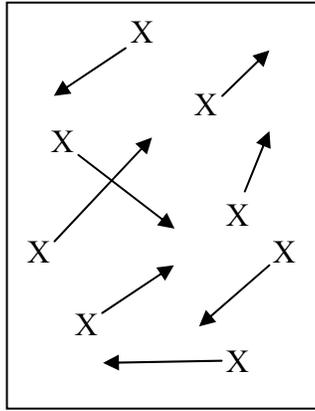
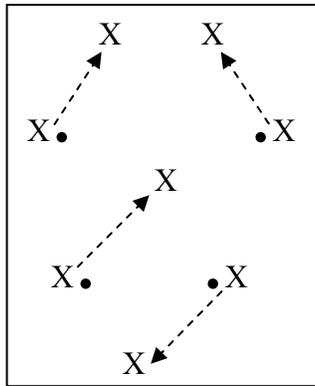
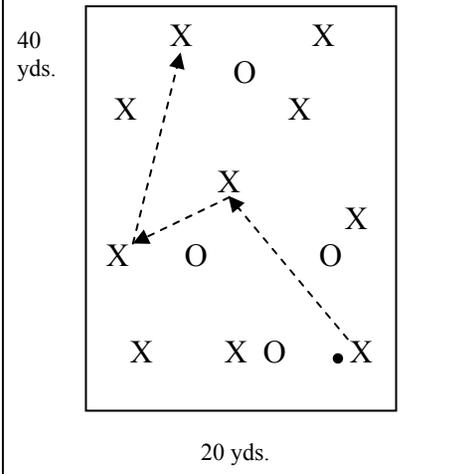


Topic: **Pre-game Warm-up**

Organization	Variations/Principles	Diagram	Coaching Points
<b>Phase I (approximately 10 minutes)</b>			
<p>Dynamic movement without the ball (20 x 30 area or as needed).</p> <p>Implement a stretching routine, or preferably, have the player's stretch what is needed individually.</p> <p><b>A coach should direct all warm-up phases.</b></p>	<ul style="list-style-type: none"> <li>All players. Begin by simply jogging inside the (20 x 30 area). Change direction continuously.</li> <li>Implement dynamic movements every 20-30 seconds. Examples: high heels, high knees, side-stepping, light skipping (move arms across body and up and down), double-skip, grapevine, etc.</li> <li>Implement change of direction and speed. Example: coach says "turn" and the players turn 180 degrees and sprint 5 yards.</li> </ul>	 <p>30 yds.</p> <p>20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Physically prepare all players for the demands of the game</li> <li>✓ Give consideration to conditions (i.e., injuries, field, weather, etc.)</li> <li>✓ Announce the starters and clarify any questions</li> <li>✓ Address tactical preparations and individual roles and responsibilities</li> </ul>
<b>Phase II &amp; III (approximately 8-10 minutes)</b>			
<p>In pairs, one ball between two (top of the 18 to Midfield).</p> <p><b>Be sure to leave the entire 18 yard box and full width for the goalkeeper(s) to warm-up.</b></p>	<p>Phase II</p> <ul style="list-style-type: none"> <li>Begin with simple passing and moving over a short distance (10 to 20 yards). Progress to longer-range passing (30 to 40 yards).</li> </ul> <p>Phase III</p> <ul style="list-style-type: none"> <li>Two-touch and one-touch exercises (partners start 10 yards apart and rotate every 8 repetitions). Exercises: pass on the ground (two-touch then one-touch), volleys, chest trap then volley, and headers.</li> </ul>	<p>Top of the 18 to Midfield</p> 	<ul style="list-style-type: none"> <li>✓ Goalkeeper(s) begin individual warm-ups</li> <li>✓ Technically prepare all players for the demands of the game</li> <li>✓ Reinforce tactical implications of technique</li> <li>✓ Raise the level of intensity and focus</li> </ul>

Topic: **Pre-game Warm-up**

<b>Phase IV (8-10 minutes)</b>			
<p>10 v 4 Possession (20 x 40 area or as needed).</p> <p>The 10 players are the starting 10 for that particular game; the other 4 are reserve players.</p> <p><b>Preferred possession exercise, as this allows the starting 10 players to work together and establish a rhythm.</b></p>	<ul style="list-style-type: none"> <li>▪ Begin with passing and moving just with the starting 10 players, and then introduce the 4 defenders.</li> <li>▪ If necessary, limit the number of touches per player.</li> <li>▪ If the defending team wins the ball, they attempt to dribble outside the area forcing the attacking team to win the ball back. Continuous.</li> <li>▪ Other possession variations:                             <ul style="list-style-type: none"> <li>- 5 v 2 in a 10 x 15 area</li> <li>- 7 v 7 from the top of the 18 to Midfield</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>✓ Technical and tactical sharpness in possession of the ball</li> <li>✓ Speed of play and appropriate decision making</li> <li>✓ Quick transition to win the ball back if possession is lost</li> <li>✓ Teamwork and the ability to establish cohesion and a rhythm prior to the game</li> </ul>
<b>Phase V (5-8 minutes)</b>			
<p>Functional phase (half field). Individual players focus on specific areas of the game.</p> <p><b>Finish with a few 5-10 yard sprints.</b></p>	<ul style="list-style-type: none"> <li>▪ Defenders and outside midfielders work on hitting long balls.</li> <li>▪ Attacking midfield and forwards work on shooting. Note: use the reserve goalkeeper or a coach in goal.</li> <li>▪ Starting goalkeeper works on distribution (i.e., goal kicks and punts).</li> </ul>	<p>Half Field</p>	<ul style="list-style-type: none"> <li>✓ <b>Positive reinforcement and motivation throughout</b></li> <li>✓ <b>Final words of wisdom</b></li> <li>✓ <b>Team cheer</b></li> <li>✓ <b>Good luck!</b></li> </ul>
<b>Cool Down – After the Game (approximately 10 minutes)</b>			
<p>Dynamic movement and static stretching.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Brief review of the game</li> <li>✓ Next training reminder</li> </ul>