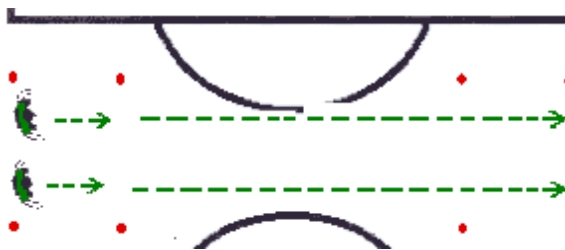


MATCHDAY WARMUP

Organisation

Set up cones level with the side of the area, and ten yards inside as shown. It will appear that you have two 10 x 10 yard boxes on the edge of the area. Players run the length of the penalty area doing the following exercises.



Exercises

1. Slow jog.
2. Sideways skipping. Three steps to the right then three steps to the left
3. High knees out to in. Raise your knee outwards and bring it inwards. Alternate sides.
4. Side to side skips. Facing forward, three steps to the right and then three steps to the left. Swing your arms.
5. Sideways skipping. Three steps to the right then three steps to the left
6. Stretches
7. Slow jog
8. Quick feet to the cone (10 yards), then three quarter pace to the end. 2 times
9. Side shuffles to the cone, three quarter pace run to the end.
10. Stretch
11. Backwards running with short steps to the cone, then half pace run to the end.
12. Quick feet to the cone, then three quarter pace run to the end.
13. Slow jog to the cone, then full sprint to the end.
14. Sideways running to the cone then sprint to the end
15. Sideways running (face the other way), then sprint to the cone.
16. Stretch
17. Ball warm up