

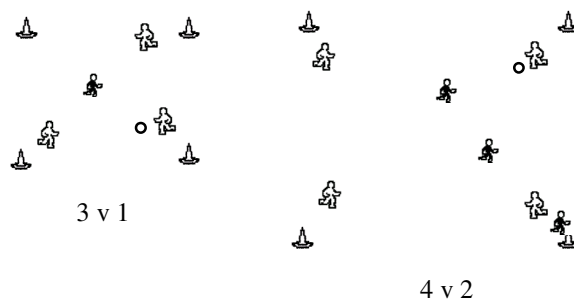
HOW TO GET YOUR PLAYERS READY TO PLAY

• SAMPLE WARM-UP SESSIONS

Teams should warm-up for at least 30 minutes. The idea of the warm-up is to prepare both the player's bodies and also their minds ready for action. A good warm-up can often make the difference between success and failure. Once the bodies are warmed up then we can begin to stretch. All warm-ups should be preformed with the ball so that our players have an extra opportunity to work on their skills. Listed below is a selection of various activities that can be used as a warm-up prior to games.

WARM-UP I

Possession games such as 3 v 1 or 4 v 2 or 5 v 3 are great for developing some competitiveness into your warm-ups. Grid size can be adjusted to the skill level, age and intensity. You can restrict the number of touches that each player takes in order to increase alertness and also speed of play. One and two touch soccer promotes quicker play in all aspects of play: support, thinking ahead, decision making, preparation of first touch etc.

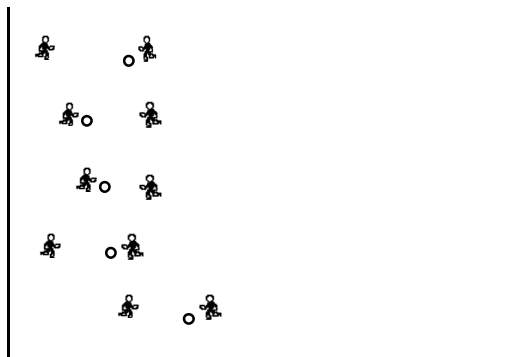


WARM-UP II

"Brazilians". Players are divided into 2's with 1 ball and perform various skills across the width of the field. Player's can also progress to being on the move by first performing within a confined area.

Variations include:

- Receive and pass
- Receive and pass with opposite foot
- 1 touch passing
- Inside foot volleys
- Laces volleys
- Thigh and volley
- Chest and volley
- Header
- Play through legs/retrieve and pass
- Play over head/retrieve and pass

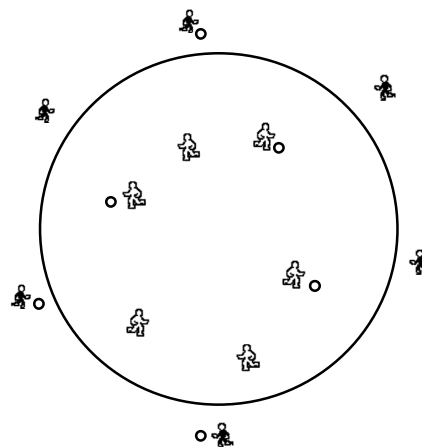


WARM-UP III

Divide the team into 2 groups, one group has a ball each and is situated around the outside of a circle (the actual center circle is great to use) and the other group is in the middle. Players in middle receive passes from outside player, after they have received and passed 8 times they stop and stretch, last player performs an exercise (5 Australian push-ups).

Variations include:

- All the exercises listed above
- Players receive from one player and have to pass to another
- Players receive from one player and have to pass to another but not the one that is either side of the player they just received from

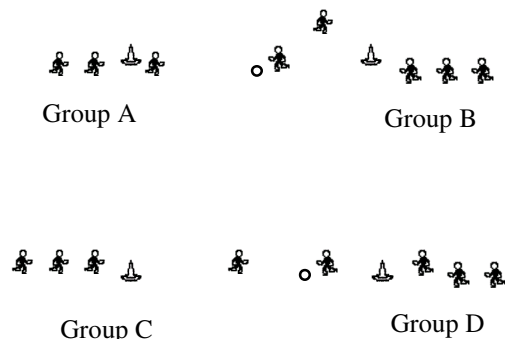


SAMPLE WARM-UP SESSIONS—CONTINUED

WARM-UP IV

These exercise are great when you are at a field complex that does not have a great deal of space available to use as a warm-up area. Players are divided into 4 groups and are stationed behind a cone each. Group A and Group C has a ball. The players perform a number of exercises including:

- player in group A passes to player in group B follows their pass to join back of B....
- player in group A passes to player in group B turns to join back of A....
- Above exercises can be played using 1 touch, 2 touch or unlimited
- Player in group A serves a ball for player in group B to volley ball back to next player in group A using inside of foot. After serve and volley player always joins back of opposite group
- Player in group A serves a ball for player in group B to volley ball back to next player in group A using laces. After serve and volley player always joins back of opposite group
- Player in group A serves a ball for player in group B to control with thigh and volley ball back to next player in group A. After serve and volley player always joins back of opposite group
- Player in group A serves a ball for player in group B to control with chest and volley ball back to next player in group A. After serve and volley player always joins back of opposite group
- Player in group A serves a ball for player in group B to head back to next player in group A. After serve and header player always joins back of opposite group



WARM-UP V

4 v 4 scrimmages. Replicate the "match" as players need to use all the skills necessary to play the "match". Lower numbers increase touches on the ball. Can vary the type of 4 v 4 activity in order to keep it interesting for the players. Variations include:

- keep-away game with x number of passes = a goal
- Play to small goals at either end
- Play to 2 small goals at either end
- Line game where players have to stop the ball on a line
- Vary the dimensions of the field, longer field encourages longer direct passing, smaller field promotes the use of short passing skills

