

## Warm-up (Practical)

All warm-up activities shown must be undertaken after general movements, like jogging, running and complete stretching of major muscle groups.

### Awareness and Co-ordination

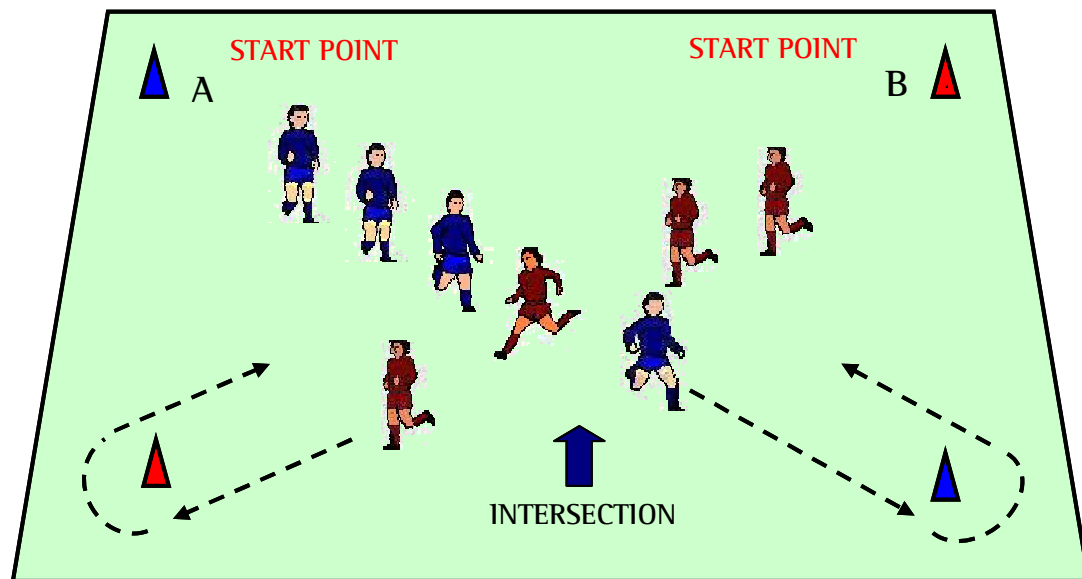
#### Organization

Area - 20 x 20m grid

Players - Divide team into two group of equal numbers

#### Procedure

1. Group one will start from BLUE Cone A and move diagonally to opposite BLUE Cone
2. Group two will start from RED Cone B and move diagonally to opposite RED Cone
3. Both groups must start simultaneously
4. Players will alternate when passing each other in the middle
5. Upon reaching opposite cone, players will make U-turn and go back to start cone



#### Progression

1. Players sprint towards opposite cone after intersection point
2. Introduce one ball per player

#### Variation

1. Use different footwork when moving from start cone to end cone -

Skiping  
Side skip  
Backward jog  
Striding  
Hop  
One leg jumps  
High knees  
Heel flicks  
Sprinting

## Warm-up (Practical)

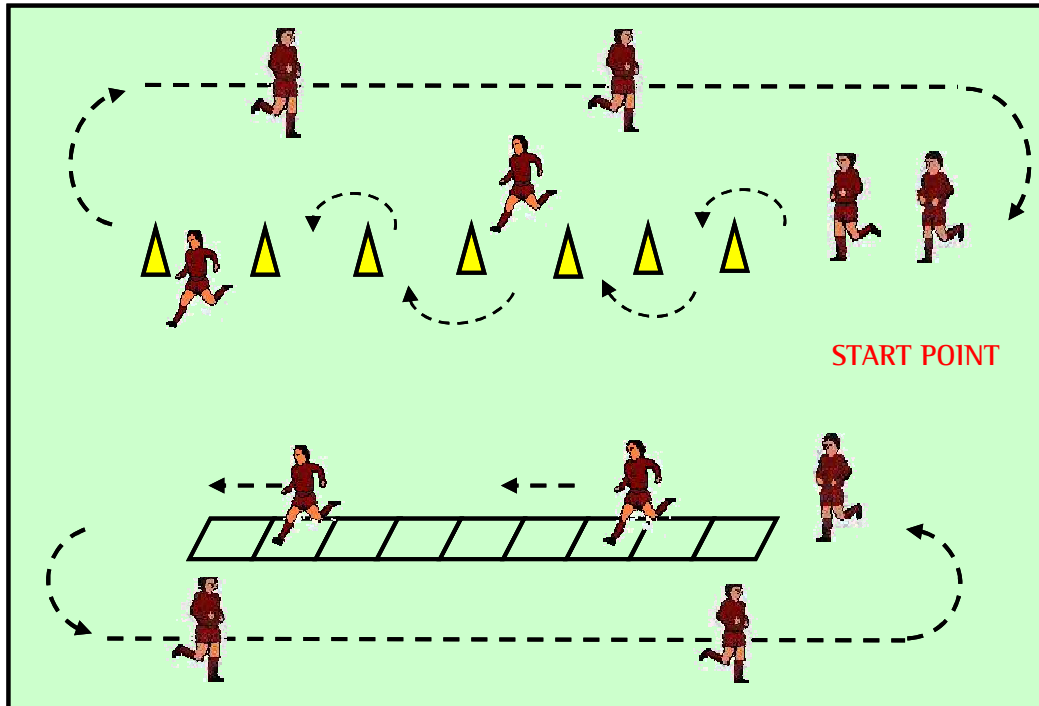
### Speed, Agility and Quick-feet (SAQ)

