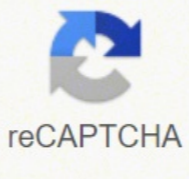




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Soccer pre game warm up drills pdf windows 10 32-bit



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The players inside the circle pass the ball to a player along the outside of the circle who receives the ball, dribbles inside and repeats the process. Players should not cross their feet at any point. Remind the players to look up when dribbling to build good habits. Challenge the players to make firm, good passes to the players in front of them. Keeping the ball close will help players change direction quickly and attack an open gate. Challenge the players to dribble through as many gates as they possibly can within the time period! Players should dribble, under control, as quickly as they can. Players divide into two lines and complete a series of runs and stretches to prepare their bodies for training. Purpose: Simple warm up activity that activates players legs and muscles through a series of runs and stretches. The color of the jersey does not matter. Instruct each player to tuck a third of the jersey into the back of their shorts. Instruct the players on the outside to remain light on their toes and ready for a pass. The players will continue that process all the way down and then complete a light jog back. - Quad stretch. Coaching Points: Start slow. Players along the outside of the circle should communicate with players inside the circle to call for a pass. Grad one ankle and pull it back into the bottom. - Knee pull. Players improve their possession and decision-making skills in this activity as well. Setup: Divide the players into groups of four. Each group should have at least one soccer ball. Set up a triangle of cones for each group. Small breaks can be taken during the duration of this activity to perform dynamic stretches. Setup: Mark a square-shaped grid 20-25 yards wide, depending on the number of players in the group. Give the players time to stretch anything extra they need before moving onto the next activity. Variations: Stretches and runs - Depending on the players and how their bodies feel, add more stretches, or runs, to complete their warmup and ensure their bodies are ready for the next activity. Coaching Points: Start slow with the jogs and let players work into the movements. Older and more experienced players will know their bodies and what they need to warmup. At least two rounds should be completed, but feel free to play more. Variations: Weak foot - Players can only dribble using their weak foot. Grid size - Increase the grid size to decrease the amount of traffic players must dribble through. The player who passes, or dribbles, from their line to the other line will always end up at the back of the line they just passed, or dribbled to. - Dribbling with a 1v1 move. Make sure to give players time to stretch and get water at the end of the activity before moving on to the next drill. Last one standing - If a player's tail is pulled, they are out for the rest of the round. Players should be creative and sharp when trying to lose their partner. Make sure there is plenty of rest time between each round for players to stretch and recover. Three players on the outside of the triangle attempt to keep possession against one defender inside the triangle. Purpose: Fun warm up activity for any age group. At least two players start in the middle of the circle with soccer balls. Add more time, or raise the intensity if players need more to warm up. Instructions: The first player in line shuffles/moves through the first series of cones without a ball. 1v1 - Players partner up with one ball and compete against each other to successfully dribble through as many gates as possible while their partner attempts to steal the ball and do the same. Use the center circle of the soccer field if available. Begin with dribbling at the players' choice of pace and slowly work up to quick, sharp one-touch passing. Remind the players to keep the distance between their lines. Players must follow their pass and should increase the speed at which the run to the opposite line as the activity progresses. Encourage the players to bring a voice to the activity. Setup: Depending on the number of players present, have the players divide into groups of 6-8 players. Coaching Points: Like every warm up activity, start slow. Players should call for passes and get their voices going. Challenge the players to stay on their toes to react to passes from their teammates and use a good first touch or pass to keep the flow of the group going. Motivate the players to connect as many passes in a row as they can and build their confidence! Once your warm-up is over, make sure you check out all 123 of our soccer drills so that you have activities to use for the whole session. Your players will never be bored again. February 9, 2018 Soccer Drills After the player finishes dribbling they go to the back of the line they started at. The patterns listed below follow the same rules as the first pattern. Light dynamic stretching should be completed before this activity to make sure the players are stretched and already a little warm. Setup: Set up three parallel cone lines with 15 yards of space between each line. Divide the team into two evenly numbered teams and assign a jersey color to each team. Have the two teams line up along the middle cone line with their backs facing one