PRE MATCH WARM UP

Posted by STLCoach - 08 May 2009 03:19

Start with a dynamic warm up. Some coaches want their teams doing this together for team unity while others want each player doing it on their own since each player has somewhat different needs. I don't think there is a right or wrong way to do this as long as it's a dynamic warm up that prepares each of the parts of the body.

The dynamic warm-up prepares the body in movements that will be used in the sport or game. First a jog of 30yds out and 30yds back. Then the players will perform different movements out and back:
1 skip
2 skip and swing arms up like jumping jack
3 side shuffle switch on counts of 4
4 diagonal side shuffle switch on counts of 4
5 carioca (crossover running)
6 Knee hug and lunge
7 high knee running
8 heel to butt kicks
9 walk and touch the ground
There are many others you can add. You want the warm-up to last 8-12 minutes and the players should achieve a sweat.

There is really no benefit to then get into circles and stretch. In fact, static stretching has shown to decrease muscle performance not enhance. The stretching is achieved thru the dynamic motion in the warm-up.

I would do the same for 5 years and up. For 5-8 years maybe 20 yds and half the time.

It has been my observation and experience that the players benefit greatly from the repetitive movements increasing their athleticism, agility, and reducing injury.

At this time, the keepers would go off and warm up on their own (starting with a catch, then sitting, kneeling, catcher’s position progression and then having some simple shots hit, then progressively harder and making sure to get crosses and distribution in as well).

The field players ages 5-11 would work on ball skills each with a ball, players ages 12-18 would start in groups of twos or threes making simple passes. They want to be moving and to make short passes and then slowly build up to longer passes. Too often, they want to start with long balls but it's important to start with short passes to allow their muscles time to continue to warm up properly. As they get further and further apart, balls should be driven as well as chipped.

Next switch into some possession work. This could be 5 v 2's or 7 v 7 + 2. Make sure everyone is involved and play in small spaces to get the players accustomed to quick touches and lot's of pressure. I prefer a team to play hard for a short period rather than do this for 20 minutes at half speed.

Next I pull a team in, give them their starting lineup, have them all take a drink (whether they want to or not) and then give them 5 more minutes to do whatever they want. If some want to shoot, they can do that. If some want to play long balls to each other, they can do that. If some want to do juggling that is fine. If some want to walk the field, they can do that. As long as they are doing something game related, it's fine with me as this is their time make sure they are physically and mentally prepared for the start of the game.

Right before they go on the field for the kickoff, I will remind them of one or two things and then wish them luck.

The one thing missing from this warm up is the "rah rah, Win one for the Gipper" speech". I've never been a big believer in those types of speeches and instead prefer to spend my time over the course of the week, encouraging their motivation from within. The gung ho speeches are great for the movies but vastly overrated in real life.

Another thing missing is the go to the penalty area and stretch and warm-up. Always go to the side of the field or just off. PRESERVE OUR FIELDS!!! Especially the goal areas!!!!

Making sure your team understands the routines of the warm up is important. It's not a bad idea to actually practice the warm up so they know what to expect when they get to the field.

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Re:PRE MATCH WARM UP

Posted by STLCoach - 22 Oct 2009 03:42

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Warm ups get muscles into gear

I was advising using stretching to get muscles into shape for a training session or a match. Of course players should still be using warm-ups after the stretching rather than going full pelt on their muscles

It's difficult to avoid certain injuries caused by impact during soccer, although improved conditioning and technique may reduce the likelihood.

However, a large percentage of the injuries that players suffer do not involve impact. Lower-back problems, hamstring strain, and tendon inflammation are just a few of the injuries that often result from having poor technique or weak muscles, or, as I have said, from simply failing to warm up correctly.

Gradually increasing the intensity of drills during a warm-up will reduce the chances of injury - don't start a session with a 'full-on' game of 5-a-side, OR SHOOTING, OR STRETCHING WITHOUT WARMING BODY UP.

IF YOU WOULD LIKE MORE INFO ON GETTING YOUR TEAM READY CONTACT COACH AT AIINGTII@HOTMAIL.COM

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training WARM UP- passing

Posted by STLCoach - 28 Oct 2009 04:54

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Today's featured activity is a warm up activity working on passing, receiving, dribbling and vision.

Start with 6 players in a circle (size can vary but think 20-30 yards in diameter) with 3 players in the middle with balls.

The players in the middle pass to a player on the outside and the receiving players dribble toward the middle while the passer takes their place on the outside.

The new players in the middle then pass to a different player on the outside and this continues at full speed for a two minute period.

Next, add 3 defenders into the circle.

These defenders are trying to win the balls either by intercepting a pass or tackling the ball from another player. Each time a defender wins the ball, they get a point. They then give the ball back to the attackers and try to win another ball. The defenders stay on defense for 2 minutes and try to get as many points as possible. After 2 minutes, they switch with 3 of the attacking players so this would be done for a total of 8 minutes with each player getting 2 minutes on defense. The defensive unit with the most points wins.

This activity works on passing, receiving, dribbling and vision, with a little bit of defending thrown in. If you can make this a truly competitive game, it also is great on fitness.

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PRE MATCH WARM UP-dribbling, passing, moves

Posted by STLCoach - 17 May 2010 06:34

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Today's featured activity works on dribbling, passing, moves and is a great team warm up.

Players get into groups of 3 with one ball per group. Two players start 44 yards apart and the third player starts in between them with a ball.

The player with the ball dribbles to the far player (in the diagram below, the red player dribbles to the black player) and they do a takeover and then the black player dribbles toward the yellow player.

The players are encouraged to try different moves while dribbling and to go at full speed (but under control). This is done for 3 minutes.

Next add cones 15 yards in from each line.

Now the players with the balls dribble to the line closest their target and then pass the ball (this means the pass would cover approximately 15 yards). The receiving player then dribbles to the line 29 yards away and does the same thing.

This is done for 3 minutes at full speed and then instead of the pass being hit from the near line, it gets hit from the far line.

For this to work players must sprint after their pass in order to be ready to receive the next pass.

In a period of 9-10 minutes this activity allows for a lot of touches on the ball, dribbling, passing, receiving, moves and a bit of fitness. It's a great way to start a training session.

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PRE MATCH WARM UP-Colour react

Posted by STLCoach - 29 Jul 2010 03:50

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Colour react

By Michael Beale
This is a great warm-up. It not only gets your players' muscles working, it is also aimed at making them more alert before a match.

Key elements
Movement, agility and vision.

How it works
Two groups of players stand on either side of a row of four different coloured cones placed fives yards away.

The players react to your call and run to the appropriate cones.

The players touch the cones in the order you call out, and then sprint out of the nearest end.

Players then join the opposite queue.

An example would be "white and black", as shown in the diagram. Make sure you keep advancing the warm-up with combinations of colours so your players are thinking about what they are doing.

Mix the colours around so they do not become too familiar.

* Editor's choice *
It can't be overemphasized how important it is that your warm-ups reflect real match conditions as far as possible. It's also important to ensure your players get as many touches with a ball as possible.

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