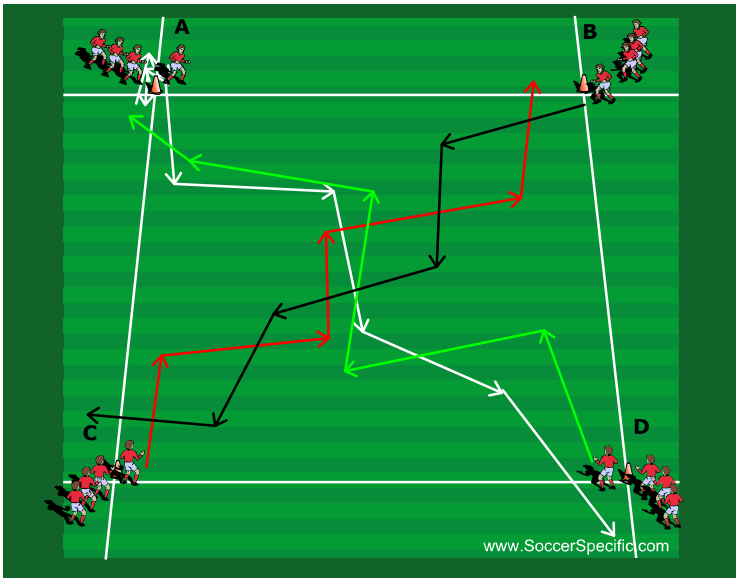
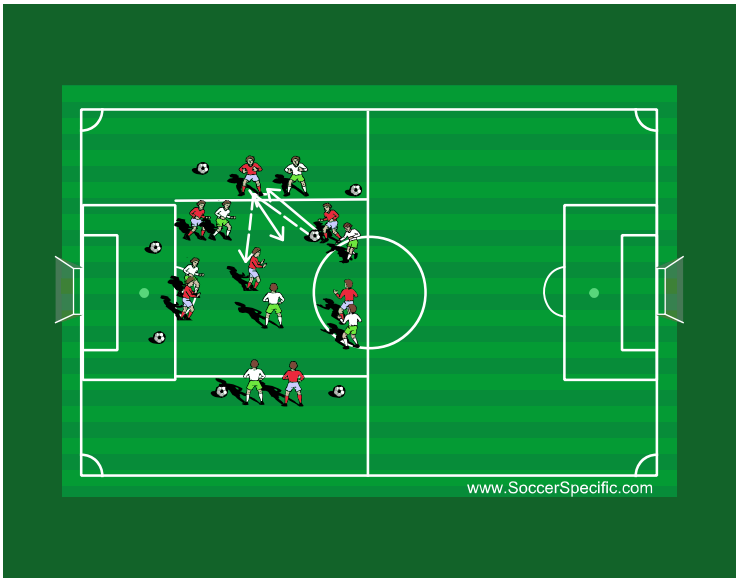
SoccerSpecific.com **Session Plan: Pre-game warm-up**



ACTIVITY #1

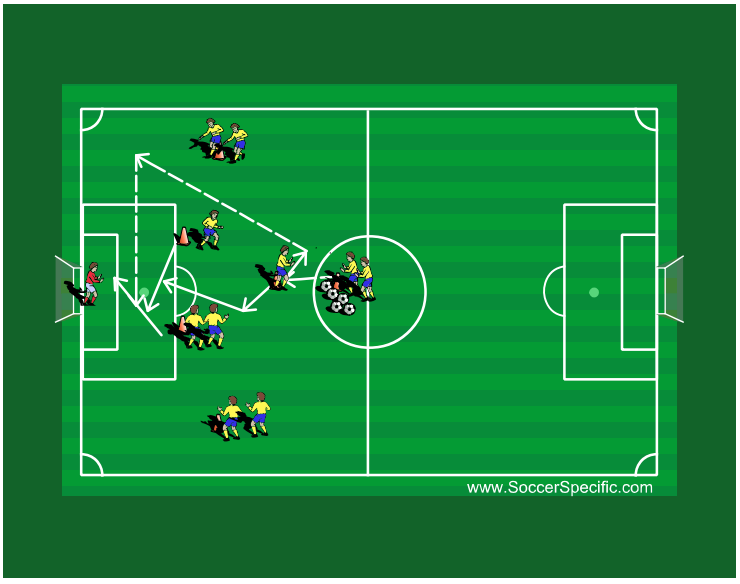
Set up: Setup a 10 x 10 grid with cones at corners. Divide team into four equal groups and position them at each corner.
Instructions: Players in line perform following across grid, join back of line, perform two pushups (at away cone) or two knee-ups (at home cone)
A) Forward shuffles...tiny steps; B) High knees; C) Heel kicks; D) Side shuffles...bend knees, do not click heels!; E) Imaginary Heading...Head over chest...arch the back and snap through; F) Sprints...in straight line 6 times with pushups and knee ups at respective cones.

Coaching Points: Concentrate, begin focusing on game.



ACTIVITY #2

Set up: Using cones make grid 44 wide from the edge of the penalty area to midfield. Divide team into two teams. Place extra balls around perimeter of space.
Instructions: One player from each team stands on two sides of grid. These players support anywhere along that side and do not defend. Team in possession can play to their targets. Player who plays to targets changes places with target as soon as pass is played to target.
Coaching Points: Try to establish a playing rhythm.



ACTIVITY #3

Set up: Place a cone near the edge of the center circle for MFs and one cone on each flank for Ws, as well as cones for twin strikers.
Instructions: 1) Play 1-2 at MF in an up back movement
2) Play first time through to flank player
3) Cross ball to near, far, or slot runs
4) Repeat 1, 2, and 3 with opposite flank
Coaching Points: Develop timing and speed of action.