

Warm-Up Session #2 (Approximately 20 mins total):

- 1.) **General Warming Phase:** 0-6 minutes. Set out 4-5 sets of cones that are 12 yards apart. Group up in numbers of 4 to 6 players at each set of cones. Use speed ladders, hurdles, sticks, poles for SAQ on the way back to starting cone. Perform the following movements:
 - a.) Jogging forwards/backwards
 - b.) Cross-over running forwards/backwards
 - c.) Front skip with arm movements up and down/across body
 - d.) Skip with a kick out in front/laterally
 - e.) Lateral Shuffle with a “sweeping” arm motion
 - f.) Jogging while touching inside/outside of the foot

- 2.) **Ball Work Phase:** 6-10 minutes. Use same set up of cones while each group or line will have a ball. Perform the following exercises with the ball and do each exercise with 4 repetitions:
 - a.) Dribble ball out and around 2nd cone and pass back to next player in line
 - b.) Dribble ball out and back – “take over” with next person in line
 - c.) Forward “foundation” out, backward “foundation” back to next person in line
 - d.) Roll over the top of the ball with right foot out, back with left foot roll over
 - e.) Use soles of feet to maneuver ball out, same thing back but going backwards (high knees with a ball)
 - f.) Dribble with a 1 v. 1 move out, some type of turn move at 2nd cone and speed dribble back.

- 3.) **Stationary Ballistic Movements:** 10 – 15 minutes
 - a.) Windmills (30 sec)
 - b.) Open the Gate/Close the Gate
 - c.) Inside Roundhouse Kicks/Outside Roundhouse Kicks
 - d.) Transverse Leg Swings
 - e.) Mountain Climbers (30 sec)
 - f.) Reach Down and “pump” twice and right ankle and then reach back up and high across body. Same thing down to left ankle

- 4.) **Dynamic Stretching Phase:** 15-18 minutes. Use same cone set-up as before but shorten so cones are only 8 yards in length apart. Perform the following exercises:
 - a.) Walking Toe Touch
 - b.) Walking up on heels and on toes (calves)
 - c.) Moving Squat
 - d.) Walking Lunge with an overhead reach/transverse twist
 - e.) Knee to Shoulder Touch
 - f.) Abducted Rear Leg Swing/Alternate Side Lunge

- 5.) **Sprints:** 18-20 minutes. Coaches’ stands on the opposite end of cone set-up and shouts “go” alerting players to sprint to them. Use the following starting sequences:
 - a.) Facing forward feet moving side to side
 - b.) Facing with right shoulder leading feet moving side to side
 - c.) Facing with left shoulder leading with feet moving side to side
 - d.) Facing with backwards feet moving, turn and sprint to the coach
 - e.) Two foot jumping forwards and backwards – sprint to coach on command
 - f.) Two foot jumping left and right – sprint to coach on command