



# WYSA Warm-ups

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# The Effectiveness of A Proper Warm-up

Warming up before a soccer game or training session is essential to prepare the body for activity, and focus the mind for what lies ahead.

Here's a quick overview of some of the most important benefits of a proper warm-up:

- **Reduces the risk of injury**
- **Increases the body's range of motion**
- **Increases body temperature**
- **Activates the cardiovascular and respiratory systems**
- **Improves mental focus**



On a physiological level, a warm-up gradually increases heart rate and blood circulation so that the body's cardiovascular system can transport and deliver the nutrients muscles need for football activities effectively. In addition by preparing the body steadily, acute injuries such as strains or pulls are much less likely to occur.

In terms of mental preparation, a quality warm-up provides an opportunity to clear the mind and focus on the task at hand. It effectively sets the tone for the upcoming practice or game. In this article we'll go over seven ideas for effective, fun, and engaging warm-ups.

# Dynamic Warm-up - Two Lines

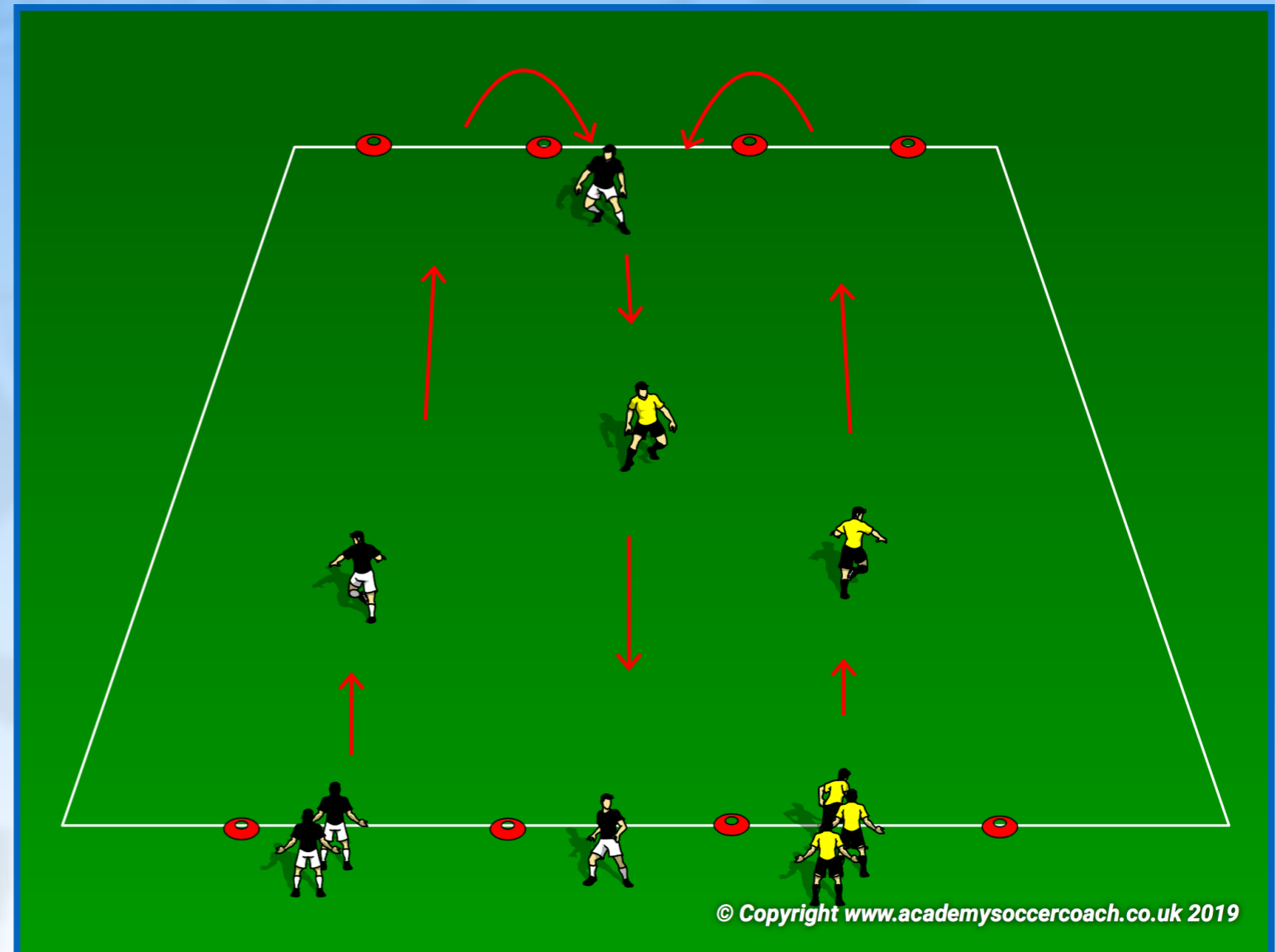
yougotmojo Video - **Dynamic Stretching Warmup**

One of the most foundational pieces of a strong warm-up is the inclusion of dynamic stretching through movements such as running, skipping, hopping/jumping, quick feet, and more. Including a wide variety of different movements is a great way to help players prepare their bodies for wider ranges of motion while increasing heart rate and blood circulation.

Here are some great movements to start any warm-up, and help players prevent injuries as they move into more intense activities later on.

## Dynamic Movement List:

- Jogging
- Backpedals
- Shuffles
- Cariocas
- Skipping(multi-direction)
- High Knees
- Lunges
- Lateral Lunges
- Lunges
- Lunges w/ Rotation
- Knee Hug
- Quad Stretch
- Straight Leg March - Frankensteins
- Inchworms
- Sprints



# Dynamic Warm-up - Compass

## Set Up

Create a large square or diamond (shown) w/ cones and a small square or diamond in the middle. Divide players into four groups, each of which starts at one of the corners of the larger square.

## How It Works

### Phase 1: Dynamic Movements

Players can start without balls and perform dynamic movements to the cone in the middle, then perform a recovery run by jogging back to the start. Refer to *Dynamic Movement List*

