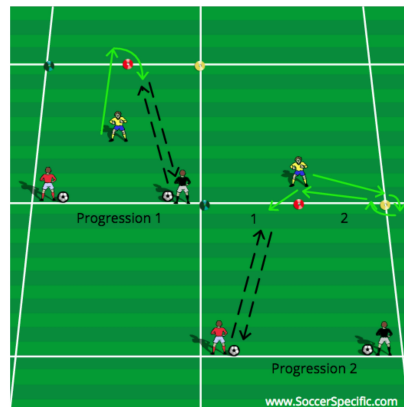
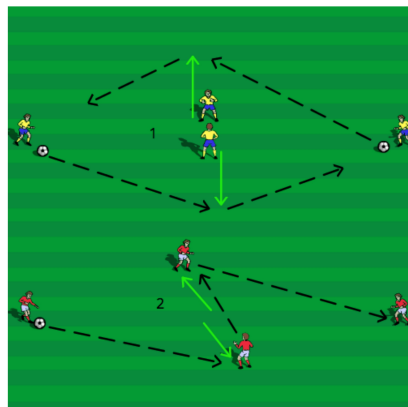




10 BEST SOCCER WARMUPS: A Guide to Physical, Mental, and Technical Preparation



For Upper Zone 1, Zone 2 & 3



SOCCERSPECIFIC

INTERACTIVE SESSION PLANNER

OBJECTIVES:

Get the most from the time you spend with your team each training session, every week and throughout the season by incorporating the ball into your warmups. Establish a weekly and monthly periodization schedule for your team based on its match schedule and your desired intensity level for each training session. Establish consistency in developing your players over time by incorporating a focus for each warmup session. Reduce injuries by increasing each player's range of motion, strength, mobility, quickness, and speed.

THE STORY BEHIND THE METHOD:

This complete guide to warmup sessions for Upper Zone 1 and Zones 2 & 3 was formulated and vetted by coaches of FIFA U-17 players over a two-year period as they prepared for the 2015 FIFA U-17 World Cup in Chile. This focused training played an integral role in player development as coaches programmed 60 international matches. Players trained 5 days a week in a year-round, residential setting. From the 35 man provisional roster for the 2015 FIFA U-17 World Cup in Chile, 28 have signed professional contracts.

SAMPLE WEEK

Day	Focus	Intensity
Saturday	Match	9-10
Sunday	Off / Active Rest / Pool	
Monday	Regeneration	3
Tuesday	Agility	8
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**Adapt to your team's schedule and desired periodization*

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INTERACTIVE SESSION PLANNER

REGENERATION:

Regeneration warmups were often used on a travel day. These helped get the “travel” out of players’ legs and offered them plenty of ball touches to build confidence. The first session of the week leading into competition was vital for injury prevention and set the tone for the training week. Often times these warmups guaranteed 200-300 more touches on the ball per player. We also used on a Monday training session the day after an “active” rest day in order to recalibrate and reacclimatize the players for the training week ahead.

AGILTY:

This was earmarked as the most intense warmup of the week. Scoring an 8/10 intensity level, with an agility focus, these sessions offered an excellent way to increase an individual player’s agility and mobility with and without the ball. Including technical repetition was an economical way of perfecting the overall techniques of passing and receiving as well as incorporating change of direction and preparing the body to manipulate the ball properly. This warmup was used on Tuesdays when players were fully recovered from the previous match and still five days out from the next match.

SPRINT/DISTANCE:

As part of our weekly and monthly training schedule of the team we knew we needed to teach proper sprint mechanics as well as cover a certain distance for the day. These were great ways to accomplish both objectives and make it more interesting for the players by incorporating the ball. Sprinting onto a ball’s path is more realistic than sprinting in a straight line without the ball. Once in possession of the ball, sprinting at speed while manipulating the ball proved to be very useful in improving technical speed and confidence in 1V1 scenarios.

COMMUNICATION:

Often times young players lack communication skills under pressure. Choosing communication as one of our main focuses for warmups helped us create a common language throughout the team. Example commands included “man on”, “turn”, “left shoulder”, “right shoulder”. Developing these accurate commands improved the overall efficiency of game-related scenarios in training and matches. Many players either don’t know what to say or use different language they have learned from the previous learning environments. This will aid in getting everyone on the same page.

