



## Match day Warm-up

**Category:** Warm-ups  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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### Part 1 (5 mins)

**Organization:**

- Somewhere by the field (*try prevent going on the field*) create a 15x15m square.

**Protocol:**

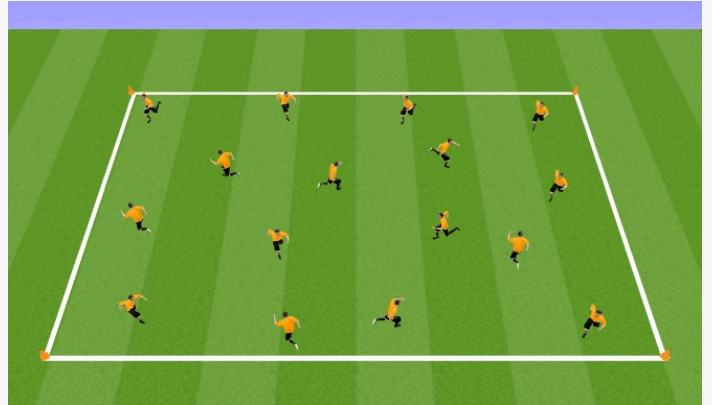
- Players will arrive and run around the square while changing direction.

**Progression:**

- 1- Get players to run around a different cone and come back into the middle and find another. (1min)
- 2- Repeat the activity but gradually increase their speed while changing direction. (1min)
- 3- Gradually increase when changing direction to a sprint. (1min)

**Coaching tips:**

- Tell players to make sure they gradually work up to a sprint.  
Emphasise the importance of increasing the speed gradually.



### Part 2 (5 mins)

**Organization:**

- Keeping the same sized area. Take 5 balls into the area.

**Protocol:**

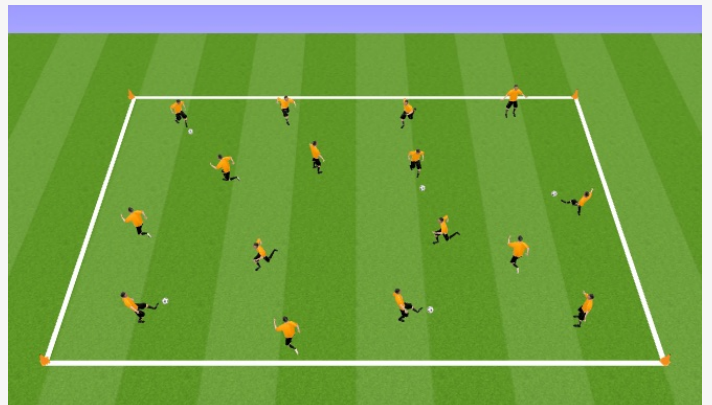
- Players will dribble for a short time and pass the ball to their teammates. In this meantime other players keep moving around the square trying to receive the ball.

**Progression:**

- 1- Get players to only take 2 touches to receive and pass to their teammates. (2mins)
- 2- If confident, then try only passing to teammates first time. (2mins)
- 3- Add more balls if you feel it's needed. (2mins)

**Coaching tips:**

- Look out for communication.  
- Try and get the players to be confident on the ball.  
- Get players to be creative. This could be players creating passing sequences or working at first time passing.



### Part 3 (10 mins)

**Organization:**

- Using the goal and the box. Put 2 cones 5 yards away of the box where the offensive team will start.  
- Split off the defence, offence and GK.

**Protocol:**

- One of the defensive players will pass the ball out to one of the offensive players and then defend (*This will create a 2v1*).  
- Once the ball goes dead (out of play, goal or any interruption) the next pair of offensive players get ready to go.

**Coaching tips:**

- Allow players to be creative.  
- Praise good offensive and defensive work.  
- Try



