

# WARM-UP GAMES

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The under-10 player, in my opinion the most coachable age, is still in need of fun type activities especially during warm-ups and cool-downs. Though we look to have a warm-up related to the topic of our training, it is not a necessity.

Practices should still be fun and competitive, with activities that make your team look forward to the next training session.

## Coaches' Corner



### IN PAIRS

1. Both players with one soccer ball between them. Both players link their hands around the ball, on the coach's command they attempt to wrestle the ball from the other player. Best of five.
2. Both players on their hands and knees with a ball three feet from both of them. At the coach's command they dive to win the ball. Best of five.
3. Both players standing three feet from each other, ball placed in the middle of the two players. At the coach's command both players attempt to pull the ball with the sole of their foot. Best of five.
4. Both players face each other, one with a ball, the other with his or her legs spread. On the coach's command player one pushes ball between the opposite player's legs and, with speed, returns to the starting point.
5. Same as 4 but the ball is tossed over the player's head and they are forced to collect a bouncing ball.
6. Both players face each other, at the coach's command they begin to spar with each other but with an open palm. All slaps can only be at the shoulders of their opponent. Emphasize a strong defense and attempt to deflect the slaps.
7. One ball, two players. One player attempts to keep the other player away from the ball but can only use their backside. Thirty seconds for each repetition. Recognize the players who keep the opponent away from the ball for the entire thirty seconds.

### MORE THAN TWO PLAYERS

1. Eight players, one v one in a 20 x 25 grid, players working in pairs, one ball between pairs. If defender wins the ball he maintains possession until the end of the repetition. Thirty second repetitions.
2. Players in pairs, five yards apart, one ball between them. Player one tosses ball to player two in the air. Player one shouts out a number between one and three. Player two

must return the ball in the required number of touches shouted, without allowing the ball to touch the ground. Reverse roles upon ball touching the ground.

3. Same as previous but player receiving the ball attempts to return the ball in consecutive number of touches. For example the first toss is returned in one touch, second touch in two and so on. Roles reversed when the ball is not returned in the required number of touches.
4. Players working in pairs, with one ball between them. Coach tosses ball and each pair must return the ball with both hands on the ball. First pair to the coach is the winner. In second option, players can only use their hands to pick up the ball, between the two of them ball must be returned without the ball dropping to the ground and hands not used. Recognize the fastest pair and the most creative pair.
5. Eight to twelve players, four to six pairs playing one v one against each other. Goal is scored by dribbling through cones at four locations, two yards apart. Goal may be scored by dribbling from inside out or outside in. Play is continuous. If defender wins ball he/she becomes the attacker. Use a 20 x 30 yard grid. Play for 30 second intervals. Possession of ball changes at conclusion of thirty seconds. Keep score.
6. Players in pairs. One ball between each pair. Coach tosses ball and players must return ball in required number of passes determined by the coach. Coach may restrict number of touches or increase the number of touches between passes.
7. Eight players working in pairs within a 15 x 15 grid. Each pair is standing behind one corner. The coach places eight balls in the center of the grid. At the coach's command one player sprints out to get a ball with their hands and bring it back to their corner. The next player cannot leave until the ball is placed in their corner. The first pair to have three balls in their corner wins. Players may steal balls from other corners when they leave. No player can take more than one ball. You cannot block players from your corner. To make the game more tactical and fitness oriented, decrease the number of balls.
8. Same as previous but players can only use their feet.

Coaches, make these warm-up exercises competitive. Competition brings out the best in players! Coaches sometimes don't follow through on keeping score and this affects performance, not just in warm-ups but in match related and match condition exercises. ⚽