another. Good activity for players to set up before training and play while they wait for the session to start. Players develop good dribbling and protecting skills in the variation. Coaching Points: Check to make sure everyone's tail is in and that no one is cheating by hiding their tail. Challenge the players to pull as many as they can while also protecting their own tail! Encourage the players to be quick and to use cuts and fakes to get away from other players. Remind the players to have some fun and be creative! Players move through a series of cones before running around a cone and receiving a pass from their teammate to dribble the ball through another series of cones before returning back to their starting position. Purpose: Warm up activity that incorporates running, passing, and dribbling. Intensity can be increased as the activity progresses. See diagram for more information. Each player in line should have a ball except the player who is starting in front of the line. Decide on a time limit that the players will complete this drill. Bend one knee up and grab the outside of the knee and pull it up and towards the stomach. - Hamstring sweeps. Players should stay light on their feet and quickly explode upon the command. Test the players' reactions by calling the wrong colors to throw them off. This will ensure players reduce the risk to pull any muscles while performing this activity. Challenge the players to react as quickly as possible to the color called. Activity gets players' bodies and minds moving as they increase their heart rates and body temperatures. The coach counts the number of players with their hands up and rewards the other team with one point for each player tagged. The teams walk back to their starting position to repeat the process. The player who had their tail pulled the least wins. Add a soccer ball - Each player has a ball that they must dribble while they run around. View variations to add new game modes as the players get familiar with the game. There is no penalty if players get too far away from their partners, so make sure players stay safe. Encourage the players to have some fun and to challenge each other. Players move through series of cones with, and without, the ball to improve coordination and dribbling skills. Setup: Divide the team into groups of 4-5 players. For each group, set up two cones 15-20 yards away from each other. On each side of the cones, add a series of 4-6 cones that players must dribble and move through. Increase the pace and intensity of the activity as players slowly warm up. At least four times before moving to the next movement. - Shuffle sideways facing each other all the way down and back. - High knees down with a jog back. - Heels-to-bottom down with a jog back. - Skips down with a jog back. - Karaoke (over-under side running) facing each other down and back. - Backwards jog down and back. The players will then complete the dynamic stretching listed below. Make it fun! Players form a circle with at least two players inside the circle with soccer balls. Players develop their dribbling skills as they work into the training session. At the end of the activity make sure players stretch one last time before getting a drink of water and moving onto the next activity. Variations: Grid size - Depending on the players' skill, decrease the size of the grid to make players avoid each other and dribble with their heads up. Coaching Points: Pay attention to the space and increase the size if players are unsafely running into each other. Start slow, but make sure to increase the tempo of the higher intensity runs at the end of the dynamic stretching. Remind the players to stretch and get water before moving onto the next activity. One-Two Pass - The players complete a one-two pass before the receiver dribbles inside the circle. Use half of the field for 16-20 players and the whole field for more than 20 players. Have the players partner up. Have each pair of players decide who will be the "shadow" and who will be the runner. Decide on the time limit for each round. Various commands are listed below: Freeze! (Players immediately stop where they are.) Dribble faster - Dribble slower - Outside of the feet only - Inside of the feet only - Strong foot only - Weak foot only - Turn. Setup: Have the players form a large circle. Bend over and sweep back-and-forth three times before standing up, walking forward and repeating the process. - Leg swings. The players will hold the stretch for 3-4 seconds before taking a few steps forward and completing the same stretch on the opposite leg. Players are encouraged to stay moving when they are on the outside of the circle. After the activity is completed, increase the speed and intensity as the players get moving. Players must make quicker decisions and use a good first-touch to take them into the circle before passing to the next player. 8-12 minutes is the goal. Instructions: On the coach's signal, the players start dribbling inside of the square. Each gate should be 2-3 yards wide. This is the player's "tail". Players spread out inside the playing area, without a soccer ball, and wait for the coach's start signal. Decide on a time limit for each round and the number of rounds. 