



FOOTBALL COACHING: Warm Up & Cool Down



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Warming up

It is vital that players learn to adopt training habits when taking part in football practices. The first habit a coach should install into his players is the need to warm up correctly before they start strenuous physical activity. He should explain the reasons why warming up is so important, I believe they come in the following three reasons.

1. To raise muscle temperature, increase blood flow, stretch the muscles and mobilise the joints of the body. This will ensure the players move through a greater range of movement and will help prevent injury.
2. **To maximise performance.** The body performs better when the demand on the circulatory and respiratory systems increases gradually. Demanding physical will fatigue the body prematurely if the body is not warmed up.
3. **To prepare mentally for the training or match ahead.** The mind needs to be tuned in to the practice situation. By rehearsing movement patterns from the game the mind becomes activated and focused on the skills that are needed for practice.

The best warm up consist of these phases.

Phase 1 Focus on getting body mobilised gradually. Light running activities are used to raise the body temperature and heart rate.

Phase 2 This involves stretching the major muscles of the body and joints. Particular attention should be paid to the specific muscles and joints which are used in playing the match or training, i.e. the spine, hips and legs.

Phase 3 This involves activities that are performed at a higher tempo that allow players to practise and rehearse patterns of movements from the games. Note players should always do some light running after every stop for stretching to raise the heart rate for this phase of the warm up.

The warm drill inside this book cover all three phases of the warm up process. I suggest you look at grouping the drills together to include light running drills, then look at the high tempo combination drills that show patterns of play from a game situation.

Likewise, a cool down period at the end of a match or soccer training session is important because:

Cool downs

Main objective is to bring the body down to a resting state and incorporate the points below. Very light jogging is great for a cool down routine, combined with stretching. A five to seven minute session will be enough for the player to cool down correctly

- Soccer Cool Downs - Helps players overcome muscle stiffness and soreness.
- Soccer Cool Downs - Allows player to re hydrate.
- Soccer Cool Downs - Helps rid the body of toxins and lactic acid.
- Soccer Cool Downs - Allows a period of reflection and assessment for the players and the coach.

Exercise 4 and out

Purpose Increase heart rate warm body temperature



Set up

Two 10 by 15 yard end zones, with a 15 yard space dividing the two zones, mark out with cones. My example has 4 v 2 in each box but depending on number of players you can make area bigger or smaller to suit

Structure

play 4 v 2 in each end zone once they have completed 4 passes they can then switch the ball to the other area. Players must be alert in both groups as they can find themselves with two balls going at the same time.

Coaching tips

defenders learn good match play by hunting in pairs to win the ball back, look at communication between the defenders trying to make play predictable.

Attackers keep width and depth and move ball quickly. Players need to be aware of other group so keep their heads up at all times.

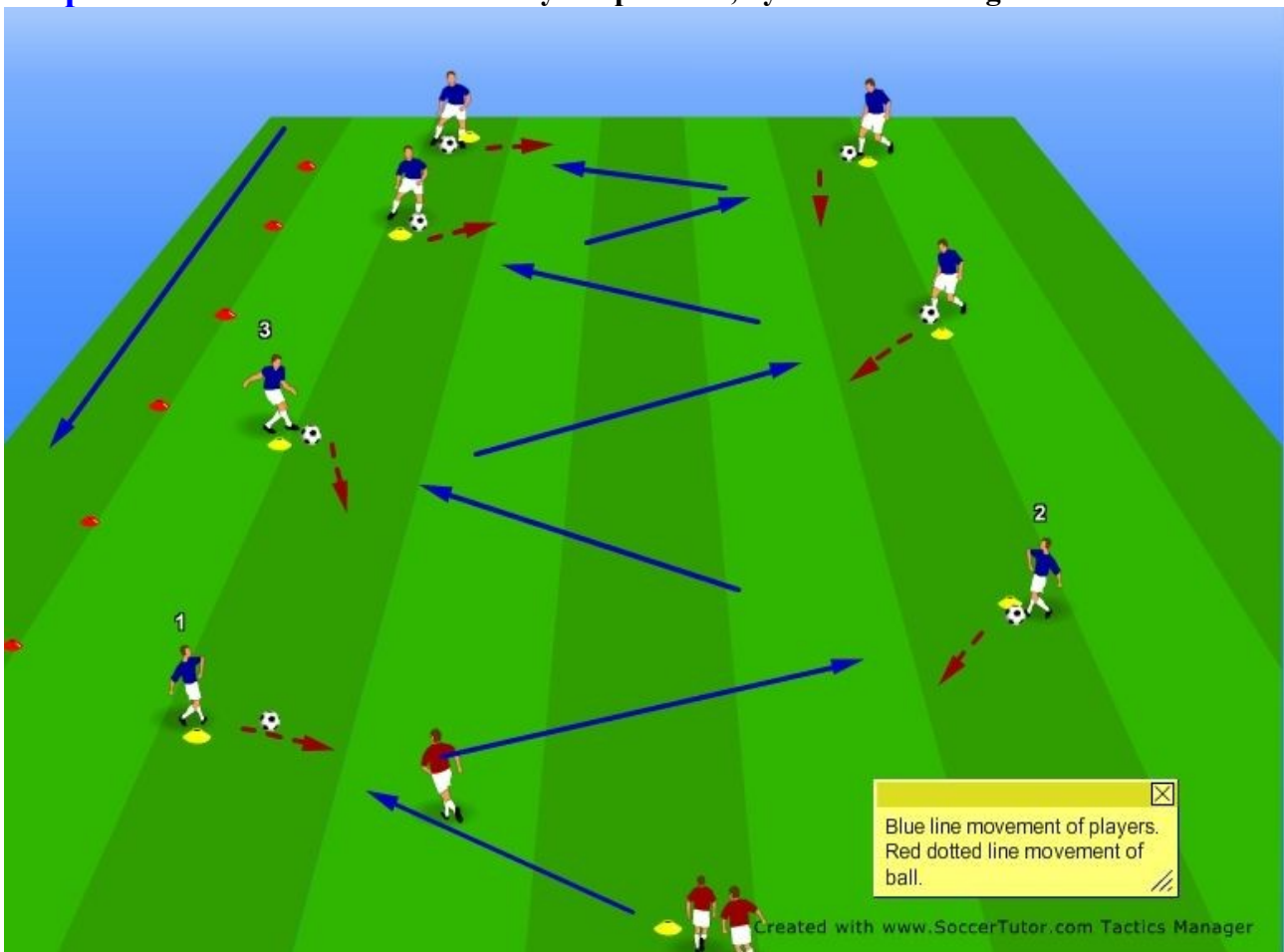
Progression

Ball must not touch the ground when playing to other group.