#### Organization

Agility ladder or footballs/poles/cones/ arranged in a line. Distance between the objects depends on stride length for each exercise and age group.

#### Procedure

1. Players will line up and go through the objects/ladder
2. Upon completion, they will move back to start point for next repetition
3. Give enough recovery time (W:R ratio is 1:10)



#### Progression

1. Introduce hurdles of varying heights
2. Introduce a server at end of obstacle for technique execution (heading, passing, etc)
3. Emphasize speed

#### Variation

1. Use different footwork when moving through the obstacle

Slow jog

Skipping

Side skip

Backward jog

Striding

Hop

One leg jumps

Sprints

Zig-zag runs

## Warm-up (Practical)

### Short Passing

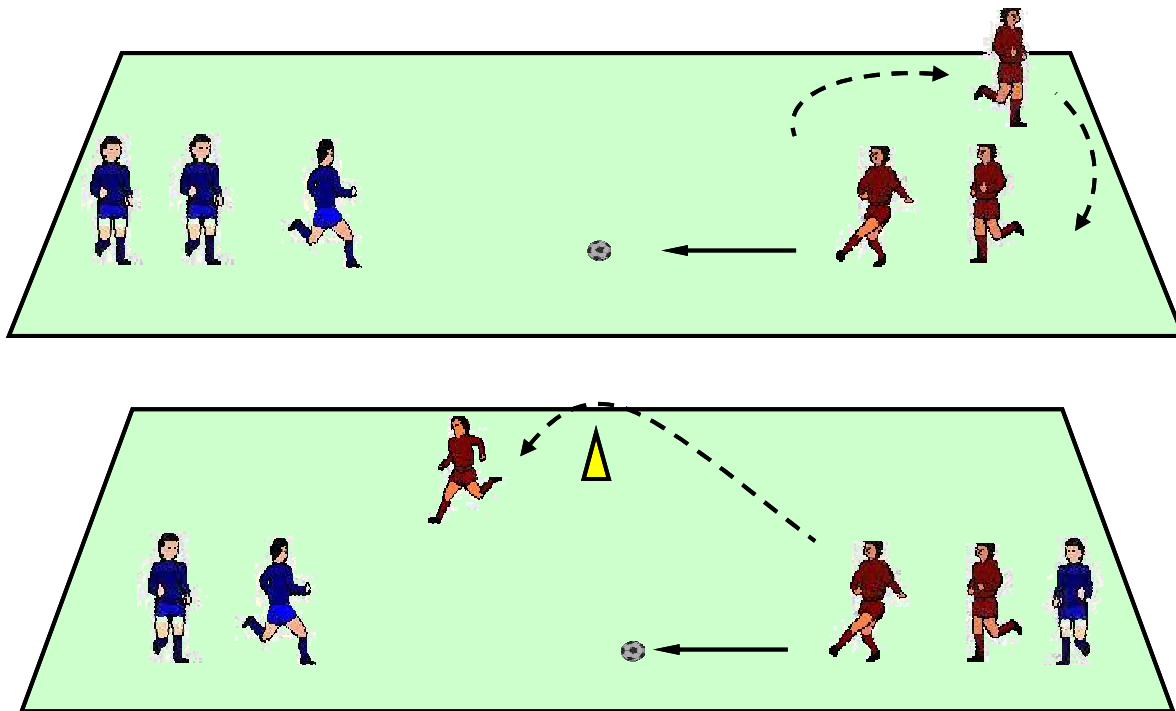
#### Organization

Players - Divide them equally into groups of 3 players  
2 groups to face each other in a queue 10m apart

