



Game Day Warm Up U11+

Category: Warm-ups
Difficulty: Moderate

CMF Academy, Coquitlam, Canada
Individual-Young Member

Description

Game Day Dynamic Warm Up

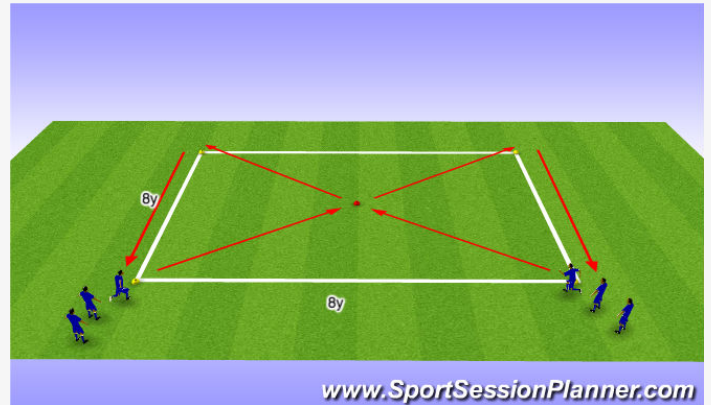
Organization:

Setup a grid 8y x 8y with a different colour cone in the middle.

Description:

Players are in two line and work to the middle cone, top cone and back to their line. Coaches will run through the following dynamic movements twice each.

- Jog to middle cone, Jog to top cone, Jog back to start line
- Knees up to middle cone, Butt Kickers to top cone, Jog back to start line
- Side shuffle to middle cone, Switch lead foot and side shuffle to top cone, Jog back to start line
- Karaoke to middle cone, Switch lead foot and Karaoke to top cone, jog back to start line
- Sprint to middle cone, Backwards to top cone, jog back to start line



Game Day Passing

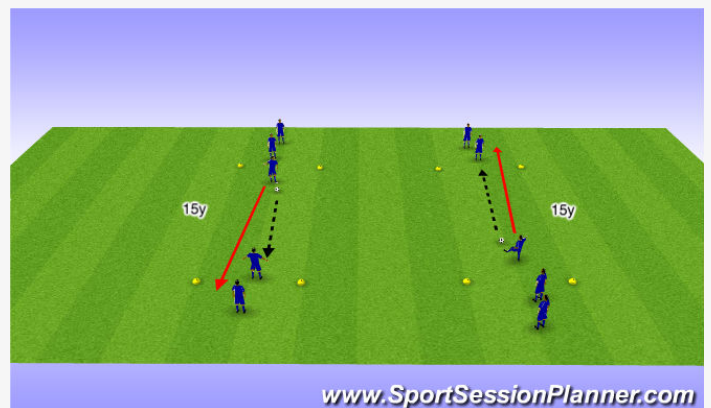
Organization:

Setup two gates 15y apart and have players evenly lined up in each gate with one ball.

Description:

Players pass to opposite gate. After the player passes the ball they will accelerate to the end of the opposite line. Coaches can go through the following passing techniques:

- Three Touch (Inside/Outside/Inside) of the foot
- Two Touch
- One touch
- Wall Pass/Give & Go



Game day Shooting

Organization:

Setup two lines 25y away from goals.

Description:

One line passes to the coach (then goes in for rebounds), the coach lays-off a pass for the player in the opposite line to shoot. Initial pass should be rotated from each line.



Game day Crossing

Organization:

Setup two lines in the middle of the field 25y away from the goal. Designate two players as crossers from the right-wing and two as crossers from the left-wing.

Description:

One line passes to the coach, the coach lays-off a pass for the player in the opposite line to send a diagonal ball to one of the wide players for a cross. Both middle players then make run in the box (one near post the other far post) to finish at goal.

Initial pass should be rotated from each line and crosses should rotate from both sides.