Two touch only.

Exercise 90 second and change

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

8 cones required, place centre cone at bottom then place further cones 10 yards either side of centre cone building up to end on a zig zag set up.
7 players as shown in blue stand on cone with a ball.

Structure

First player in red as per diagram runs towards player 1 and receives pass, he plays ball back first time and moves on to the next cones. Once he has gone past second cone the next player can go. Once player reaches the end he then jogs back down the side of red cones back to start position. After 90 seconds the players on outside change with players on the inside.

Coaching tips

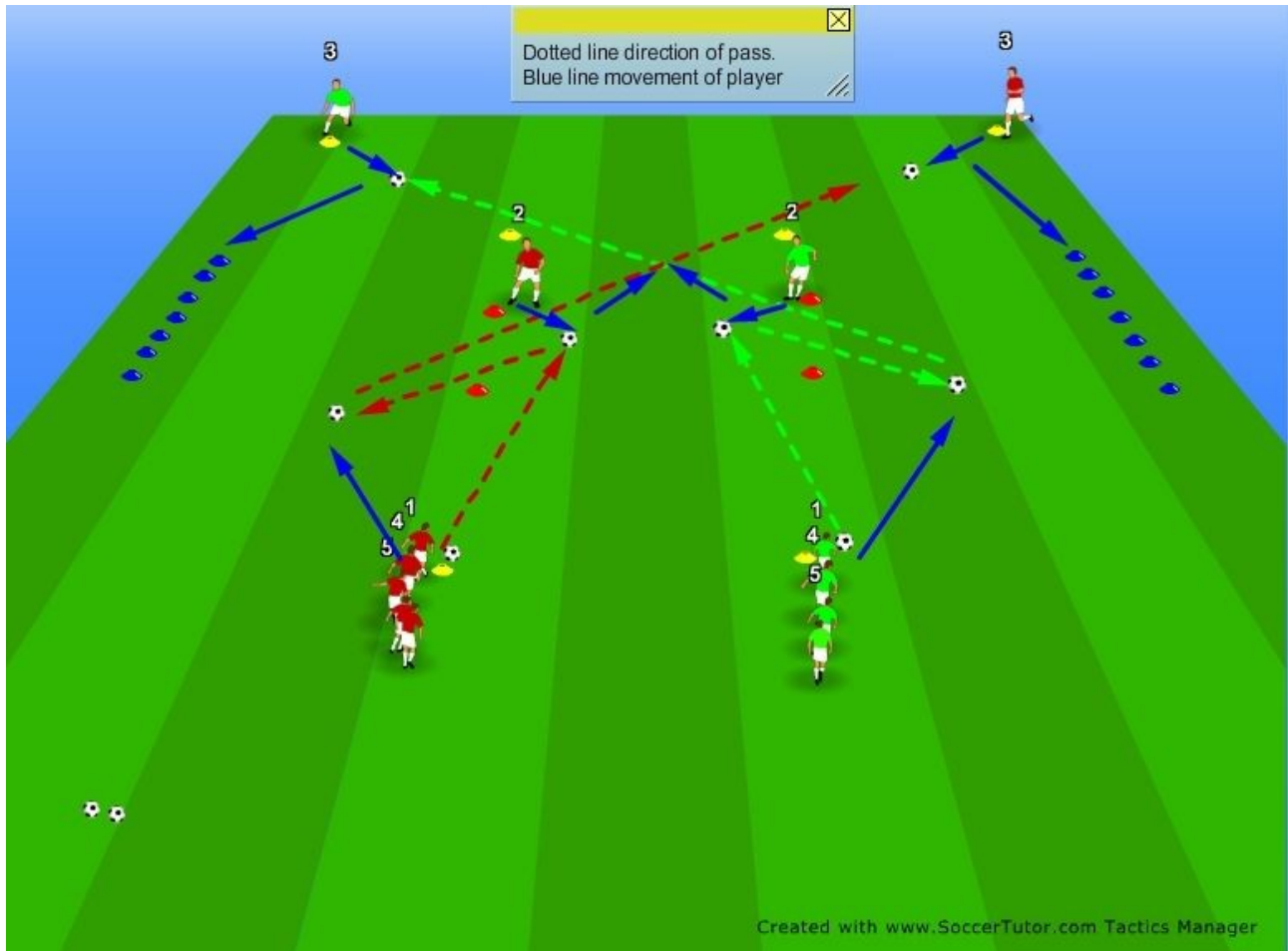
Start gently then build the work rate up. Important players are turning away to next cone with a few yards of acceleration

Progression

Many different progressions like, volleys, headers, two touch, chest and volley etc.
you can also put a cone 3 yards behind or to the side of the players on the cones, so every time they make a pass, they have to touch the cone behind them then pass to the next player.

Exercise Angles

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

Place two yellow cones down 10 yards apart, as per player 1 shown in diagram, then place two further cones 10 yards head, then two more 3 yards further on. Player 2 stand s on this cone. Place two more cones one of to the left the other to the right again 10 yards away on an angle at around 1'o'clock. Then run a set of cones down each side around 6 inches apart 6 to eight cones in each row

Structure

Player one passes to player 2, player 1 then moves to support pass at an angle, player 2 controls and passes back to player 1 through the two red cones. Player 1 controls and then hits a diagonal pass to player 3. player 2 turns and moves to player 3 and receives return pass. All players move on one position, when you have gone up the left side next time you join the back of the right side. Player 3 once completed the passing move on his way back to back of group does some speed work through the blue cones.

