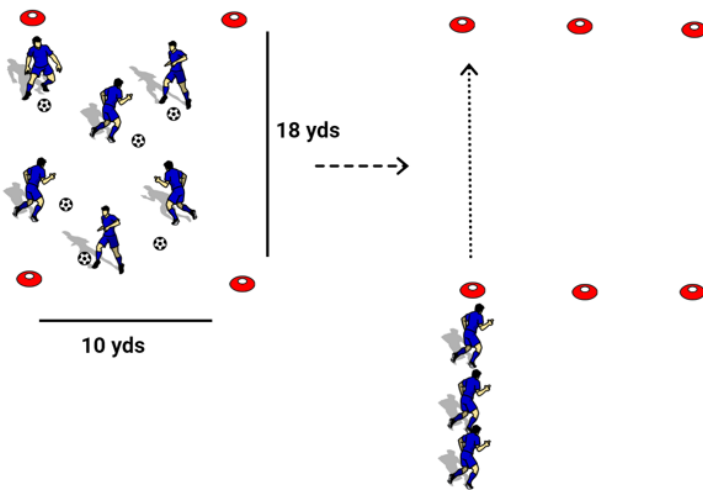


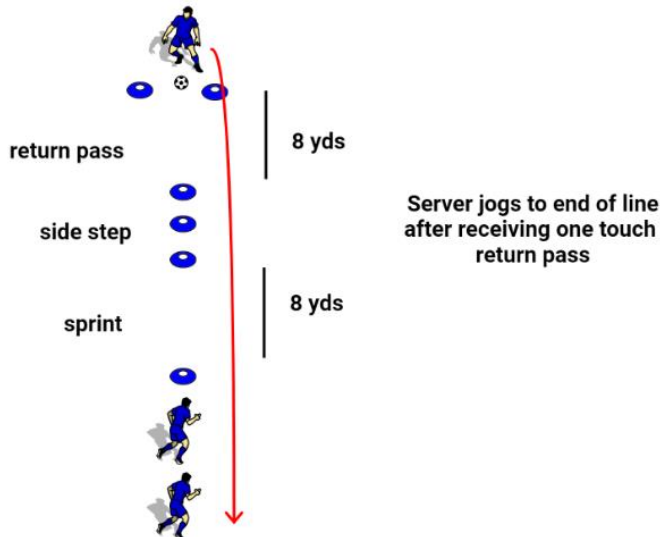
Warm – Up Session (U11 and Older)

1. Body Activation



1. Dribble ball for 2 minutes at slow speed, then for 2 minutes at medium speed, changing direction often.
2. Move over to dynamic stretching (5 min) area and:
 - a. Short steps between cones rotating hip out, jog back
 - b. Short steps rotating hip in
 - c. Jog hands behind back touching heels
 - d. Diagonal shuttle steps
 - e. Touching ground with hands
 - f. Jog half way and full sprint

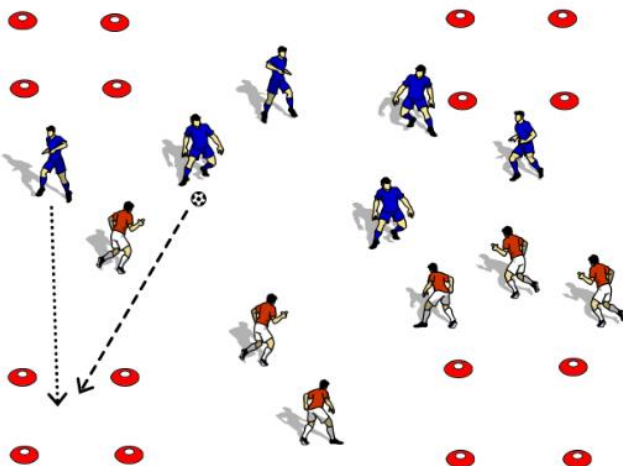
2. Neural Preparation



5 minutes total, three players per group:

1. Sprint to first cone
2. Side step through next three cones
3. As runner does his last side step server passes an easy ball to feet of runner who returns one touch
4. Server stops ball and sprints to end of liner
5. Runner takes server spot
6. Next runner starts sprint when server sprints back

3. Technical Preparation



Play a 6 v. 6 or 7 v 7 depending on number of players (excluding goalkeepers who do separate warm-up (10 minutes).

Each team attacks two wide goals.

Team scores a point by passing into squares to a player who arrives at same time as the ball.

Players are not allowed to wait for ball in square