6-10 minutes is sufficient. Instructions: The player with the ball starts by dribbling across to the opposite line and gives the ball to the first player in the line who repeats the process. Depending on the number of players, decrease, or increase, the size of the grid. Lay down randomly spaced cone gates through the grid. Each gate counts as one. Players are not allowed to touch other players' soccer balls. At the end of each round, players immediately freeze where they are and the coach asks players to raise their hands if they dribbled through more than 5 gates, 10 gates, and so on until they find the player, or players, who dribbled through the most gates. After each game, players rest and stretch for 2-3 minutes before beginning the second. Decrease the grid size to challenge players with more traffic and tighter spaces. See diagram for more information. Each group of players forms a line behind the cones setup to move through. Do not push players to be super sharp or explosive. Tails are jerseys tucked into the back of players' shorts that hang down to look like a tail. Purpose: Fun warmup activity for all ages. Players work on their first touch, dribbling, and passing. Players can not dribble through the same gate twice in a row, nor can they dribble in the same repetitive pattern through the cones. Players are responsible for keeping track of the number of gates they dribble through. Make sure the jerseys are visible and easy enough for players to pull out. Different patterns and variations can be completed. Ask the players to raise their hand if they were pulled less than 10, 5, or 0 times. Scissors, lunge, etc. - Two-touch passing. - Up-back-through passing. - Juggling and passing in the air. - Headers. - One-touch passing. Complete all, or some, of the patterns during the duration of the activity. Complete the game with the same rules except now the game will be played with a soccer ball. Runners must stay within the designated playing area. The activity continues for the determined time limit. After each round have the players rest, stretch, and then switch roles. Complete 2-6 rounds with rest and stretching in between each round. Partner passing - Players partner up and attempt to move together dribbling and passing the ball to each other through the gates. See how many passes they can complete in a row! Players dribble inside of the designated area following the coach's skill and movement commands. Purpose: Warm up activity that uses lots of touches and dribbling to raise the heart rates and body temperatures of players. Kick one leg up in front while keeping the leg straight. - Lunges. Players can begin at whatever pace their body is ready for. 8-12 minutes is appropriate. Instructions: The offensive players start the activity with one free pass before the defender is allowed to steal the ball. The offensive players are free to move along their sides of the triangle while attempting to keep possession from the defender. The defender attempts to win the ball from one of the offensive players, the defender switches positions with the offensive player who last touched the soccer ball. As soon as the players have switched positions, the next possession begins. The activity continues in this manner for the remainder of the time. Variations: Touch Limit - To increase the difficulty, add a touch restriction for the offensive players. Players' first touches should be clean and should take them inside the circle. Remind the players to look up and see the players around them. Move one leg straight out in front of the other and place the heel on the ground with a straight leg and toe pointing up. 1-2 minutes will be enough time for each round. Instructions: On the coach's command, the runners begin moving while the shadow players attempt to stay close behind them. Runners can use whatever running method, or change of direction they want to "lose" their shadow. Players can dribble freely until they hear a set of rules or a certain command. The coach can call out various commands that players must follow while dribbling inside the grid. This will decrease collisions, help players make better decisions and build good habits. Challenge the players to make firm, on the ground passes right to their teammates. Players compete in an enjoyable manner while running, turning, and increasing their heart rates. Setup: Depending on the number of players, use an appropriate sized space. This is not a fitness activity, but rather an activity to activate players' muscles and brains. Encourage players to use the proper footwear while moving through the cones. Two-touch - Players complete the activity using only two-touch. After players complete a pass they immediately accelerate to the receiver's spot along the outside. Each side of the triangle should be 4-5 yards long. The space should be large enough for players to run into open space, but not too large that they are running too much. Give players a minute or two to rest and stretch if needed. Repeat the process for the remaining rounds. Player improve their passing and dribbling while increasing their heart rates and muscle temperatures in preparation for the rest of the training session. This activity gets players moving with the ball and their muscles warmed up. Raises the players' heart rates and body temperatures in preparation for training. Do not push the players at the beginning while their bodies are still working into the movements. Players train their first few steps when running and their top speed. Have each player complete the activity by dribbling at high speeds and attempting to catch their

