Pre Match warm-up & Dyanmic Warm up

Posted by STLCoach - 31 Mar 2009 11:12

Start with a dynamic warm up. Some coaches want their teams doing this together for team unity while others want each player doing it on their own since each player has somewhat different needs. I don't think there is a right or wrong way to do this as long as it's a dynamic warm up that prepares each of the parts of the body.

The dynamic warm-up prepares the body in movements that will be used in the sport or game. First a jog of 30yds out and 30yds back. Then the players will perform different movements out and back:
1 skip
2 skip and swing arms up like jumping jack
3 side shuffle switch on counts of 4
4 diagonal side shuffle switch on counts of 4
5 carioca (crossover running)
6 Knee hug and lunge
7 high knee running
8 heel to butt kicks
9 walk and touch the ground
There are many others you can add. You want the warm-up to last 8-12 minutes and the players should achieve a sweat.

There is really no benefit to then get into circles and stretch. In fact, static stretching has shown to decrease muscle performance not enhance. The stretching is achieved thru the dynamic motion in the warm-up.

I would do the same for 5 years and up. For 5-8 years maybe 20 yds and half the time.

It has been my observation and experience that the players benefit greatly from the repetitive movements increasing their athleticism, agility, and reducing injury.

At this time, the keepers would go off and warm up on their own (starting with a catch, then sitting, kneeling, catcher’s position progression and then having some simple shots hit, then progressively harder and making sure to get crosses and distribution in as well).

The field players ages 5-11 would work on ball skills each with a ball, players ages 12-18 would start in groups of twos or threes making simple passes. They want to be moving and to make short passes and then slowly build up to longer passes. Too often, they want to start with long balls but it's important to start with short passes to allow their muscles time to continue to warm up properly. As they get further and further apart, balls should be driven as well as chipped.

Next switch into some possession work. This could be 5 v 2's or 7 v 7 + 2. Make sure everyone is involved and play in small spaces to get the players accustomed to quick touches and lot's of pressure. I prefer a team to play hard for a short period rather than do this for 20 minutes at half speed.

Next I pull a team in, give them their starting lineup, have them all take a drink (whether they want to or not) and then give them 5 more minutes to do whatever they want. If some want to shoot, they can do that. If some want to play long balls to each other, they can do that. If some want to do juggling that is fine. If some want to walk the field, they can do that. As long as they are doing something game related, it's fine with me as this is their time make sure they are physically and mentally prepared for the start of the game.

Right before they go on the field for the kickoff, I will remind them of one or two things and then wish them luck.

The one thing missing from this warm up is the "rah rah, Win one for the Gipper" speech". I've never been a big believer in those types of speeches and instead prefer to spend my time over the course of the week, encouraging their motivation from within. The gung ho speeches are great for the movies but vastly overrated in real life.

Another thing missing is the go to the penalty area and stretch and warm-up. Always go to the side of the field or just off. **PRESERVE OUR FIELDS!!! Especially the goal areas!!!!**

Making sure your team understands the routines of the warm up is important. It's not a bad idea to actually practice the warm up so they know what to expect when they get to the field.

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