

# @CoachingFamily



In association with

**Warm Up Games  
Sharing Booklet  
July 2012**

# Warm Ups Booklet

Welcome to the second sharing booklet from The Coaching Family in association with Academy Soccer Coach. This booklet focuses on an area that is vital in setting the tone of your sessions – The Warm Up.

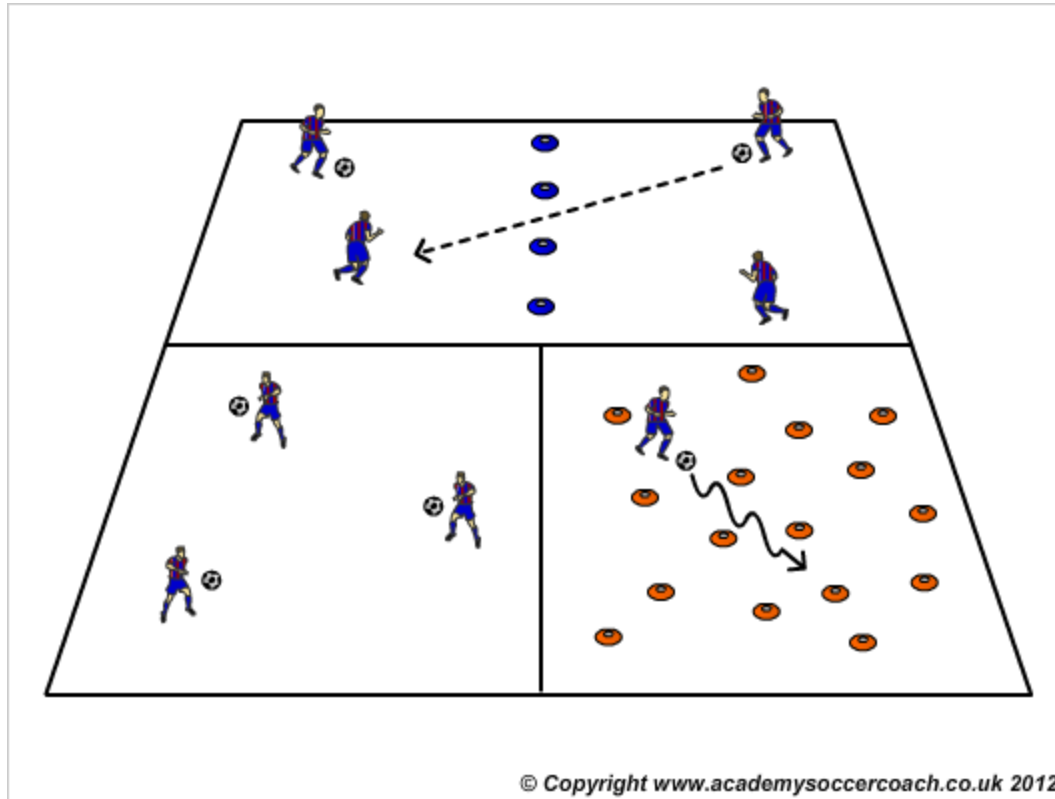
Warm Ups are used to gradually increase players heart rates while also preparing muscles for football related activities. We think all warm ups should be FUN – A way of engaging your players and grabbing their attention so they are ready to learn.

As always with these books, everything you see can be adapted, played with and adjusted to suit different age groups or abilities from toddlers to adults. Don't just stick to the manual.. Change it, try your own progressions.

I'd like to take this opportunity to thank all the coaches that have contributed to the second sharing booklet, it's not possible without you!! I hope you pick up some ideas and enjoy reading through.

Ben Trinder (@CoachingFamily & @Ben\_Trinder)

# Richard Holmes



## 3 Zone Warm Up

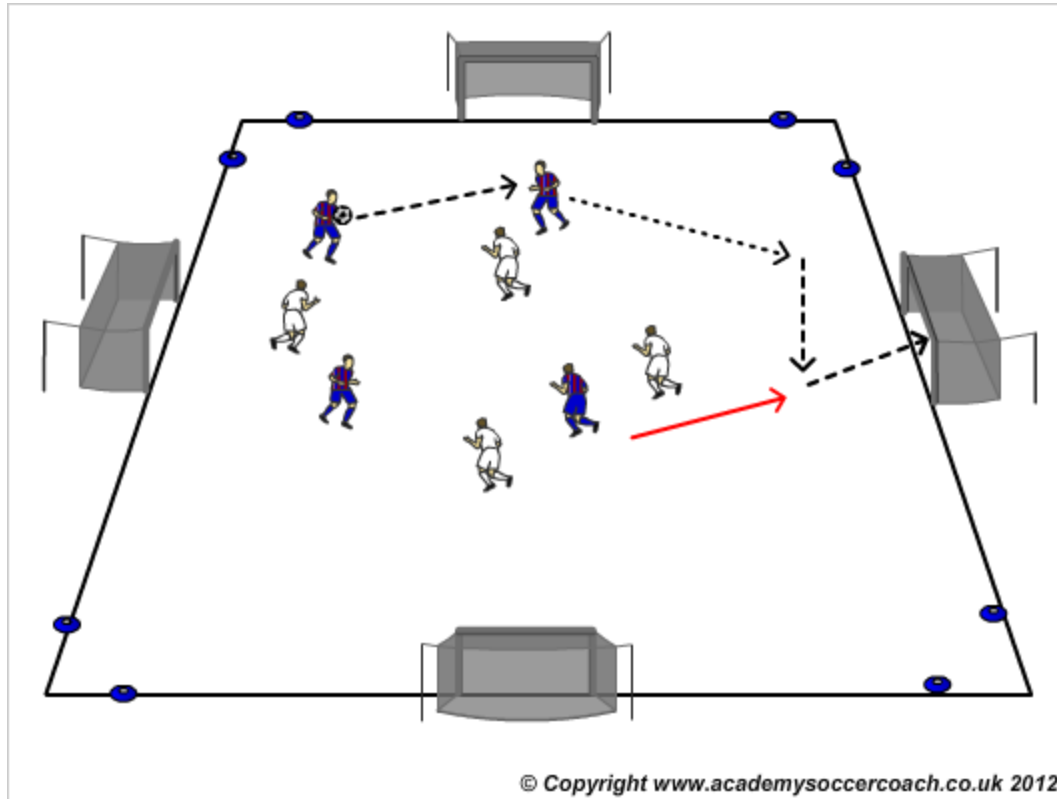
Top – Passing

Bottom Left – Keepy Ups

Bottom Right – Dribbling

Players can move around the area and choose where they would like to go.

# Richard Holmes



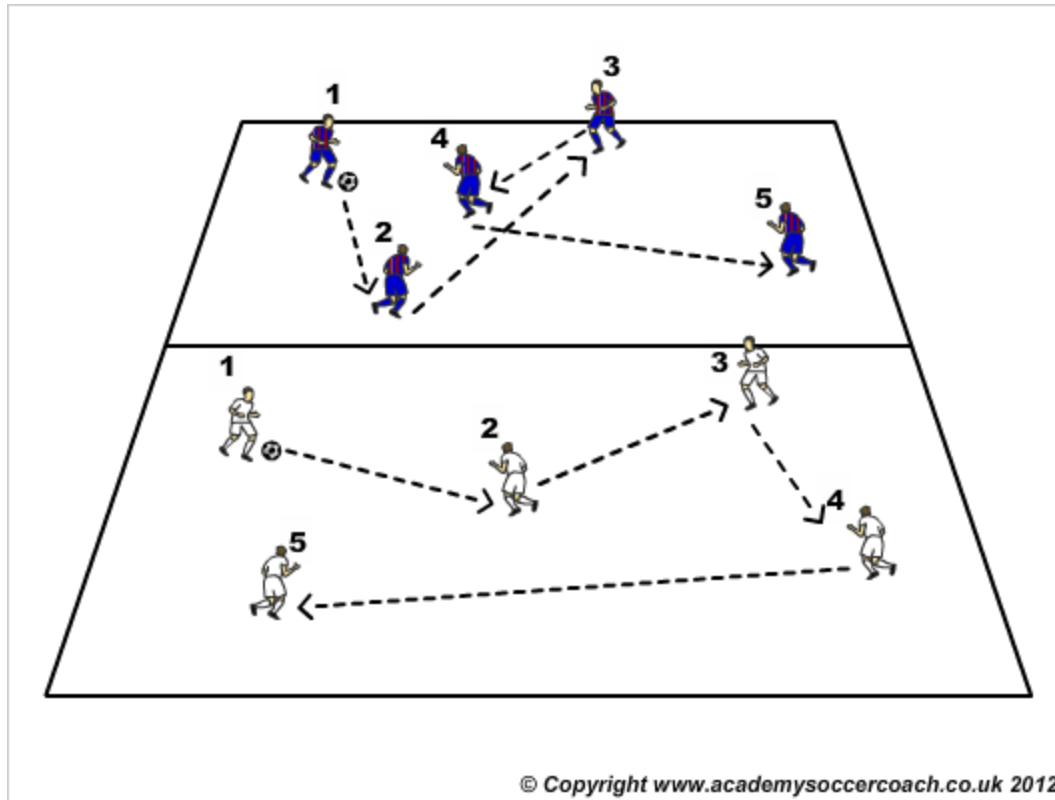
## 4 Goal Handball Game

2 teams play handball into 2 opposite goals – Score with header/volley & Tag to tackle. This will encourage “eyes up”.