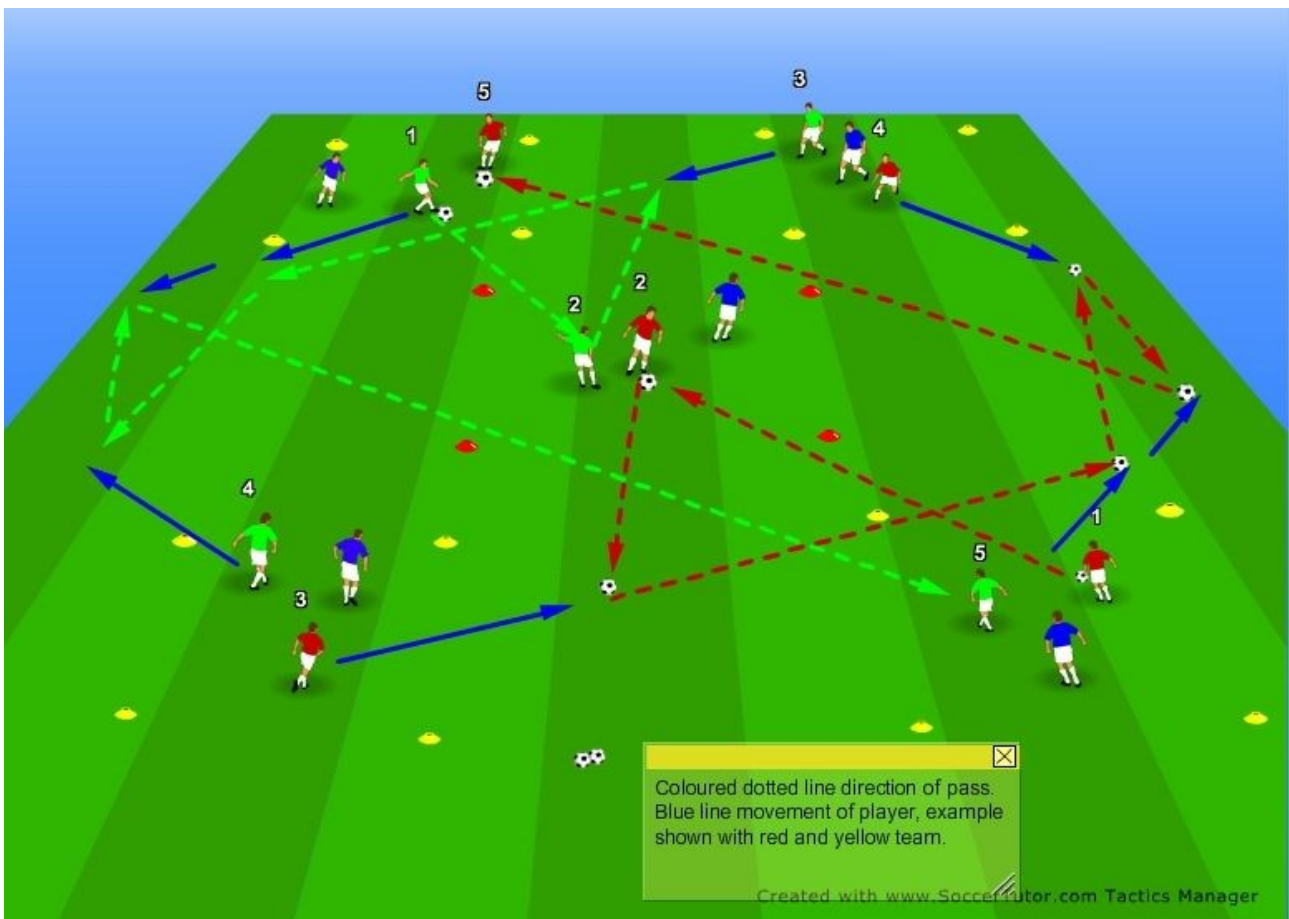
Coaching tips

players must be sharp and concentrate on quality of passing.
Have players going away from ball then coming to on timing of pass.

Progression

Clip ball into player 2 for volley return through cones.
Side on speed work through cones.

Exercise combination warm



Purpose Increase heart rate warm body temperature,

Set up

Set up 5 boxes in the shape of the number five on a dice. The end yellow boxes are twenty yards apart and the red box place in the centre. Each box with be 10 yards square as per diagram. Place place three players in each box in three separate colours.

Structure

From diagram concentrate on one colour and follow the line and movement of each pass and player. Then look at the other coloured line and it will become clear. Lets look at the read team and get the pattern of play. Player 1 passes to player 2 in the red box. Player 3 moves to support the pass from his box and plays the ball back to player 1 who has moved wide for the ball. Player 4 then moves to receive in a wide area. Player 1 passes ball to player 4, on receiving the ball back from player 4, player 1 hits a diagonal pass to player 5.

When players have completed their passing sequence they move onto next position i.e..player 1 changes with player 2, player 2 with 3 etc. All three groups play at one time. Player 5 dribbles ball back to start position and then repeat.

Coaching tips

Timing of all the runs and movement is key.

Angles of the supporting players

Weight of passes and communication

Progression

Instead of player 5 dribbling ball back to start position he can restart sequence from his position, so he would then become player 1 playing into player 2.

Player 4 can move to support pass of player 5 and play return pass down the wing. Player 5 then pass to player 1 in start position.

Exercise Diagonal switch



Purpose Increase heart rate warm body temperature,

Set up

Set up 5 boxes in the shape of the number five on a dice. The end yellow boxes are twenty yards apart and the red box place in the centre. Each box with be 10 yards square as per diagram. Place place three players in each box in three separate colours.

Structure

Player 1 pass ball central into player 2, he receives and plays ball back to player1. Player 1 then hits a diagonal pass to player 3, player 3 switches play to player 4. Player 4 then repeats the move but from the left side. All out side players switch boxes after each passing sequence i.e. player 3 to player 4 and player 1 to player 5.

You can change the middle person every couple of minutes but would recommend just putting your central midfielder players in their and strikers as they will be the players making these sort of movements in a game.

Coaching tips

Quality of pass on the diagonal.

