

# St. Mary's Youth Soccer Training Series

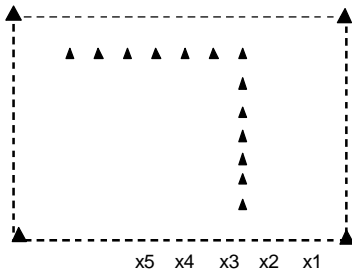


**Topic:** Pre-Game Warm up  
**Age/Level:** ALL  
**Type:** Run → Pass ● Dribble

**Notes:** This session is design to give a general idea of a way you Can have your team warm-up before a game. I have found that warming This way allows my team to start the game ready to go and not switch on 15-20 minutes into the game. Again, this is A way to warm-up.

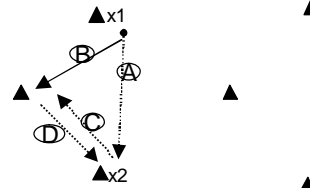
Progression: 1 (Warm-up)  
 Exercise: Box Rotation  
 Time: 10 Minutes

Setup a box w/4 cones ~ 20x25yds, have The players line up to start the warm up. The Idea is to get the kids heart rates up, break a Light sweat and start getting their minds focused On the game. You will stretch only after they Have raised their heart rate and broken a sweat. Start this exercise by having them skip around The box (knees up and toe up) straight ahead. Same skipping technique except backward now. Next have them one foot hop one side of box, Switch foot on next side, switch again, & switch Again (keeping knee and toe up of foot in the air). Next have them side shuttle (do not allow them to Click their heels), nice and short shuttles. Each of These exercises should be timed for 1 minute.  
**Variations to consider:** You Can have them do 360 spin at each cone, face Inside the box & outside, add in other exercises: Carrioca, power skips, lunges...



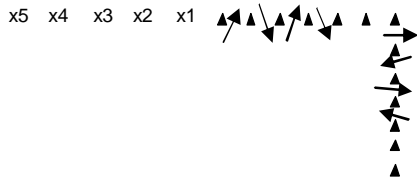
Progression: 3  
 Exercise: Passing/movement  
 Time: 10 Minutes

You will need 6 cones for this exercise. Set up 2 groups so everyone is working consistently. Passing pattern warm up, x1 passes to x2, x1 then makes run to outside cone, x2 passes back to x1, x1 passes back to x2. X2 then starts pattern the other way. The key is that x2 holds for 2 passes and makes 2 passes.  
**Variations to consider:** After five minutes you switch the outside cone to the other side and repeat play.



Progression: 2  
 Exercise: Fast Feet  
 Time: 10 Minutes

Use 14 cones to set this up. The idea here is to now increase their heart rates a bit more by stepping up the level of work rate. Have the kids double step thru the cones forward, then lateral, reform the line at point (b) and do the same back, they should do this 3 times then stretch. Next have them two foot bound (feet together) forward & lateral again, follow same steps as above w/3 cycles & stretch. Lastly have them use real quick choppy steps to figure 8 around the cones down and forward/backward over. As indicated in figure.  
**Variations to consider:** make sure players are stepping over or around cones with proper technique and doing so quickly, again, the idea is to increase heart rate and have them truly break a sweat.



Progression: 4  
 Exercise: 4v4+2 (Starting Team)  
 Time: 5 Minutes

Setup a small grid ~ 20 x 25 and arrange your starting players as 4 attackers, 4 defenders and 2 neutrals. The 2 neutrals can be strikers or MF's. Basically playing 6v4 keep away. This gets their mind in game like situation before the game starts.  
**Variations to consider:** Make grid bigger if too much contact, object is not to injure anyone before the game!!