Progression:  
Player with ball runs through cone gate to score extra point.

Progression:  
Play into all four goals.

# Adam Bessent



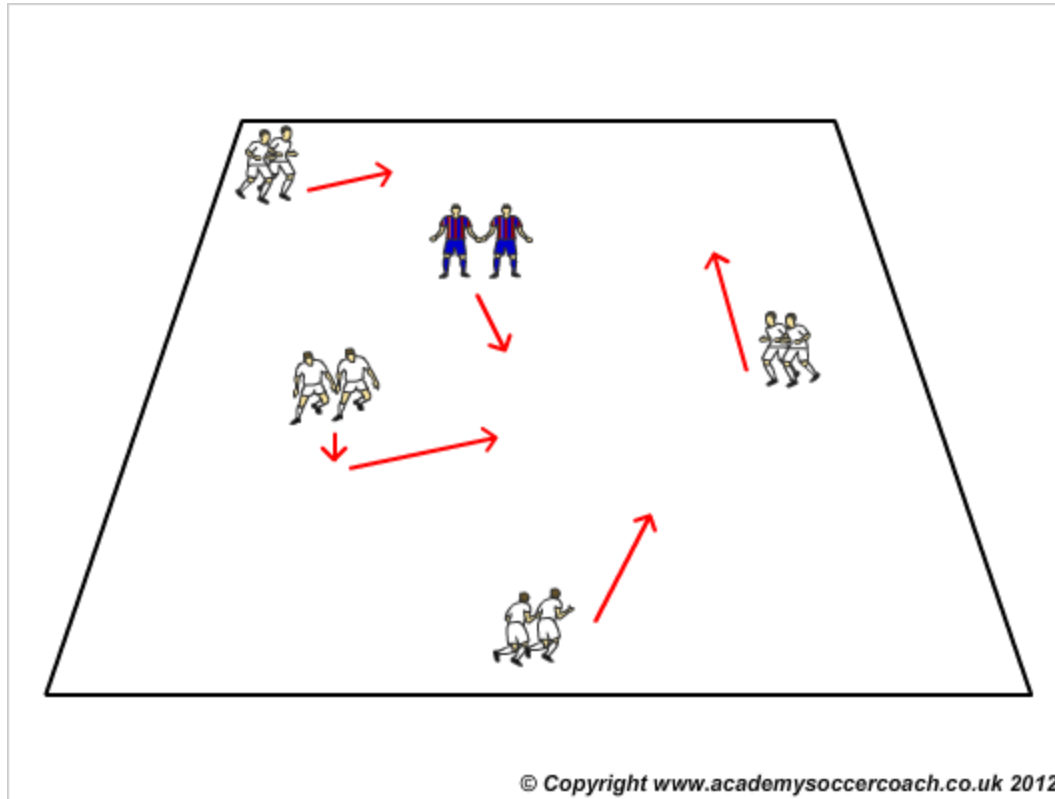
## Passing Sequences

Create teams of no more than 5 – Players number themselves 1-5. Pass the ball from no.1 through to 5 to win.

Progression: Give 3 lives – if ball goes out of grid, team loses a life.

Progression: Different types of passes, chips etc.

# Josh Pilsbury



## Pairs – Tag

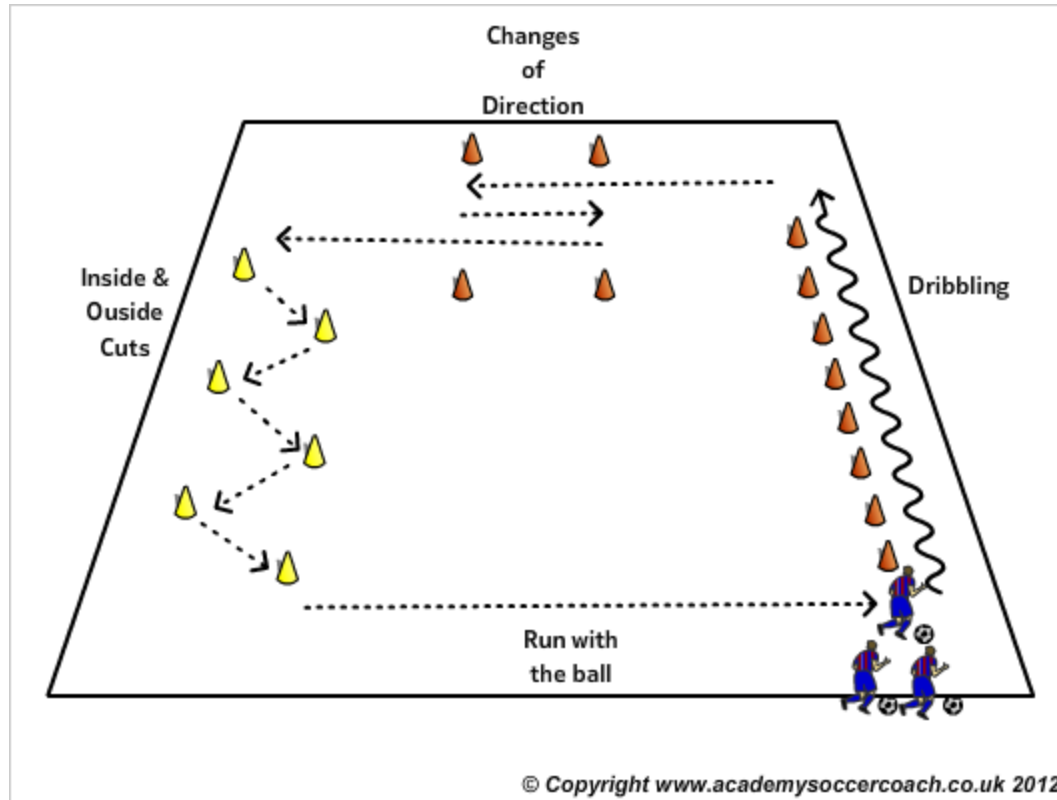
Players get into pairs and hold hands.

One pair nominated the “Taggers” – They have one minute to tag as many pairs as they can.

Progression: Players can only hop.

Progression: Introduce a ball for each pair.

# Mark Horsfield

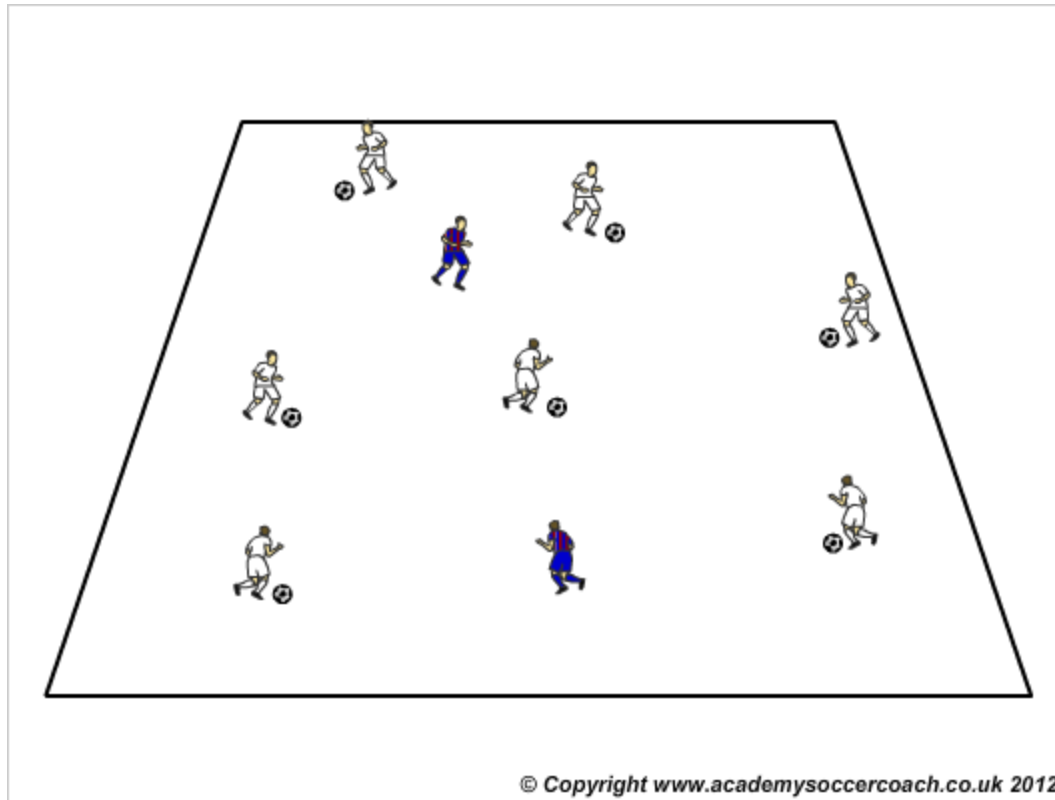


## Skills Circuit

Players take it in turns to go through the skills circuit.

