



COACHING CLINIC SESSION 1: WARM UP EXERCISES NOVEMBER 25, 2008

Warming up helps to prepare the body physically as well as helping you to get into the right mental state to perform at your best. A simple cool down will allow your body to recover more quickly from an intense session and can even reduce post-exercise muscle soreness.

By increasing blood flow to the muscles and raising body temperature it helps to reduce muscle stiffness - which is thought to be directly related to injury such as strains.

Here are the key benefits of warming up:

- Muscles can contract and relax more rapidly when they are warm
- Muscle tightness can be reduced leading to greater economy of movement
- At higher body temperatures, muscles are more able to take up and utilize oxygen
- It can prevent muscle strains that are more likely to occur in cold, rigid muscles
- A specific warm up can help the body to recruit motor units more rapidly for all-out activity like sprinting and jumping

Recommendations from more up-to-date research are to focus on dynamic, total body activities that increase muscle temperature and dynamic stretching exercises to increase range of movement. Dynamic stretching consists of functional based exercises which use sport specific movements to prepare the body for movement. Dynamic stretching involves moving parts of your body and gradually increasing reach, speed of movement, or both. Do not confuse dynamic stretching with ballistic stretching! Dynamic stretching consists of controlled leg and arm swings that take you (gently!) to the limits of your range of motion. Ballistic stretches involve trying to force a part of the body beyond its range of motion. In dynamic stretches, there are no bounces or "jerky" movements. Dynamic stretching may be more efficient at preventing injury than classical static stretches. Studies have shown that dynamic movements through the full range of motion are more effective at reducing muscles stiffness. If any static stretching is performed it should take place **after** the session or game as part of the cool down or as a separate flexibility session.

GENERAL WARM UP GUIDLINES

A good warm up routine is limited only by the coach or player's imagination. However, there are a few general guidelines that will help to make the warm up more effective...

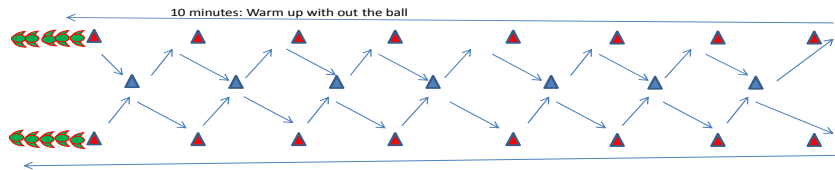
Warm Up Activities & Intensity

The routine should start light and gradually increase to near-competitive intensity at the end. Start with general activities that involve large muscle groups. Examples include light jogging (with or without a ball) or skipping followed by some dynamic stretches. It goes without saying that the warm up should incorporate a ball as much as possible. This allows players to get a feel for the ball and the playing surface. A ball might be introduced with some simple passing drills or ball juggling. Towards the end of the routine, drills that replicate the time pressures in a game will help to increase reaction time and speed of thought. It's often a good idea to end the warm up with conditioned games in restricted spaces. The intensity should be similar to a competitive match (apart from tackling) with players focusing on sharp, quick movement.

Warm Up Length

It takes about ten minutes of light exercise for muscles to reach an optimum temperature. A warm up should be at least this long but in cold conditions it may need to be longer. The time between finishing a warm up routine and starting a match or training session should be five minutes at most. Muscles rapidly cool after exercise so if the break is fifteen or twenty minutes most of the benefits will be lost.





DYNAMIC WARM UP WITHOUT THE BALL: 10 MINUTES

- Always work in pairs
- Players move in a zig zag formation, performing various movements and run back down the outside of the grid on the way back

VARIOUS MOVEMENTS GETTING ALL BODY PARTS INVOLVED

1. Shuffle side to side without hitting your feet (keep knees bent and stay on the balls of your feet)
2. Facing your partner, run forwards to the flag and backwards to the cone (pumping arms)
3. Always moving forwards: knees up with quick steps on your toes to the flag, heels to the buttocks from the flag to the cone
4. Swing your arms forward in a circular motion while skipping and popping up off the ankles
5. Swing your arms backwards in a circular motion while skipping and popping up off the ankles
6. Open up through the chest while throwing your elbows back (short / long / short / long) while skipping
7. Hands on your head, swing left to right and attempt to touch your elbows into your hips while skipping
8. Upper body goes one way while lower body swings in opposite direction
9. Carioca and never let your feet start moving
10. Adduction over the fence: lift your left leg like your climbing over the fence into two shuffles to the right
11. Abduction opening your hips: lift your right leg with a 90 degree bend in your knees and open up your hips into two shuffles to the right and repeat to the left
12. Abduction open up your hips: same as the above, but going backwards
13. Lunge from one leg to the other, hold the lunge for a second