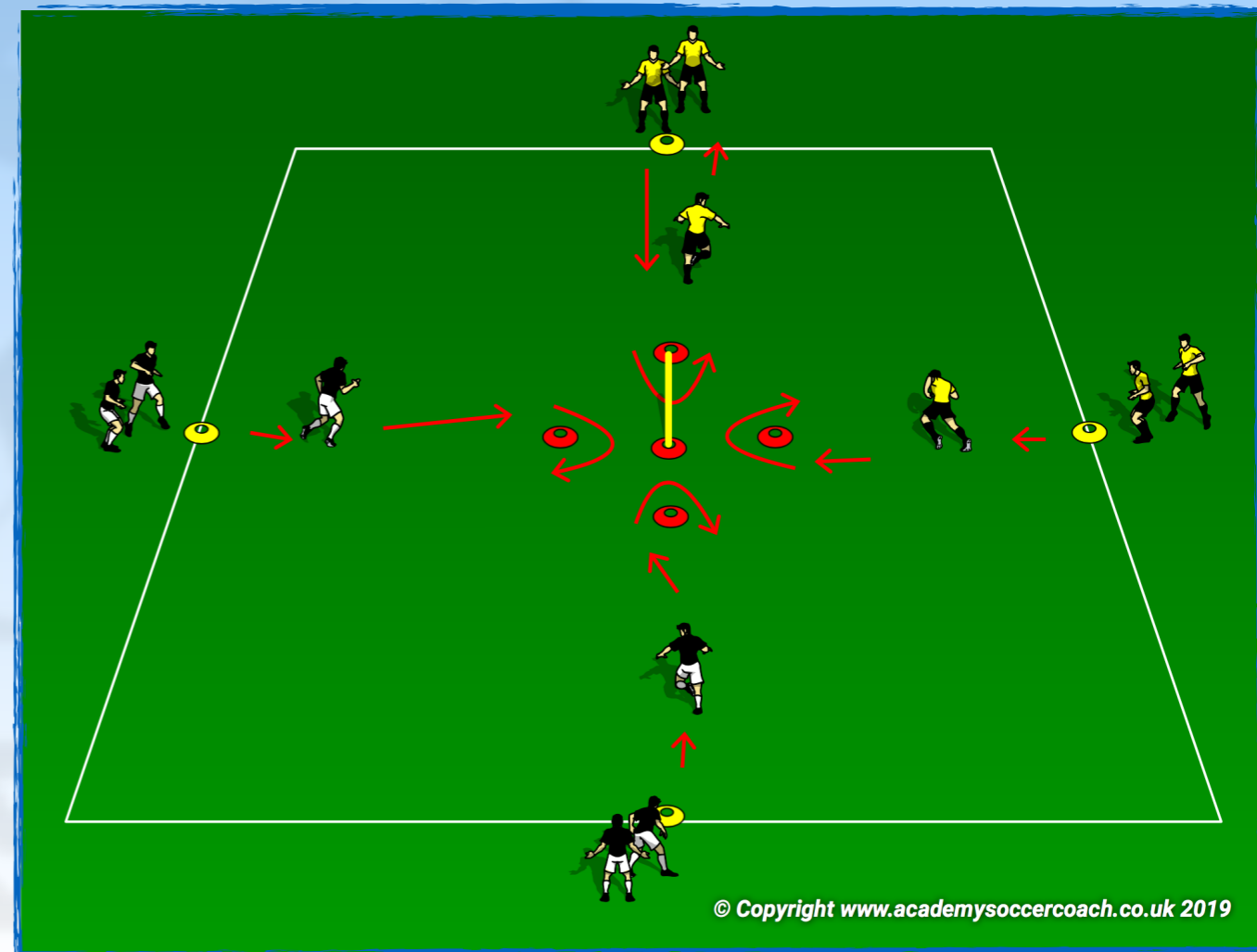
### Phase 2: Add Ball

Once players are warm you can incorporate the ball. Have the first players in line dribble to the middle, around the cone, and then play a pass back to the start. This can also be a way for players to work on different turns and dribbling with both feet.

### Phase 3: Make It A Competition

Once players are sufficiently warm you can make this drill more fun and competitive by having the players in the four groups compete against each other in a relay fashion.

\*Add the ball to enhance Technical Dribbling and Passing Development



# Dynamic Warm-up - Down and Back

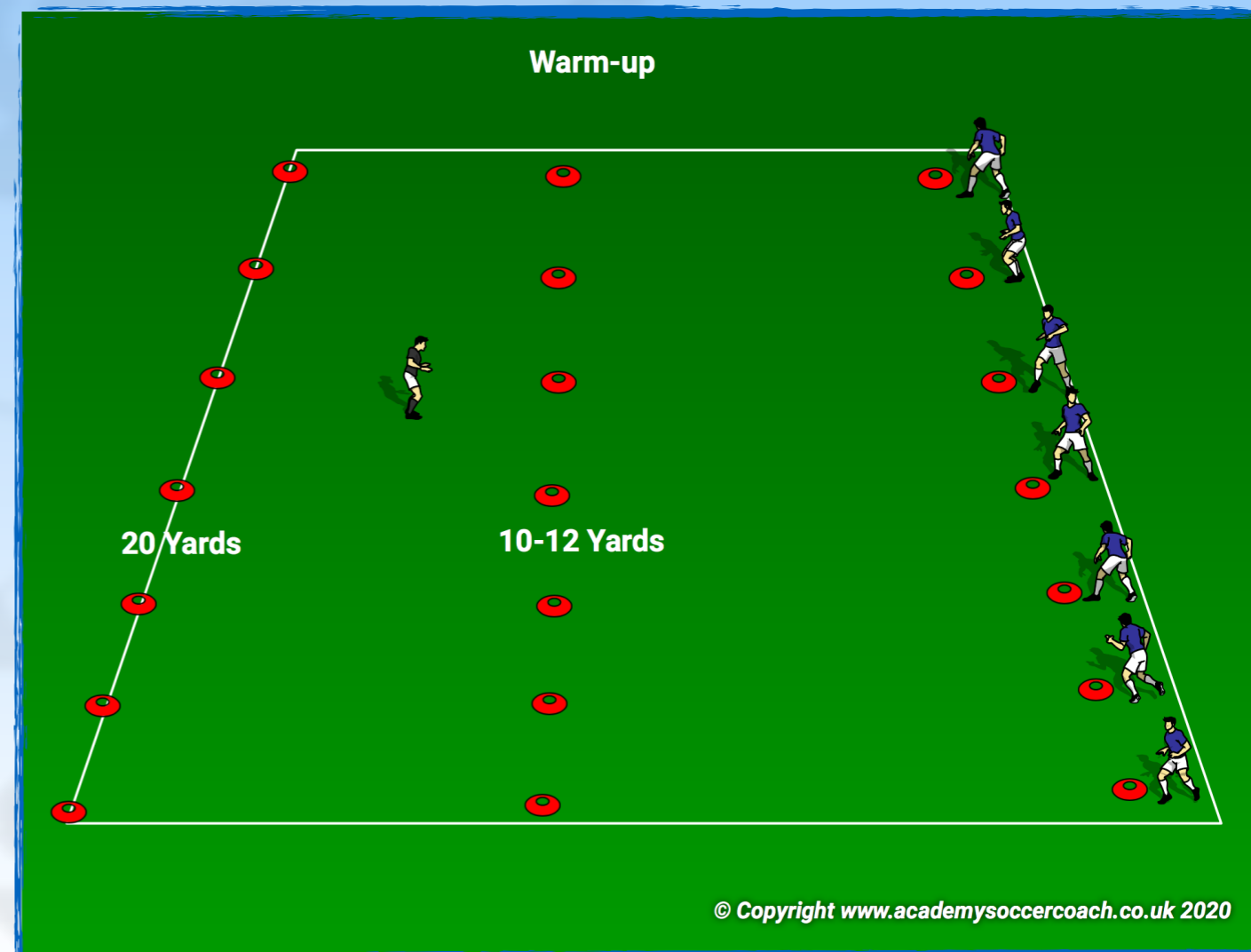
## Set Up

This variation of the general dynamic warm-up is extremely simple and requires almost no set up at all. Basically have the players line up on one side of the grid and they all move down and back together. Always encourage a slow pace, and to perform movements and stretches w/ focus.

