

Active for Life: Warm Up #1

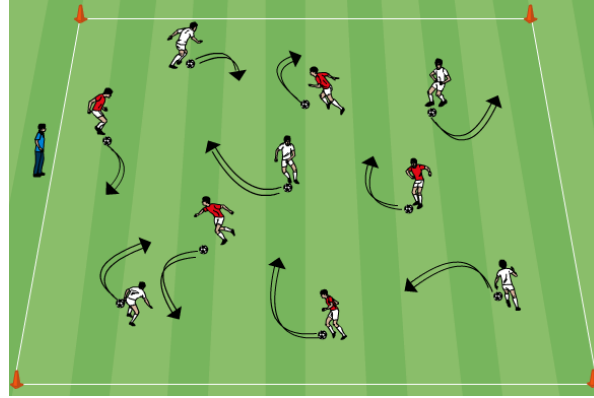
Warm-Up:

Dribbling and changing direction

15-20 minutes

Organization:

- Use markers to set up a 25x25m area.
- All players work inside the area at the same time.
- One ball per player when needed.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right,
2. Include various rhythmic exercises such as skip & groin stretch (inside to outside), skip & groin stretch (outside to inside), skip & kick, skip & upper body twist (left and right).
3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc.
4. **Variations:** Ensure that players practice using both left and right foot (side) equally throughout the warm-up.

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Active for Life: Warm Up #2

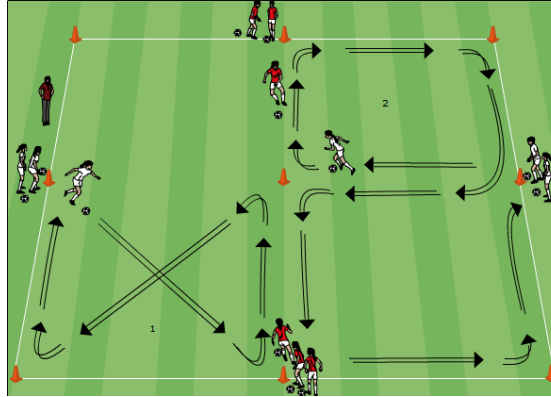
Warm-Up:

Dribbling and changing direction

15 minutes

Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

- 1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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Active for Life: Warm Up #3

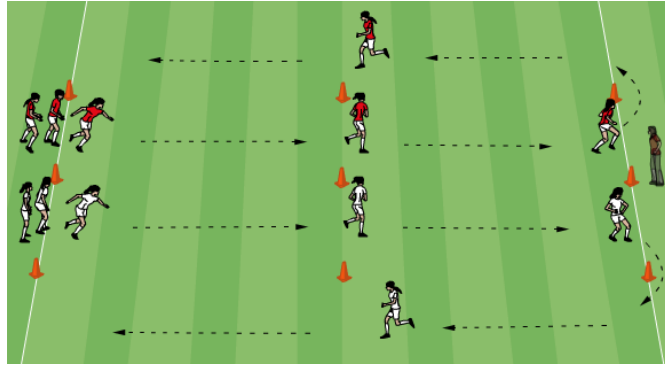
Warm-Up:

Dynamic Movement 1

15-20 minutes

Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

<ol style="list-style-type: none"> a. Jog b. Jockey backwards (right & left) c. Skipping forward d. Skipping sideways e. Heel flicks f. High knee raises 	<ol style="list-style-type: none"> g. skip & groin stretch (inside to outside) h. skip & groin stretch (outside to inside) i. skip & kick (left & right) j. skip & upper body twist (right & left) k. cross steps l. wide steps
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Active for Life: Warm Up #4

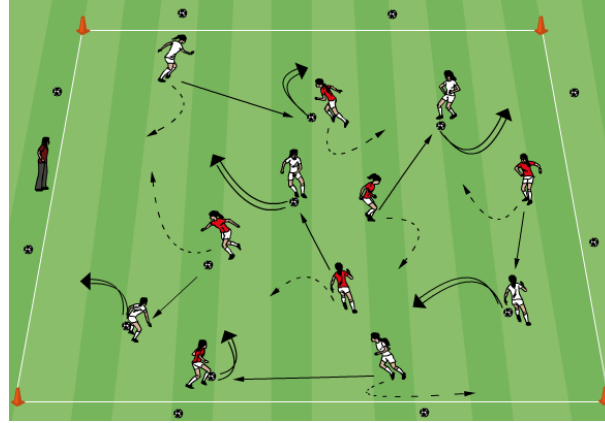
Warm-Up:

Give a Pass; Get a Pass

15-20 minutes

Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5th wall/double pass possession changes.



Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.

