



### GAME DAY

**Pre-Game** The pre-game warm-up should start between 45 minutes and a ½ hour before the kick-off. The objective of a warm-up is to get the players ready physically, technically, tactically, and psychologically. A general warm-up could be a group jog and stretch led by the team captain. The players should ease into this allowing for some social time. The next phase should be getting the technical side covered by getting into small groups for passing receiving, juggling, etc. At this time, the goalkeeper should break off and begin to do his or her thing. Approximately 15-20 minutes before the game, you should get very close to imitating the real game. Play for a very short time or several short times with a good stretch or short talk in between. For example, a small-sided game (or keep away, or half-court) for 3 minutes, rest for one minute and go another three minutes. Incorporate finishing with a small group of forwards. Allow 3-5 minutes before the game to let the players relax, get their shoes tied, tuck shirts in, etc. Just before kick-off, make your final comments and adjustments.

**During Play** While the game is going on, teach. Too many of us watch the ball. Look at ways to help the players learn. You can do this by yelling from the bench, calling the player over to the bench, while the player is being substituted, have your captain or other players help each other. You teach during the game by demanding, requesting, giving options, posing questions, demonstrating, drawing diagrams, etc. Instruct as much as you can. Do not overcorrect one person. Spread the comments out to your entire team. And most important, be positive. Your teaching comments to positive comments ratio should be 4:1.

**Half Time** When players come off, allow them 2-4 minutes to unwind and intermingle. Encourage the players to talk amongst themselves. If you recognize them solving problems by themselves, perhaps allow them longer time to separate from the coaching staff. This is a time for the Head coach to conduct a quick meeting with his/her support staff (Medical, Assistant, Directors, etc.). When you feel the time is right, get them away from any distractions. Give them instructions to adjust their game for the second half. The purpose for your talk is 1) to help them improve and 2) to help them win. Keep your comments brief, clear and few. Individual or small comments are generally made separate from the team.

**Post-Game** Act professional. Thank the referee and the opposition. Bring the players together and make comments regarding the game. You no longer can change the outcome but you can however teach. Again, make short brief comments. Analyzing and generalizing is appropriate. When the technical teaching is done, cover any administrative issues that are pertinent.



## WARM UP

*NOTE: THE FOLLOWING IS FOR USE ON REGULAR LEAGUE OR CUP GAMES. TOURNAMENTS, WHICH REQUIRE MORE THAN ONE GAME TO BE PLAYED IN A DAY, OR GAMES ON BACK TO BACK TO BACK DAYS, MAY REQUIRE ADJUSTMENTS. CLIMATE OR WEATHER MAY ALSO PLAY A ROLE IN THE LENGTH, INTENSITY OR EXERCISES TO BE DONE WITHIN THE WARM UP.*