## How It Works

Players perform dynamic movements to the cone on the opposite side, then perform a recovery run by jogging back to the start. (They can also perform dynamic movements back instead).

Refer to *Dynamic Movement List*



\*Add the ball to enhance Technical Dribbling and Passing Development

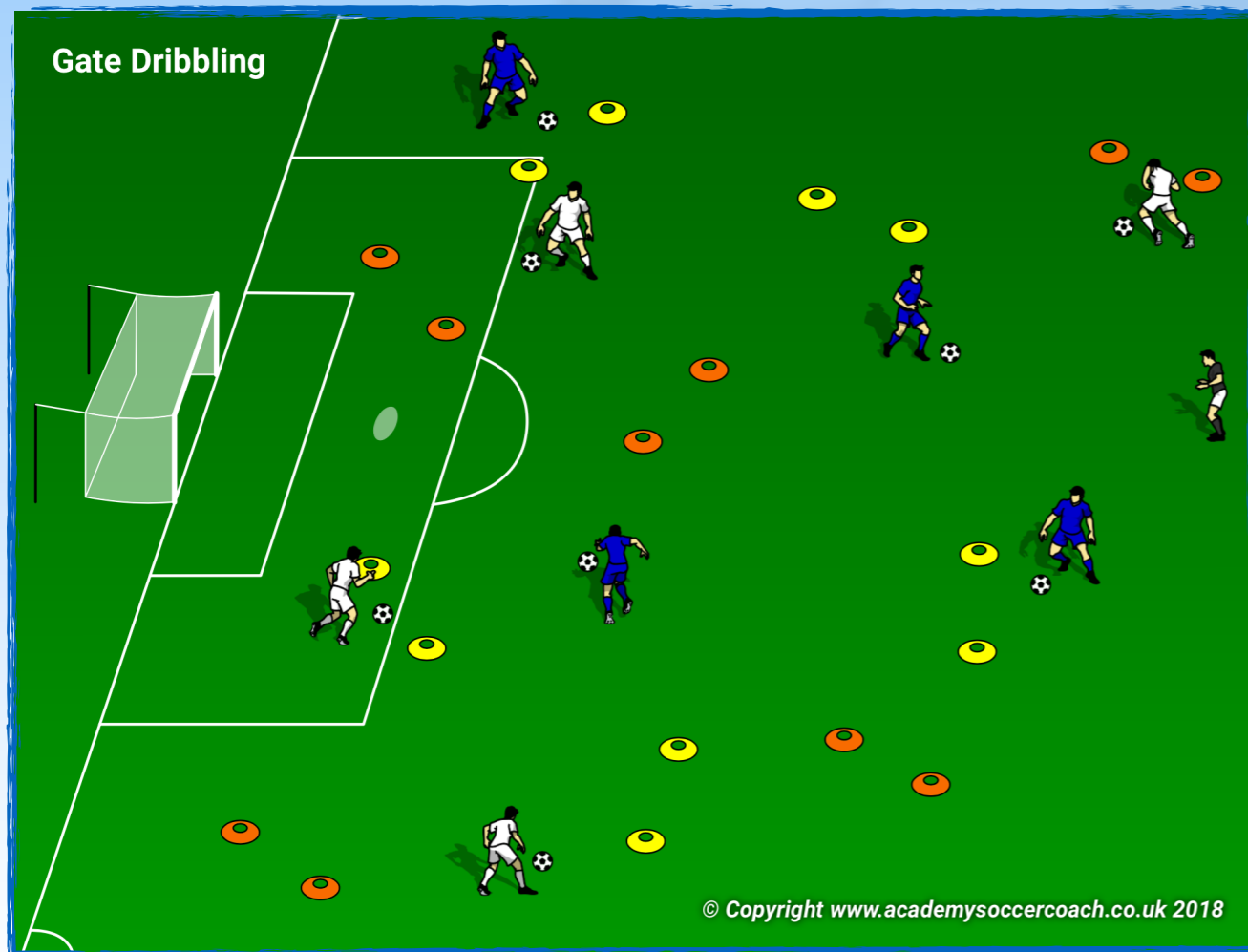
# Technical Skills and 1v1 Moves

## GATE DRIBBLING

**Set-up:** In area place cones to create gates(2 cones / markers)

### **Progressions:**

1. Start w/ NO soccer ball and execute dynamic moments thru gates.
  2. Players equip ball and must dribble thru gates - Add turns + skills
  3. Players partner-up and perform pass + receive
- \*Make it a competition - How many gates can you dribble/pass thru in :30sec.?**



## INDIVIDUAL SKILL DRIBBLING

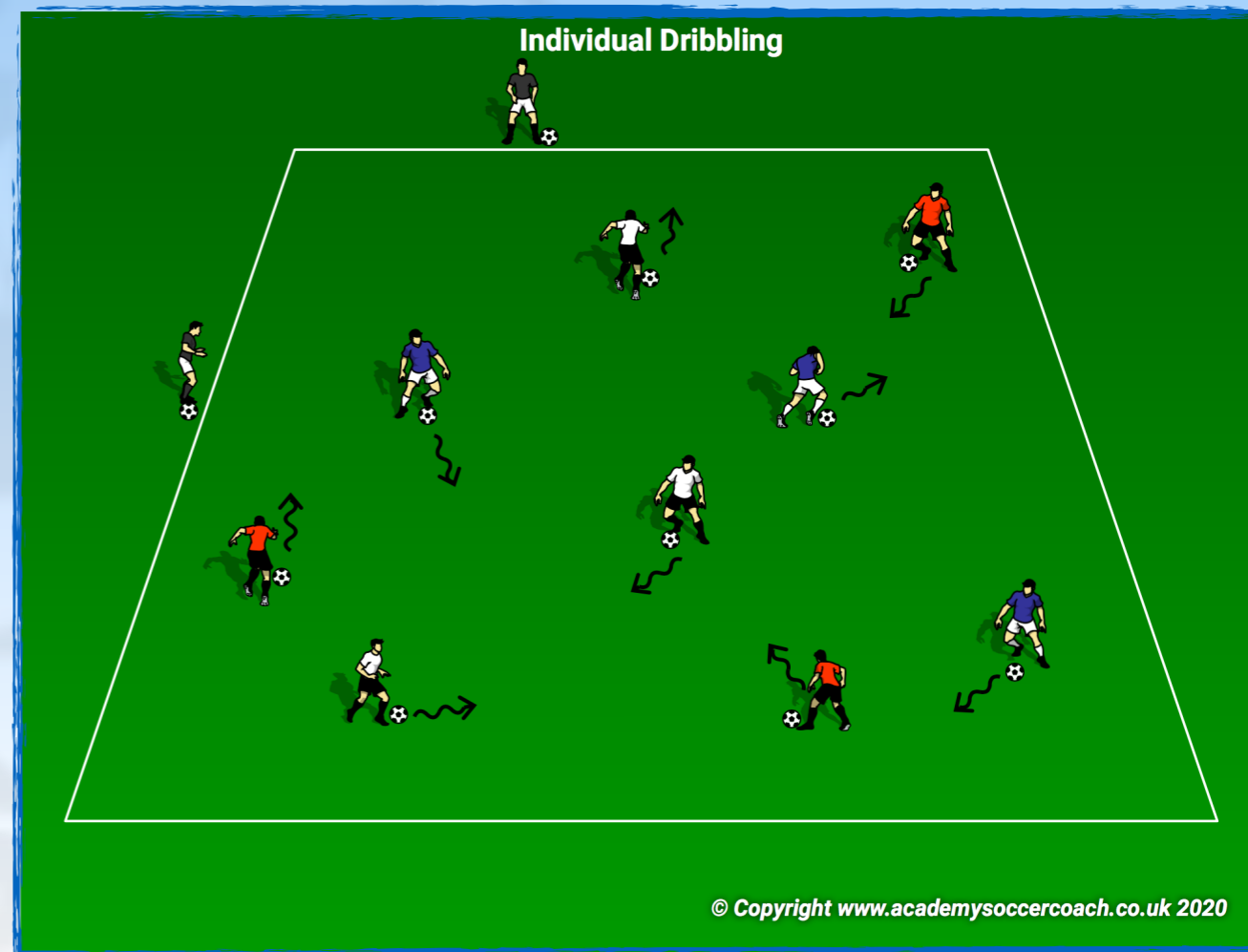
**Set-up:** Players in area w/ soccer ball. Coach or player should demonstrate skill, while players are given time to practice skill.