<ol style="list-style-type: none"> a. Pass with inside of foot b. Front foot pass c. Pass with outside of foot d. Double pass e. Wall pass – inside foot f. Wall pass – outside foot 	<ol style="list-style-type: none"> g. Receive with inside of foot & turn inside. h. Receive with inside of foot & turn outside. i. Receive with outside of foot & turn outside. j. One-touch straight back. k. Open out, One-touch angled pass with inside foot. l. One-touch flick pass off outside of foot.
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Active for Life: Warm Up #5

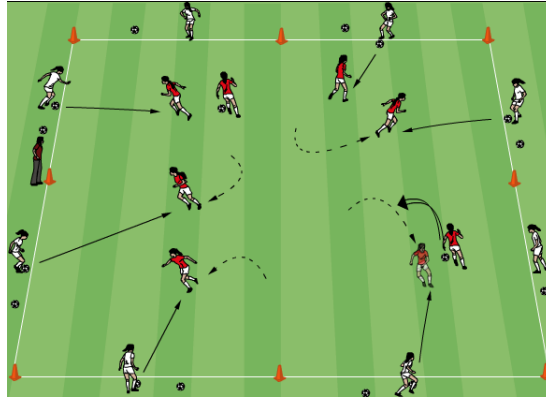
Warm-Up:

Windows Warm-Up

15-20 minutes

Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute.



Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Server use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
 - a. Control & pass back with inside of foot.
 - b. Control with outside foot & pass back.
 - c. Control with laces & pass back.
 - d. Control with thigh & pass back.
 - e. Control with chest & pass back.
 - f. Control with foot, turn & pass to another server.
 - g. Control with thigh, turn & pass to another server.
 - h. Control with chest, turn & pass to another server.

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Active for Life: Warm Up #6

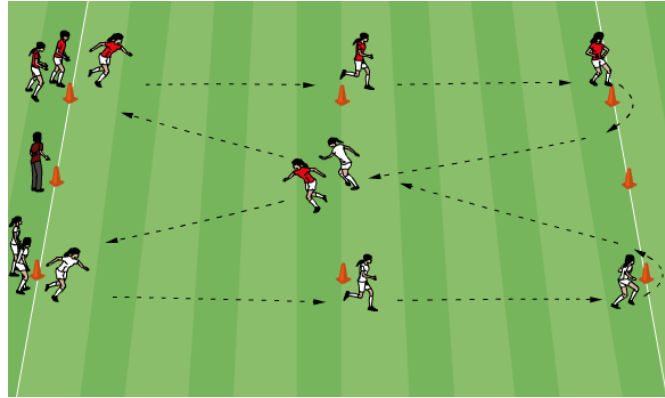
Warm-Up:

Dynamic Movement 2

15-20 minutes

Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side & carry out the dynamic movements as they move diagonally across the square.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body.

Description:

1. Players carry out dynamic movements as they move diagonally across the square to a new starting position. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

a. Jog	g. skip & groin stretch (inside to outside)
b. Jockey backwards (right & left)	h. skip & groin stretch (outside to inside)
c. Skipping forward	i. skip & kick (left & right)
d. Skipping sideways	j. skip & upper body twist (right & left)
e. Heel flicks	k. cross steps
f. High knee raises	l. wide steps

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Active for Life: Warm Up #7

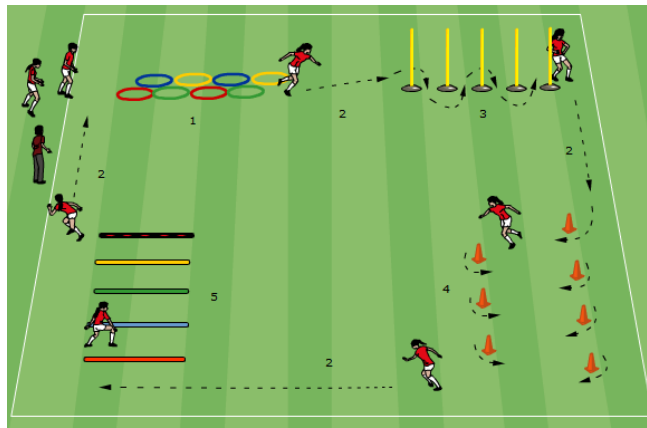
Warm-Up:

General Movement

15-20 minutes

Organization:

- Set up an obstacle course inside a 25x25m. area, as shown.
- Repeat the exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body (ie, use of right and left leg alternately).

Description:

1. The players start at the first station and move in a clockwise direction around the course carrying out the exercises shown below:

1. Step in each hoop with one foot only.
2. Jog between stations.
3. Zig-zag in and out of the poles.
4. Run forward to, and around, the advanced cone, and backward to and around the rear cone.
5. Sideway skipping between the sticks.