Receiving central player going away to come to the ball creating space.

Angle of support play from players in outside boxes.

Timing of support play.

Progression

You can have the middle player receiving a pass of of both outside players.

Make the area bigger for longer passing.

Exercise **Fast feet and pass**

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

4 cones are placed down two make a ten-yard square box.

Two further cones are placed to the left and right of this box another 10 yards away

Two players are placed on each of the furthest two cones with a ball each.

Rest of players in two equal groups behind line by yellow box see diagram.

Structure

Warm starts by first two players by yellow box do a couple of steps side to side towards end of box.

Then they turn to the player on the yellow cone and receive a throw-in type pass, which they volley

back. Once complete they then become the back player in the server group. The server then jogs to

the back of the main group. As soon as a player as finished his side to side moves and gets to the end

of yellow box the next two players go.

Coaching tips

Good tempo as they are getting warmer, stop for some light stretching after few minutes.

Quality of technique.

Must adjust their feet as ball is served so the control pass back is easier

Progression

After one minute on each change to the following.

Side to side movements in first ten yards

Then 5 yards backwards running turn and sprint last 5 yards

Knee raises to chest in skipping motion

Finish with fast run over ten yards

Keep varying the service like headers, volleys, side foot pass, one touch, two touches

Exercise **Gate Attack**

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

Unlimited players, 30 x 30 yard area with three different colour cones placed inside box 1 yard apart. The inside cones are placed at random all around the inside area as shown in diagram.

Structure

Each player has a ball and dribbles around the inside area avoiding touching the cones with ball. On coaches shout players have to dribble through coloured gates suggested i.e. ,red and yellow or all three colours mix it up how you feel. This must be done at a good tempo as they warm up.

Coaching tips

Head up to see other players and cones
keep ball close.

Progression

Weaker foot dribble, inside of foot dribble, out side of foot dribble

Exercise Head Down

Purpose Increase heart rate warm body temperature



Set up

Two bottom yellow cones 10 yards apart. One middle red box 5 yards square 10 yards away from player 1 and 2. Then a further box 3 yards square in the left side a further 15 yards away from middle box. Then place 6 to 8 cones down each side 6 inches apart for speed work as per diagram.

Structure

Player 1 passes to player 2 who opens his body and controls when receiving the ball. Player 2 then passes a high ball for player 3 to head from inside the red box to the supporting player 4. Player 3 then works round the outside through the fast feet cones to position 4. All players move on a number when completed there pass. If the high ball not high enough player 3 will use and use different technique like volley etc.

Coaching tips

Go away to come to when receiving.
Quality of diagonal high ball looking to hit players head.
High knees through speed cones.

Progression

Exercise Maze

Purpose Increase heart rate warm body temperature



Set up

Unlimited players. Place the first two cones 10 yards apart two make the two rows, then place further cones 5 yards up, further 5 yards up, 5 yards to the left, 5 yards in front, 10 yards to the right, 5 yards in front, 5 yards to the right, 5 yards to the right which will make the red box as per diagram match up cones leading down to start position as per diagram.

Structure

Player 1 sets off and dribbles round the cones, when he gets to the box on right side he leaves his ball and touches each cone, returns to ball and dribbles back to start position. When player 1 has dribbles round three cones player 2 goes and so on

Coaching tips

Keep head up when dribbling.

Get low into turns and accelerate away out of turn.

