

# Game Day Warm-Up:

40 mins before kick-off

**Practice Area 1:** General to Dynamic Movements – 10mins (8mins +2 mins water break)



- 1-Forward jog to end cone, side shuffle at the end cone then back pedal back to start x2.
- 2-Low/High side shuffle, change at each cone x2.
- 3-High knees to carioca changing at each cone x2.
- 4-Heel to butt (going backward) to side shuffle. Change at each cone x2.
- 5-Forward lunge going out. Jog back to start x2.
- 6-Backward lunge. Back pedal back to start x2.
- 7-Squat, "close the gate" (opening of the hip) to the end cone then side shuffle back x2.
- 8-Knee tuck alternating legs to the end cone. Jog back to start x2.

**30 mins before kick-off**

**Practice Area 2: Passing and Movement-8mins (6 mins +2 min water break)**



**Passing and Movement**

**1-Pass and move in area-1min.**

**2-Receive inside the foot and move ball with the outside of the foot then pass and move.**

**3-Head up scanning-Receive ball in open position, turn (varieties), pass and sprint 5 meters.**

**4-Recognize teammate, play 1-2 then recognized player plays the next 1-2 with another player**

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**22 minutes before kick-off**

**Practice Area 3: Game Simulation-12mins (10 mins + 2min water break)**



**Game Simulation-12mins(10+2 min water break)**  
**Coach feeds the ball in, one team attacks the goal for 5 mins, the other possesses (8 passes=1 goal). Switch after 5 mins.**

**10 mins before kick-off**

**Practice Area 4:** Speed Work-5 mins: 2 lanes, players competing



- 1-Sprint forward to second cone, back pedal to the first cone then sprint to the end x2
- 2-Back pedal to second cone, forward sprint to first cone then back pedal to the end x2
- 3-Sprint forward to second cone, side shuffle to first cone, then sprint to the end x2.

**LAST PREP-GAME ON IN 5 MINS!!!**