Variations:

1. Two footed jumps into each hoop.
2. Skipping between stations.
3. Zig-zag backwards through the flags poles.
4. Run forward and do "step-over" at each marker.
5. Run forward-use short steps between sticks.

Progression: Do the course in the reverse direction

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Active for Life: Warm Up #8

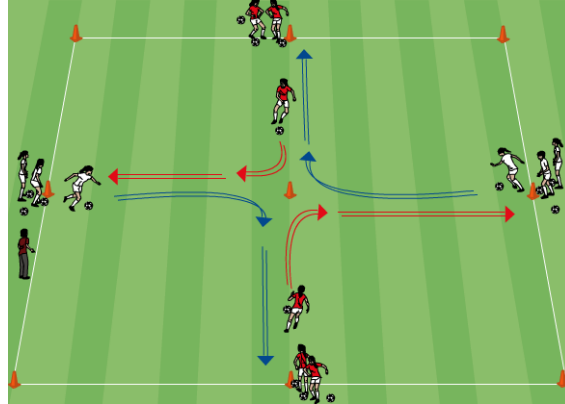
Warm-Up:

Coordination and Movement with a ball

15-20 minutes

Organization:

- Four groups of 3 players working in a 25x25m area as shown.
- A ball per player.
- Nine markers breaking the area down into four quarters.
- Repeat exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. First player in each group dribbles towards the middle marker and turns to her/his right using the outside of the right foot. Then turns back using the outside of the left foot just before reaching the outside marker. The process is repeated until all the players reach their original starting point. Then the next player performs the same action. When all the players have gone through the cycle the process is repeated to the left using the outside of the left foot followed by the outside of the right foot.

Additional sequences:

- | | |
|--|--|
| a. To the right – Inside of left & inside of right | e. To the right – Scissors/outside right & sole of foot turn. |
| b. To the left – Inside of right & inside of left | f. To the left – Scissors/outside of left & sole of foot turn. |
| c. To the right – Step over right foot & step over left foot | g. To the right – Circle inside of right & inside of left. |
| d. To the left – Step over left foot & step over right foot. | h. To the left – Circle inside of left & inside of right. |

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Active for Life: Warm Up #9

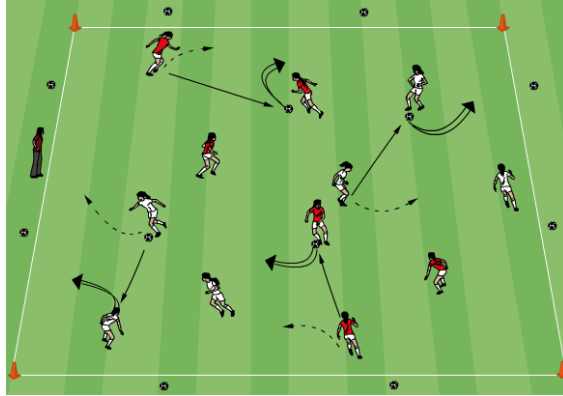
Warm-Up:

Coordination and Movement with a ball

15-20 minutes

Organization:

- Set up a 30x30m area as shown.
- Players work in groups of three.
- One ball per group.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.
 - a. Pass and look for space.
 - b. Pass with inside of right foot.
 - c. Pass with inside of left foot.
 - d. Pass with outside of left foot.
 - e. Pass with outside of right foot.
 - f. Short pass; long pass combination.
 - g. Receiving player turns with ball using inside of foot.
 - h. Receiving player turns with ball using inside of foot.
 - i. Receiving player lets ball run between legs and turns.

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Active for Life: Warm Up #10

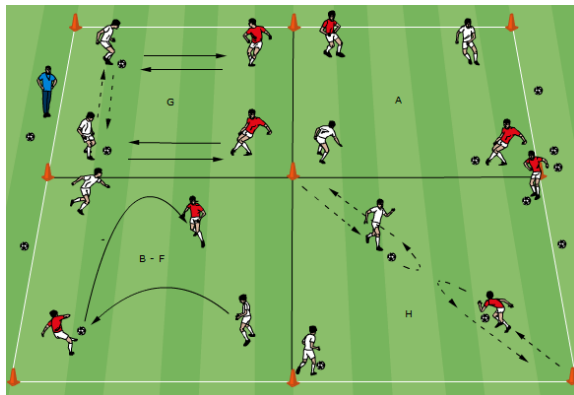
Warm-Up:

Coordination and Movement with a ball

15-20 minutes

Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
 - a. One touch passing.
 - b. Throw, volley, catch.
 - c. Throw, knee, catch.
 - d. Throw, thigh control-volley, catch
 - e. Throw, chest control-volley, catch.
 - f. Throw, instep control-volley, catch
 - g. Side to side Movement – volley, knee, head.
 - h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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