### **Coaching Cues:**

Encourage players to control skill potentially adding speed and power. Control = Speed

Use to help teach specific soccer 1v1 skill moves:

**WYSA 1v1 Skill Move Set**



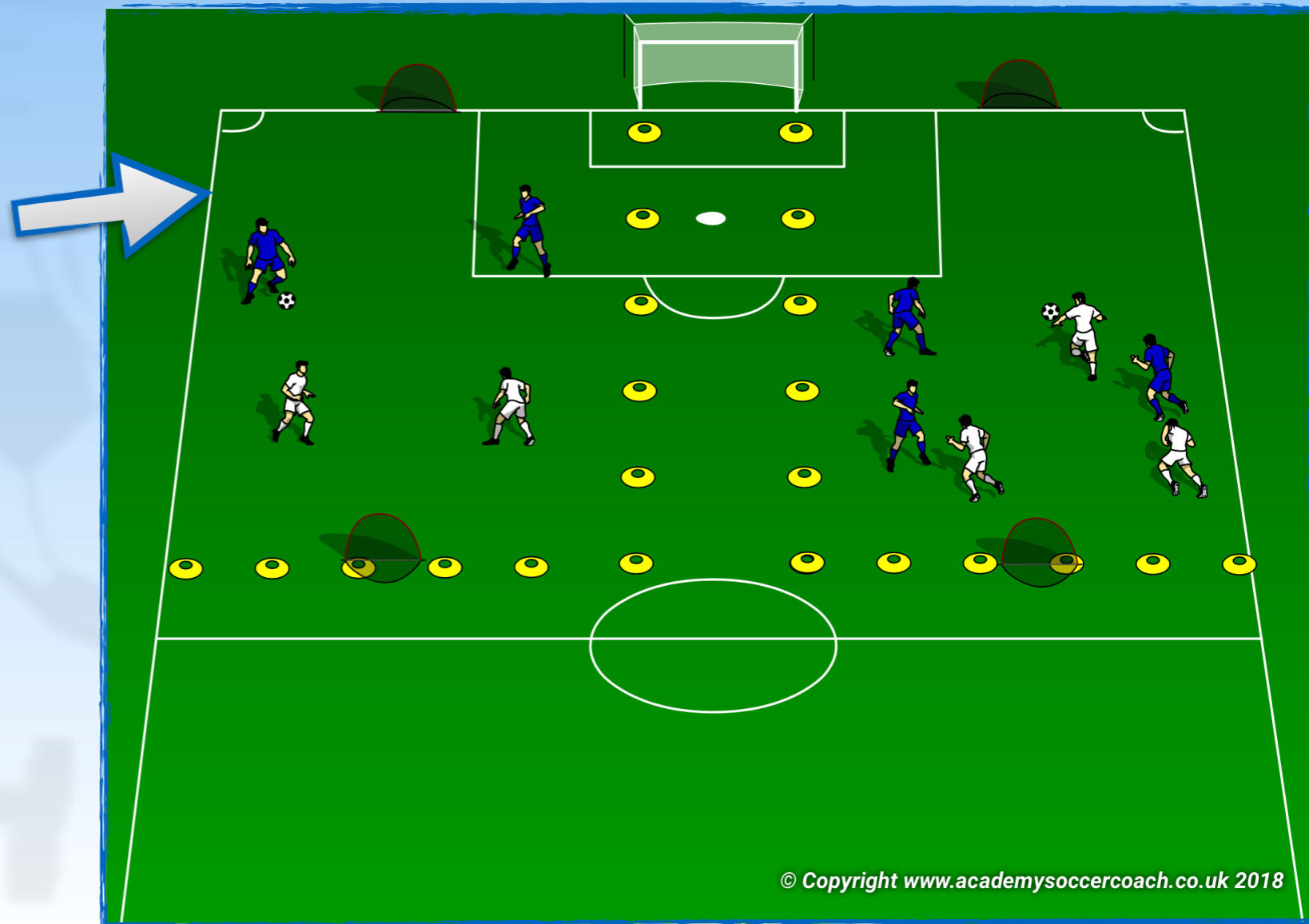
# Small-Sided Games

1v1's → 4v4's

*"The play-practice-play methodology is exactly what it sounds like. When kids show up, they immediately join a 2 vs. 2 or 3 vs. 3 small-sided game. After a few minutes, the coach might bring the players in and give them something to think about — say, keeping the ball within a hula hoop's distance of the body — and the small-sided games continue." - Vince Ganzberg*

yougotmojo Article:  
[Play-Practice-Play](#)

yougotmojo Video:  
[Scrimmage](#)



# Rondos and Possession

Rondos are a great way for players to sharpen their touch before training or a match, and also get dialed in and focused mentally. Rondos can come in all shapes and sizes! How to communicate, how to pass, how to create space- and vice versa on the defensive side such as how to pressure the ball, how to close off passing lanes, etc. Traditional rondos typically include 4 or 5 players on the outside against 1 or 2 players in the middle. In most variations once a defender wins the ball, they swap to the outside while the player that lost it becomes a defender in the middle. However with a little creativity, there's a limitless amount of modifications. There's not a huge difference between Rondos and Possession Activities. In both cases players work on keeping the ball, although Possession activities and games can be played on a larger scale and with even numbers of players on each team.

