



## **Example of one complete Circuit**

X1 sets off from the start doing half heel flicks for the first 12 yds. He/she then takes the ball from the 12 yd mark and completes some foot – eye coordination / skills (see below). He/she attempts a turn at the 24 yd mark (second 12 yd mark) and does the same skill coming back. At this point his/her partner (X2) has set off (doing the same exercise) and will perform a takeover at the mid way point. X1 will then complete half heel flicks going backwards and will get ready to time the setting off to perform the takeover. The circuit then starts again.

### **STEP 1**

Step 1 is low intensity to tell the body that we are going to start exercising.

Pick three from the following for the exercise part of the warm up:

- Light jogging
- Half heel flicks
- Half knee raises
- Jogging shake out

The ball work (second 12 yds) should consist of one of the following:

- Toe taps – Dancing on the ball
- Rolling the ball – Facing sideways start with the big toe of your right foot and roll over the ball, till the little toe of your right foot is on the left side of the ball.
- Big toe to big toe – Keep the ball moving forward from right foot to left foot.
- Imagination – Ask the players to come up with something.

The turn at the end could consist of:

- Drag back turn
- Outside hook
- Inside hook
- Variations of a step over
- Imagination – Ask the players to make up a turn and give it a name.

After each exercise is completed twice, tell players to get with their partners to complete 15 reps of dynamic stretching on each leg. These are completed in 3 areas:

- Leg swing (North, South)
- Leg swing (East, West)
- Knee raises (knee to opposite elbow)

\*\*\*Remind players to hydrate regularly during this warm up\*\*\*

## **STEP 2**

Step 2 is medium intensity. We are now starting to warm up our muscle and our bodies core temperature. Pick 3 from the following:

- ½ pace jogging
- Lunge stretches
- Side steps
- Carioca
- Lateral groin raises

The ball work (second 12 yds) should consist of one of the following:

- Toe taps – Dancing on the ball
- Rolling the ball – Facing sideways start with the big toe of your right foot and roll over the ball, till the little toe of your right foot is on the left side of the ball.
- Big toe to big toe – Keep the ball moving forward from right foot to left foot.
- Imagination – Ask the players to come up with something.

The turn at the end could consist of:

- Drag back turn
- Outside hook
- Inside hook
- Variations of a step over
- Imagination – Ask the players to make up a turn and give it a name.

After each exercise is completed twice, tell players to get with their partners to complete 10 reps of dynamic stretching on each leg. These are completed in 3 areas:

- Leg swing (North, South)
- Leg swing (East, West)
- Knee raises (knee to opposite elbow)

### **STEP 3**

Step 3 is high intensity. This is mainly short bursts of speed that are relevant to a game situation. Pick 3 from the following:

- Fast feet
- High Knees
- High heel flicks
- Full pace

The ball work (second 12 yds) should consist of one of the following:

- Toe taps – Dancing on the ball
- Rolling the ball – Facing sideways start with the big toe of your right foot and roll over the ball, till the little toe of your right foot is on the left side of the ball.
- Big toe to big toe – Keep the ball moving forward from right foot to left foot.
- Imagination – Ask the players to come up with something.

The turn at the end could consist of:

- Drag back turn
- Outside hook
- Inside hook
- Variations of a step over
- Imagination – Ask the players to make up a turn and give it a name.

After each exercise is completed twice, tell players to get with their partners to complete 5 reps of dynamic stretching on each leg. These are completed in 3 areas:

- Leg swing (North, South)
- Leg swing (East, West)
- Knee raises (knee to opposite elbow)

### **Summary**

Once your players get used to this warm up it should take around 15 – 20 minutes. It is quick and easy to set up and you could let the captains be in control of this part of training. Goalkeepers can do this same warm up as they are more now than ever a part of the outfield team. If you wanted to make it a little more specific to goalkeepers you could have them pick the ball up and complete hand eye coordination exercises such as keeping the ball above your head with your palms open, with the turn at the end being replaced with a toss and high ball catch or a dive.

At this point the muscles will be warm enough and static stretching can be allowed.

Any questions or comments can be sent via e-mail to [coachdirector@rysa.org](mailto:coachdirector@rysa.org)

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## **Glossary of terms**

Half heel flicks - Otherwise known as butt flicks. Kick your heels up towards your butt, only half way though, so that your lower leg is at 45 degrees to the floor.

Half knee raises - While jogging, lift your knees up towards your chest. Half knee raises only go up about waist height.

Jogging shake out - While jogging, shake your legs out to relax the muscles in the legs.

Knee raises - Same as half knees, but trying to go all the way up to the chest.

Lunge stretches - Hard one to explain. If feet were together, put your left leg as far out in front as possible without your right knee touching the floor, like you are lunging down. Come back up and repeat with opposite leg.

Side steps - start side on and move sideward while clicking your heels together when they meet. It is sort of a skipping motion going sideward, when the feet touch it should be in mid air.

Lateral Groin raises - Start facing forward, put one knee up and out away from body, so you have the inner thigh of one leg facing forwards. You are then to imagine taking your leg up and over a hurdle, and the knee comes back to facing forwards and down to the floor.

Fast feet - As small as steps as possible almost like a shuffle, with the arms pumping, aim for between 75 and 100 steps in the first part of the grid.

High knees - A similar one to knee raises, but completed one knee at a time. Thrust one knee up to the air then bring it down, then thrust the other one up in the air then bring it down, do that continuously.

Full pace - An all out sprint, going as fast as you can.