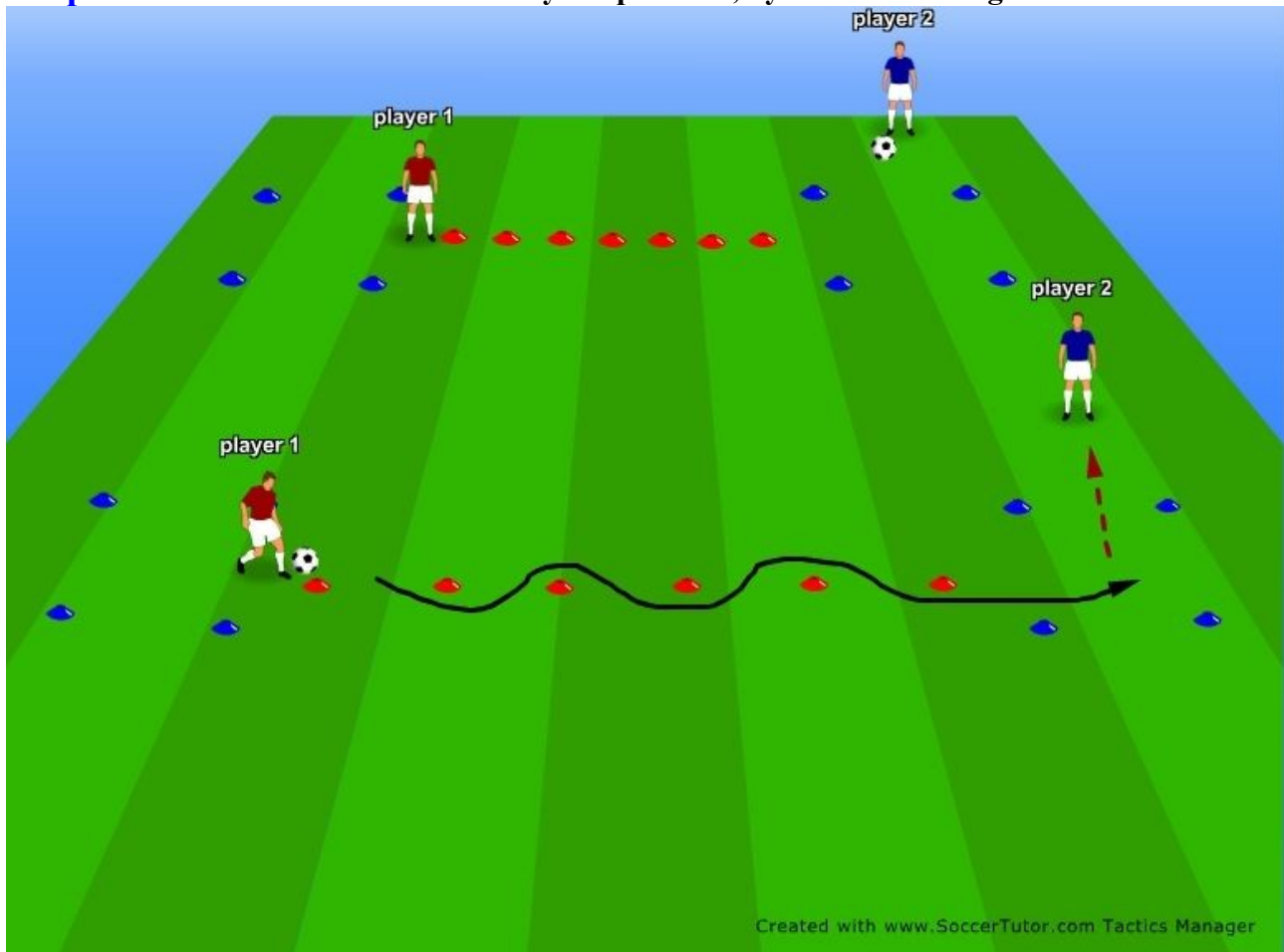
Progression

Left foot one turn, right foot next

have a further area the same set up but bigger. More speed and endurance.

Exercise Neat Feet

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

4 boxes are set up 15 yards apart from each other, and the boxes 3 yard square. Place set of cones 1 yard apart in one area and cones 6 inches apart in other area please see diagram. One area is for dribbling and one for fast feet

Structure

Player1 steps through all the red cones side on, nice and quick, pumping those arms, as he arrives at the end player 2 passes ball into blue box. Player 1 controls ball and passes back. On this part of the exercise you can try many different progressions to the drill, e.g. one touch pass, two touch, head, volley, etc. You can disguise to let ball run past body, then turn it back and pass. Stations 2 are similar but with dribbling instead of fast feet, keep rotating both sections. This can be repeated 5 times in the passing area. Player1 changes with player 2, player 2 joins group to go through speed cones then on two dribbling. Run for 5 minutes then do some light stretching.

Coaching tips

Good tempo as they are getting warmer
Change fast feet to side ways and backwards movements
Dribble with both feet.
Vary the serving players for volleys and headers ensure you make the player stretch to volley back, so serve must be to the side not at them.

Exercise Numbers Up

Purpose Increase heart rate warm body temperature



Set up

Twenty yards by thirty yards in red cones. Unlimited players.

All players stand inside the grid. Number the players from one to how many you have. In my diagram, it's 1-15.

Structure

Player 1 passes to Player 2. Player 2 passes to Player 3. Player 3 passes to Player 4, and so on through all the players. All players should be on the move at all times waiting to support player when its their turn.

Coaching tips

Communication from next player receiving ball.

Timing of supporting run when next to receive.

Progression

Put two balls in play,

put three balls in play.

Play weaker foot only.

Only pass with outside of foot.

Exercise **On your toes**

Purpose Increase heart rate warm body temperature



Set up

20 x 20 grid

Unlimited in pairs

One ball between each pair.

Structure

Player with ball dribbles at defending player who jockeys back across the grid.

Dribbling player should go at a good pace to work the defender back.

When you have got to the end line players change and defender now dribbles with ball and attacker defends.

Coaching tips

Quality jockeying movements

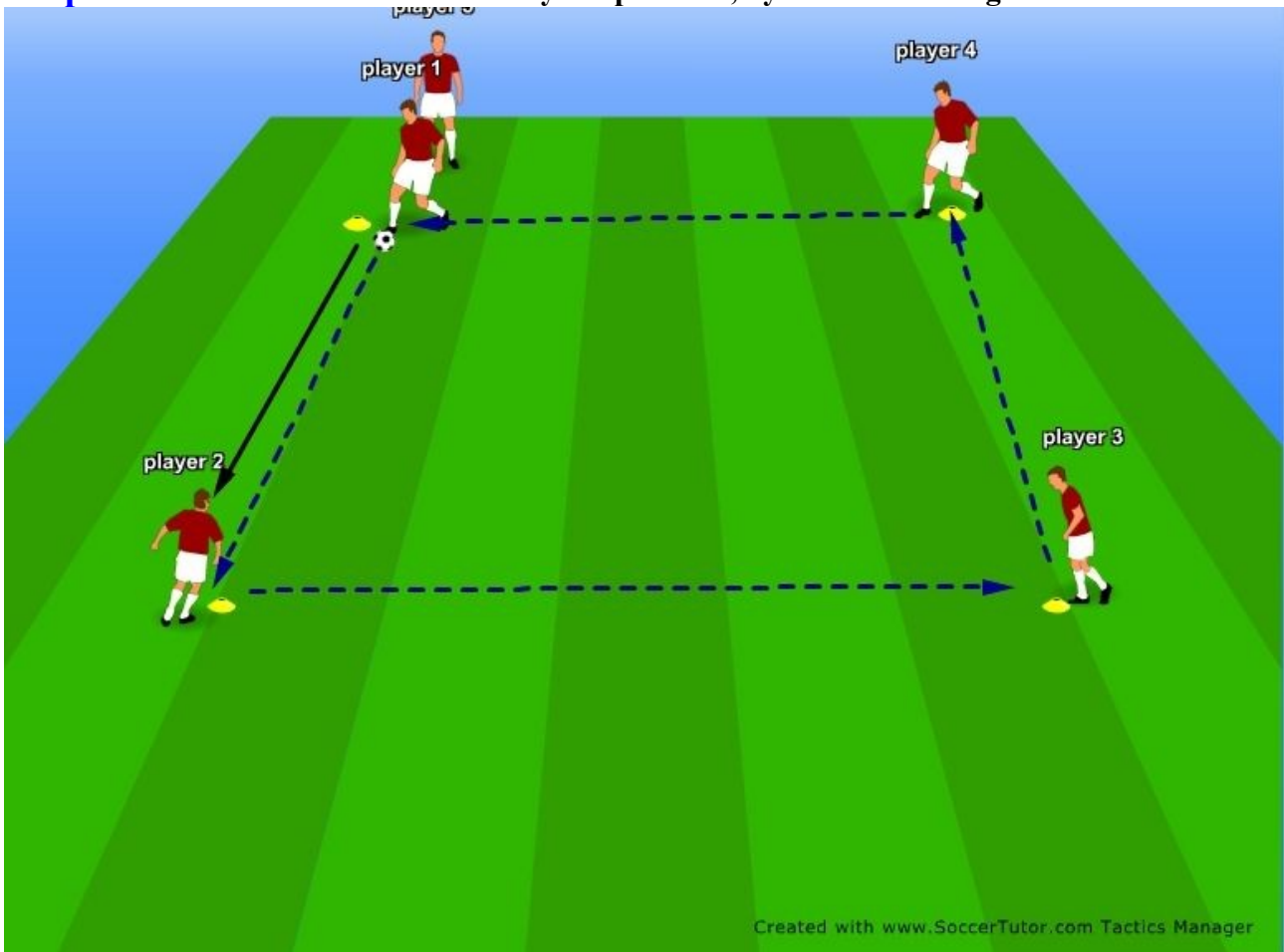
Defenders throw in some feints as though they are going to win the ball.

