

## GlenEd Soccer - Coaching Concepts

### Topic 6: Game Day Warmup ideas - U11 and up

#### **(5 min) Warmup passing** 1 ball for 3 players... roster of 18 (6balls)

Pass and move... in your half of the field. (Younger ages can use hands throwing smaller balls)

*Objective: see field conditions, get thinking soccer, once you pass 1 ball... look for another... engaging soccer brain and loosening up with ball. Soccer specific exercise warmup, not just jogging.*

#### **(5 min) Dynamic stretching** before games not static... (with movement)

Setup cones 2 cones 15 - 20 yds apart. Divide players in half (w bibs) in one line on either side of the cone. Make it competitive as you divide players as next is skill specific.

1. Jog thru once; pretend ladders and shuffle next time; side shuffle; high knees; butt kickers; arm swings fwd/backwd; (anything that replicates movements during game)
2. Ending with backward jockeying and turning to sprint on command...
3. Have them shake their legs out and let you know if anything is still tight or hurt

#### **(7 min) Keepaway rectangle...** using the width of the penalty box going about 15-20 yds to the center circle.

4v4 on inside with remaining players on the outside. Every time ball is played to player on outside they switch to engage everyone... restrict touches during this... if possible 2 or 3 touches... game goes quick and players have to think, pass, move... then switch off.

While this is going on keeper is warming up in the box w a coach... getting used to diving, throwing, catching high, med, and low balls... Objective in pregame for GK is BUILD CONFIDENCE.

#### **(8 min) Shooting w pressure** - 2 lines of attackers and midfielders about 10 yds outside the box facing goal (handful of defenders out of the way on the top of the box rotating in 1 at a time on defense.

2v1 to goal shooting w DEF at first only taking away 1 option (jockeying and more passive to start) and forcing direction of ATTACKERS...

*Objective is for ATTACKERS to get shots on goal under pressure (but at first to get the shot off) BUILDING CONFIDENCE in our shooters and to give GK live shots on goal... Progression to HARD DEFENSE to deny opportunities. (Don't tire out GK... have a coach stand in goal if ur GK is ready).*

#### **(5 min) Coach talk...** lineup... last drinks... bathroom break... shoes tied... encouragement...

**GAME** (bring a chair or sit with players on the bench... helps you bond w players as well as keeps you from being too active on sidelines... talk to players on bench about what you want them to do when they go in... use examples of what you're seeing in the game).

**Post game - Cool Down...** jog across the field (say hi to mom and dad... let them clap for the team) and then jog back. Walking lunges. Side shuffles... Walking groin stretches, inside out and outside in... then sit and stretch while coach gives a brief game summary... practice update... encouraging wrap-up.