Equipment - One football for every 2 groups

#### Procedure

1. Players will pass to first player in the opposite group.  
(Pass distance will depend on age and ability)
2. After pass, jog/run to back of the queue or opposite side (see variations)



#### Progression

1. Introduce 2 touch and eventually 1 touch condition.
2. Increase passing distance. (Depending on age and ability)
3. Emphasize speed after passing, pass pace & different contact surface (outside, instep etc)

#### Variation

1. Vary players' movement to the back of the queue after passing:

Sideway runs

Backward runs

Side skip

Zig-zag runs

Sprints

2. Move towards the back of the opposite queue
3. Move towards a marker/cone placed at an angle before joining the opposite queue

## Warm-up (Practical)

### Ball Feeling

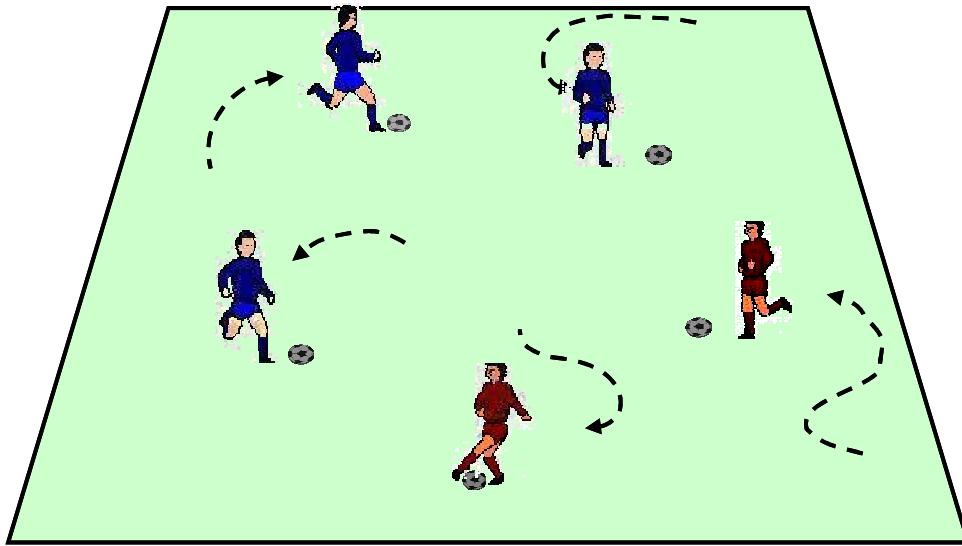
#### Organization

Area - 10m x 10m or 15m x 15m grid (Depending on age and ability)

Players - 5 players per grid with one football each

#### Procedure

1. Players to move within the grid, keeping close control of the ball.
2. Players to make as many contacts with the ball, using various surface of both feet.
3. Varying directions of movements: forward, sideways, backwards and stationary.



#### Progression

1. Place tall cones within grid for players to avoid contact
2. Emphasize quick feet movement

#### Variation

1. Vary players' contact surface with the ball. See sample sequence below:

I-I-I-O-O-I-I \*

O-O-O-I-I-O-O

L-L-I-L-L

O-O-O-S-O

L-L-H-I-L

Variations and combinations are unlimited

\* I-Inside foot, O-Outside foot, L-Laces, S-Sole, H-Heel

2. Introduce dribbling techniques - stepovers, scissors, body feints, etc
3. Introduce turning techniques - outside and inside hook, Cruyff turn, drag back, etc