- Dribbling with both feet
  - Changes of direction
  - Inside/Outside cuts
- And
- Running with the ball

# Dan Hamer



## Taggers

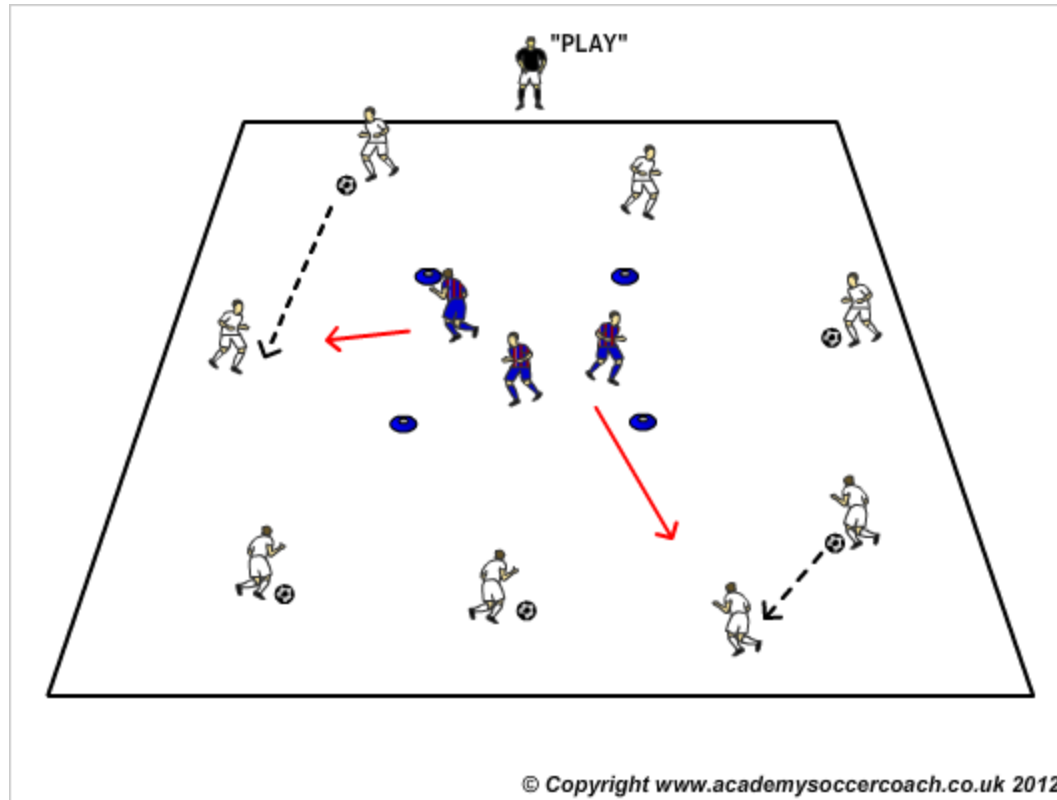
Two players without a ball, the rest with a ball each.

Players without a ball (Taggers) try to win a ball from a dribbler. Players switch roles if tagger is successful.

Dribblers score points for shielding the ball, beating the tagger with skills and a large amount of bonus points for a nut meg.



# John Johnstone



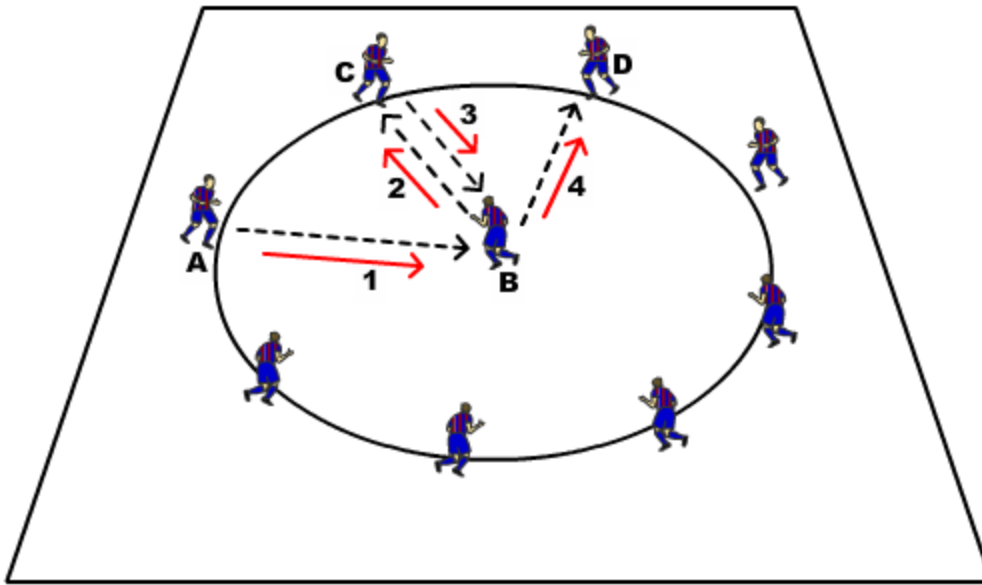
## Pass it on

3 taggers in centre. Other players arranged outside area – some with, some without a ball.

On coaches call, the taggers try to tag players without a ball.

Players with a ball must recognise the danger and pass the ball to players in trouble.

# Billy McEvoy



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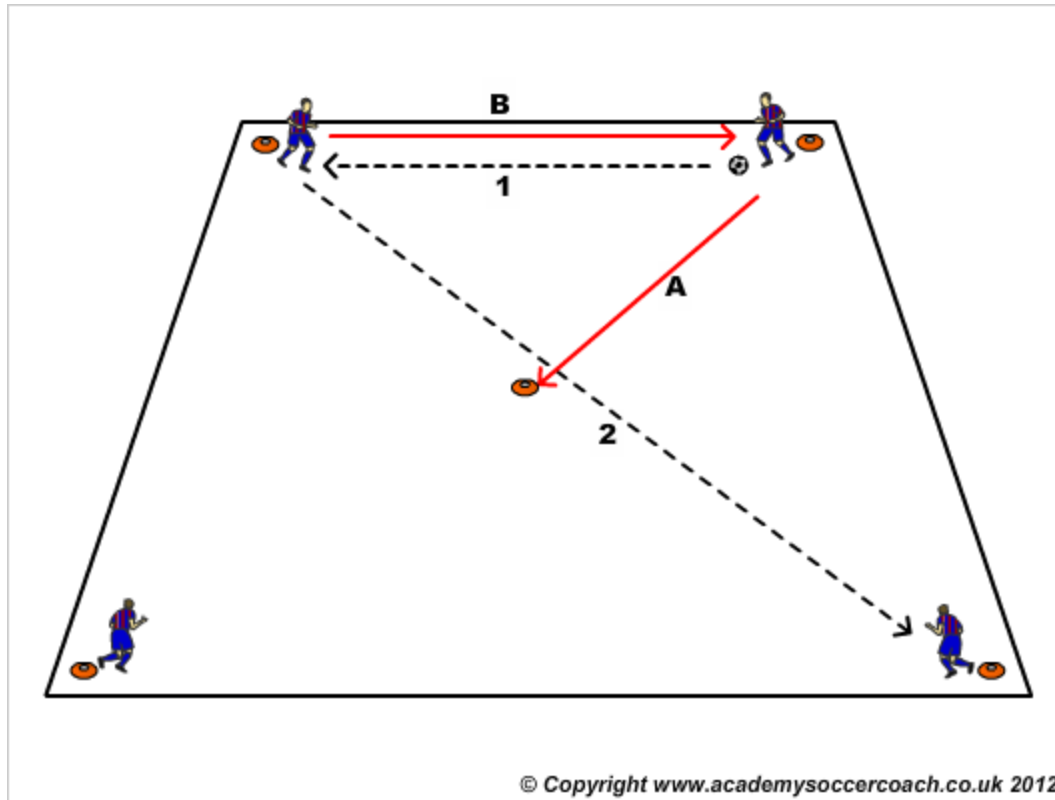
## Passing Circle

A simple follow your pass game.

**A** passes to **B** and follows ball in. **B** passes to **C** and follows ball out. **C** then passes to **A** who has replaced **C** in the middle.

The game continues around the circle. Progress by asking players to use one touch.

