



Game Day Warm Up

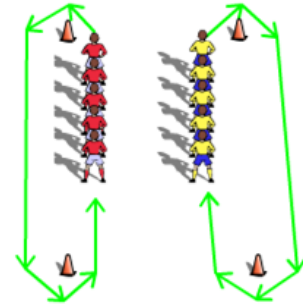
Warm Up (10mins)

Instructions

Players form 2 lines & perform dynamic movements to warm up muscles. This should include: Jogging, Sidesteps, Skipping, Backwards shuffle, Lunges, Open / Close Gate, High Knees, High Heels, Headers and Sprints.

Coaching Points

- Quality, controlled muscle movements.
- NO static stretching!
- Build up speed gradually
- Focus on match ahead



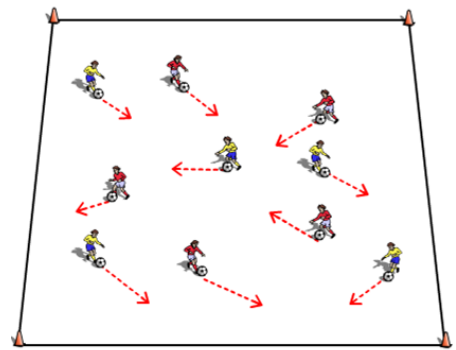
Ball Familiarization (5mins)

Instructions

Players move freely around grid. Players are encouraged to "express" themselves on the ball, be creative, use various parts of their foot etc. whilst moving. The grid should be setup to accommodate the entire team.

Coaching Points

- Use all surfaces of the foot
- Head up and look for space between touches
- Accelerate into space
- Try various turns, moves & tricks



2v1 to Goal (10mins)

Instructions

Coach passes ball out. Two defenders come out (1 as a GK 1 as a field player). Upon receiving the ball the two attackers attack the goal, making it a 2v1 to goal with a keeper. Offside rule should be implemented. To progress, implement the offside rule.

Coaching Points

Goalkeeper – Can you come out in a 1v1 & save
Defender – Pressure quickly & try to prevent attack
Attackers – Good first touch, pass dribble or shoot? Be direct, Angle of support, Stay onside, Quality of finish.



At the end of the warm-up, ensure all players are gathered in and reminded of the starting lineup, formation and their individual responsibilities on the field. Use cones or a tactics board to show them visually as well as giving them a verbal explanation.