

Warm Up - Being Creative

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**Measurement:** 20 x 20 yds**Level/Age:** 10+ yrs**Players:** 6 – 20**Duration:** 15 min.**Description:**

Players warm up within the area. The coach can call various commands such as; jog, side-to-side, etc. (See diagrams for more descriptions)

Coaching Points:

- 1) Players alert and on their toes throughout the warm up
- 2) Passing - receive on half-turn and back foot. Play the way you're facing
- 3) Player communication and movement must be continuous!

Progression:

Introduce ball 2. Players go outside area and back in after making pass 3. Introduce 2nd and 3rd ball 4. Replace numbers with names. 5. Replace the same sequence with ANY sequence.

Notes:

This was designed using SoccerTutor.com Tactics Manager - Go to www.SoccerTutor.com/TacticsManager

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STEP 2 of 2

After a period of time you can progress the warm up by introducing a ball. The coach passes to player 1. Player 2 communicates to player to receive the ball.



STEP 3 of 3

Player 2 passes to player 3. The numerical sequence continues.

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STEP 4 of 4

As a progression:
The coach introduces a second ball.



STEP 5 of 5

Players may tend to stop moving. To combat this, condition the warm up so players have to move quickly out of the area and then back in again.