# Billy McEvoy



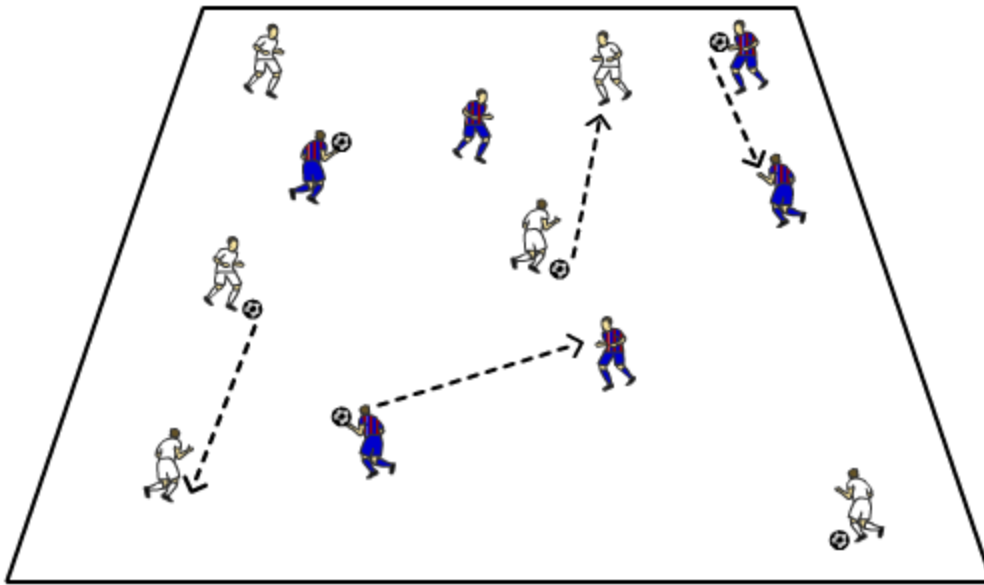
## Empty & Fill space

5 cones arranged in a square with one in middle. 4 players start on 4 corners.

Once a player has passed the ball he/she sprints to the empty cone.

This warm up game helps players get used to moving off the ball.

# Ben Bartlett



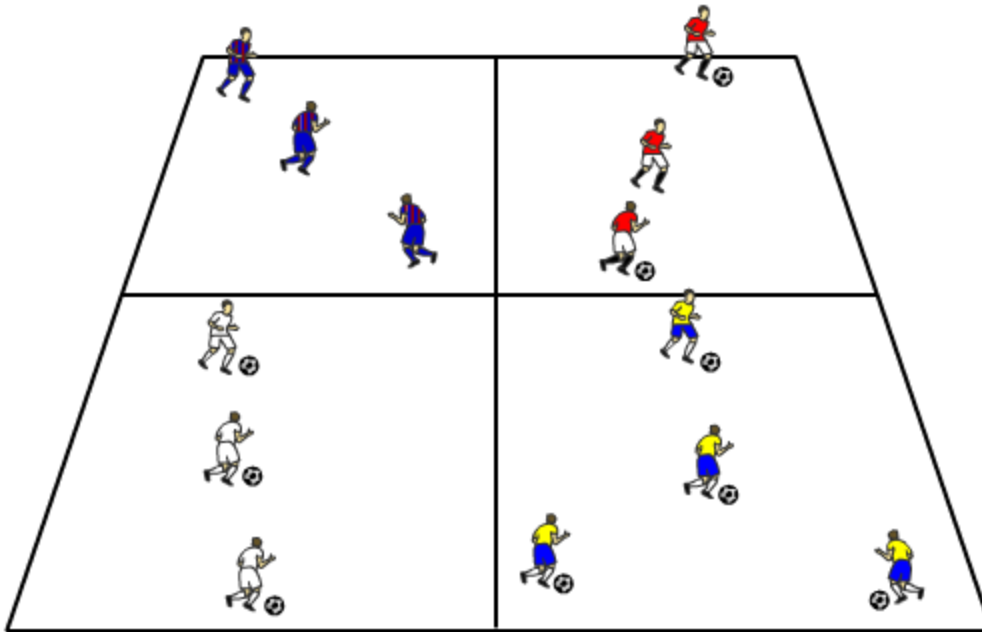
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## Hands & Feet

White team pass and receive on the floor using both feet, different surfaces etc.

Blue team pass ball in hands but receiver must control the ball with a part of the body – then catch it.

# Ian Stonebridge



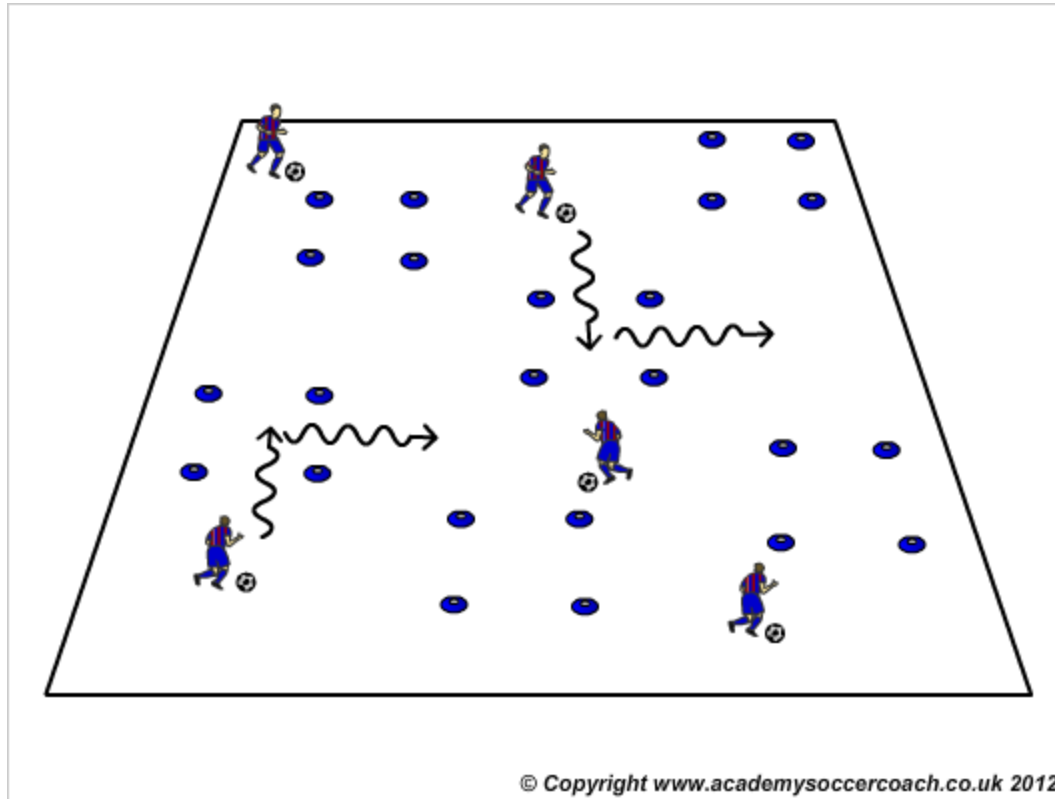
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## Stay in the middle

Players in 3s or 4s moving freely around an area (either separate boxes for each group or one larger area for all groups)

One player attempts to keep themselves in the middle of the players in their group (straight line or triangle).

# Ian Stonebridge



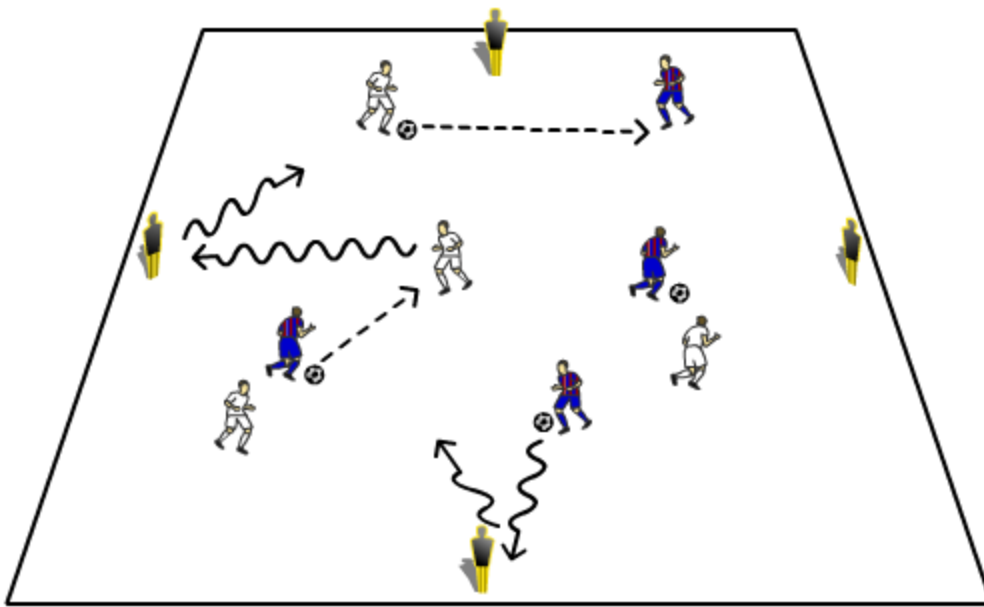
## Dribble in, Dribble out

All players with a ball, moving around the area at different speeds.

Dribble into a square through one side but players must leave through a different exit.

Introduce competition – How many squares can players visit in 30 seconds.