## Warm-up (Practical)

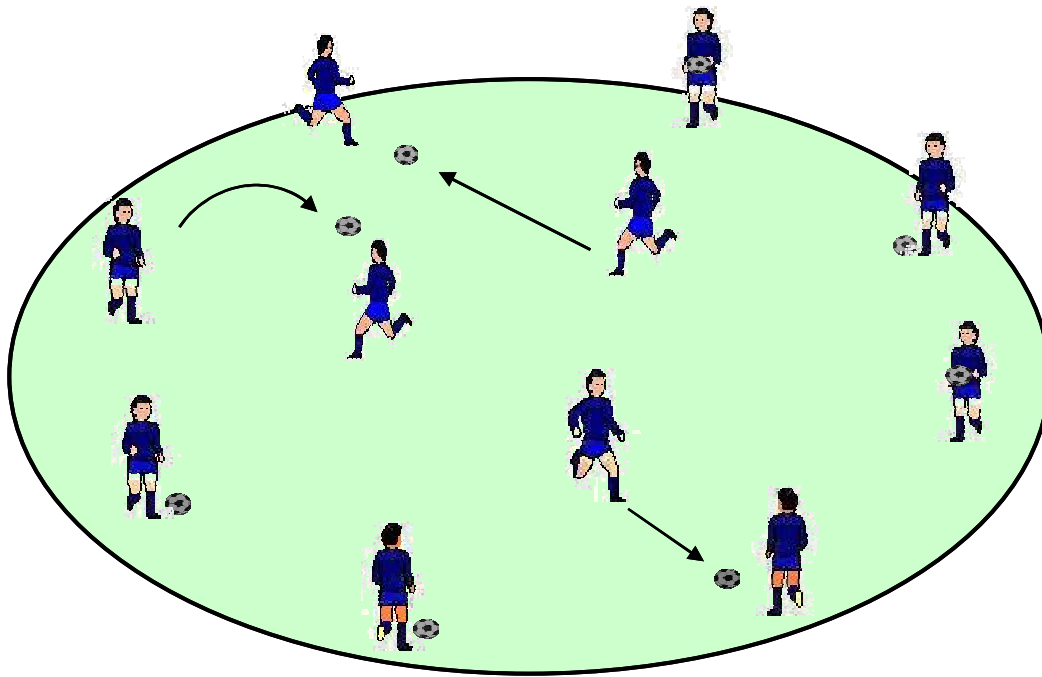
### Ball Control

#### Organization

Players - 8/10 servers form a circle with one football each  
- 2/3 players inside without football (to be rotated)

#### Procedure

1. Inside players to move within the circle and ask for balls from servers.
2. Player to control and make a return pass to the server and move off to another server.
3. Serve with different height and pace, control with various body surface- chest, thigh, feet



#### Progression

1. Introduce 2 touch and eventually 1 touch condition.
2. Emphasize speed and tight control, within playing distance
3. Introduce 1 defender inside the circle to apply pressure.

#### Variation

1. Vary height and pace of service to the players
2. Reduce the number of balls to 5, so receiving player must now pass to another server without a ball.

## Warm-up (Practical)

### Dribbling

#### Organization

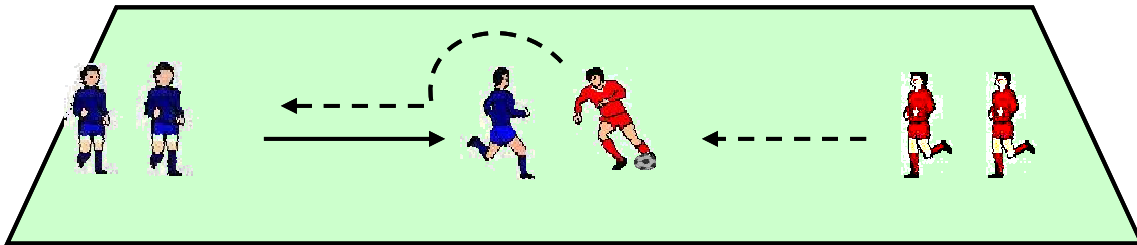
Players - Divide them equally into groups of 3 players

2 groups to face each other in a queue 15m apart.

