



Warm up plan

Category: Warm-ups
Difficulty: Beginner

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Individual-Adult Member

Description

Pregame Warm up.

1 player 1 ball (10 mins)

Organization

20x20 square

Each player should have 1 ball.

Inside the area, players can dribble around the square practicing turns, dribbles juggling and other footskills.



Jogging and stretching (10 mins)

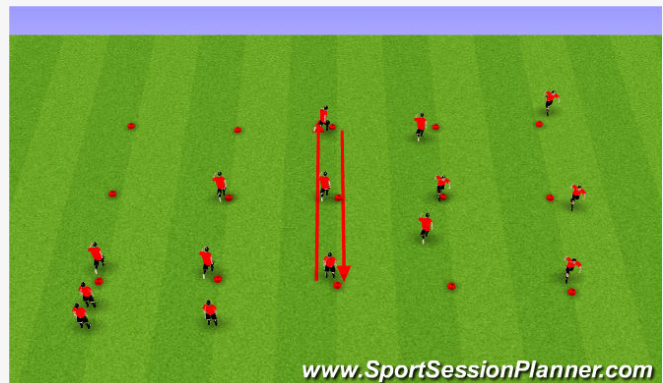
Organization

Split the group, so that there are no more than 4 people in one line.

Each cone is 7 yards apart.

Players complete the dynamic stretch, up to the middle cone, then continue to jog around top cone, then complete the sequence on the way back, coaches should follow the suggested pattern

1. Jog x3
2. High knees x3
3. Heel flicks x3
4. Small jumps x3
5. Open the gate x3
6. Kick through x3
7. Backwards jog then turn and sprint x3
8. Sprint full x3



Passing (5 mins)

Organization

Each line should have 4 players.

Change the pattern every 1 minute

1. Pass and follow 2 touch
2. Pass and Follow 1 touch if possible
3. 1-2's

Encourage short sharp passing and quick movement



3v1 or 4v2 (5 mins)

Organization

10x10 square for 3v1 or 12x12 for 4v2.

Area should be tight to make it more competitive. each player should stay in for 1 minute then switch out.



Game scenario (10 mins)

Organization

30 x 30 area, split group into two teams.

Play a game, no tackling only interceptions. have layers play possession or the line game.

