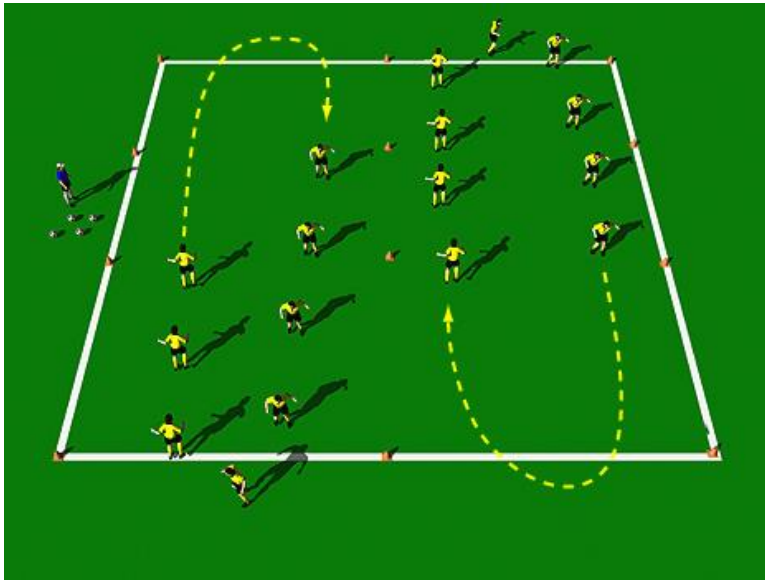


## ***Circle Sprints Inside***

The entire group make a large circle. There should be at least 5 yards between each player. Use two balls.

The drills starts with the balls at opposite side of the circle. The ball is past to the next player on the right using "one touch" only. After a player passes the ball they must turn and sprint 10 yards inside the circle and back to their original position. Continue for several minutes. Have players perform same drill but pass to the next player on the left.

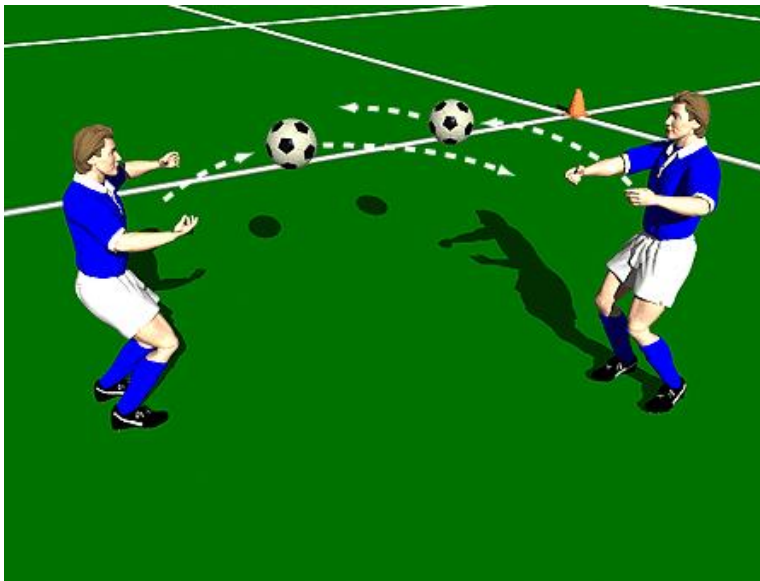
# 20. The Greece Warm Up



## Dynamic Stretch Sequence

- ☐ 1. Warm Up Jog
- ☐ 2. Heel Touches
- ☐ 3. Knee Touches
- ☐ 4. Knee and Heel Touches
- ☐ 5. Arms back, front and clap
- ☐ 6. Thighs, Chest, Head
- ☐ 7. Side Step Forward
- ☐ 8. High Kicks
- ☐ 9. Trunk Twists
- ☐ 10. Carioca
- ☐ 11. Side Jacks
- ☐ 12. Inside Feet
- ☐ 13. Side Swings
- ☐ 14. Thigh, Thigh, Heel, Heel
- ☐ 15. Back Steps
- ☐ 16. Sky Stretch

