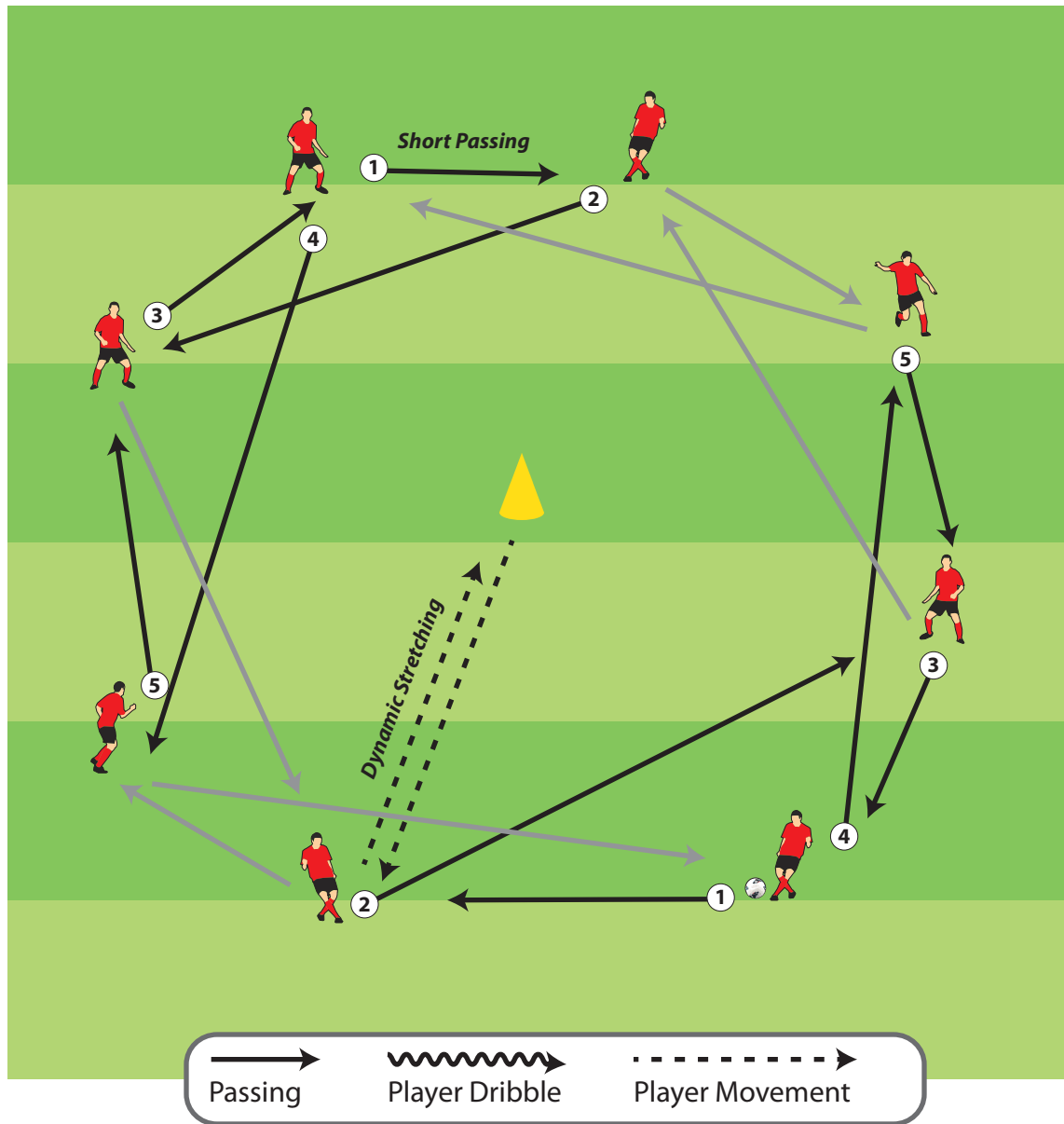


Stage-I Warm Up: Circle 1-Touch Passing & Dynamic Stretching



Setup

30 x 30 yard area with a large cone placed in the center. This warm-up has 2 elements: 1-Passing 2-Dynamic Stretching. Players get into a large circle around the center cone and begin passing sequence, on coaches command players perform dynamic stretches towards center then back.

Sequence

- Use 2 soccer balls on opposite sides of the circle. Pass in sequence according to the number in the illustration.
- Use 1-touch passing as much as you can without losing control.
- On coaches command, leave ball and perform dynamic stretches towards the center cone and back, then continue passing sequence (everyone goes together at once).

Dynamic Stretching Examples

- High Knee Power Skip, Open/Close Gate
- Russian Walk (high kick/soldiers march), Carioca, Shuffle
- Walking Quad Pull (grab foot behind the back), Lateral Lunge
- Linear Walking Lunge (add a twist to the outside), Spiderman Crawl
- Heel Walk, Side Ankle Walk, Inchworm Hamstring Handwalk

Coaching Points

- Spend about 30sec. passing then call out a dynamic stretch, change passing direction every (2-4 intervals)
- Passing 1-touch when possible but keep control
- Pace of pass when short versus long. Passing accuracy, head up, look before you pass.
- Players should be on their toes, feet shoulder width apart.