Rondos:

**Fun & Competitive Rondo Variations**

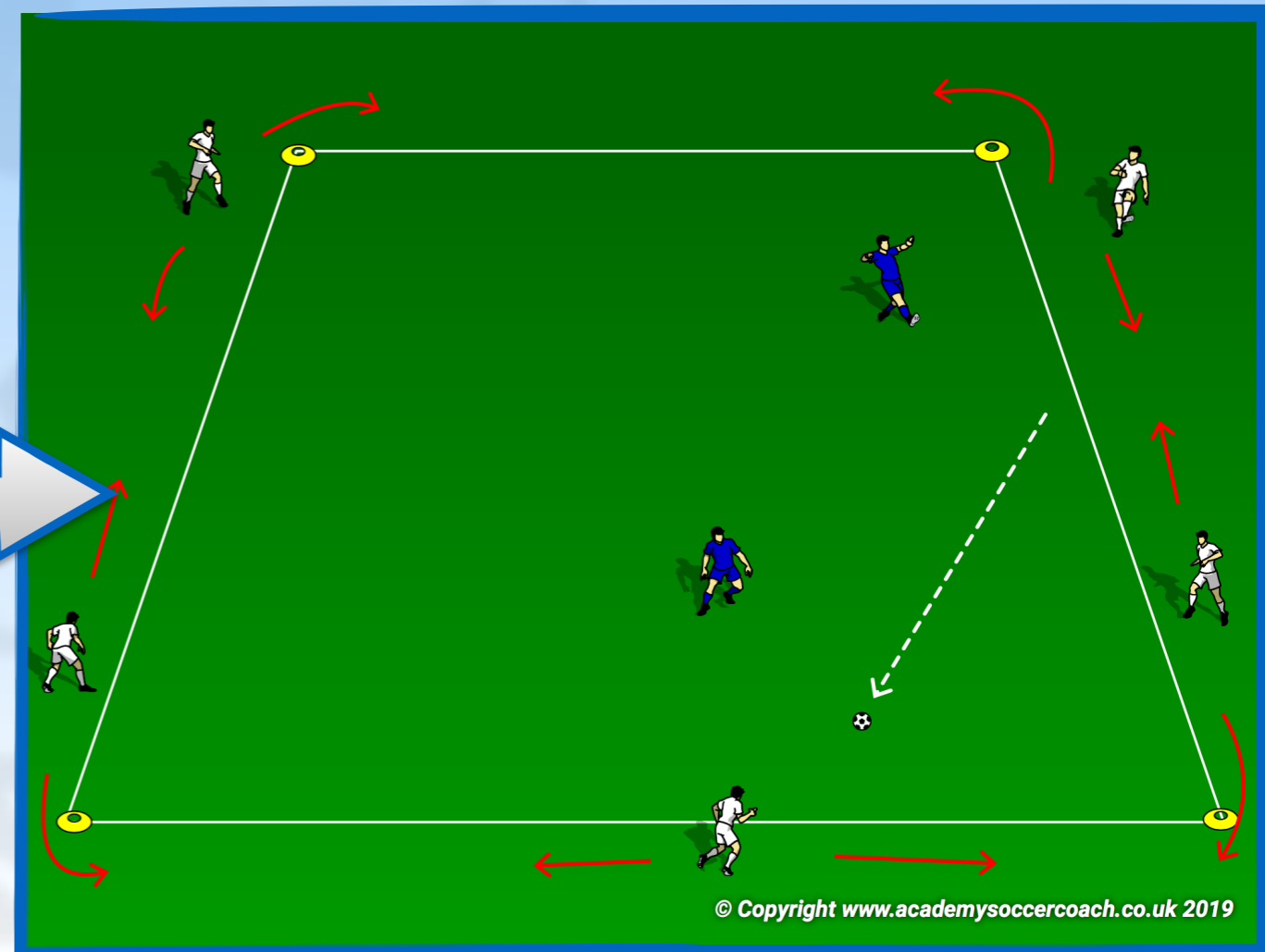
Possession:

**Help Your Team Keep The Ball**



VIDEO: yougotmojo - [Rondo 5v2](#)

*"Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven't got the ball, how to play 'one touch' soccer, how to counteract the tight marking and how to win the ball back." - Johan Cruyff*





