



2007
NW All Sports Clinic
“Modern Soccer Warm-Ups”
Part 1 – The Lecture

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Warm-Up Protocol

- The purpose of the warm-up is to raise the body's metabolic temperature, and increase muscular preparedness.
- There should be a range of high and low intensity movements to increase metabolism.
- The increase in tissue and muscle temperature results in increased flexibility

Approach to the Warming-Up Process

- The warm-up should be progressive in intensity.
- Dynamic flexibility should follow the initial warming phase – these should also be progressive in intensity and range of motion.
- Specific movements should be done first at low speeds and emphasizing technique, eventually progressing towards maximal speed
- The warm-up should culminate in your players reaching same speeds or greater than those they will see in your training session or games.

Other Considerations to the Warming Up Process

- The duration of the warm-up and each phase, is dependent on your players fitness and the outside temperature.
- Warming up prior to a game should minimize fatigue, and increase muscular readiness.
- Warming up prior to a training session may be designed to increase fitness and athletic components. (i.e. Agility, Coordination, Speed)
- The warm-up should be designed with these things in mind: age, athletic-ability, injury history, and long-term athletic development of the athletes you are working with.

Three Phases of the Warm-Up

- Active Warming Phase – primary goal is to increase body and muscle temperature
- Dynamic Flexibility Phase – exercises that increase muscle flexibility
- Neural Activation Phase – where muscles are prepared for game like movements and to increase speed of movement.

Active Warming Phase

- Should consist of low intensity movement. Usually forward running, with a mixture of shuffling, and some backwards running.
- Use little or no turning
- Define the area in which players run and monitor speed to ensure intensity.
- Duration 3-10 minutes (I like to use 6-8 min.)

Dynamic Flexibility Phase

- This where we look to increase flexibility, speed, and coordinative demands of movement.
- Use passive, controlled, and antagonistic flexibility activities. (Examples later)
- Progress from low speeds, focusing on technique towards movement patterns at increased speed.
- Distance: 8-10 yards
- Duration: 5-10 minutes (I use about 8 minutes)

Neural Activation Phase

- Final phase where an increase in speed and intensity of movement occurs
- Number of reps should be low, and rest should be high as you are looking for optimal performance
- Try to minimize fatigue – depending on target of the session
- Duration: 2-5 minutes (I use about 3 minutes)

SAQ Topics

- Acceleration
- Running Mechanics
- Linear and Horizontal Agility
- Coordination: Turning, Timing, Twisting
- Fast Feet: Speed Ladder
- Flexibility: Moving over and under hurdle

Passive Dynamic Flexibility

- Heel Walks
- Walking Calves (straight and bent leg)
- Walking Hamstrings
- Walking High Knee Pull
- Walking Quadriceps
- Lateral and Transverse High Knee Pull

Controlled Dynamic Flexibility

- Walking Toe-Touch
- Balanced Leg Extension
- Russian Walk
- Russian Walk to Quad stretch
- Moving Squat
- Walking Lateral Lunge
- Walking Lunge: Overhead reach, lateral twist

Antagonistic Dynamic Flexibility

- Single Leg Heel Kicks
- Lunge to Hamstrings Stretch
- Single Leg Knee Drive
- Extended and Transverse Leg Drive
- Open and Close the Gate
- Knee to Shoulder Touch
- Inside and Outside Roundhouse Kick
- Rear Leg Swing and Abducted Rear Leg Swing

Warm-Up Session for Training “The 20-minute model”

- 0-6 minutes of jogging with and without the ball
– easy movements (shuffles, backwards running, skipping)
- 6-12 minutes of dynamic flexibility – use several different movement patterns of 8-10 yard work zones
- 12-17 minutes ball routine
- 17-20 minutes speed work/sprints

Variation for the Game Warm-Up

- Game Warm-Up
- Phase 1: General Warm; 8-yard work zone/6-yard acceleration zone
- Time: 6 minutes
- Phase 2: Dynamic Flexibility
- Time 6 minutes
- Phase 3: Static Stretching
- Time 3 minutes
- Phase 4: Ballistic Movements and Sprints; 6 yard work zone/5-yard acceleration
- Time: 5 minutes
- 20 minutes total out of a complete 40 minute game warm-up

Ball Routines for training

- “Celtic” Pair Work
- Chivas “Basicos” – ball between two
- Two lines of three facing each other
- 4-man passing pattern
- Dutch Triangle

Speed Work/Sprints in training

- Man. U Diamond
- Race to the Ball
- Leadership Sprints

Conclusions

- The progression of the warm-up should progress from a slow gradual pace to higher intensity and tempo.
- Keep the length no longer than 20 minutes, you don't want to use up all your training time.
- Vary up the order in which you do things. (i.e. Ball work last instead of in the middle)
- Use tools such as speed ladders, mini-hurdles, sticks, poles to enhance your warm-up.
- Important to change exercises: running patterns, ball work, dynamic flexibility patterns, speed work.