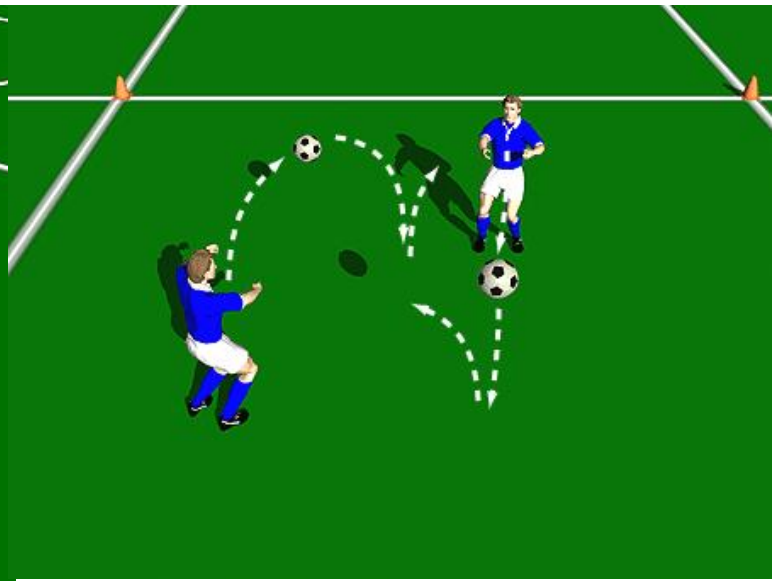
## Ball Exchange



Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards.

The players exchange balls while moving around the grid. They are constantly moving to a new position and the ball never touches the ground. Focus should be on "quick feet" and being light on their toes.

## Ball Exchange One Bounce

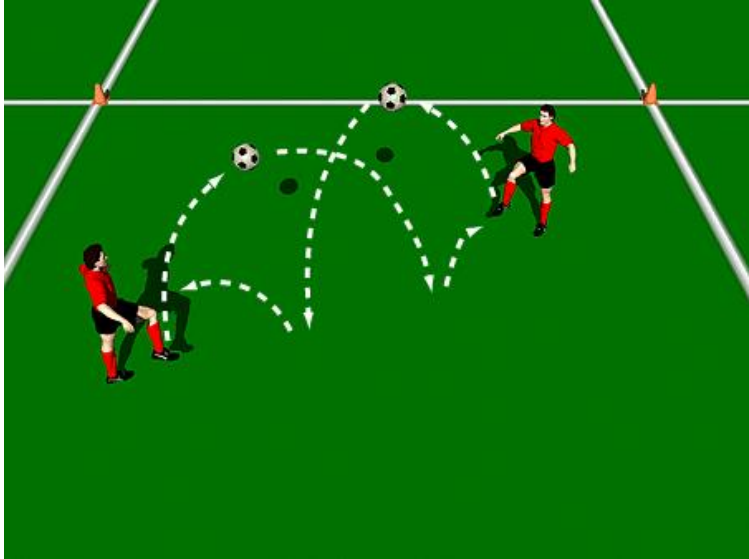


Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards.

The players exchange balls while moving around the grid. The ball is only allowed to "bounce once" for they catch it. They are constantly moving to a new position. Players should vary serve in all direction to make the exercise for challenging. Focus should be on "quick feet" and being light on their toes.

# The Greece Warm Up *cont*

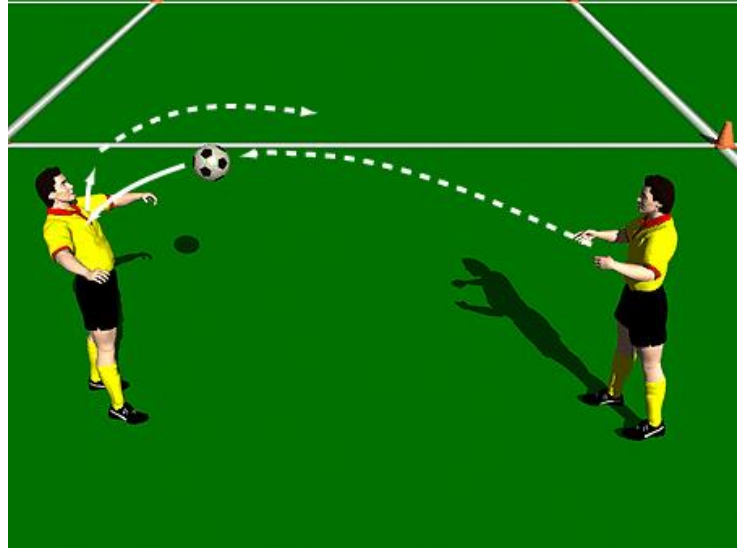
## ***Ball Exchange Juggle One Bounce***