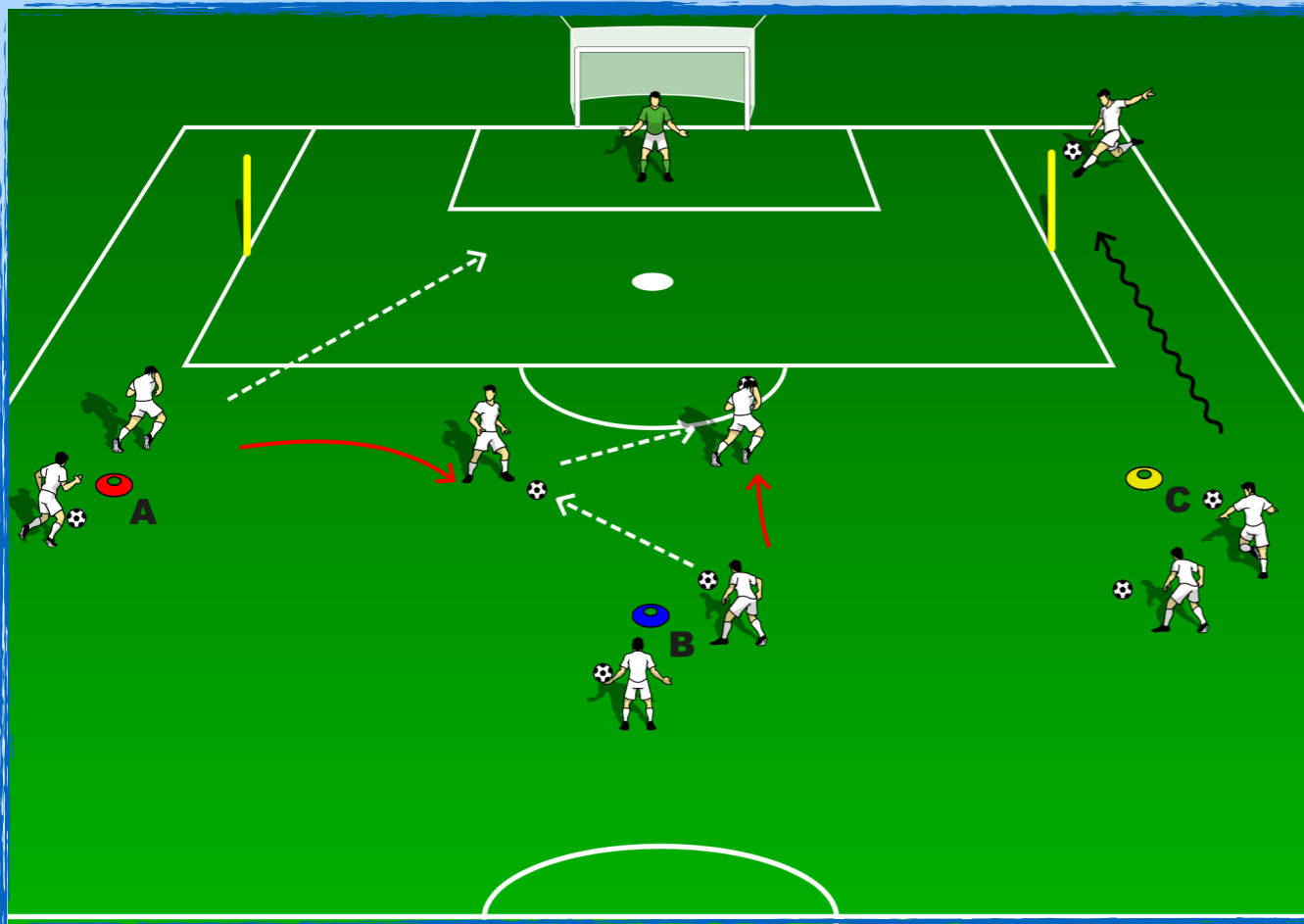
# Shooting on GOAL

## A-B-C SHOOTING

**Set up:** Three lines of players 20-30yards away from goal as shown.

**Progression:**

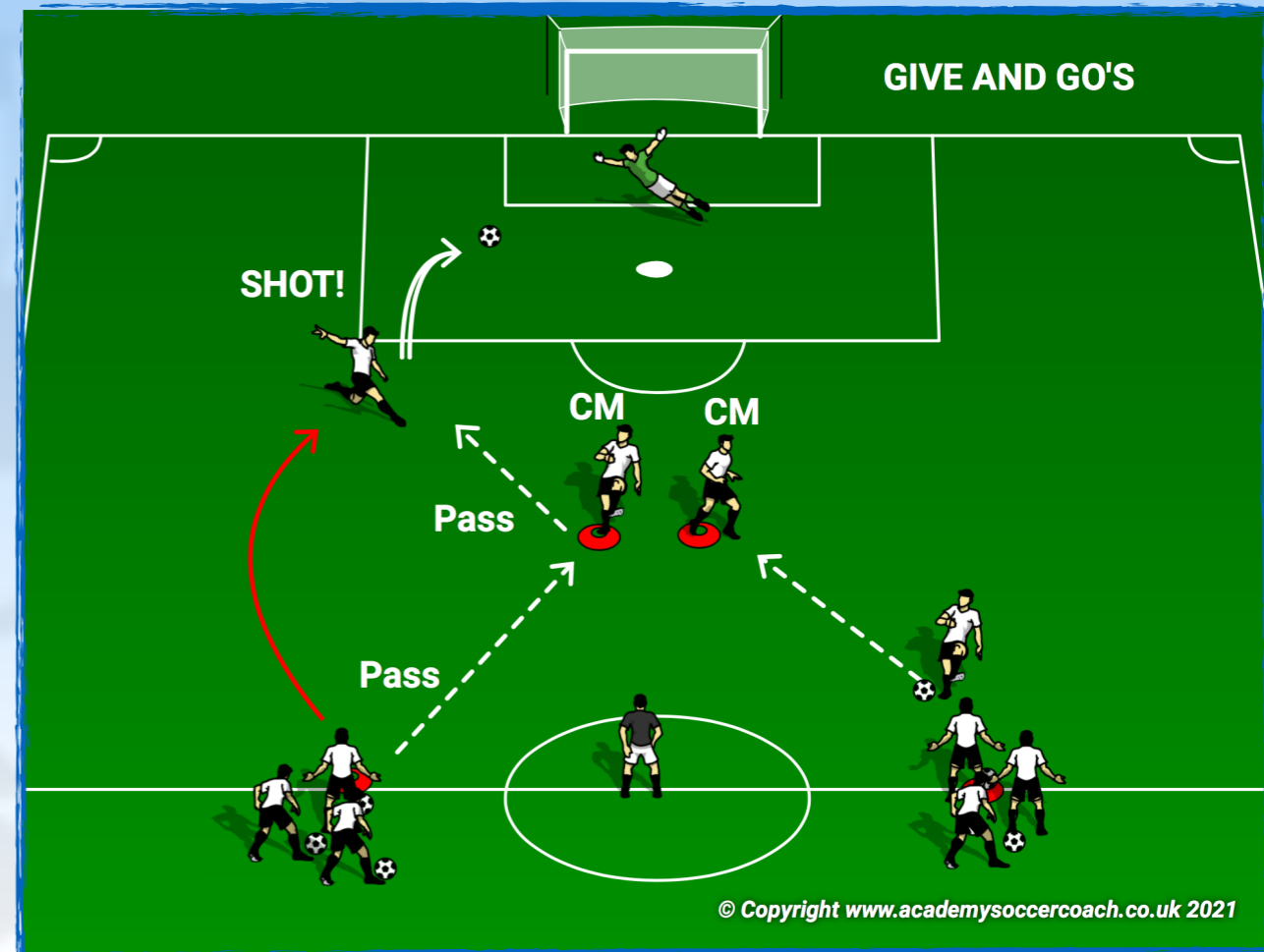
1. A DRIBBLES to perform unopposed shot on goal
2. A then checks back in to create wall pass/give and go w/ B, who also shoots on goal.
3. C then DRIBBLES the wide area towards marker and performs a cross to both A and B crashing the goal box attempting to score on goal



## BASIC SHOOTING

**Set-up:** Designate two players as CM's to perform give and go's. Two lines of player as shown.

**Action:** Alternating each line, player in line plays PASS to CM. CM sets ball w/ LEAD PASS allowing player to RUN and SHOOT!  
\*Change CM's - Coach can also be target for give and go's



# Line and Box Passing Patterns

## Line and Box Passing Progression

**Set-up:** Lines of players(5+) 10-15 yards(big steps) as shown. One soccer ball for each group. \*Add more soccer balls for bigger shapes.

