



11v11 Pre-Game Warmup

Category: Warm-ups

Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

Movement / Activation (10 mins)

11v11 Pre-Game Warmup

Activation Phase: Players form two lines and perform various movement patterns (jog, knees up, heels up, side to side shuffle, skipping, etc...) out to cone (20 yards). Once they reach the cone players jog back to starting cone.



Passing Tunnels (Technical) (10 mins)

Set-up:

Players split up and perform passing tunnel (players pass and move to line across from them where they just passed). Working on 1st touch, passing and timing.

Variation: Passing on one side and receive and dribble on other, short - short-long combinations, etc...

COACHING POINTS:



5v5 Target Possession (15 mins)

DESCRIPTION/ORGANIZATION:

This activity is a possession to targets games. Can be played 5v5 through 8v8. Each team has a target player on each endline that they can switch out with once they play to them. Target players cannot steal ball from each other.

A neutral player can be added to the middle if needed based on numbers. Neutral cannot pass to outside target players. * Good way to warmup GK is to add them to this activity as a Neutral player.

COACHING POINTS:

Coaching in attack:

- Good decision making. Players value ball possession.
- Speed of play (tempo) and technical quality.
- Transition. maintaining 1st pass after possession is won.
- Defensive pressure and shifting.

Coach in defense:

- Ensure that you have a good view of both attackers when taking a defensive position.
- Get pressure on the player with the ball. Players off ball are taking defensive correct shape.
- Be prepared to switch position after taking possession. Maintaining 1st pass. Good in transition moments.



Passing Combo w/ Finishing (10 mins)

DESCRIPTION/ORGANIZATION:

This is a finishing activity working in threes. Players work on various combination plays that end in a shot at goal. Combination pictured is a overlap that ends in a one touch shot on target.

Coaching Points:

- Pass the ball with the correct speed/weight and on to the correct foot.
- Combination should be executed in a fast crisp manner.
- Follow through of the kicking leg and focus on quality finishing.