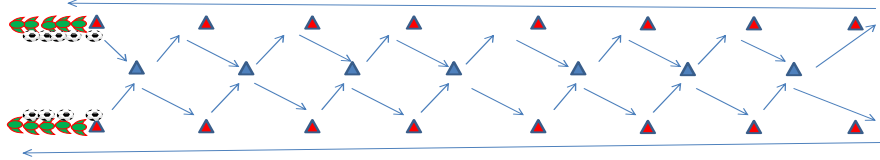


DYNAMIC WARMUP WITH SOCCER SPECIFIC MOMEMENTS

1. **PUSH PASS:** Take three quick steps to the right while opening up your body to mimic an inside of the foot pass with the inside of the right foot (keep your toes up, follow through, tighten you abdominal muscles)
2. **NO LOOK PASS:** Shuffle two to the right and swing your left leg across your body to mimic a no look inside of the foot pass, repeat to the left
3. **OUTSIDE OF THE FOOT PASS:** Take three quick steps to the right and mimic an outside of the right foot pass (right foot diagonally down to the ground with your pinkie toe closest to the ground, follow through from your knee and keep your abdominals tight)
4. **SOLE OF THE FOOT PASS:** Take three quick steps to the right and mimic a sole of the foot pass with your right foot (Bring your right foot back towards your shin and follow through from your knee while keeping your abdominal muscles tight)
5. **HEEL PASS:** Moving backwards, take three quick steps to the right kick back with your right leg, mimicking a heel pass (toe up, follow through backwards and tighten your abdominal muscles)
6. **OPENING UP INSIDE OF THE FOOT VOLLEY:** Take three quick steps to the right while opening up your body to mimic an inside of the foot volley with the inside of the right foot (keep your toes up, follow through and snap from your right hip, tighten you abdominal muscles). Repeat to the left
7. **ACROSS THE BODY INSIDE OF THE FOOT VOLLEY:** Shuffle two to the right and swing your left leg across your body to mimic an across the body inside of the foot volley, repeat to the left
8. **OUTSIDE OF THE FOOT VOLLEY:** Take three quick steps to the right and mimic an outside of the right foot volley (bring knee up to 90 degrees, keep right foot diagonally down to the ground with your pinkie toe closest to the ground, follow through from your knee and keep your abdominals tight)
9. **SIDE VOLLEY:** Take three quick steps to the right and mimic a side volley by swinging your right leg so that it's parallel with the ground. (Balance on your left leg and lean back towards the left while swinging your right leg. Foot should be pointed straight out so that is seems like a natural extension of the leg with your big toe closest to the ground. Keep your abdominal muscles tight)
10. **JUMPING HEADER:** Perform three, two footed hops to the left and jump into the air for a header, repeat to the right. Always keep hopping even as you land. When jumping in the air to head the ball, your momentum will come from the trunk by slightly extending through the lower back. Flex your spine forward towards the ball and extend your arms back and power through while keeping the head steady. Your legs should kick forward at the same time.



10 - 15 minutes: Warm up with the ball

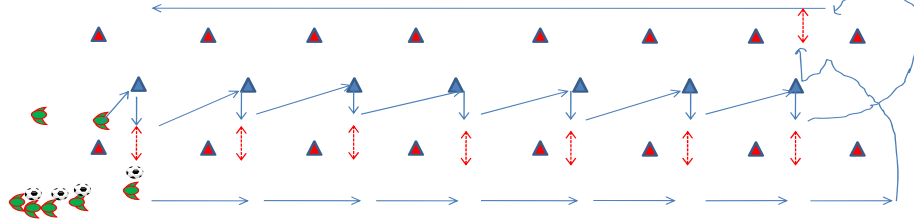


WARM UP WITH THE BALL: 10 – 15 MINUTES

1. Dribbling in a zig zag pattern with any part of the foot
2. Take a touch with the inside of the foot on every step always going from cone to cone
3. Same as above, but always facing your towards the inside cone. Going forwards to the inside cone and backwards to the outside cone
4. Cut the ball with the inside of the left foot at the left cone, and inside of the right foot at the right cone
5. Cut the ball with the out side of the right foot at the left cone, and inside of the left foot at the right cone
6. Toe taps on top of the ball always going forward
7. Role the ball with the sole of your right foot across your body when going to the left and stop it with the inside of your left foot. Repeat to the right
8. Pull a right foot step over at the left cone and take it away with the right foot, pull a left foot step over at the right cone and take it away with the outside of the left foot
9. Pull a left foot scissor at the left cone and take it away with the outside of the right foot, pull a right foot scissor at the right cone and take it away with the outside of the left foot
10. Dribble to the left and perform a V turn by bring the ball back towards yourself with the sole of the right foot and taking it away with the outside of the right foot. Repeat with the left foot, when going to the right cone
11. Dribble to the left cone and perform an U turn by using the balls of your feet (sole) on your left foot to spin on top of the ball and open up to your right



10 - 15 minutes: Warm up with a partner and ball



WARM UP WITH THE BALL AND A PARTNER: 10 – 15 MINUTES

- Same set up as before, but this time you work with a partner
 - One player works up one channel and then switches with the partner when they get to the end. The other partner then repeats the same drill coming back down the channel
1. **INSIDE OF THE FOOT PASS:** Player 1 starts by running towards the middle cone (checking away) and then comes to the ball (checking to the ball) for the partner to play the ball into player 1. Player 1 passes it back with the inside of the foot and continues to repeat all the way up the channel
 2. **OUTSIDE OF THE FOOT PASS**
 3. **CHIP BACK INTO HANDS**
 4. **THIGH PASS**
 5. **INSIDE OF FOOT VOLLEY**
 6. **LACES VOLLEY**
 7. **OUTSIDE OF THE FOOT VOLLEY**
 8. **CHEST PASS**
 9. **CHEST HEAD**
 10. **HEAD**
 11. **JUMPING HEADER**
 12. **DIVING HEADER**