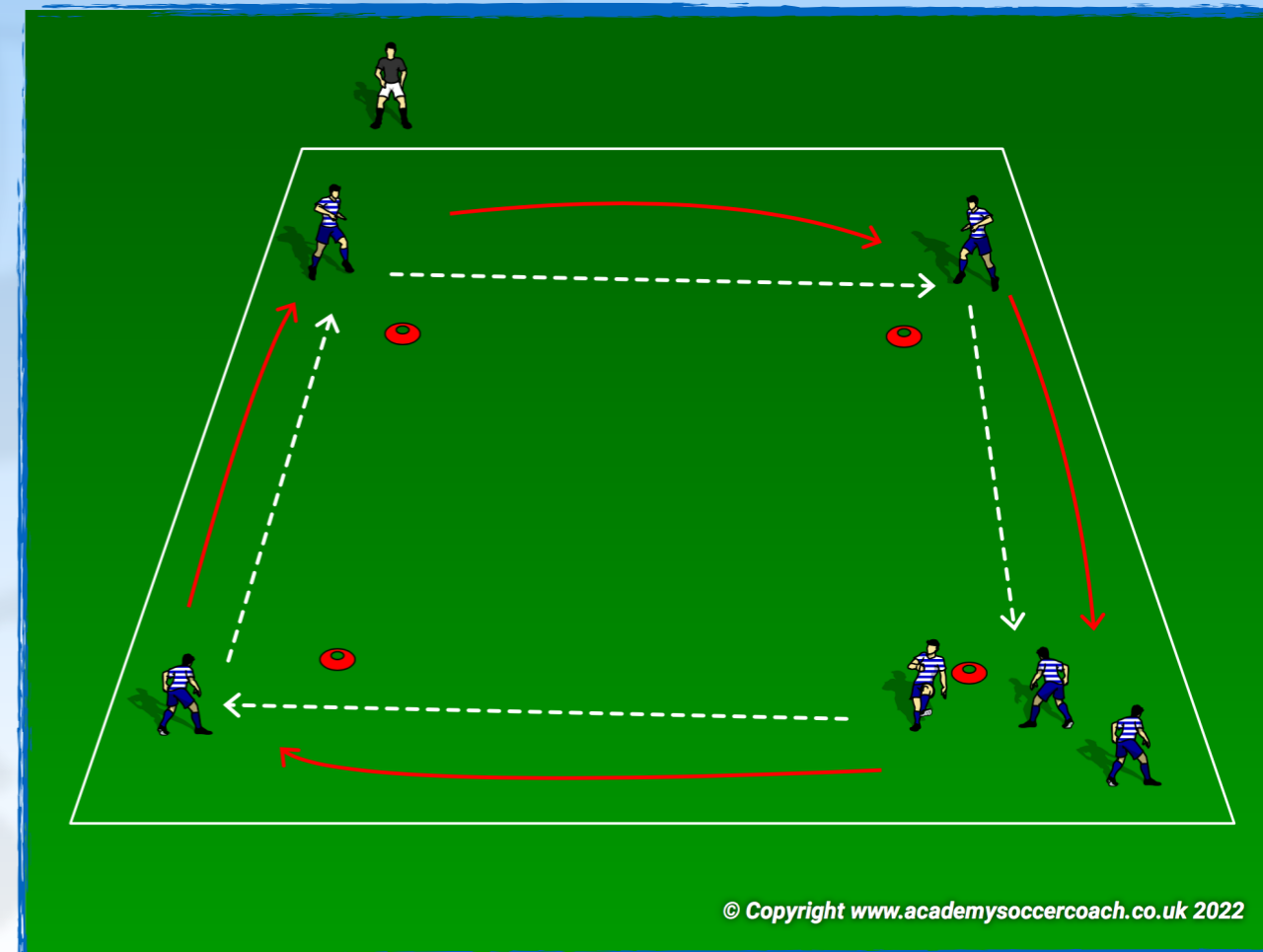
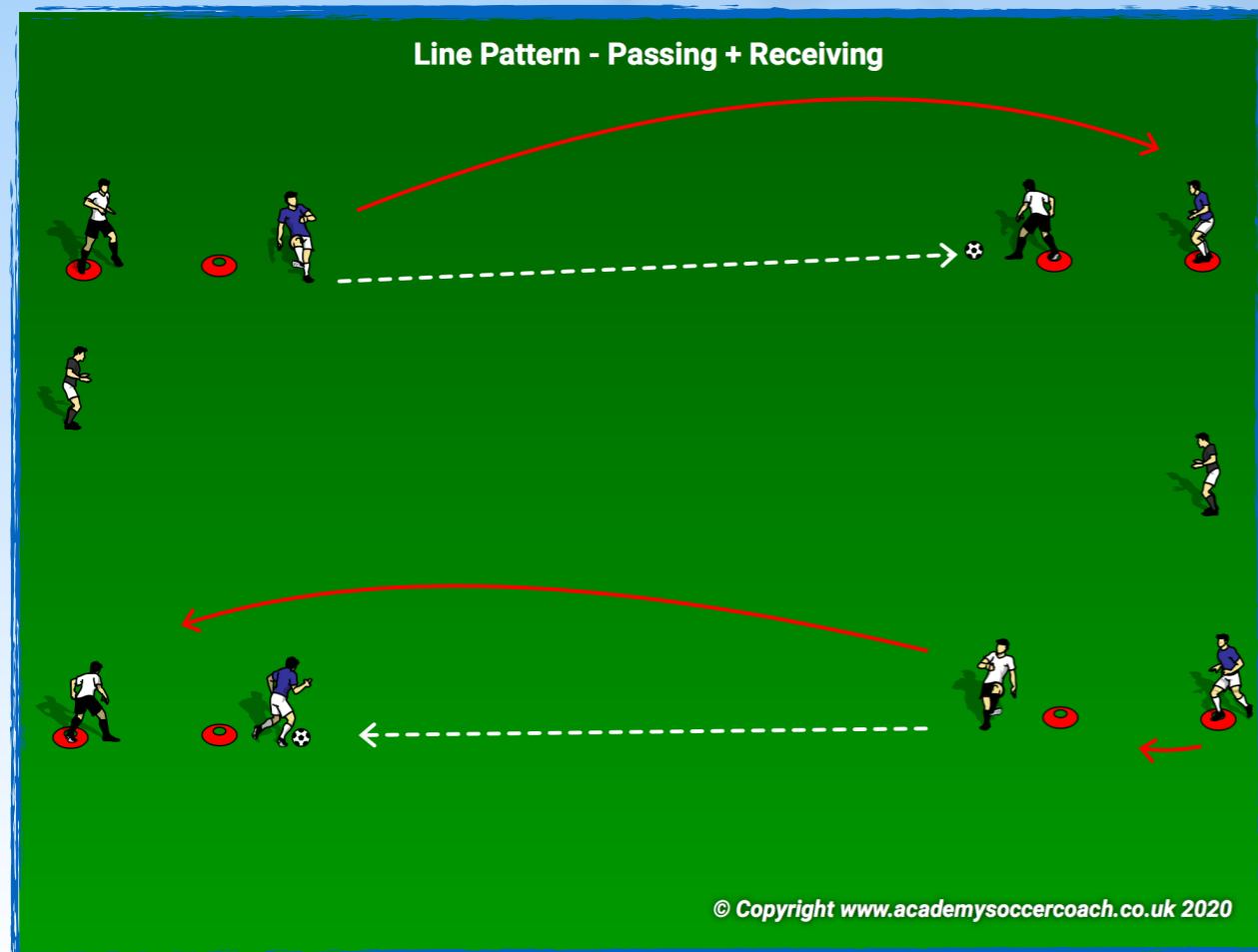
**Action:** Players work to develop a rhythm of passing + receiving in shape of a line. Players have ability to sharpen skills like ball control, passing + receiving combos, and dynamic movements off the ball

### **Progressions:**

**1:** Player **DRIBBLE** to opposite line leaving it for next player. \*Challenge **DRIBBLE** technique(Laces, Foundations, Inside + Outside Cuts)