Progression

After couple of minutes change to passing ball into defender who stops ball then works back continuously, play pass quite firm, again change over once on end line.

Exercise One or two touch

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

5 players per group
Each group in square 10 x 10 yards
One ball per group

Structure

Play starts at the position where two players are standing.
Player 1 passes to player 2 as shown in diagram, player 2 opens his body and passes the ball to player 3 and so on. Each player follows his pass to the next cone then waits there until ball has played round the square to you again.

Coaching tips

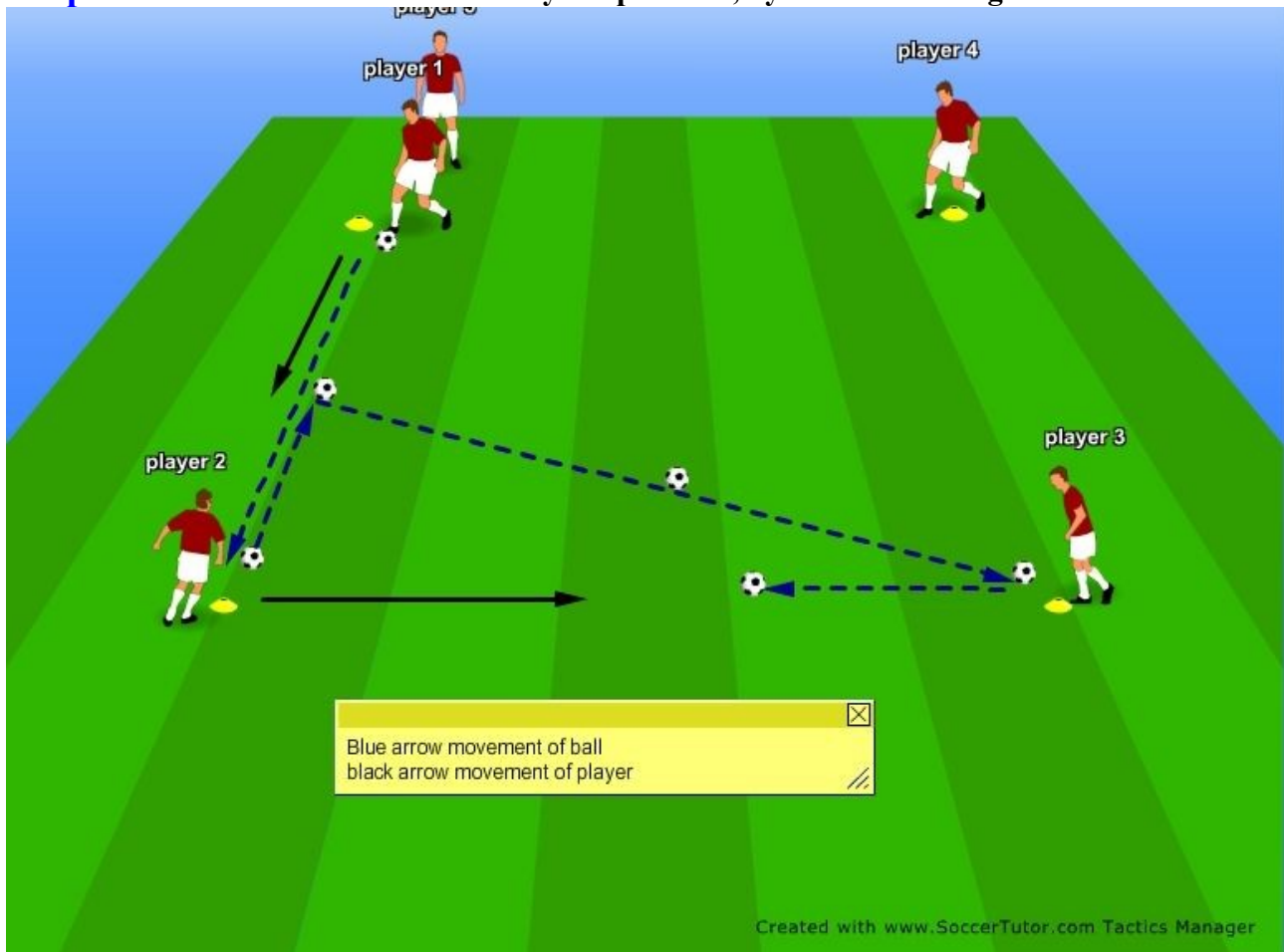
Good tempo
Accuracy in passing
Weight of passing

Progression

One touch, outside foot control
next drill can be a progression to this one.

Exercise Third man running

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

5 players per group
Each group in square 10 x 10 yards
One ball per group

Structure

Play starts at the position where players 1 and 2 are standing.
Player 1 passes to player 2 as shown in diagram, player 2 passes back to player 1 who then passes a diagonal ball to player 3. Player 2 runs to support the ball back from player 3. Player 3 then makes the diagonal pass to player 4 and player 3 runs to support pass back. Each player follows his pass to the next cone then waits there until ball has played round to your cone again

Coaching tips

Good tempo
Accuracy in passing
Weight of passing
Timing of run for support pass

Progression

Disguise diagonal pass look one-way pass diagonally
Play one touch

Exercise Rotate

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

Station 1 two cones 10 yards apart.

