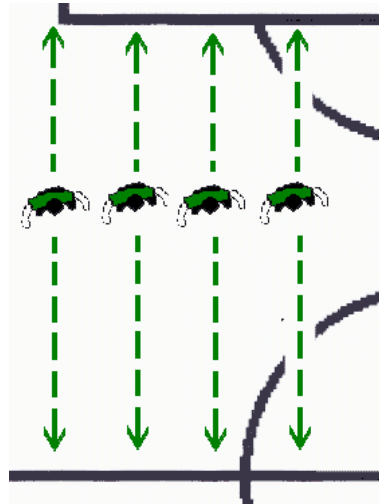


A Matchday Warm Up Without the Ball

Organisation

- Players line up on the edge of the area and run to the half way line and back doing the following exercises.
- Each exercise is the equivalent of one run from the edge of the area to the half way line or from the half way line to the penalty area.



Exercises

1. Slow jog. Lots of shaking.
2. High knees two lots of ten. Sipping.
3. Two runs
4. Three steps to the right and three steps to the left.
5. Springing.
6. High skips swing your arms alternately.
7. Two runs
8. Stretches
9. Half pace runS
10. kipping and swinging arms in a windmill
11. Three quarter pace run
12. Small steps. Two lots of ten.
13. Three quarter pace run
14. Stretches
15. High knees. Two lots of ten.
16. Heel flicks. Ten to the left and then ten to the right.
17. High knees for five steps then three quarter pace sprint to the end.
18. Quick steps for five yards then three quarter pace run.
19. Stretches