

St. Mary's Youth Soccer Training Series

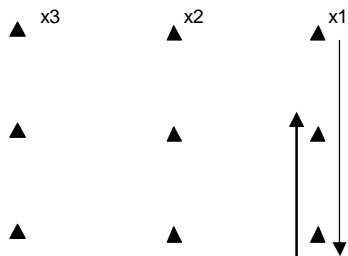
Topic: Pre-Game Warm Up #2
Age/Level: ALL



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: Column Drill
 Time: 10 Minutes

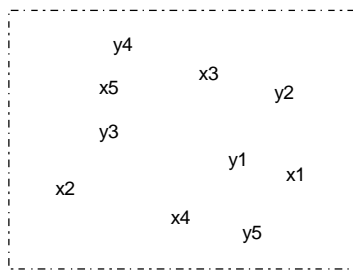


Set up three columns of cones ~ 5 yds apart, & 3 rows of cones ~ 8 yds. Apart. You will break Your team into 3 lines to start exercises. The Leader of each line will have their group on the Left side of the first cone and will call each exercise To their group as they go thru the warm-up.

1. Jog down left side around last cone come back On rt. Side (3x)
2. Side shuttle down Swing arms across & job back (3x)
3. Karioke down, & jog back(3x)
4. High skip down, jog back(3x)
5. Low skip down, jog back(3x)
6. High inside/outside leg rotation (like throwing Leg over short fence)(3x)
7. Opposite of 6 outside to inside (3x)
8. Jog 1st cone, sprint 2nd cone(3x)
9. Fast feet in place, lean slightly forward, sprint To first cone, jog to second(3x)

****Stretch as team for 5 minutes after all exercises Are complete**

Progression: 2
 Exercise: Tag
 Time: 10 Minutes

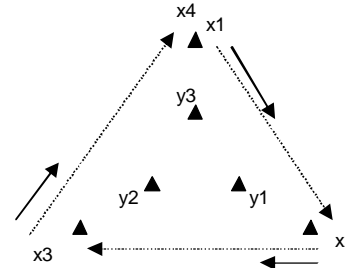


In a grid 20x25 Simple game of tag is played by many teams at Many levels all around the world. If you attend a professional match in Europe, don't be surprised to see the pro's playing tag.

1. y's tag x's and & x's tag y's, must freeze
2. Same as 1, except each team can un-freeze their team by re-tagging them
3. Same as 2, except, must climb thru legs of teammate to unfreeze

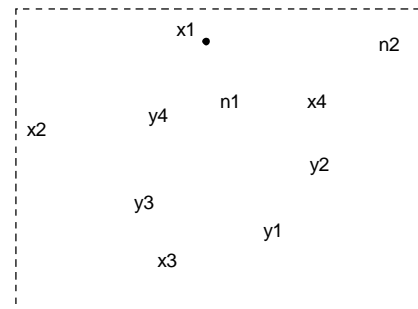
Use imagination and add other twist, only trying to get them to move around and continue to get heart rate up. Additional stretching in between segments of the game

Progression: 3
 Exercise: Double tree passing
 Time: 10 Minutes



You will need 6 cones for this exercise. Set up 2 groups so everyone is working consistently. Passing pattern warm up using 2 triangles. Passing in sequence clockwise for timed period, then counter clockwise. Switch inside and outside groups and repeat sequences. Each pass should be followed by a sprint.

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!!