COGNITIVE:

Low-intensity warmups were used the day before a match. Scoring 2/10 for intensity level, these warmups required a certain level of awareness and preparedness from the beginning. The legs and the mind have to be fresh heading into the match. Hold your players accountable for thinking one or two steps ahead during the game by incorporating a cognitive piece into their Friday routine. This is an undervalued focus of game preparation that can be improved by repetition each week in warmup.



Regeneration

Date: **Mar 07, 2017** | Duration: **20 Min** | Team: **SoccerSpecific**

Intensity: ● (3/10) | Category: **Regeneration**

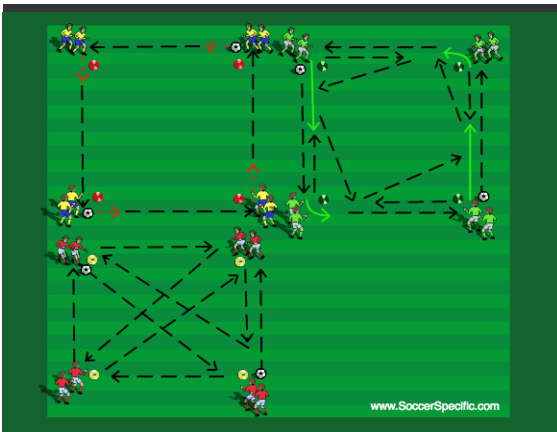


1

⌚ 20 Min ↗ 20X30

Setup: Groups of four, middle cone placed ten yards in from end cones.
Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. 1- Two balls, dribble right foot pass right foot, dribble left foot pass left foot. 2- Two balls, dribble right foot touch across body pass left foot, dribble left foot touch across body pass right foot. 3- Two balls, dribble right foot, lay off to other player pass right foot, dribble left foot, lay off to other player pass left foot. 4- One ball, right foot dribble half way play a wall pass, left foot dribble half way play a wall pass. 5- One ball, 10 yard space, one touch passing follow pass. 6- One ball, 10 yard space, one touch passing, back pedal back to same line. 7- One ball, 10 yard space, one touch wall passes. 1-2 minute work intervals.

Coaching Points: Between passing progressions include movements. 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.



2

⌚ 20 Min ↗ 12X12

Setup: Groups of eight, 2-3 identical grids, at least two players at each cone, three progressions, 12X12 yard grids, 1-2 minute working intervals.

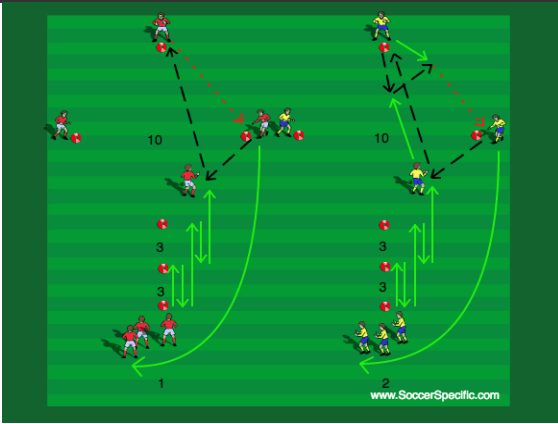
Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. 1- Pass and receive with the right foot, pass and receive with the left foot. 2- Dribble half way and play it to feet, lay it off and receive it on the other side of the cone, repeat sequence, change directions. 3- Play a longer ball to feet, lay it off, hit a diagonal ball across the grid, lay it off to the second player and repeat sequence, change directions. 1-2 minute working intervals.

Coaching Points: Between passing progressions include movements. 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Passing and receiving technique, checking away from the cone (defender), quality and weight of the pass, open hips and receive on the front foot, communication, develop a rhythm in passing possession, change of pace.



Agility

Date: **Mar 08, 2017** | Duration: **15-20 Min** | Team: **SoccerSpecific**
Intensity: ● (8/10) | Category: **Physical**



1

⌚ 15 min ↗ 25yd

Setup: Groups of 6-8, multidirectional with the ball. 8 repetitions total, 2 right and 2 left for each passing sequence.

Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- forward and backward footwork execute passing sequence, 2 to the right and 2 to the left. Progression 2- Lateral shuffle footwork execute passing sequence, 2 to the right and 2 to the left.

Coaching Points: Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug to hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Athletic stance, feet under hips, from lateral shuffle to forward acceleration. Push off outside edge of foot of the inside leg.



2

⌚ 15 min ↗ 25yd

Setup: Groups of four, servers on the outside are 10-12 yards apart, hurdles are 1 yard apart. 30-45 second intervals per player per progression. Four variations total as shown.

Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- High knees to one touch pass. Progression 2- Two foot hops receive right play left and receive left play right. Progression 3- Single leg hop to one touch volley. Progression 4- Lateral two foot hops one touch header.

Coaching Points: Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Equal take off on two footed hops and knees to hip height in front of body.



Sprint/Distance

Date: **Mar 09, 2017** | Duration: **20 Min** | Team: **SoccerSpecific**
Intensity: ● (6/10) | Category: **Physical**



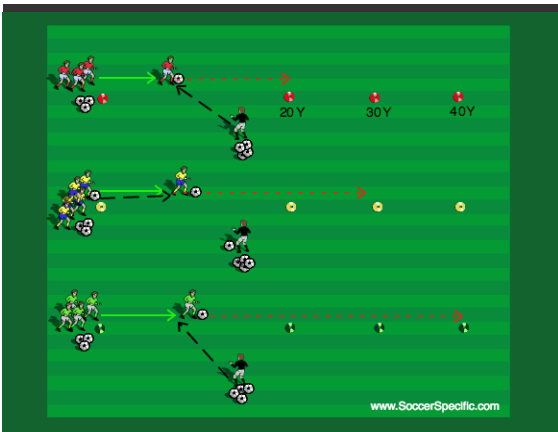
1

⌚ 20 Min ↗ 30X10

Setup: Groups of 4-6. 4 reps per variation each direction, 16 total sprints, 480 yards total distance covered with and without the ball.

Instructions: Start with movement prep 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- shown by the red players, high knees through the cones, side shuffle to and around the corner flag and sprint to ball played through, finishing with dribbling at pace. Four repetitions then change directions, 8 sprints total. Progression 2- shown by the yellow players, quick footwork through the cones, side shuffle to the flag, turn inside facing the ball and sprint to the ball, finish with dribbling at pace. Four repetitions then change directions, 8 sprints total.

Coaching Points: Between progressions include dynamic movements: 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- lateral lunge to balance, lunge reach and rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Clean footwork through the cones, track the ball at all times if possible, no wasted movement, sharp turns and take direct route to the ball.



2

⌚ 20 Min ↗ 40X20

Setup: Groups of 4-6, 2-3 repetitions per variation per distance, 12-18 total sprints, 360-540 yards total sprint distance covered with and without the ball.

Instructions: Start with movement prep, 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- shown with yellow players, the second player in line slips a ball through for the first player in line to react and run onto it and dribble at pace to the 20 yard cone. Progression 2- shown with the red players, the coach plays a ball which initiates the sprint from the first player in line to arrive to the ball as quickly as possible and dribble at pace.

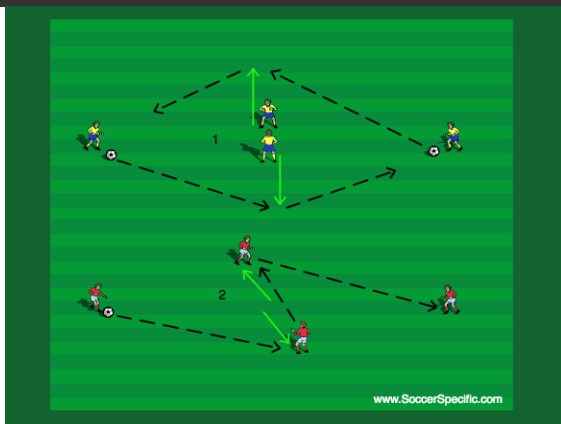
Coaching Points: Between progressions include dynamic movements: 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- lateral lunge to balance, lunge reach and rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- stability bounds lateral, straight leg skip 20 yards. Proper sprint mechanics, first step must be forward, punch leg and arms forward towards the ball. No wasted movements or steps, acceleration and deceleration when manipulating the ball at pace.



Communication

Date: **Mar 10, 2017** | Duration: **15-20 Min** | Team: **SoccerSpecific**

Intensity: ● (4/10) | Category: **Tech / Tact**



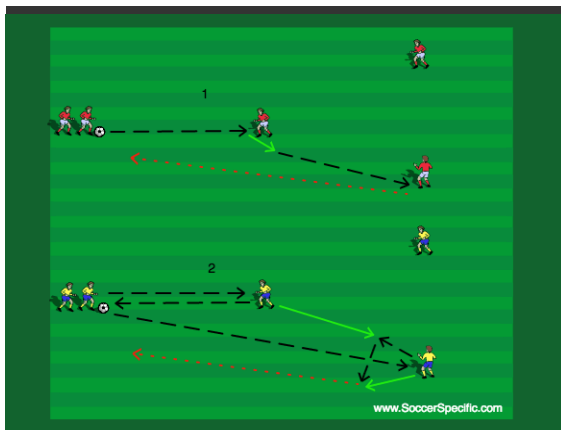
1

⌚ 20 Min ↗ 15X10

Setup: Groups of four, servers on the outside are 15 yards apart. At least two balls per group of four. Three progressions.

Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Diagram 1- Progression 1: Players in the middle react to the servers touch on the outside and check away (open up) from each other as shown. Both servers say a "turn" command, both balls are played in and out the other side at the same time. 1 minute each pair. Dynamic flexibility. Progression 2: One of the servers says "turn" or "man on", based on the command the central players either play it back to original server or out the other side. 1 minute each pair. Dynamic flexibility. Diagram 2- Progression 3: One ball, central players separate, combine through the middle and out the other side with proper communication from all.

Coaching Points: Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug to hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.



2

⌚ 15 Min ↗ 16X8

Setup: Groups of 5-6, 16X8 spacing. Two variations as shown.

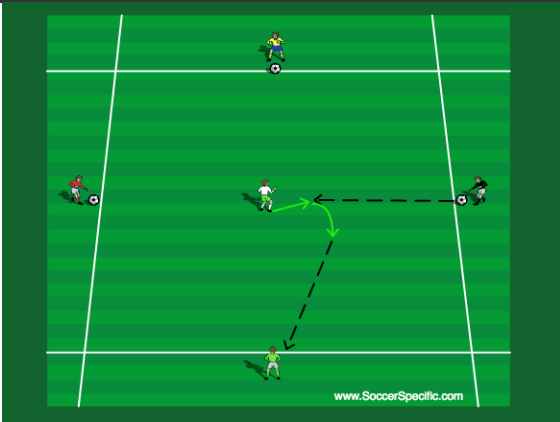
Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Diagram 1- Progression 1: Play an entry ball to central player, server says "turn left/right", player reacts to command and turns accordingly. Follow your pass. 2 minutes. Dynamic flexibility. Diagram 2- Progression 2: Play an entry ball to central player, server says "man on", ball is played back to original server who plays it long to either third man who combines with central player as shown, third man dribbles at pace, follow your pass. 2 minutes. Dynamic flexibility.

Coaching Points: Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug to hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Make sure in the second progression players are turning efficiently to the third man receiving the ball.



Cognitive

Date: **Mar 11, 2017** | Duration: **15 Min** | Team: **SoccerSpecific**
Intensity: ● (2/10) | Category: **Tech / Tact**



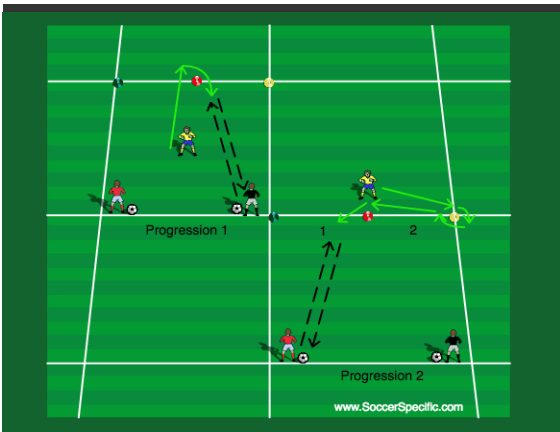
1

⌚ 15 Min ↗ 10X10

Setup: Groups of five, 10X10 or 12X12 yard grids depending on your players' ability level. Players are wearing five different colors, three balls per grid.

Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1: Coach calls a color, receive from that player and find the open man. Two touch, 30 seconds each player. Progression 2: 4 balls on the outside, call color, play ball in and add pressure. Player who receives the ball beats pressure on the dribble and exchanges places. 1-2 minute bout depending on quality of technique.

Coaching Points: Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.



2

⌚ 15 Min ↗ 10X10

Setup: Groups of three, 10X10 or 12X12 yard grids depending on your players' ability level. Three players and two balls per grid.

Instructions: Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1: Cone color is called, player gets around cone and plays one touch ball back to server, 30 seconds each player. Progression 2: Cone color and channel is called, player gets around the cone and receives ball through proper channel. 1 or 2 touch return, 30 seconds each player.

Coaching Points: Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.