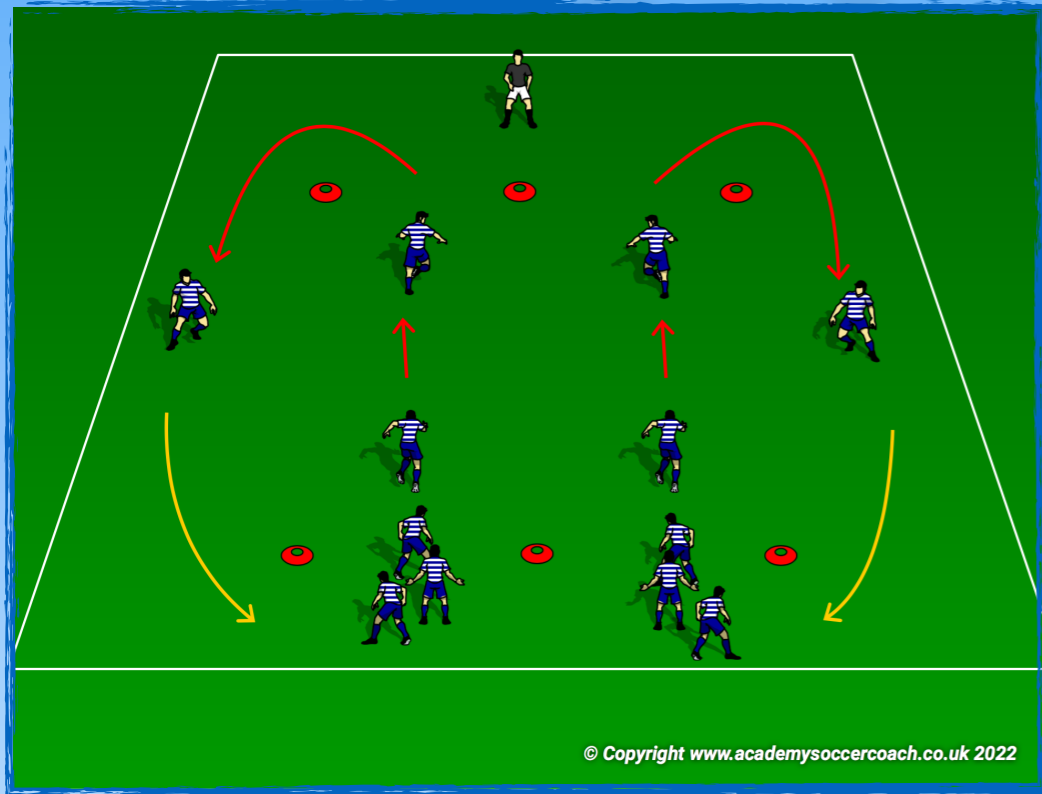
**2:** Players now **PASS** ball to opposing line. 2-Touch **PASSING** - 1-touch to **CONTROL**, and 1-touch to **PASS**.

**3:** Players perform 1-touch **PASS** between lines. \*Challenge - Give + Go's

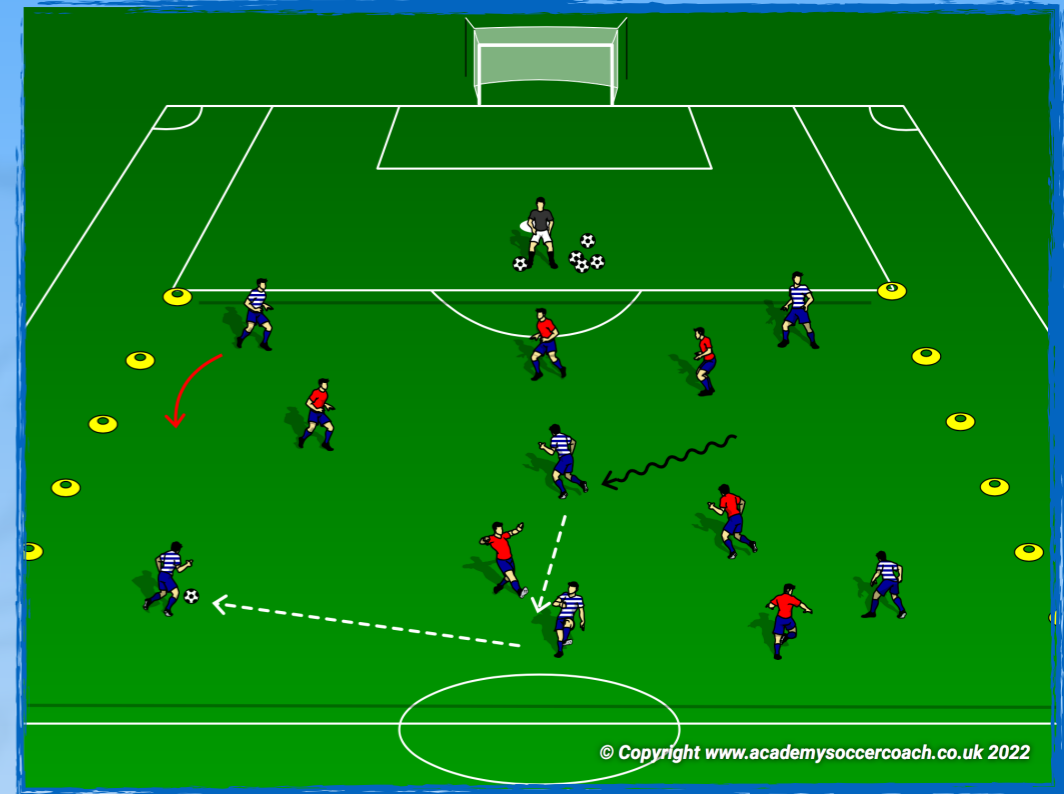


# Game Day Warm-up

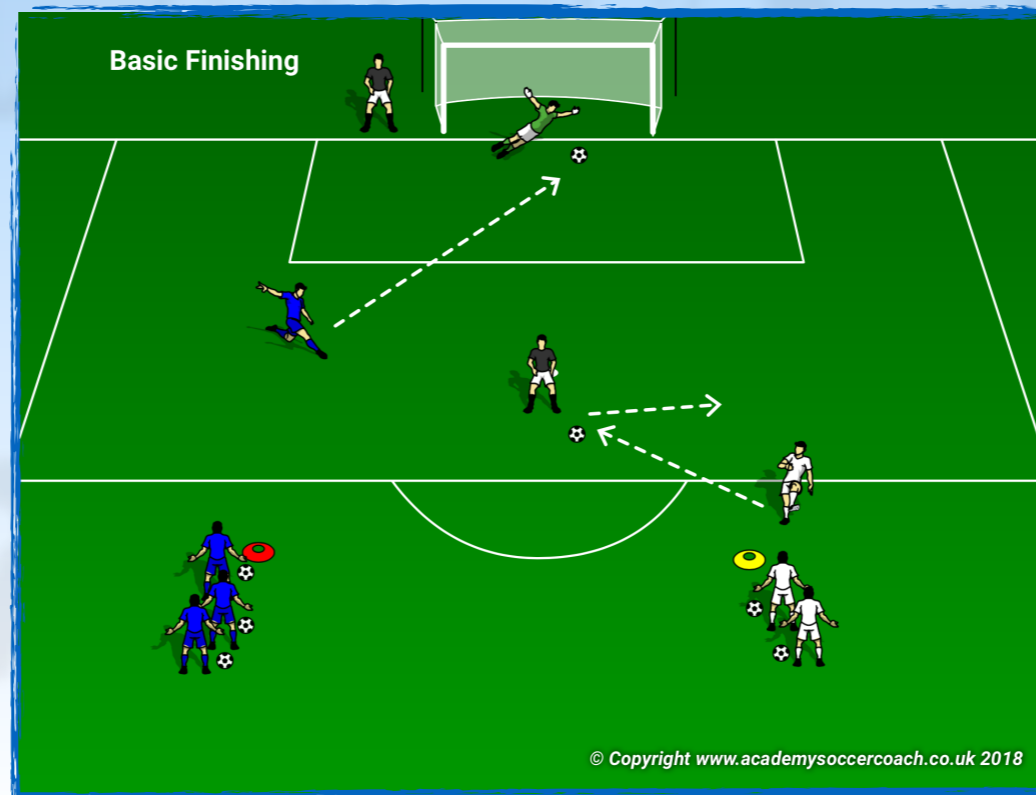
## 1. Dynamic Warm-up



## 2. Possession



## 3. Basic Shooting



8-10min. each