

College Pre-Game Warm Up

Dynamic Stretch Routine. The Pre-Game warm up begins with a dynamic stretch routine. All of the exercises are done whilst moving across the grid and back again, the coach or the captain sets the tempo, and rhythm at all times. After this phase is done, the players work individually for 2 minutes on static stretching, addressing their own personal needs.



Field Preparation

- 2 even groups
- Area 20 yards x 20 yards
- Cones

Dynamic Stretch Sequence takes 15 Minutes.

- 1. Warm Up Jog
- 2. Heel Touches
- 3. Knee Touches
- 4. Knee and Heel Touches
- 5. Arms back, front and clap
- 6. Thighs, Chest, Head
- 7. Side Step Forward
- 8. High Kicks
- 9. Trunk Twists
- 10. Carioca
- 11. Side Jacks
- 12. Inside Feet
- 13. Side Swings
- 14. Thigh, Thigh, Heel, Heel
- 15. Back Steps
- 16. Sky Stretch

This is followed by 2 minutes individual static stretching

Ball Work and Quick Reaction Sequence. The entire group now works in a much tighter area. All of the exercises are done whilst moving across the grid and back again, the coach or the captain sets the tempo, and rhythm at all times. The tempo begins slowly but is rapidly accelerated to match pace as soon as possible. Players should be talking and encouraging each other to prepare their minds for the game as well and their bodies.



Field Preparation

- 2 even groups
- Area 10 yards x 10 yards
- Cones
- Balls

Ball Work and Quick Reaction Sequence takes 5 -10 Minutes.

- 1. Pass and Follow
- 2. Pass "One Touch" Follow
- 3. Pass "Two Touch" Follow
- 4. "Give and Go "1 Touch"
- 5. Double "Give and Go"
- 6. Dribble and Take Over
- 7. Dribble with Pace
- 8. 2 Yard Rapid Passing

The pace starts slowly but must be increased to a "flat out" effort as quickly as possible.

Look for leadership in your group warm ups. See what players are motivating others during the warm up

Game Related Possession Sequence. The final sequence of the pre-game warm up is a 10 minute possession game to simulate match play. In this drill, your starting 10 outfield players, play 4 v 4 plus 2. Whichever team of 4 has possession gets the 2 extra player to make it 6 v 4. Play is restricted to 20 yards x 20 Yard area.



Field Preparation

- Starting 10 players (4v4+2)
- Area 20 yards x 20 yards
- Cones, Balls, Bibs.

Game Related Possession Sequence takes 10 Minutes.

Players should focus on the following key points:

- Quality Passing Technique
- Support near the Ball
- Support away from the Ball
- Distance and Angles
- Disguise and Dribbling
- Tempo "Game Like"
- When to play "one touch"
- When to put foot on the ball.
- Team Communication.

After 10 minutes, bring all players in and re-hydrate before game.

Your team should be fully prepared to play at this point!

The Goalkeepers Pre-Game Warm Up Let's not forget the Goalkeeper! Your Goalkeepers should be going through their own rigorous pre-game warm sequence, in harmony with the field players. Log onto SoccerClinics.com to see a detailed pre-game warm routine used by the worlds top goalkeepers.

Step One: Stretching

Step Two: Getting a feel for the ball.

Step Three: Serve skipping balls.

Step Four: Progress to two servers.

Step Five: Two shooters each side.

Step Six: Crosses and distribution.

Step Seven: Close range serves.

Step Eight: High serves edge of box.

Step Nine: Two shooters edge of box.

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