# Harry Watling



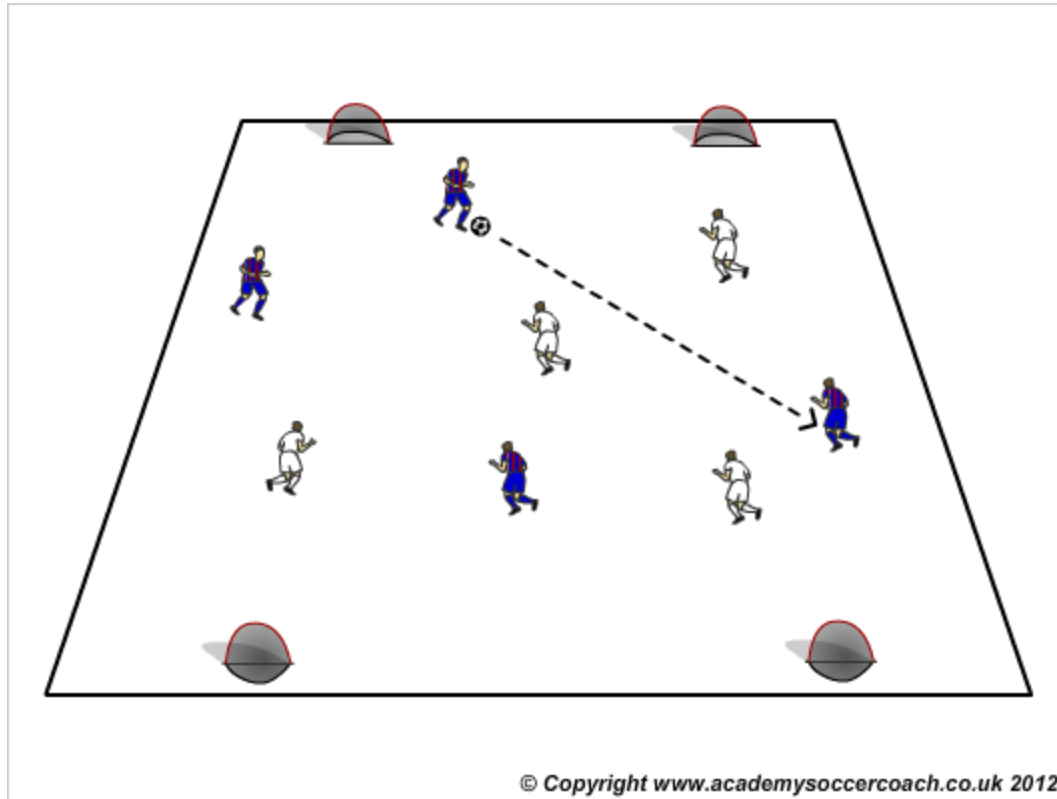
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## Pass, Dribble or Turn

Players split into 2 teams, but are only allowed to pass to the opposite colour.

Every time they receive a pass they should be encouraged to turn out and dribble towards a mannequin to perform a turn.

# Harry Watling



## Bib Snatchers

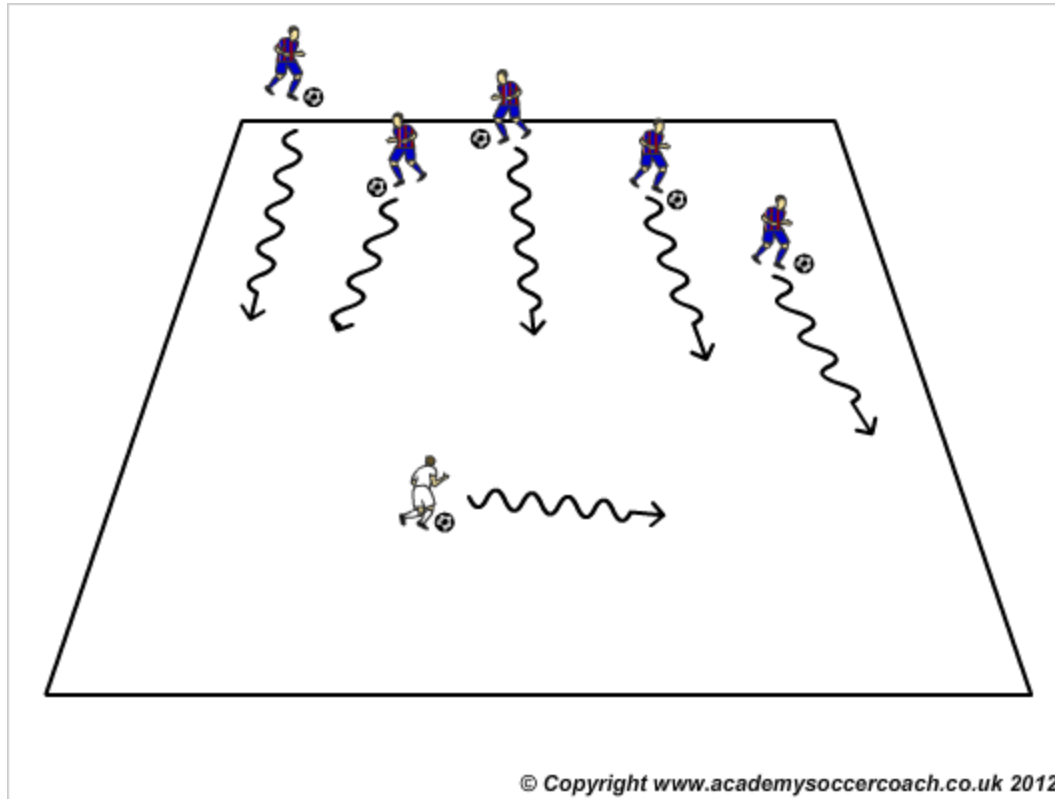
Two equal teams defending/attacking 2 goals.

Only the player with the ball can be tagged – nobody else.

Players must use skills, turns and changes of speed to avoid their markers.



# Bradley Marshall



## Messi Dribble (Bulldog)

Ask players who is their favourite dribbler.. Most will say Messi, Ronaldo.

One defender is nominated while everyone else has a ball each.

Players with the ball must try to use Messi's skill's to get to the opposite side of the area.

# Bradley Marshall



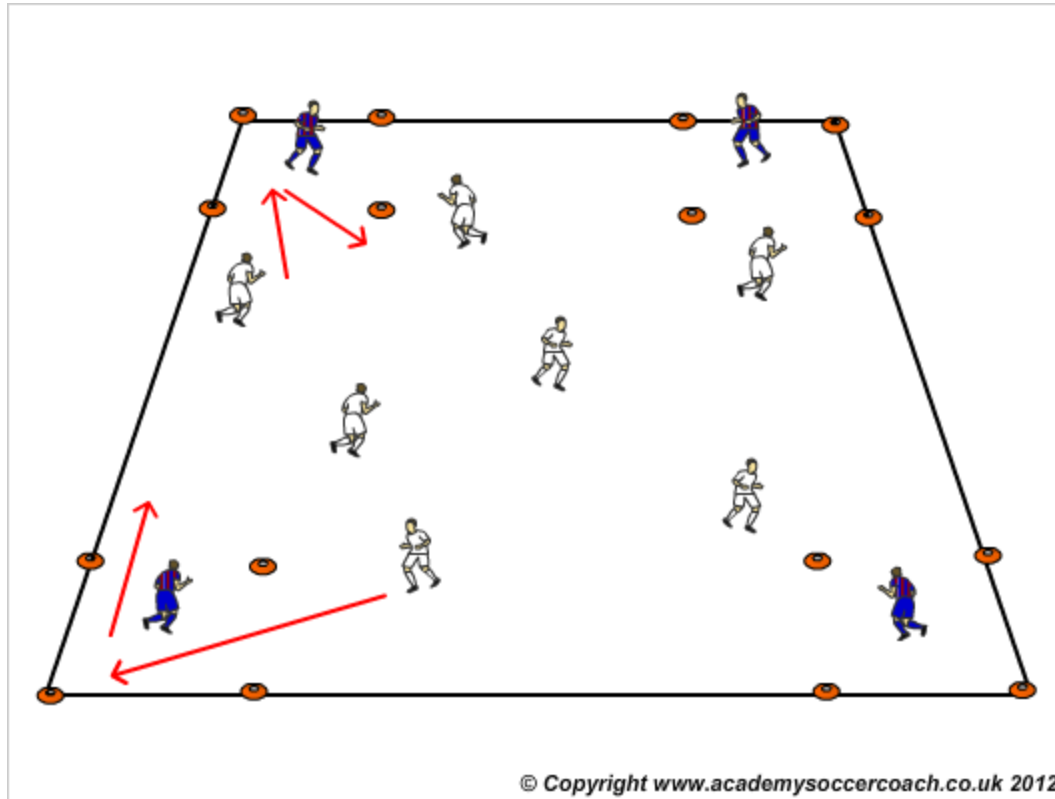
## Tom & Jerry

Simple tag game but lots of fun. One player nominated as “Tom”. The other players wear bibs (like Jerry’s tail!)

If “Tom” takes your tail you must join him.

Add a ball or only allow certain movements, like hopping, to increase difficulty.