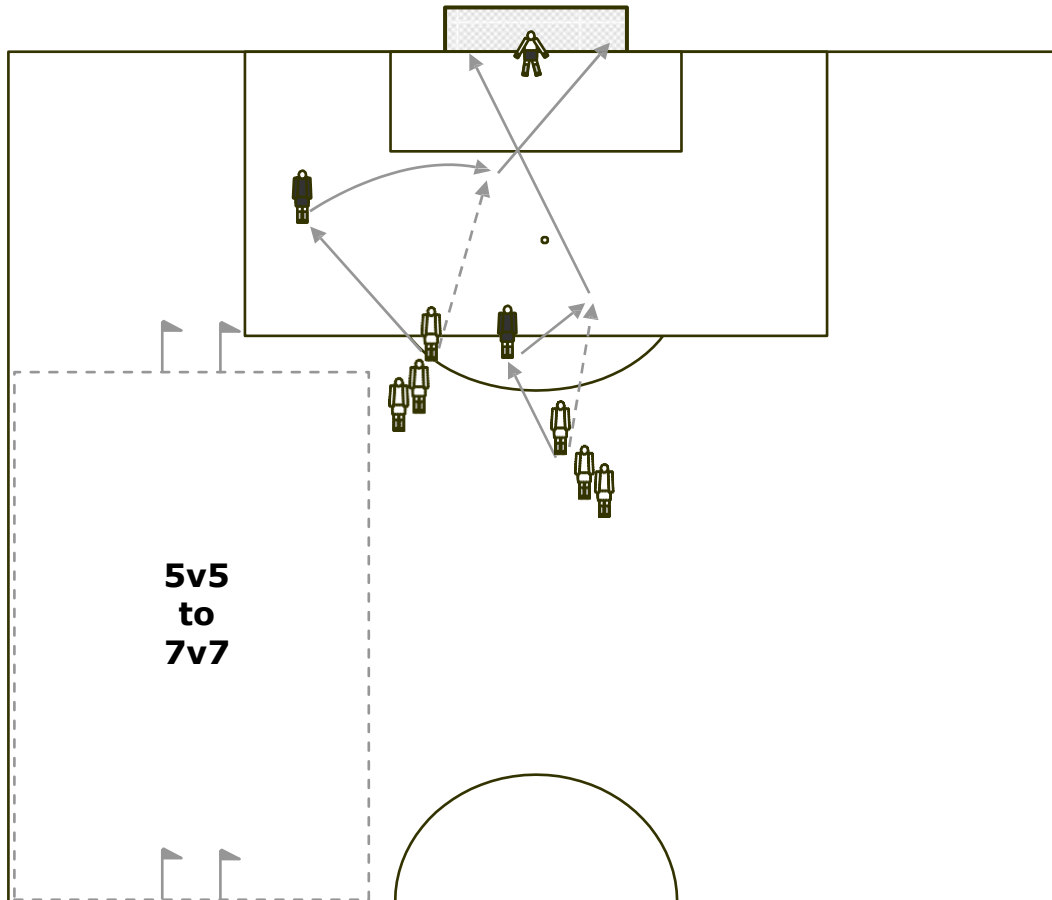
- ✦ Players should arrive 45 minutes prior to kick-off.
- ✦ Light running and stretching needs to start 25-35 minutes before kick-off.
- ✦ A small-sided game of 5v5 to 7v7 with gate goals should start 20-25 minutes before kick-off. (See diagram for grid size and location). Play for about 2-3 minutes and allow time for stretching then repeat. After round two, ask the players if a third round is necessary or if they are ready to move forward. *Referee check in may occur during this time. Variations are acceptable of course, ie. you may play with one or two neutral players, etc to ensure more success, etc.*
- ✦ Following possession/small sided game, players should move into functional exercises they feel will best prepare them for what they will partake in during the match. (see **305 98 - Functional Warm UP**), Following are examples:
  - 1) Finishing should be done with forwards. (See diagram for examples of exercises) All types of finishing: one touch inside box, inside six, two touch from outside, off of cross from width, off of short cross, off of the dribble, turn and finish, through balls, etc.
  - 2) Wide players should hit crosses. Off of dribble, after 1v1, after combination, early cross, end lines, cutbacks, etc. Wide players should also spend some time getting on the end of far side's cross.
  - 3) Central Midfielders should spend time striking long passes, winning head balls, 1v1 and should get some time in front of goal as well.
  - 4) Backs should strike long passes, spend time going 1v1 and defending, head balls (not 5 yard tosses, off of punts and off of passes), may also get in front of goal if time allows to do clearances.
  - 5) If there are players who hit set pieces they may choose to execute these as well.
- ✦ Goalkeepers warm up off to side of goal until they are ready for shot stopping. Stretch intermittently. Following is an example to use with goalkeepers.
  - 1) Volley 20 balls at keepers face from 8 yards.
  - 2) Volley 20 balls at waist from 8 yards.
  - 3) Pass ball 6 or 8 times side to side with goalkeeper shuffling to save, not diving.
  - 4) Pass 10 balls at feet with pace for forward smother save.
  - 5) 10 collapse dive saves (right) with ball served on ground.
  - 6) 10 collapse dive saves (left) with ball served on ground.
  - 7) The keeper will then need to take some crosses.
  - 8) Take some shots from 12-18 yards and beyond.
  - 9) Be sure to allow time for distribution (i.e. throws, punts, goal kicks and pass backs).

- Number of repetitions is subject to the day and goalkeeper's wants/needs.

Role of the coach: Help the players prepare. If there is an assistant, perhaps one of you is with the team during the possession/small sided game (This is helpful to keep exercise running. Encourage more than coach) and the other is with the goalkeeper. As the players progress into their own functional exercises, this is a great opportunity to walk the field and speak to players about their preparation. Is it realistic? Is the pace picking up the closer to kick off they get? Address technical issues to improve the impact and quality. Plus, this will help them better their preparation in the future. This is also a good opportunity to address players individually or in small groups in a more personal atmosphere, as to what might be necessary in the game, instead of addressing the individual in a team setting.

Please keep in mind the purpose behind warm up. It is to prepare players to play in the game. This means both physically and mentally being prepared that when the first whistle sounds, players are prepared to think, battle, and perform. Also, keep in mind that this process will vary for all players. There needn't be a scientific method. Some players need more time to run, some need more time to think, some players need more interaction with the ball, some less. Some need more down time to stretch or get a drink, etc. The overriding theme of the warm up needs to be preparation, freedom and professionalism. Learn about your players and allow your players to learn and see what is best for them.

## Warm Up Diagram



KEY					
Attacker		Dribbling with feint		Flag	
Attacker with ball		Dribbling		Cone	
Player making decision		Ball movement		Sequence number	
Defender		Run		Goal	
Coach		Air ball			
Goalkeeper		Bent run			



# ***TECHNICAL MANUAL***

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