



Pregame Warm up

Category: Warm-ups

Difficulty: Beginner

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Individual-Adult Member

Description

This session explains how the pregame warm up should be broken down

1 player 1 ball (5 mins)

All teams should start their warm ups as 1 player with 1 ball.
Dribbling is the best way to accomplish this.
Encourage players to juggle and attempt a few headers.
players should be relaxed, but still focused in this section of the warm up.

Organization 20 x 20 square.

Each player has 1 ball, and is dribbling in different directions.
Practicing turns, 1v1 footskills.

Commands

Turn - Change direction, encourage players to use both feet ,and various surfaces.

GO - this command, means to cover the ground in front of you quickly over 10 yards, using the running with the ball technique (bigger touches)

Cone and Go - this section only last 1 minute - speed increase.

Turn - players must dribble to the closest cone, and then turn away from it and accelerate.

Go - players must dribble up to and around the cone, then accelerate away at speed over 10 yards.



Movement section (10 mins)

In this section we will focus on the players muscle preparation with dynamic stretches and movement

Split the players into lines, no more than 4 per line if possible.

Players should try to spread out during the drill.

When the player in front reaches the 10 yard cone, then the next player leaves.

Players only complete the movements for 10 yards.

Eg. players would complete high knees for 10 yards, jog for 10 yards, then repeat high knees, then finish with a jog.

players will be at 50% game speed.

Organization

3/4 lines. each line is 20 yards long.

Movement

1.Slow jog - complete 3 times

2.High Knees - 3 times

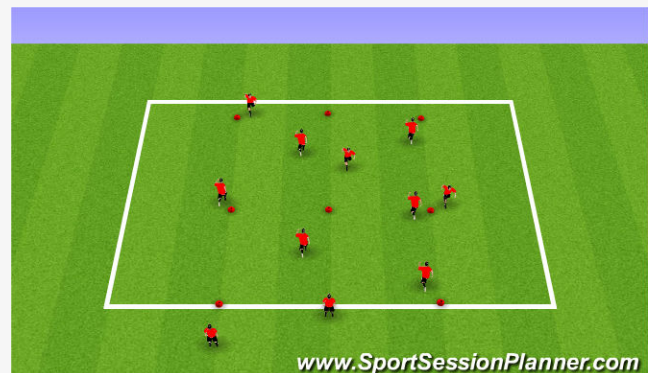
3.Heel flicks - 3 times

4.Kick through - 3 times

5. Open the gates - 3 times

6. Skipping - 3 times

7.Sprints (20 yards) 3 times



Passing and receiving (10 mins)

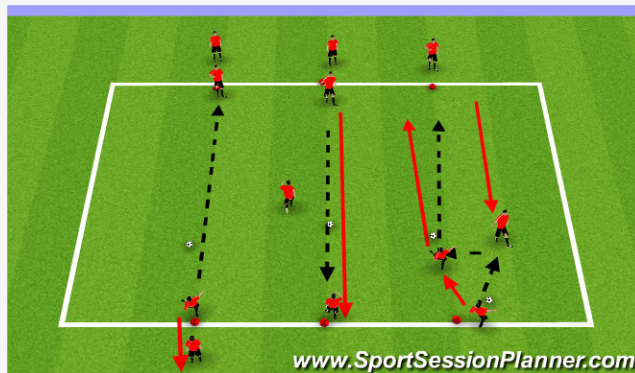
In this section, players are focusing on their passing and receiving. Players should try and play two touch football.

Organization

3/4 lines, 20 yards apart

Movement/Drills

1. players pass and move to the back of their own line. players should be focusing on taking a good first touch and a solid accurate return pass.
 2. players pass and then sprint to the opposite line. players should be focusing on a good first touch forwards, getting their head up and locating the next pass. then accelerate to the next line
 3. 1-2s, players pass the ball, then must play a 1-2 with the player receiving the ball.
- player who passes the ball long, must quickly support and play a 1-2 pass with the team mate, who then passes back to far line.
(can this be done with 1 touch football?)



3v1 passing (5 mins)

In this section we focus on Speed of play and quick ball movement.

Players should be restricted to 2 touches only, but can play 1 touch if possible

Players must move into position to receive the ball.

can players be creative with their passes? use the outside of the foot.



Game (10 mins)

In this section we focus on players playing a game, doesn't have to have goals, but can have an end product or it can be purely possession. Above players will try and score by running the ball over the end line.

This section should be played until 1 minute before kick off.

The Line Game

Organization

40x40 if possible

Split team in two.

Encourage players to play like it's the game.

can we have attacking play as a team and individuals?

Can we have defensive shape?

Combinations?