# Joe Sutton



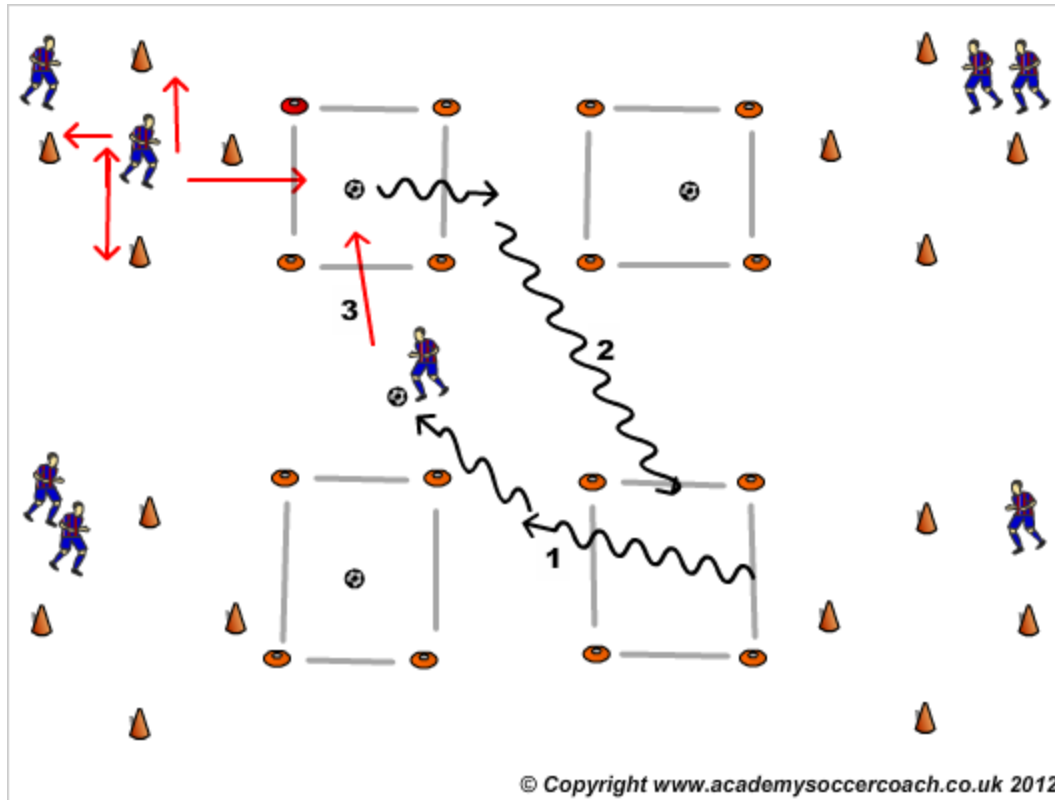
## Castles

4 Coned off Castles with 4 guards inside.

Players in the middle try to get in and back out of the castle without being tagged.

Progression: Introduce footballs for all players. Encourage “eyes up” awareness.

# Liam Donovan

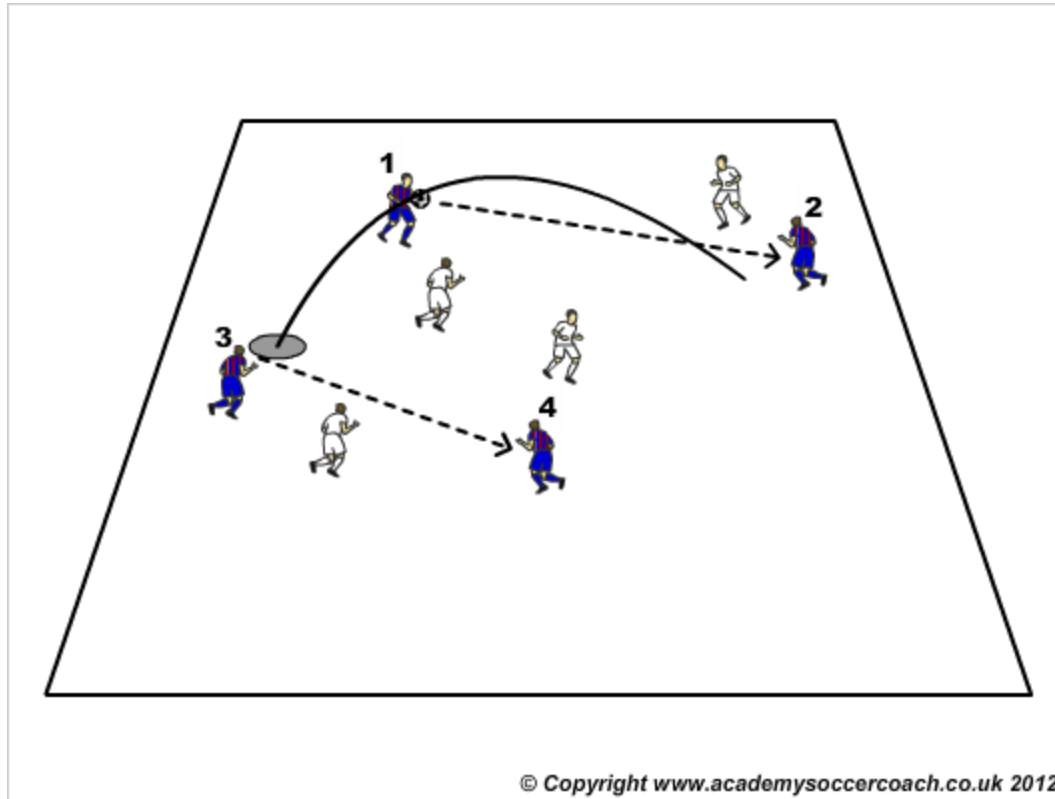


## Stars

Players start in the middle of the star, sharp sidesteps left, then right, back in to middle, runs forward to front cone then back peddles to the rear cone, explode forward to collect the ball from the square (the next player should now be performing the above) when collecting the ball from the square you have to dribble in to an empty square (not allowed back in the same square), the player joins the back of the line where they left the ball.

All **STARS** should be going at the same time, treat it as a race when players are comfortable with it. Make sure you emphasise to the players to be really sharp with fast (small) sidesteps, **NOT LUNGES**. When dribbling be **AWARE** which box is free, whether it's forward, diagonal or to the side.

# Andy Hagan



## Handball – No's Game

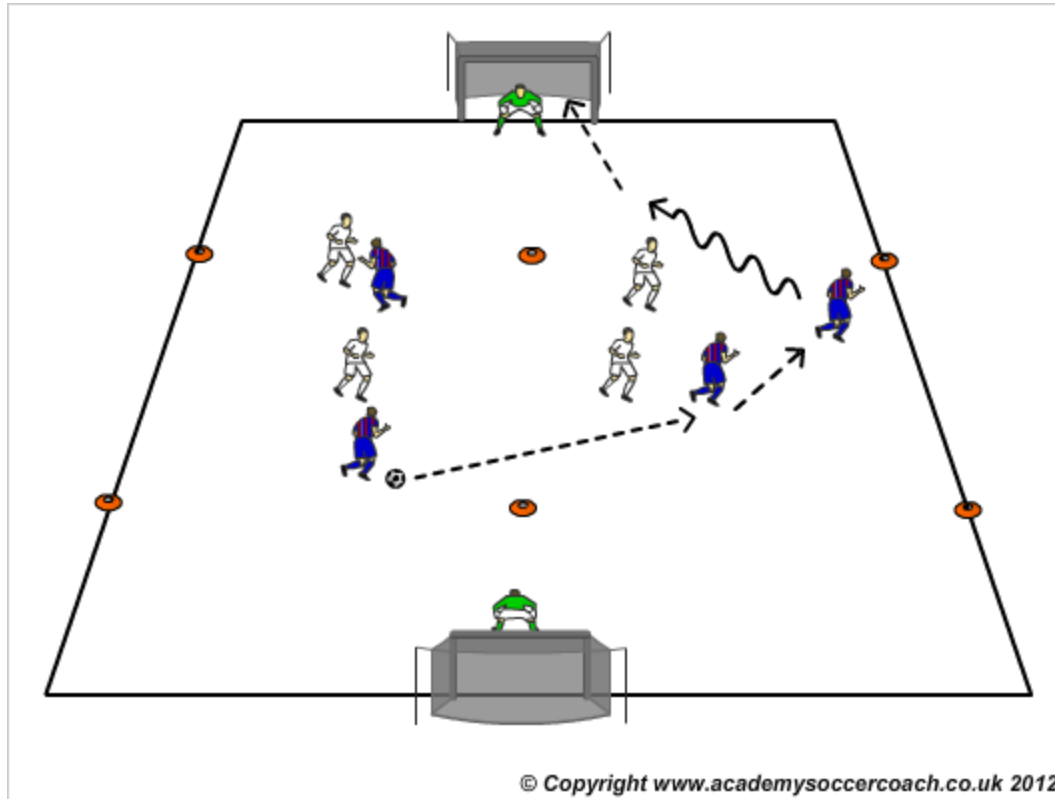
2 Equal teams of players who give each other numbers, e.g 1 to 4.

Teams must throw the ball to the next number in their team – 1 to 2, 2 to 3 etc.

First team to get round twice wins.

Progression: A player runs to the edge of the area and back in after his pass.

# Gary Allanson



## Dribble or Pass?

Pitch split into thirds, attacking team aim to get one dribbler through one on one with GK.

Used as part of a whole-part-whole session.

Step away from this game to the “part” which can be a 3v2 game into 3 goals – when to dribble, pass or score.