Players juggle the ball and in a synchronize fashion exchange balls while moving around the grid. Players should take 3 to 4 touches before releasing the ball. The ball is played up into the air and is allowed to "bounce once"

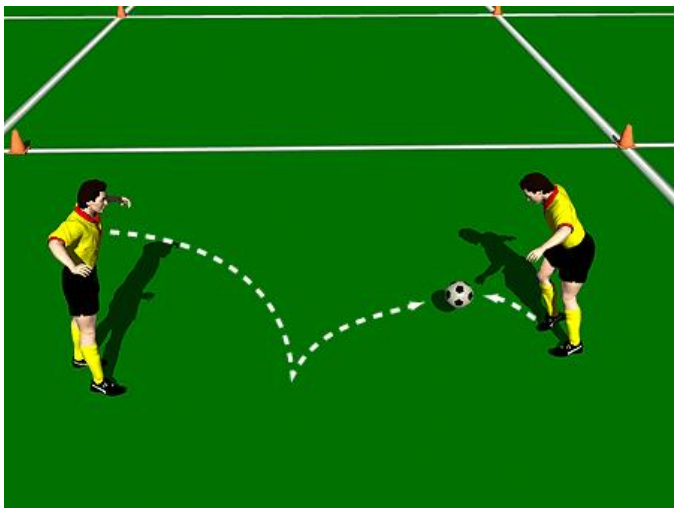
before the partner controls the ball. Players should vary serve in all direction to make the exercise for challenging. Focus should be on "quick feet" and being light on their toes. Player should try and maintain eye contact and communicate with each other.

## ***Head - Chest - Return***



One player throws an underhanded serve to their partners chest. The receiving player must redirect the ball up into the air and head the ball back to their partner. Player should try and maintain eye contact and communicate with each other.

Switch roles every 10 attempts.



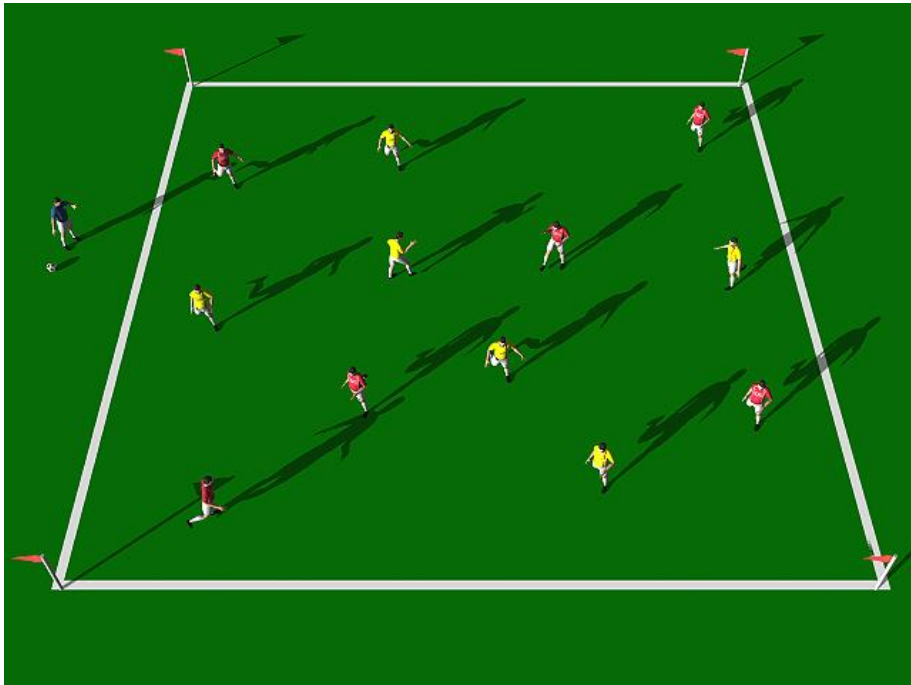
## ***Chest and Volley Drill***

One player throws an underhanded serve to their partners chest. The receiving player must redirect the ball off their chest and back to the receiver.