Equipment - One football for every 2 groups

#### Procedure

1. Blue player passes ball to first red player in the opposite queue
2. Blue player moves to halfway point and start passive defending
3. Receiving player to control ball and dribble past oncoming passive opponent.
4. Upon going past opponent, pass the ball to next player in the opposite queue
5. Use one technique at a time, e.g. scissors, step over, feints, etc.
6. Change roles



#### Progression

1. Emphasize quick feet, speed, balance and acceleration
2. Activate the defending player

## Warm-up (Practical)

### Defending Play

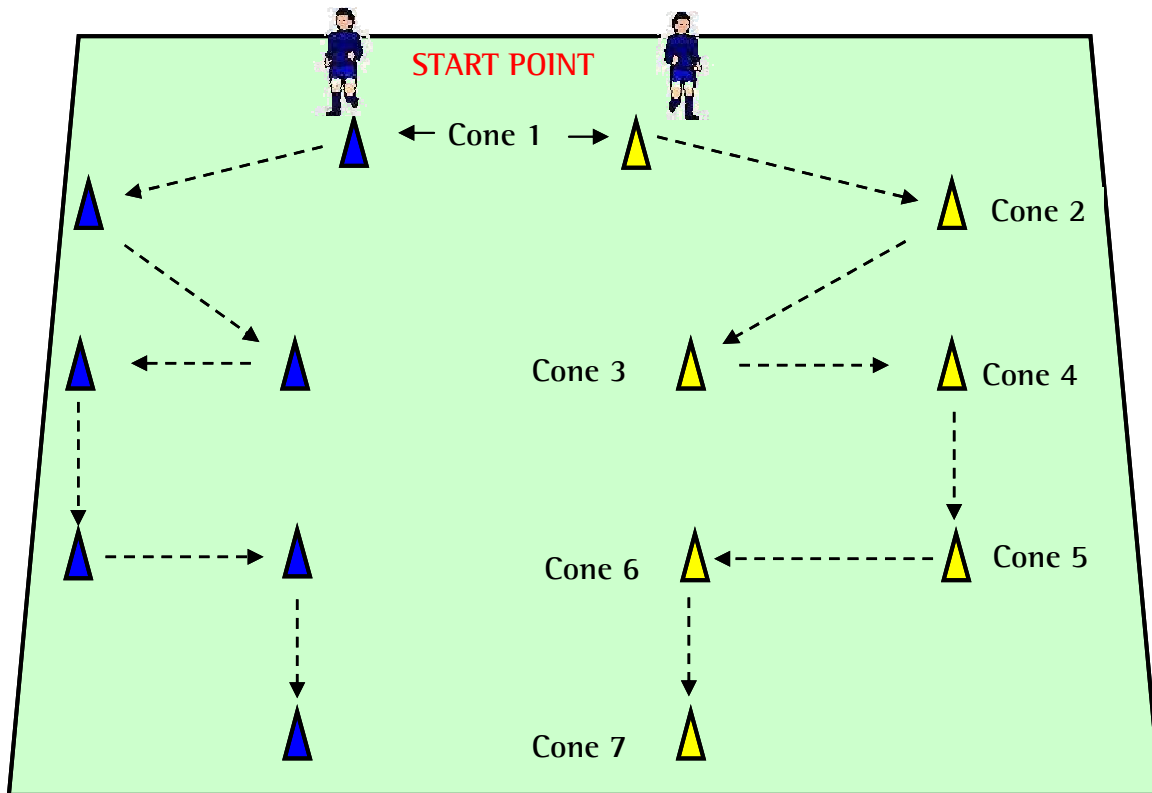
#### Organization

Area - Cones arranged sequentially 10 m apart (See diagram)

Players - Grouped in pairs.

#### Procedure

1. Players to move simultaneously from Cone 1 to Cone 7
2. Players to mimick defensive movements: stay low, on the toes, balanced, quick feet
3. Varying directions of movements: forward, sideways, backwards, spinning, etc



