

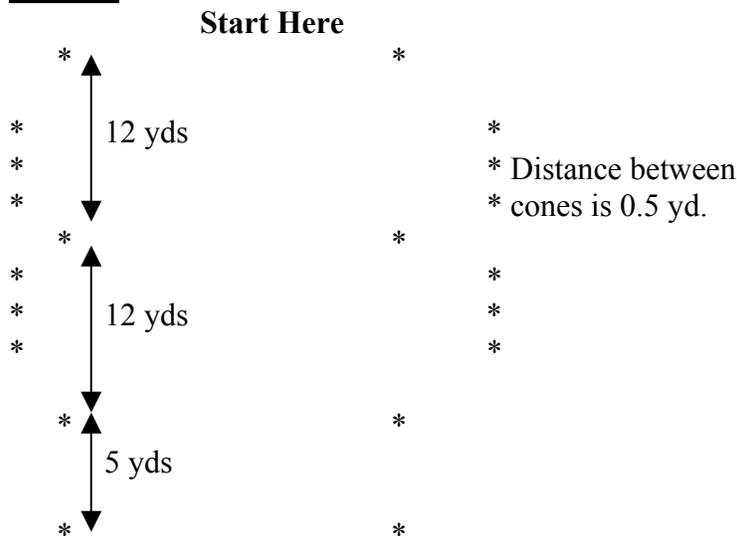
## RYSA Pre – Game Warm up

The pre-game warm up is a very underestimated part of the game situation. The first 20 minutes of a game are an important factor between two teams as they try to figure each other out. Therefore players need to be ready both mentally and physically for the start of a game. Too often it seems that players turn up 5 minutes before a game and 'claim' they are ready to play. I am suggesting that you have at least a half hour warm up, so that your players are ready to play.

The warm up is two fold. The first part involves various exercises and dynamic stretching. The second part involves a game related activity with a ball.

### Dynamic Stretching

#### SET UP



- Players split up into pairs
- 1<sup>st</sup> 12 yds exercise forward
- 2<sup>nd</sup> 12 yds exercise backwards
- 5 yds walk/jog/sprint
- Side step between cones down the side
- Complete each exercise twice.

#### STEP 1

Step 1 is low intensity to tell the body that we are going to start exercising. Pick three from the following:

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

The end 5 yds is walking

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

- Leg swing (North, South)
- Leg swing (East, West)
- Knee raises.

**\*\*\*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 end 5 yds is jogging

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

- Leg swing (North, South)
- Leg swing (East, West)
- Knee raises.

## **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

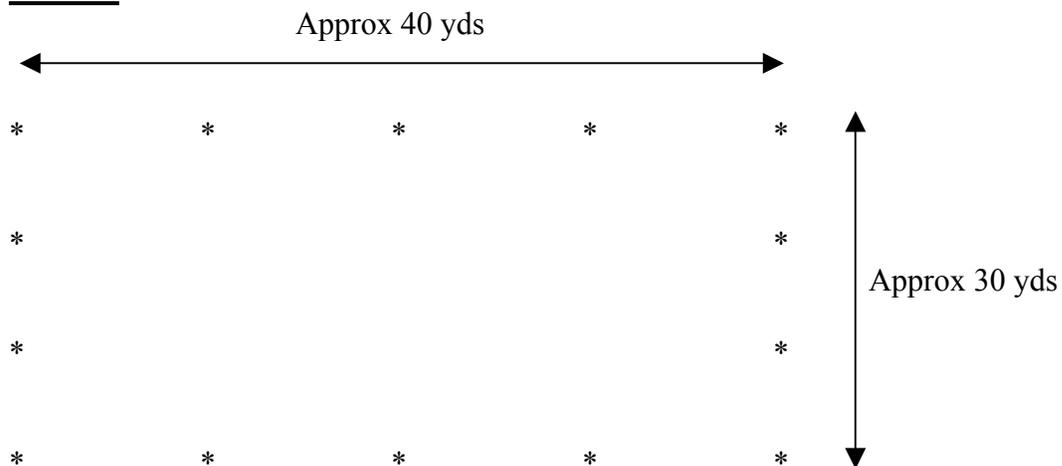
The end 5 yds is sprinting

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

- Leg swing (North, South)
- Leg swing (East, West)
- Knee raises.

## Game Related Activity

### SET UP



Based on a squad of 18. You will play 8v8 with Gk's participating in a separate warm up together. The rules are as follows:

- Possession game – Aim is for the team with possession to keep possession
- No tackling allowed – Lessens injuries in warm up
- If ball goes out of bounds, opposite team kick it in

### Variations

- Play one touch, two touch etc.
- Make a certain number of passes
- Play every second ball long.

### Summary

The warm up should last approximately 30-35 minutes. I suggest that you give your team talk 5-7 minutes before kick off. This way the players are still warm and are now physically and mentally ready to play.

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

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