The receiver then volleys a return pass to their partner. Players should be constantly moving around the grid into new positions. The partners switch roles and continue this sequence throughout the exercise. Player should try and maintain eye contact and communicate with each other.

Switch roles every 10 attempts.

# 21. Chelsea Warm Up



## Static and Dynamic Stretch

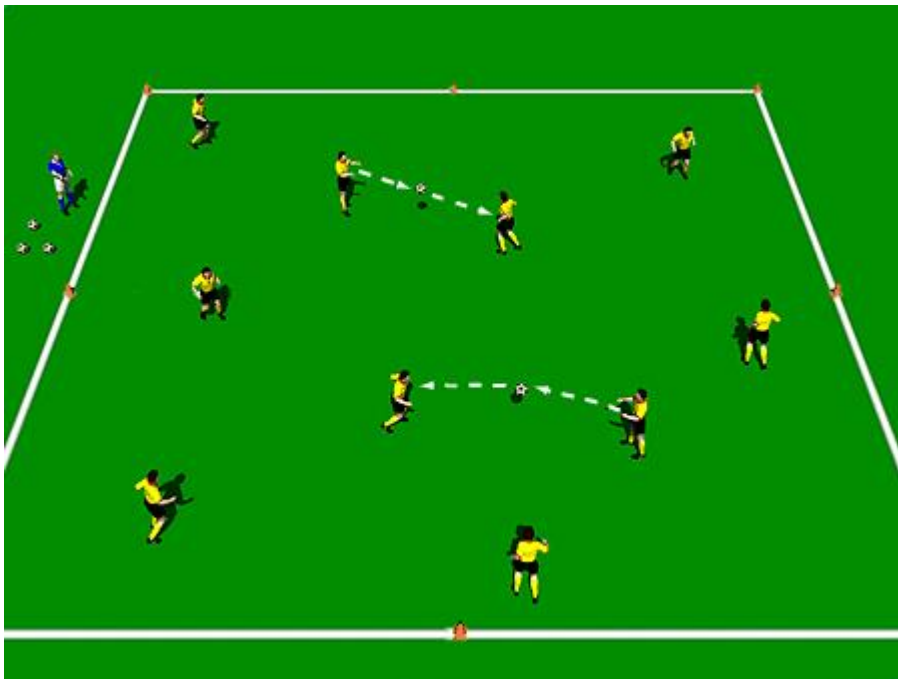
Players jog around area 20 yards x 20 yards. Perform static then dynamic stretches.

### Static

- ☐ 1. Warm Up Jog, very light.
- ☐ 2. Hamstrings, Groin
- ☐ 3. Calves, Quads.
- ☐ 4. Back and Shoulders

### Dynamic

- ☐ 5. Knee and Heel Touches
- ☐ 6. Arms back, front and clap
- ☐ 7. Thighs, Chest, Head
- ☐ 8. Side Step Forward
- ☐ 9. Russian Kicks
- ☐ 10. Trunk Twists
- ☐ 11. Carioca
- ☐ 12. Side Jacks
- ☐ 15. Back Peddling