# Ben Trinder



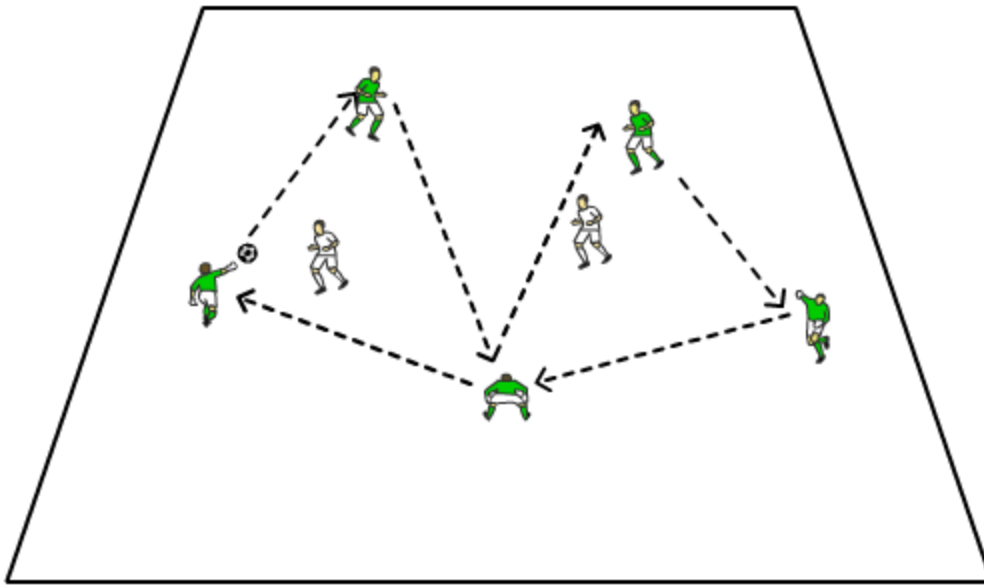
## Knights v Dragons

4 "Castles" with 2 gates each are being guarded by 4 dragons.

In pairs, one Knights must work to attract the attention of a dragon so their teammate can get through a gate and into the castle to score a point.

Start with ball in hands progressing to ball at feet. Dragons tag to score a point.

# Paul Simms



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## Can you catch it?

Goalkeeper warm up similar to outfield players keep ball game.

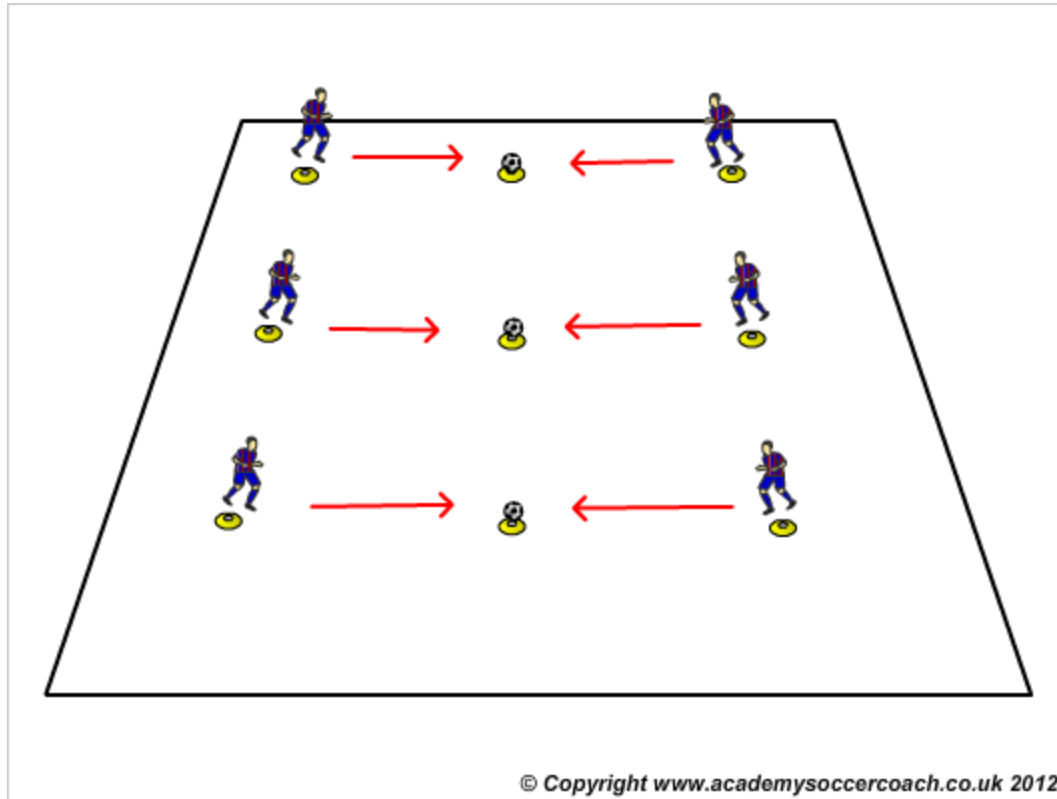
This game can be set up 5v2 6v4 etc.

Practice goalkeeping distribution including, roll outs, javelin throws and normal side foot passing.

Players should also practice correct receiving techniques, e.g scoop.



# Stefan Lowes



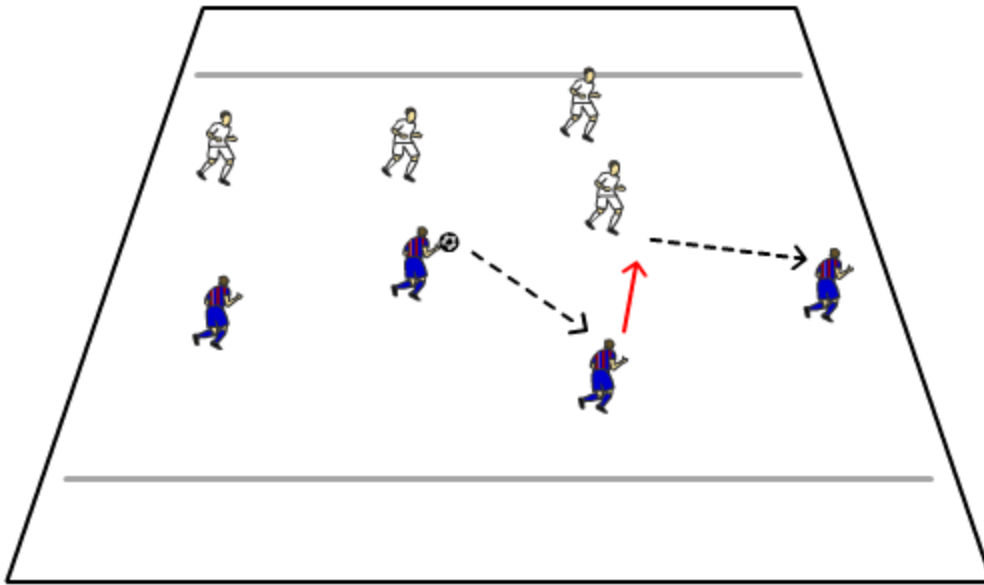
## Magic Word Game

Players stand opposite each other with a ball on a cone halfway between them.

The coach tells a story and the players must wait until they hear the magic word.

When they hear it, both players race to the ball and try to take it. Best of 5 wins the game.

# Stefan Lowes



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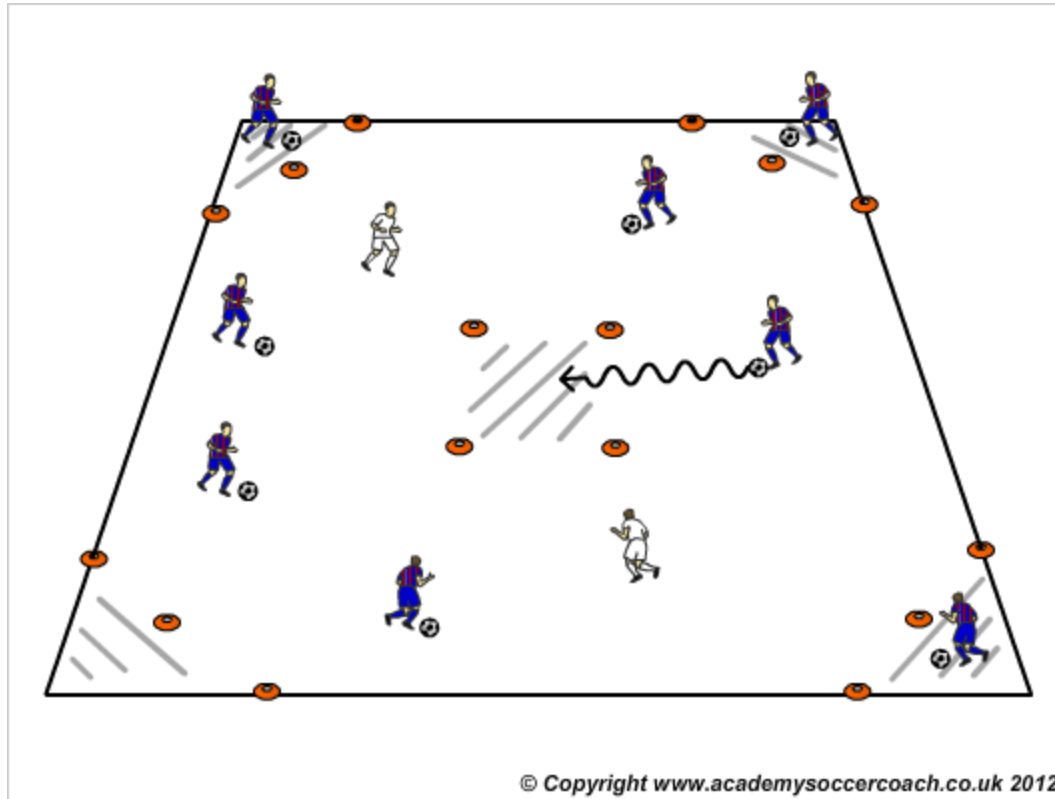
## Tag Rugby

Two equal teams, attacking and defending end zones.

