



Warm-up: Dynamic Stretching

Organization:

Create at grid 20 x 20 or find a small space that players can move without interfering with a game and/or session.

How to play:

Players will have the freedom to move inside the grid and coaches will be asking players to provide different kind of Dynamic movements moving forward, sideways and backwards.



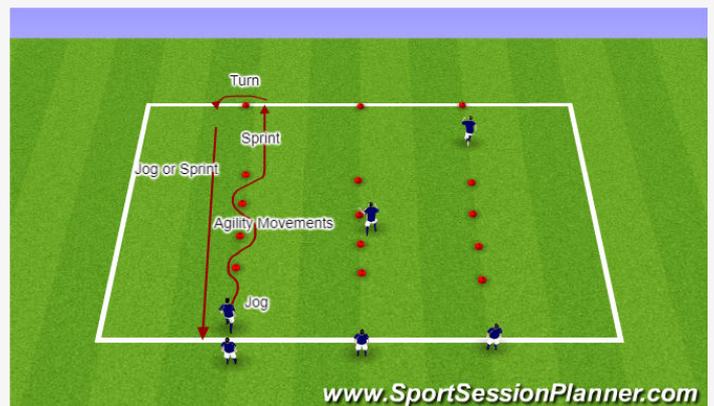
Warm-up: Agilities Movements

Organization:

Create a 20 x 20 grid where you can add few cones in line (1 yard from each other). - Create 2- 3 lines so players do not waist time in line and have consistency of player's movement during the warm-up.

How to play:

- Players will jog to the line of cones
- Apply agilities movements between the cones by facing foward, sideways and/or backwards.
- After the agility movements between the cones, the players will sprint to the cone located 5 -10 yards from the line of the cones.
- Turn towards the cone and sprint or job back to the end of the line.



Warm-up: 2 vs. 1 (10 mins)

Organization:

Set up 3 lines (one next to the goal and two 15 - 25 yards away from the box).

How to play: The defender with the ball (#1) will pass the ball to the players #2 or #3 (offense players) and put pressure. Players #2 and #3 will play 2 vs. 1 against player #1. The offense players will try to score.

Rotate players every play: From #1 - #2 - #3 - #1. Rotate the GKs if you will have more than 1 player playing in goal.

Variation/ Progression: play 1 vs. 1 if it is too easy or 3 vs. 1 if it is too hard to score.



Warm-up: 3 vs. 2 (10 mins)

Organization:

Set up 5 lines (two next to the goal and three 15 - 25 yards away from the box).

How to play: The defender with the ball (#1) will pass the ball to the players #3, #4 or #5 (offense players) and put pressure. Players #3, #4 and #5 will play 3 vs. 2 against players #1 and #2. The offense players will try to score.

Rotate players every play: From #1 - #2 - #3 - #4 - #5 - #1. Rotate the GKs if you will have more than 1 player playing in goal.

Variation/ Progression: play 2 vs. 2 if it is too easy or 4 vs. 2 if it is too hard to score.