## Group Ball Exchange

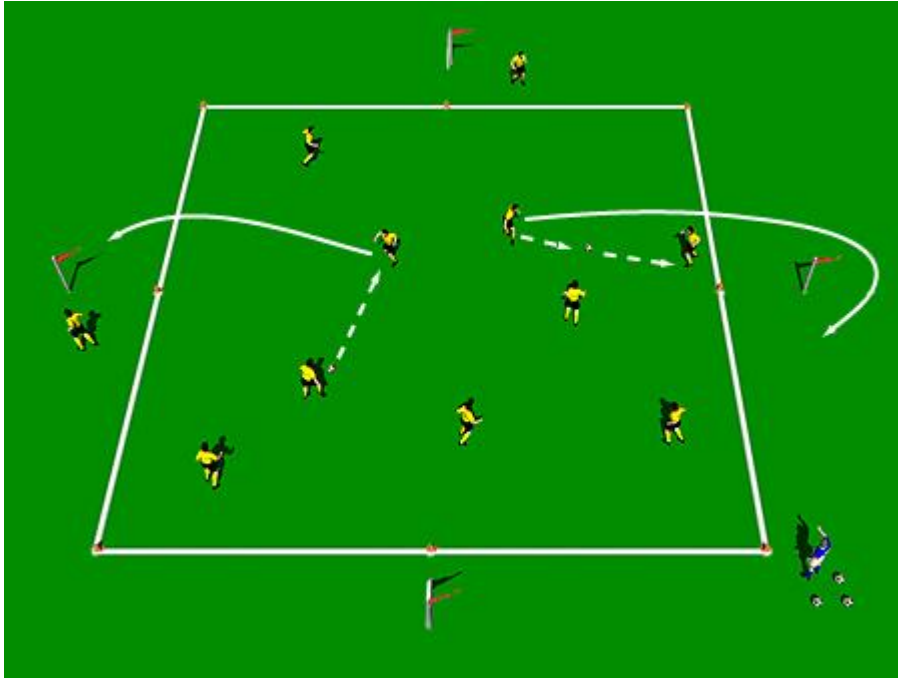
The group ball exchange drill can be performed using the entire team. Players work in an area approximately 20 yards x 20 yards.

Players are number 1 through 10 etc. Player 1 throws to player 2, player 2 throws to player 3 and so on. Players exchange balls while moving around the grid. The idea is to throw and move to a new position with the ball never touching the ground. Start by using 1 ball, then add additional balls to increase the tempo of the practice.

Players should be constantly alert and communicating with each other.



# Chelsea Warm Up *cont*



## **Group Passing Exchange**

The group passing exchange drill can be performed using the entire team.

Players work in an area approximately 20 yards x 20 yards.

Players are number 1 through 10 etc. Player 1 passes to player 2, player 2 passes to player 3 and so on. Players exchange balls while moving around the grid. The idea is to pass and move to a new position. Players should be constantly alert and communicating with each other. Start by using 1 ball, then add additional balls to increase the tempo of the practice.

### **Progressions:**

1. Free play - unlimited touches
2. Restrict to 2 touch
3. Restrict to 1 touch
4. After passing the ball, the player must sprint around an outside flag pole.



## **Group Volley Exchange**

The group volley exchange drill can be performed using the entire team. Players work in an area approximately 20 yards x 20 yards.

Start with one ball. The player with the ball volleys into the air. The ball is allowed to bounce once before the next player volleys it into the air. The idea is to keep the ball and players moving around the grid. Players should focus on "quick feet" and being light on their toes. Players should be constantly alert and communicating with each other.

Start by using 1 ball, then add additional balls to increase the tempo of the practice.

### **Progressions:**

1. Free play - unlimited touches before volleying the ball.
2. Restrict to 2 touch before volleying the ball.
3. Restrict to 1 touch, volley first time.
4. After volleying the ball, the player must sprint around an outside flag pole.

## 22. AC Milan Warm Up



This is a static and dynamic warm up exercise lead by assigned team players. Groups work individually, but at the same time.

