



# STANDARD STRETCHING INTRODUCTION

## Warm Up



### Purpose

To warm up players' muscles and increase blood flow.

### Organization

Have the players pair up and form 2 lines.

### Game Objective

Players jog around the area following the coach's commands, then stretch.

### Progressions

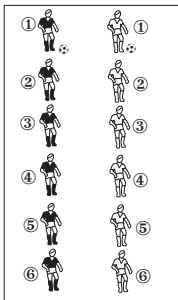
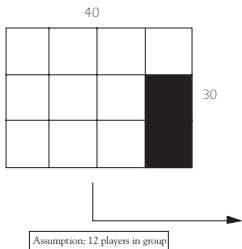
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

### Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

1 hr. 45 min. practices, 2 recommended practices per week

## Over Under and In Between



### Purpose

To enhance flexibility and to elevate heart rate.

### Organization

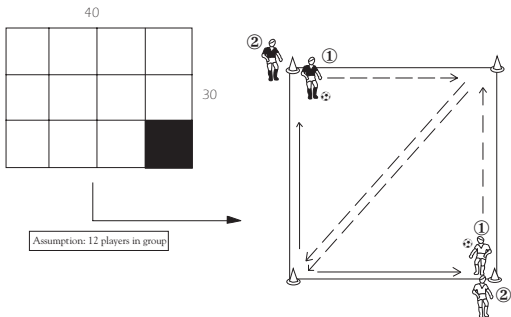
Set out a 10 x 20 yard area. Position players as shown in the diagram, one ball between each team.

### Game Objective

1. Player ① passes the ball overhead to player ② who passes the ball through his legs to player ③, who passes the ball overhead to player ④, etc. When the ball gets to the back of the line, the last player runs to the front and repeats the exercise.
2. Now player ① rolls the ball through a tunnel of legs to player ⑥. Player ⑥ picks up the ball and runs to the front to repeat.
3. Player ① runs in between players then sprints to front, then player ② goes.
4. Leap frog.
5. As (No. 3, above), but hop on 1 leg up the line then back down on the other leg.

### Key Coaching Points

1. In between each different race, you must stretch.
2. Looking for sharp, ballistic movements.
3. Assess anaerobic fitness with quick, short, rapid movements.
4. These games are all good practice for your soccer speed.





### Purpose

To develop inside and outside of foot turns.

### Organization

Set out a 10 x 10 yard area. Position 2 players in opposite corners of the area. Repeat in 2 other areas for a total of 12 players.

### Game Objective

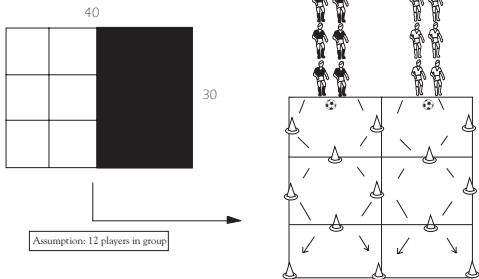
Player ①  dribbles to the cone, does a turn, sprints to the next cone, turns and makes a pass. Follow the pass to force Player ②  to get the ball out of his feet. Work both directions to use both feet.

### Progressions

Turns to use: Outside, Inside, Cruyff, Stop Turn, Rivelino, Step Over.

### Key Coaching Points

1. Speed away from the cone—slow down towards the cone.
2. Get low—have a wide stance.
3. Get the ball out of your feet.
4. Be on your toes as you receive the ball.



### Purpose

To develop turns with the inside and outside of the feet.

### Organization

In a 20 x 30 yard area, set up the cones in a zig-zag formation. Groups of 6 are stationed on the end line. 1 ball per group.

### Game Objective

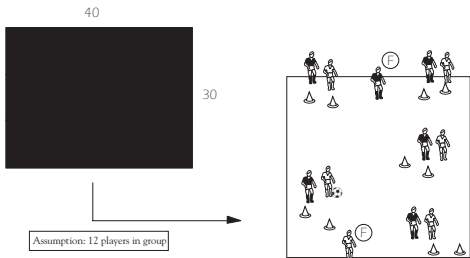
The dribblers move up, then back down the cones performing inside and outside of the foot turns to get back to their team. Inside of the foot, chop on the way up—outside hook on the way down.

### Progressions

Make it a race between the groups.

### Key Coaching Points

1. Imagine each cone is a defender as you turn and say, "Want it—can't have it!"
2. Keep your body between the ball and the imaginary defender.
3. Stretch to reach the ball—don't run past the ball before you make the cut.
4. Try to keep the ball out and away from the body.



## Purpose

To develop turns and fakes under pressure.

## Organization

Set out a 40 x 30 yard area, with 5 v 5 +2 floating players. Station 5 gates, 2 cones 2 yards apart in random areas of the grid. 1 ball per group.

## Game Objective

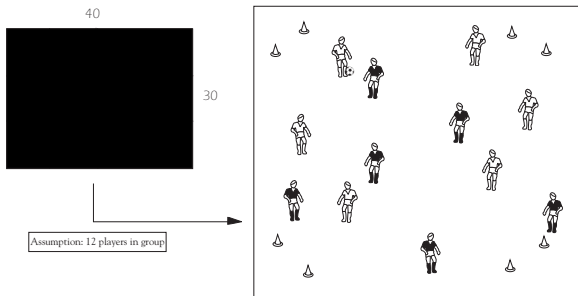
Score a goal by dribbling the ball through any of the gates to score 3 points. A turn gets 1 point. Floating players play for the team in possession but cannot score goals. Players should be encouraged to be relaxed and comfortable with the ball rather than lose possession.

## Progressions

1. Introduce another ball, 2 balls total.
2. Players can only pass after making a fake or turn or burn.

## Key Coaching Points

1. Use the inside and outside of feet to turn away from defenders.
2. Control the ball into space, away from the defender.
3. Change direction of the play by turning with the ball.





## Purpose

To create both width and switching the point of attack and running with the ball.

## Organization

Set out a 40 x 30 yard area. Station small goals (2 yards wide) in each corner of the area facing in towards the field of play. No goalkeeper, 6 v 6, one ball.

## Game Objective

The  team must interplay to score by running the ball through any of the goals. The  team attacks any of the goals once they get possession.

## Progressions

Change the direction of play so that teams can now attack only diagonally opposed goals. This will encourage players to switch the point of attack.

## Key Coaching Points

1. Players should be creating space in the area so that teammates can exploit the space on the flanks.
2. Get the ball wide. Look to steal as much ground before switching the ball back to the center of the field.
3. Try to switch the point of attack.