## Warm-up (Practical)

### Attacking Play

#### Organization

Area - 20m x 20m grid, top of the penalty box

Players - Queue in 2 rows at opposite ends of the grid

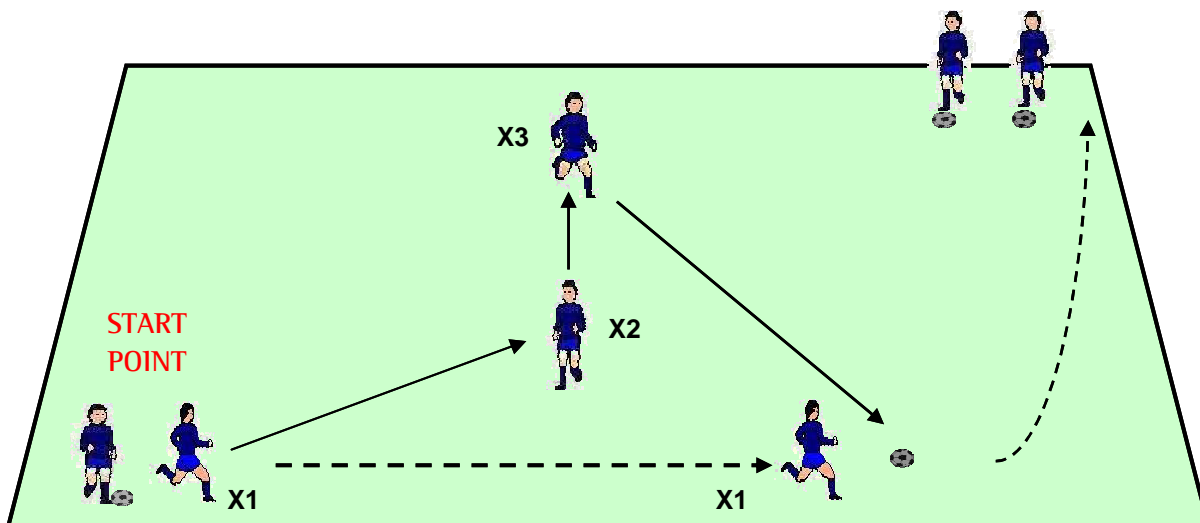
- Two players, X2 and X3 to be middle players (Rotational)

#### Procedure

1. Player X1 plays to X2, who plays to X3
2. Player X3 will then make a through pass to X1 who overlaps X2
3. Upon passing/overlapping, X1 re-joins queue at the opposite side

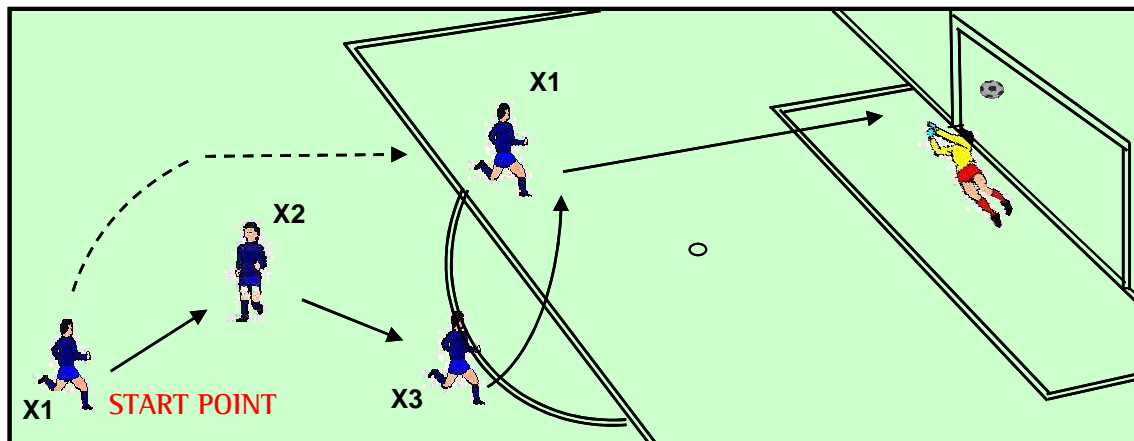
#### Progression

1. Gradually introduce 2 touch and 1 touch condition
2. Emphasize quality and speed in control, passing, movement and finishing



#### Variation

1. Player X1 now plays a pass with X2, who will pass it to X3
2. X1 now overlaps X2 to receive pass from X3 to finish with shooting/heading
3. Progress to one touch passes and one touch finishing in the penalty box





## Warm-up (Practical)

### Goalkeeping

#### Organization

Area - Cones arranged 10m long and 4m apart (See diagram)

Goalkeepers - Grouped in pairs.

#### Procedure

1. GKs start simultaneously from start point to the end and cross over to the other line
2. GKs to mirror each other movements on the opposite line
3. Varying directions of movements and ball handling.
4. Start with slow jog, and gradually increasing pace. Different footwork to be used:

Small side steps

Bigger side steps

Backward runs

Hopping, skipping

1 and 2 legged jumps

5. When moving along the line :

Serve balls to each other on the ground, chest level and above the head

Serve balls at pace for shot stopping