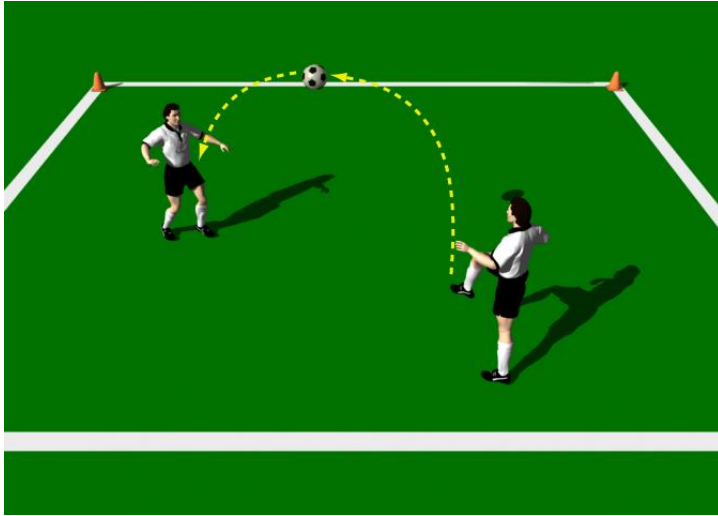
### Field Preparation

- ☐ Entire Group
- ☐ Area Half Field
- ☐ Supply of Balls, Cones,

### Warm Up Sequence:

- ☐ Divide team into 4 small groups.
- ☐ Designate a player in each group to be the leader. This player has to lead his players through a series of static and dynamic stretches.
- ☐ Each group will be judge on the quality and originality of their warm up routine.
- ☐ Make it a fun competition! Announce who had the best warm up. Take a picture and put it on Facebook!
- ☐ Conclude this portion of the warm up with several shorts sprints in various directions, eg; forward, side to side, backwards etc.

# AC Milan Warm Up *cont*



## ***Call the Number***

Players are paired up with a partner, facing each other at a distance of 2-3 yards. Players serve a ball to their partner in the air, using the Head, Chest, Thighs or Feet. On playing the ball, the server must instantly call out loud number; 1, 2, or 3.

The receiving player must keep the ball in the air, the designated amount of times. e.g.: player shouts "one", ball is returned on the "first touch". Player shouts "two", ball is juggled once, played back on 'second touch". On returning the ball, the player then calls out a number for his partner.

## **Point System:**

- If the player allows the ball to drop - 1 point to partner.
- If the player does not control the ball the exact number of times - 1 point to partner.
- Bad service - 1 point to partner.
- Player forgets to call a number - 1 point to partner.
- Make a competition between partners, first player to 10 wins.
- **Have different players challenge each other.**



## ***30 Seconds Shielding***

Divide your group into pairs. One ball per pair. One player starts with possession of the ball in the center of a grid approx 5 yards by 5 yards. On the coach's command, the defender has 30 seconds to see if they can win the ball from their partner. The player with the ball must protect the ball within the boundaries of the grid. If the player with the ball loses it, they then become the defender. The player who has the ball at the end of 30 seconds wins a point.

Make a competition, first player to 5 points wins. Rotate players to challenge new opponents.

## **The coach should emphasize the following points:**

- Always adopt a "side on" position to protect the ball. This provides a greater distance between the ball and the threatening defender.
- Clench your fists! This will tighten the upper body and make you stronger to shield the ball.
- Keep moving the ball. Change direction in relation to the defender. Back into the defender to block.

# AC Milan Warm Up *cont*



## Exercise Objectives:

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

## Field Preparation

- ☐ Entire Group
- ☐ 20 x 30 yards

## Coaching Pointers:

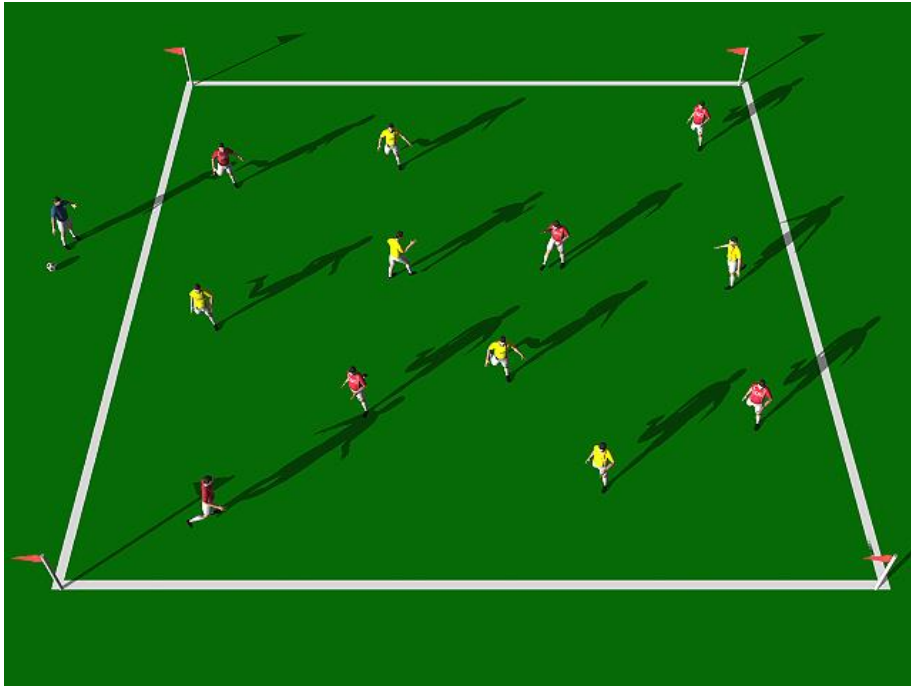
Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

