



Warm Up

Category: Warm-ups

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Dynamic Warm Up (5 mins)

Set up:

Two sets of two cones

15 yards apart

5 yards from each other

Time

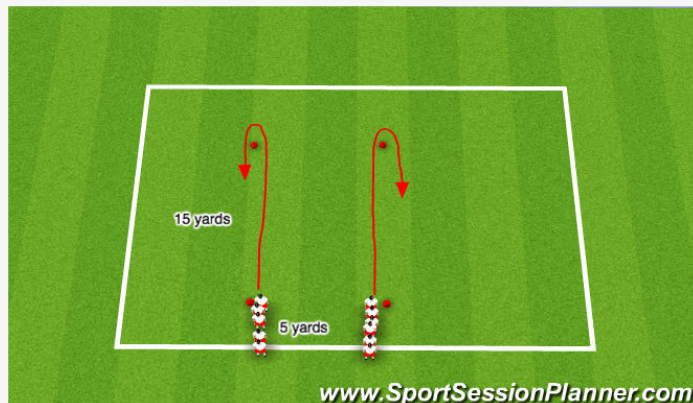
5 minutes

Instructions

Players form two lines behind each cone and run out, around the one in front of them and back to where they started. Players perform each movement out and back 2x before moving on.

Dynamic Warm Up (perform each one 2x):

- 1) Jog
- 2) High-Knees
- 3) Heels Up (Butt kicks)
- 4) Skip
- 5) Side shuffle- face the same direction the whole time
- 6) Karaoke
- 7) Backpedal
- 8) Sprint
- 9) On coaches command "Go" players jumps straight up, sprints to the cone, then jogs back



Passing (10 mins)

Set Up

Cones 10 yards apart

5 yards between lines

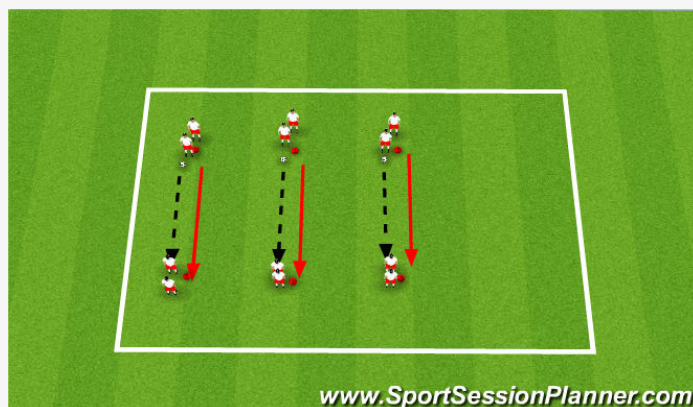
Time

10 minutes

Instructions

Keep lines to a maximum of 3 players

- 1) Have players dribble to the line across from them and leave it for the next player to dribble back.
- 2) Have players add in a little move as they are dribbling across
- 3) Have players dribble half way and then pass to the line in front of them
- 4) Have players pass to the line in front of them and follow their pass. Add in a touch restriction like 2 touch or 1 touch if you have done it in practice.



Keep away (5 mins)

No Set Up

Time

5 minutes

Instructions

5v1 or 6v1 keep away

The player that loses the ball goes in the middle

