

CRYSA Warm Up Activities

10 THINGS TO REMEMBER WHEN WARMING UP...

- 1 - Make it fun.
- 2 - Make sure the players understand the reasons for warming up.
- 3 - Make it relative to the theme/activity you are about to undertake.
- 4 - You can work with or without the ball.
- 5 - Start gently and then build up the intensity and heart rate.
- 6 - Provide sufficient time for stretching and ensure that the technique is correct.
- 7 - Provide adequate rest periods and ensure that water is available.
- 8 - Time management is important – don't go on for too long.
- 9 - Distances covered and size of area – make sure these are correct and not unrealistic.
- 10 – Don't be scared to repeat certain warm up activities over a few weeks.



CRYSA Warm Up Activities

STATIC STRETCHING

Although static stretching is important there are no scientific studies that suggest it will help to improve the individual performance of a soccer player. It is very much down to personal opinion and peace of mind whether static stretching takes place in your team or individual warm-up. I like to use static stretching on the main leg/kicking muscles (hamstring, thigh, groin, calf) and use this stretching period as a time for calm and focus on the task ahead.

Static stretching is when the muscle is stretched to its maximum and held for a short period of time. You should feel the stretch on your muscle and then hold for a short period. The position should be comfortable and stretching should never be painful.

Examples of static stretching

1. Groin stretch – sit on the floor, bring your feet together so that both soles are touching. Gently lean forward and pull your feet off the floor. You should begin to feel the stretch in your groin area.
2. Thigh stretch – lay on one side and bend your leg towards your hand. Hold the leg in this period for a set time period. If you are unable to feel the muscles stretching then extend the leg backwards to increase the intensity.
3. Calf stretch – stand up; put one leg out in front of the other. Bend the front knee slightly whilst keeping the back leg straight and with the heel on the floor. Place your hands on your hips and lean forward to feel the stretch.
4. Hamstring stretch – stand up and place your legs shoulder width apart. Keep your legs straight. Bend forward and attempt to touch the floor. Once in this position you can push your arms out in front, between your legs, to the left or to the right in order to stretch the muscles on both legs.



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DYNAMIC STRETCHING

Dynamic stretching is simply stretching on the move. This type of stretching should be specific to soccer and include various kicking, changing of direction and movement patterns.

Although dynamic stretching will not increase flexibility it has been proven to enhance a player's performance.

All dynamic stretching is performed to a rhythm and this makes it more difficult to perform correctly than static stretching.

Examples of dynamic stretching

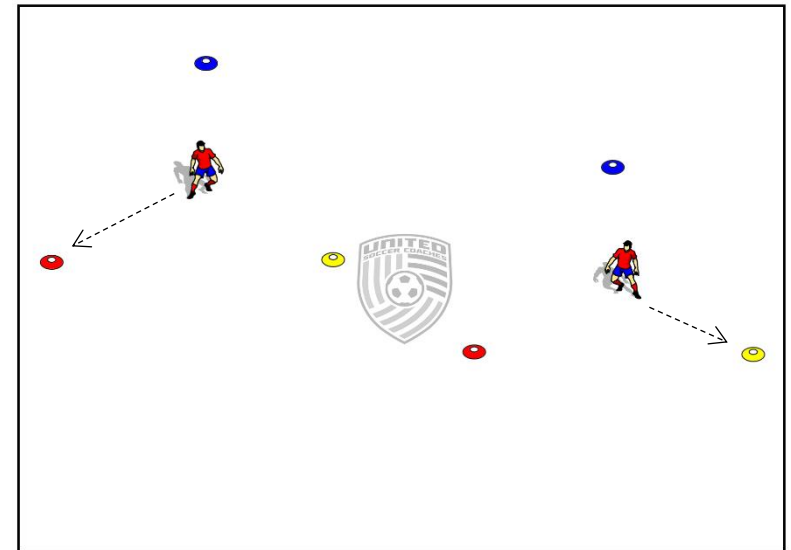
1. Heel flicks – whilst jogging, put your hands behind your back and then with each stride bring your heel up to flick against the palms of your hands.
2. High knees – whilst jogging, put your hands out in front of your body and then with each stride bring your knees up high to flick against the palm of your hands.
3. High kicks – jogging with three steps (1, 2, 3) make alternate kicking motions keeping the leg straight as you follow through.
4. Kick across body – jogging with three steps (1, 2, 3) make alternate kicking motions across your body.
5. Groin opening – bend your leg and bring your knee up and in front of your body, slowly move the knee outwards in a circular motion and then back down to the floor.
6. Groin closing – standing side on, bend your leg and bring your knee up in front of your body, slowly move the knee inwards in a circular motion towards your other leg (almost as if you are stepping over a little fence).