Station 2. 8 cones 6 inches apart, then a further 10 yards up three cones in a triangle shape one yard apart.

Station 3 two cones 20 yards apart and one further cone in the middle five yards to right.

Structure

station 1. Player 1 passes to player 2 then runs to back of opposite group. Player 2 passes back one touch only and joins back of opposite group rest of players repeat.

Station 2. player 7 fast feet through cones, then runs centrally to server player 8 who throws ball to either red cone for player 7 to volley back. Player 7 replaces player 8 who returns to back of group. Next player goes.

Station 3, player 11 passes to player 12 then receives ball on the angle by middle red cone, player 11 then returns the pass and joins back of opposite group. Player 12 repeats same move. After 2 minutes all groups move to new station.

Coaching tips

weight of pass.

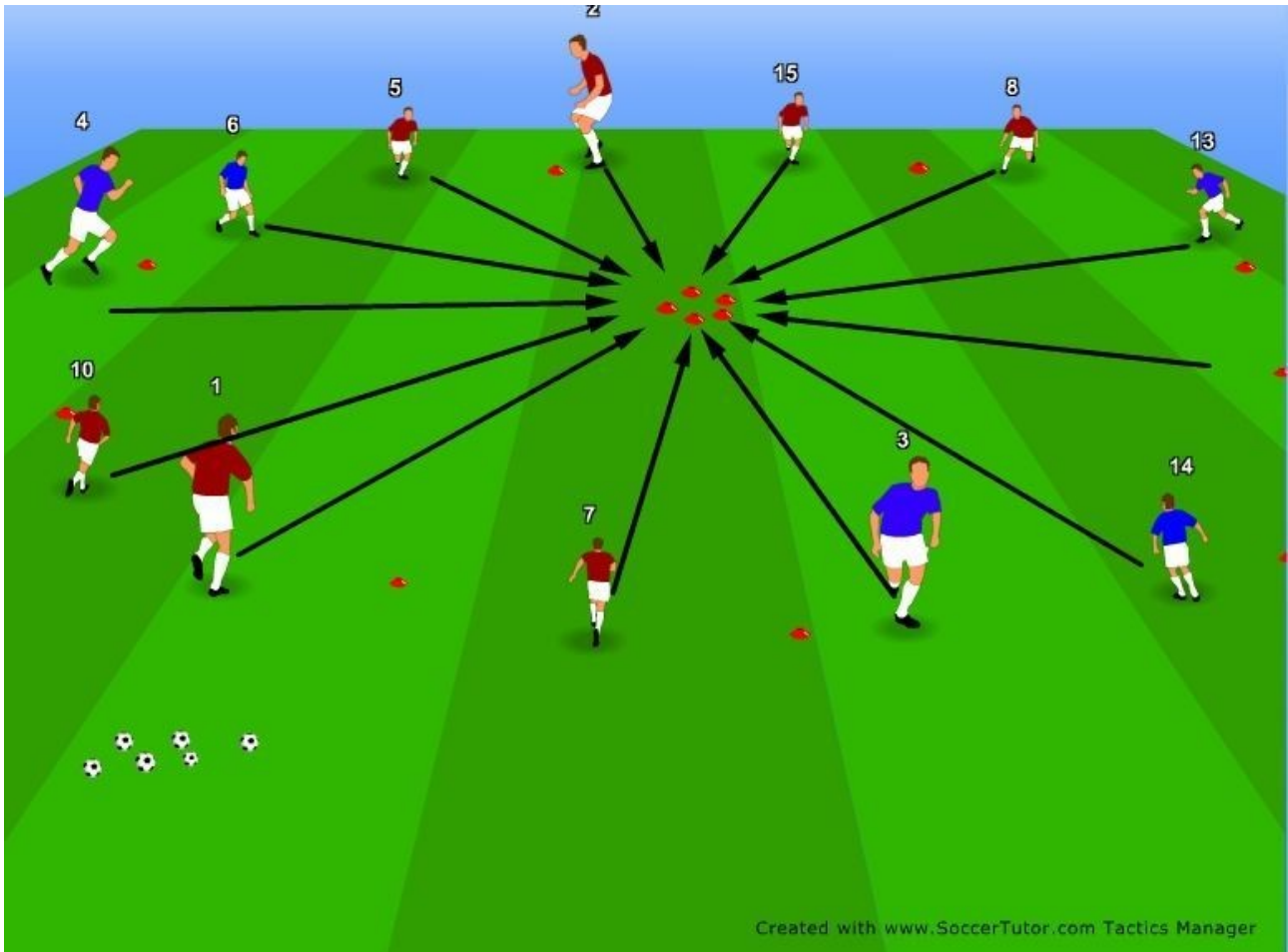
good tempo, nice and sharp.

Progression

Clip ball in on station 3 for a volley pass back.

Station 2 vary serves headers, chest and volley etc..

Exercise **Tokeoke**



Purpose Increase heart rate warm body temperature, dynamic stretching

Set up

Mark out a circle with cones area size 15 yards to the middle
All players stand on the outside spread out evenly

Structure

on coaches command player sprint in to middle cones then jog out. AS you will see in diagram with players 1 to 4 in bigger size to show body shape for different progressions.

Coaching tips

Attitude and tempo

Progression

Side to side to middle.

Backwards to middle.

High knees to middle.

Football running to middle

dynamic stretch on way back to outside. Open groins etc...

Exercise **Total warm up**

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

Unlimited players, 50 x 30 area, One ball per player Please see diagram above.

Structure

You can place players all round the circuit area, but just so you know what each station does I will guide you through from player 1

OK player 1 gets side on and rolls his foot across the top of the ball making his way to second cone.

At second cone he does same routine but switching feet so left foot drags over the ball.

