

Warm Up #3

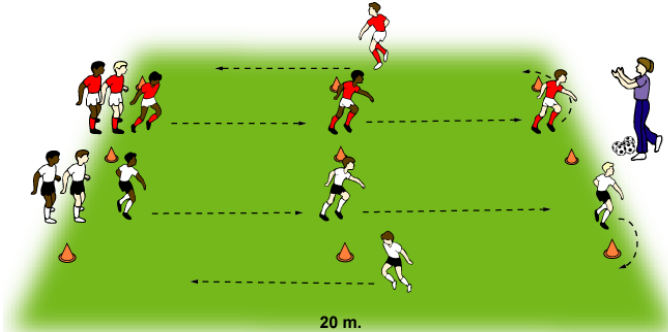
Warm-Up:

Dynamic Movement

15 minutes

Organization:

- Using marker set up two channels as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

a. Jog	g. skip & groin stretch (inside to outside)
b. Jockey backwards (right & left)	h. skip & groin stretch (outside to inside)
c. Skipping forward	i. skip & kick (left & right)
d. Skipping sideways	j. skip & upper body twist (right & left)
e. Heel flicks	k. cross steps
f. High knee raises	l. wide steps

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