

DYNAMIC WARM-UP

Requirements of Successful Warm-up:

1. For all muscle groups to be working at optimum level
2. For muscles to be properly stretched thus minimising the risk of injury
3. As many ball contacts as possible – in order for the players to get there eye in
4. For everybody to be mentally prepared and focused on the match.

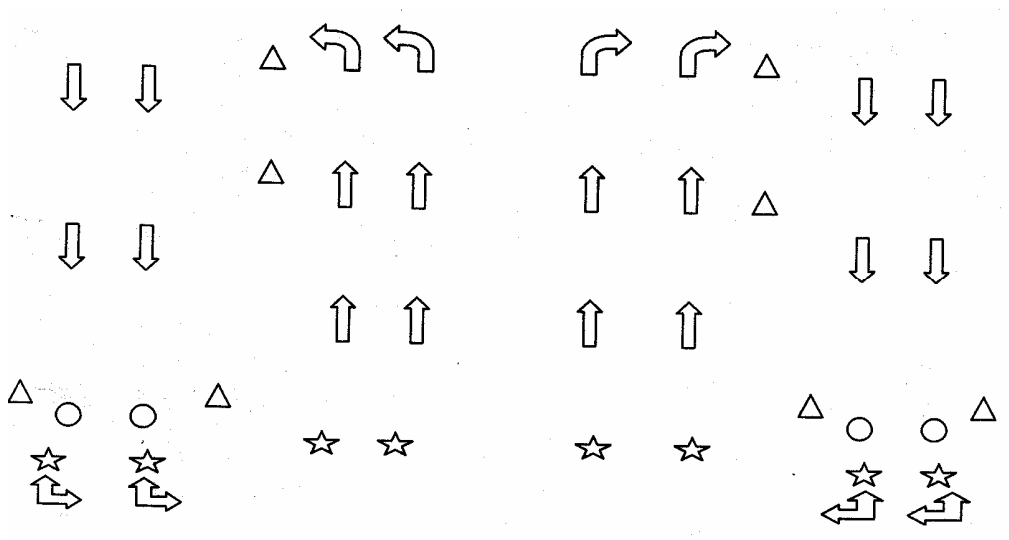
Key Points:

1. The ideal timeframe for a warm up is between 15 and 20 mins
2. It is essential to start at a low intensity and gradually build up the intensity levels throughout the warm up
3. It is important to allow time at the end of the warm up to gather everybody in and allow individuals do their own stretching for up to a minute
4. It is essential that a 10 minute warm down is included after training session/match
5. It is important to assess the effects of your warm up afterwards i.e. were there injuries? How did the team perform at the start?

SAMPLE WARM UP

Equipment: 8 cones, 4 footballs, whistle

Timeframe: 15 minutes



Stars – denote individual players

Triangles – cones

Arrows – direction players move in

Circles – footballs

DYNAMIC WARM-UP

Group of 8 players are needed for this warm up it can be increased to 12 depending on numbers. 4 players line up between the middle cones and 4 players line up with a football.

Brief: Player in the middle must consistently jog on toes until coach blows whistle.
Players with ball must constantly solo with left/right foot
The coach instructs the 4 players in the middle to move through the middle area peeling around the 2nd cone
The player then receives the ball from the player with the ball.
The player who had the ball then moves into the middle and the receiver takes his place with the ball.

Stage1: Players in the middle jog through the first cone and around the 2nd

1. with knees up
2. heels up
3. side to side
4. touch insteps with hands
5. skip through

Part2: Players with the ball at the sides feed the ball to the player when he turns at the 2nd cone

1. Hand pass to player
2. Footpass to player
3. Throw ball for high catch
4. Roll ball along ground for player to gather

Stage2: Players in the middle begin to work on stretching whilst moving through the 2nd cone.

1. Quad lunge (front and back leg bent – drop back knee toward ground, upper body straight)
2. Hamstring stretch (front leg straight back leg slightly bent)
3. Calf stretch (weight on front leg bent forward back leg straight)
4. Groin stretch (bring knee up and move around 90°)

Part2: All passes should be completed on the weaker side

Stage3: Players begin to increase pace and heart rate

1. Pump feet (short and fast) and call directional changes
2. On whistle sprint through to 2nd cone
3. Do 1 and 2 going backwards

Part2: Try to get 2 of each skill in before player reaches line
i.e. 2 handpasses, 2 footpasses, 2 high catches and 2 low balls

Possible Adaptations: Can include ladders, hurdles or cones for directional changes on the way back from the 2nd cone. Most exercises can be done backwards.

WARM-DOWN

Essential to warm down after training/match as it aids the recovery process. The recommended time for this would be at least 10mins. The idea is to get the heart rate back to as normal a level as possible. The best way is through low intensity exercise and stretching.

Other aids to recovery and injury prevention process are cold and hot showers, ice baths, pool sessions and swimming in the sea. The warm down process should be undertaken as soon as possible after completion of exercise.