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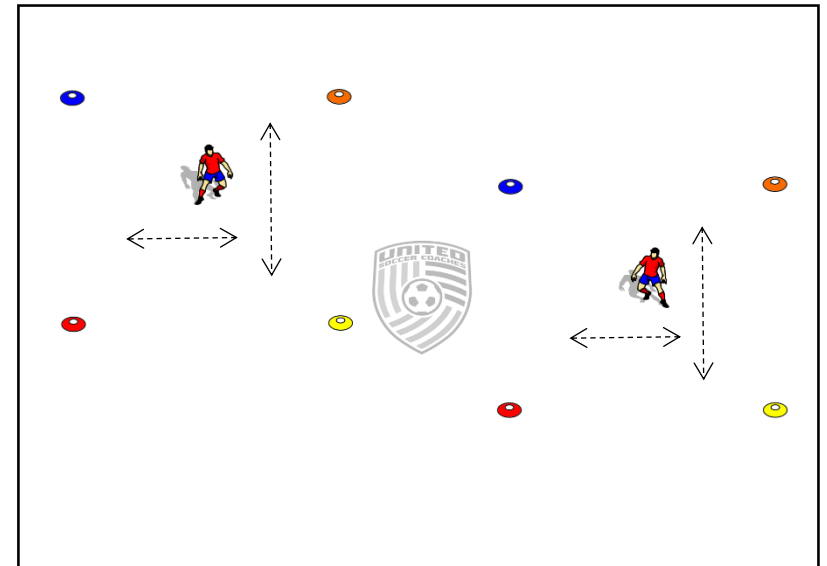
WARM-UPS – QUICK DECISION MAKING / MOVEMENT

- ❖ In this activity, players stand in the middle of the triangle while keeping their feet moving. The coach calls out a color cone and the players must react and run and touch the cone with their foot and then return to the middle.
- ❖ Call multiple colors in a row.
- ❖ Ask players to run around cones.
- ❖ Have players start sitting down / push up / on their back.
- ❖ Switch the location of the colors.



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- ❖ In this activity, players are located in a square marked with different color cones.
- ❖ Ask players to perform forward / back & side to side shuffles.
- ❖ Create fun races for the players to compete with each other.
- ❖ Call out specific directions.
- ❖ Have the players do squats and jumping jacks to also warm up the body.
- ❖ Have the players focus on bending their knees / lowering their body during movements



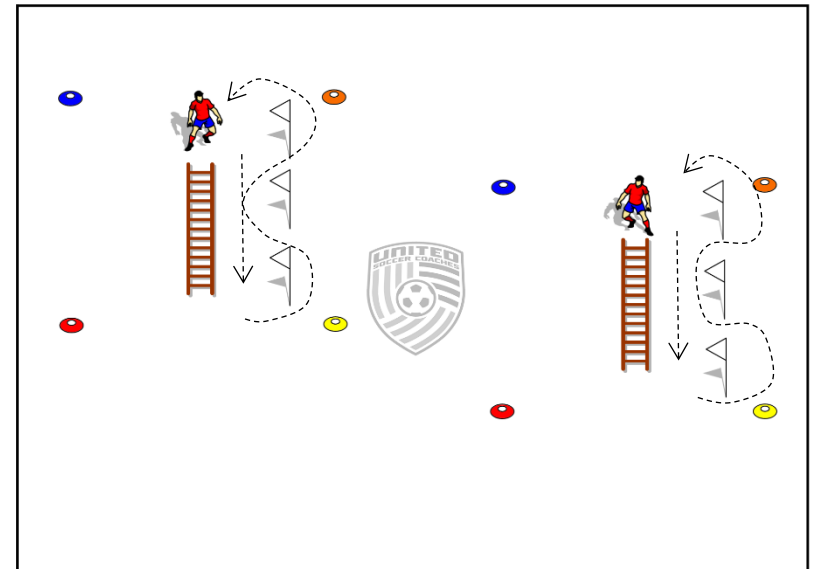
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WARM-UPS – LADDER & BALL WORK

- ❖ In this activity, players have a Ladder and flag poles to move thru.
- ❖ Ask players to preform different types of stepping patterns thru the Ladder.
- ❖ Have the players go thru the flag poles facing different directions.
- ❖ Create fun races for the players to compete with each other.



- ❖ In this activity, players have a ball and are located in a square marked with different color cones.
- ❖ Ask players to preform different types of touches... Toe Taps, Step Overs, Scissors. These actions will warm up the body while including the ball.
- ❖ Create fun races for the players to compete with each other.
- ❖ Juggling the ball for 5 mins will act as a great active rest period.