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.



## 23. USA Warm Up



### Static and Dynamic Stretch

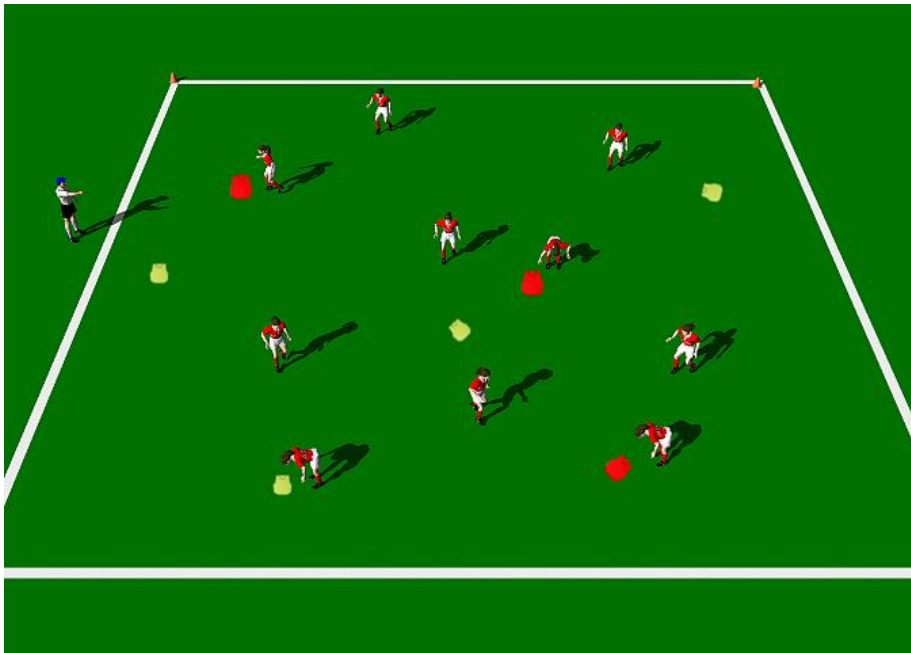
Players jog around area 20 yards x 20 yards. Perform static then dynamic stretches.

#### Static

- ☐ 1. Warm Up Jog, very light.
- ☐ 2. Hamstrings, Groin
- ☐ 3. Calves, Quads.
- ☐ 4. Back and Shoulders