When at end he passes his ball out to yellow cone, which is 15 yards away and races out to stop the ball by the cone, and then dribbles back to next station, the blue cones, which he dribbles in and out off. When he gets to red cones he does side ways keep ups to end. Next section two yellow cones around 15 yards in width each one, first one he does toe taps on top of ball backwards, then next section toe taps on ball forwards.

Next set of red cones is for fast feet, pass your ball up the side and then catch it up by doing fast feet through cones. At end of red cones pass your ball through two yellow cones and meet your ball as it goes through. The last two blue cones to complete the circuit, first one pass your ball and do side ways running at next blue cone fast dribble to last blue cone. Then you walk with ball in hand to start position ready to repeat.

Coaching tips

Good tempo, Accuracy in passing, Weight of passing

After 4 minutes stop everyone where they are and do some light stretching, then continue.

Continue this circuit for 10 minutes at the end do more stretching.

Progression

Change size of different stations, you can use your own imagination and set up many different exercises in the circuit.

Exercise **Tri colours**

Purpose Increase heart rate warm body temperature, dynamic stretching



Set up

20 by 20 grid, Unlimited players, 3 different coloured bibs

Structure

Each group of players in my diagram are in threes and there are three teams, you can have 3 teams of four or five. All players are on the move, player starting with the ball passes to a player in his colour only.

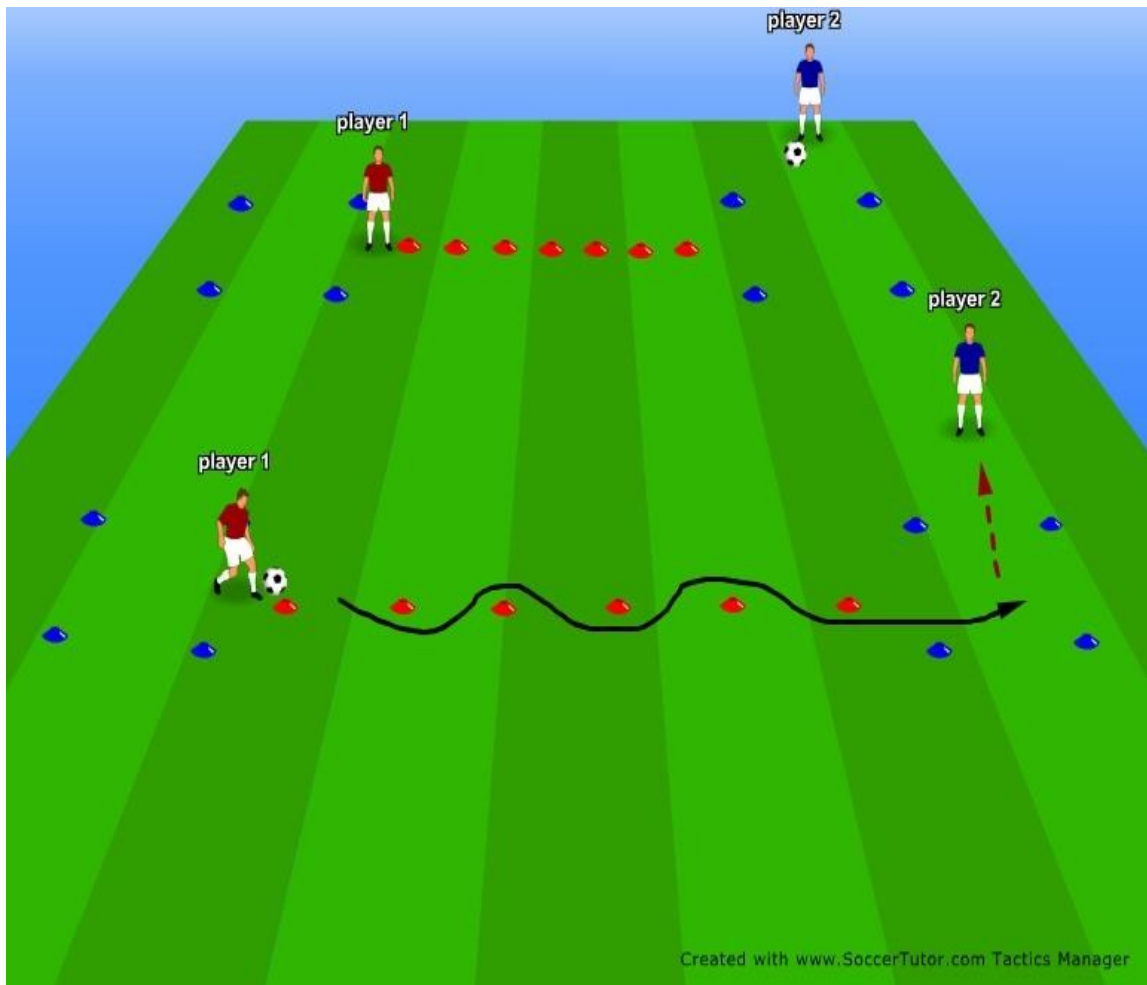
Coaching tips

communication, being aware who they can receive of and who they can't.
good tempo, nice and sharp.

Progression

After a minute player receiving pass can only then pass to a player in a different colour.
Next progression, player on the ball must pass and receive of two players not in his colour once this is done he leaves ball with player who has not got a ball, then rejoins play looking for a pass of someone not his colour

Exercise Warm up



Set up: 15 cones 2 colours, 2 blue box 1-metre square 7 red cones 1 foot apart
Lower part of diagram red cones are placed 1 metre apart.

Structure

Player 1 steps through all the red cones side on, nice and quick, pumping those arms, as he arrives at the end player 2 passes ball into blue box. Player 1 controls ball and passes back. Player 1 then swaps with player 2. Player two joins other group.
In the other station player 1 dribbles through the cones then repeats same sequence as first station. Swaps with player 2, player 2 joins other group.

Coaching tips

Good tempo to working with fast feet and dribbling through cones.
Servers need to work receiving players so pass to the side of player so he has to work his feet quickly.

Progression

When arriving at end box try different servers in like, one touch pass, two touch, head, volley, etc.
You can disguise to let ball run past body, then turn it back and pass