#### Dynamic

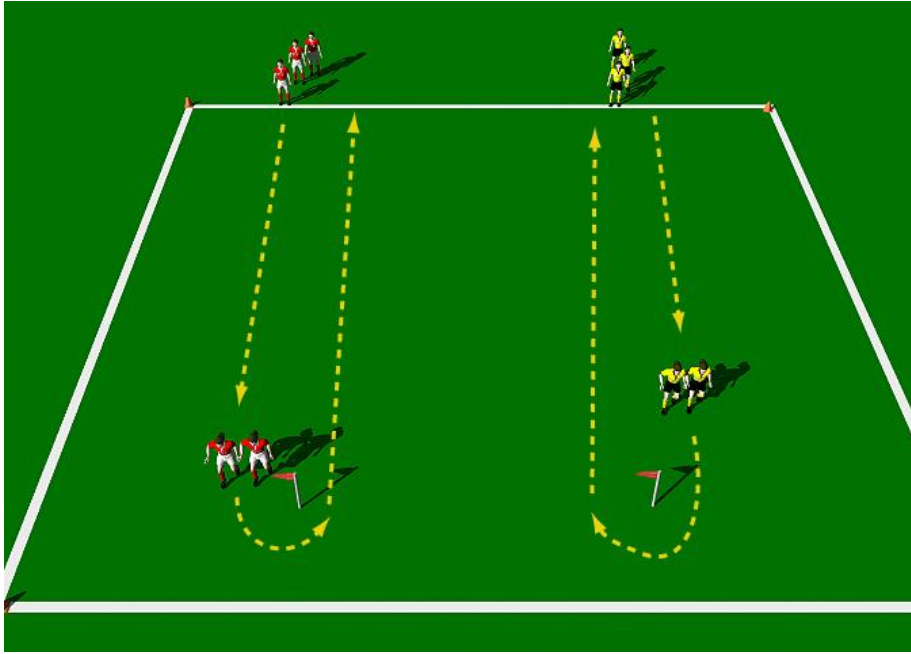
- ☐ 5. Knee and Heel Touches
- ☐ 6. Arms back, front and clap
- ☐ 7. Thighs, Chest, Head
- ☐ 8. Side Step Forward
- ☐ 9. Russian Kicks
- ☐ 10. Trunk Twists
- ☐ 11. Carioca
- ☐ 12. Side Jacks
- ☐ 15. Back Peddling



### Collect the Pinnies

Place 12 colored vests on the ground, six red, six yellow. Players jog around the grid. As the players jog, the coach calls out a color. The players have to race to pick up a vest of the right color. Players who have a vest are awarded 1 point, first to 5 points wins. Or, players who do not have a vest perform a short exercise.

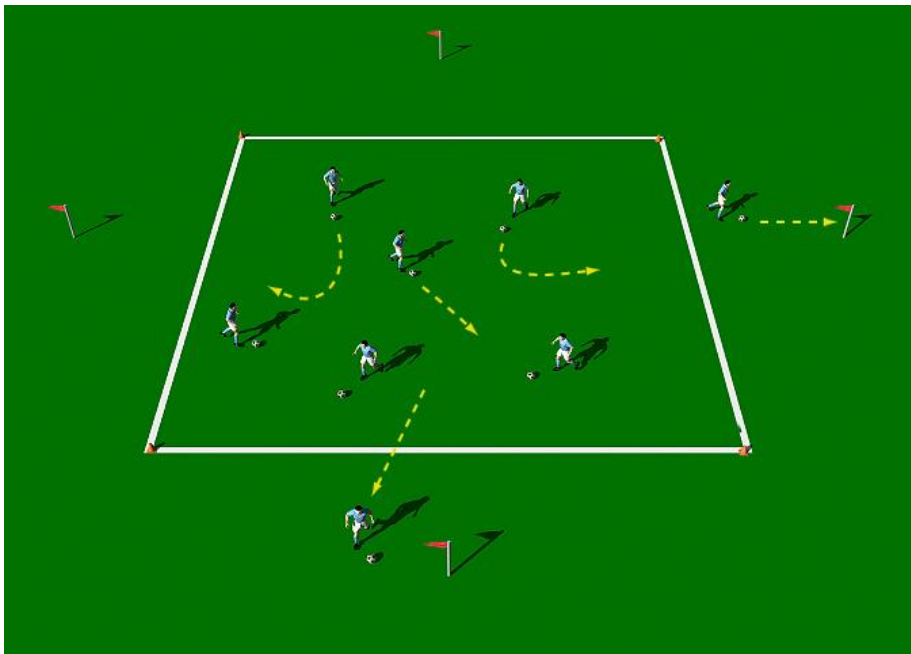
# USA Warm Up *cont*



## **Chain Relay**

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.



## **The Great Escape**

Players dribble around grid and try to tag each other using their hand. Any player tagged must sprint with their ball around the nearest flag pole placed outside the grid.

### **Progression:**

Instead of tagging, the players try to knock other players' balls out of the grid. The players that lose their ball must sprint around the flag pole with their ball before they can join back in.