Forward passes not allowed – to encourage dribbling – Players score a point for each “try” they get.

Tackles are made by tagging opponents which results in a change of possession.

# Lee Fielden



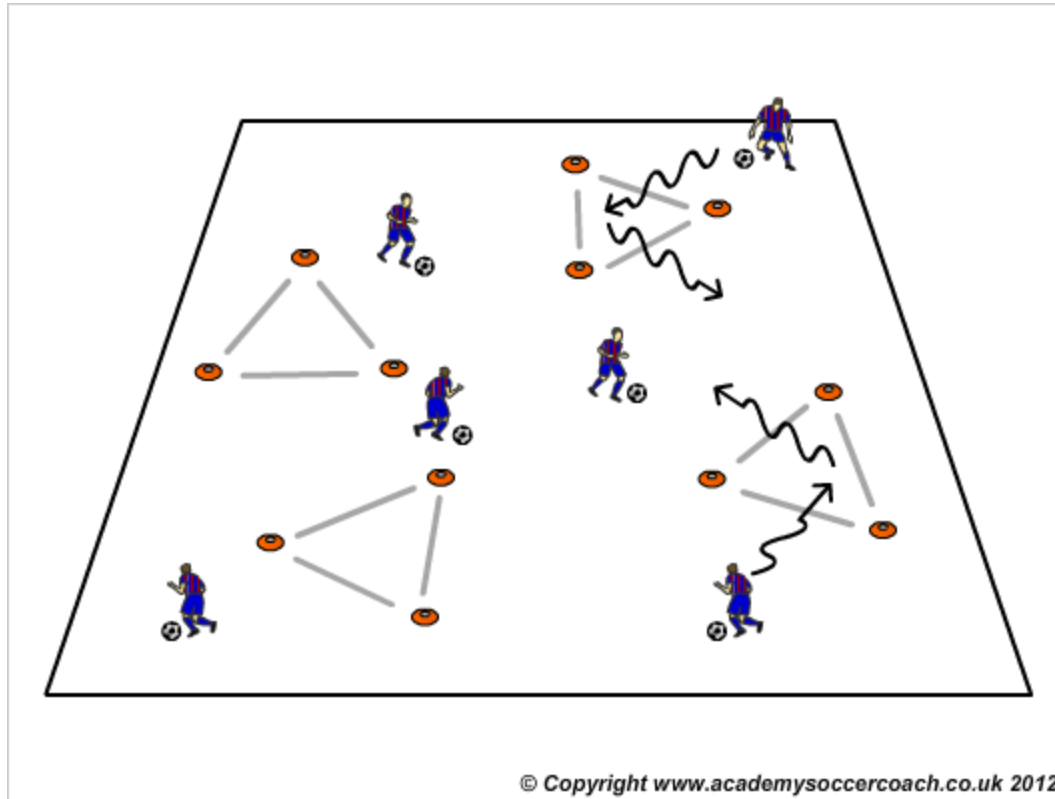
## Safe Zone Tag

Two chasers are nominated by the group, everyone else has a football each.

The chasers try to tag as many players as possible but cannot touch anyone in a safe zone.

Increase difficulty by giving the chasers a ball and removing a safe zone.

# Lee Fielden



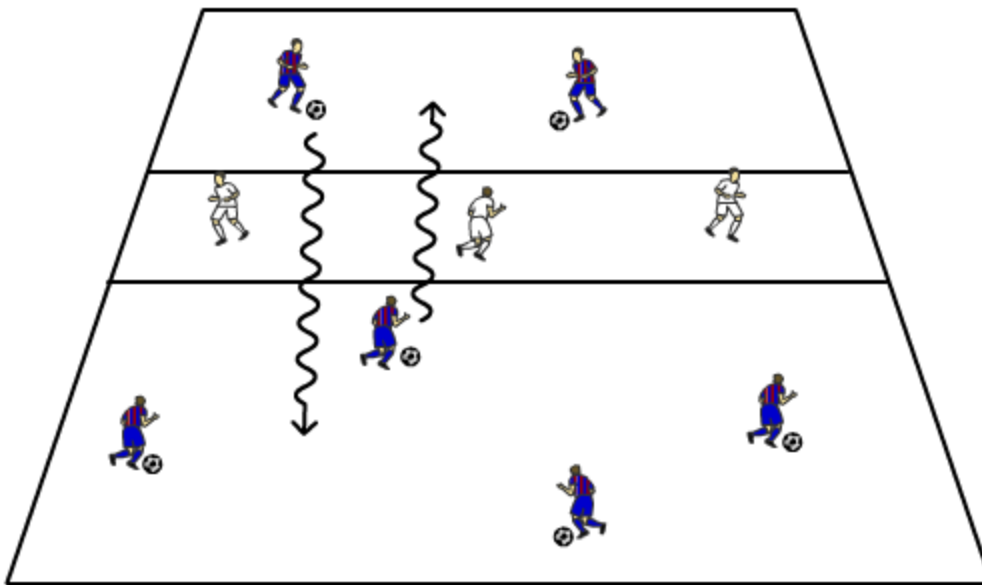
## Dribbling & changing direction

Players with a ball each dribble in one side of triangle and leave through another.

Progress by adding a defender to increase pressure.

Or add players without a ball inside the triangles to play a bounce pass off. Pass in one side and receive from another side of the triangle.

# Paul Power



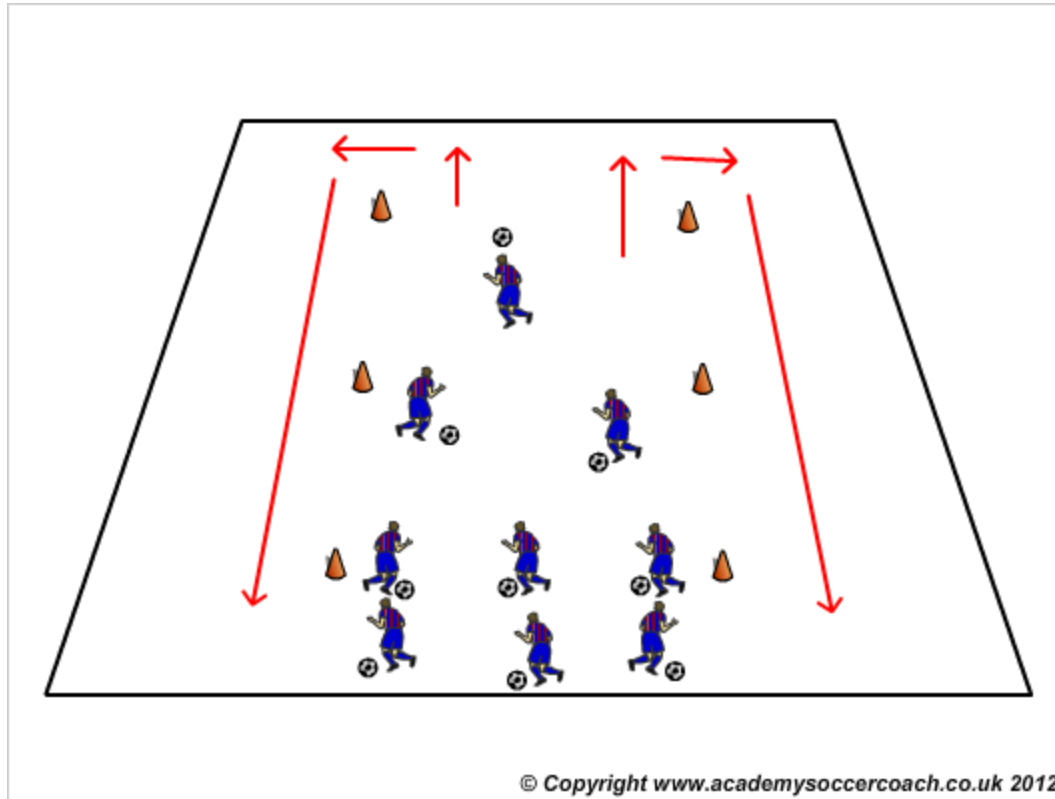
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## Fish Fingers

Fish (Blue) have a ball each and try to dribble across the water – they will need to look out for the sharks though.

Encourage players to be creative, how can they get away from the sharks quickly and effectively.

# Paul Power



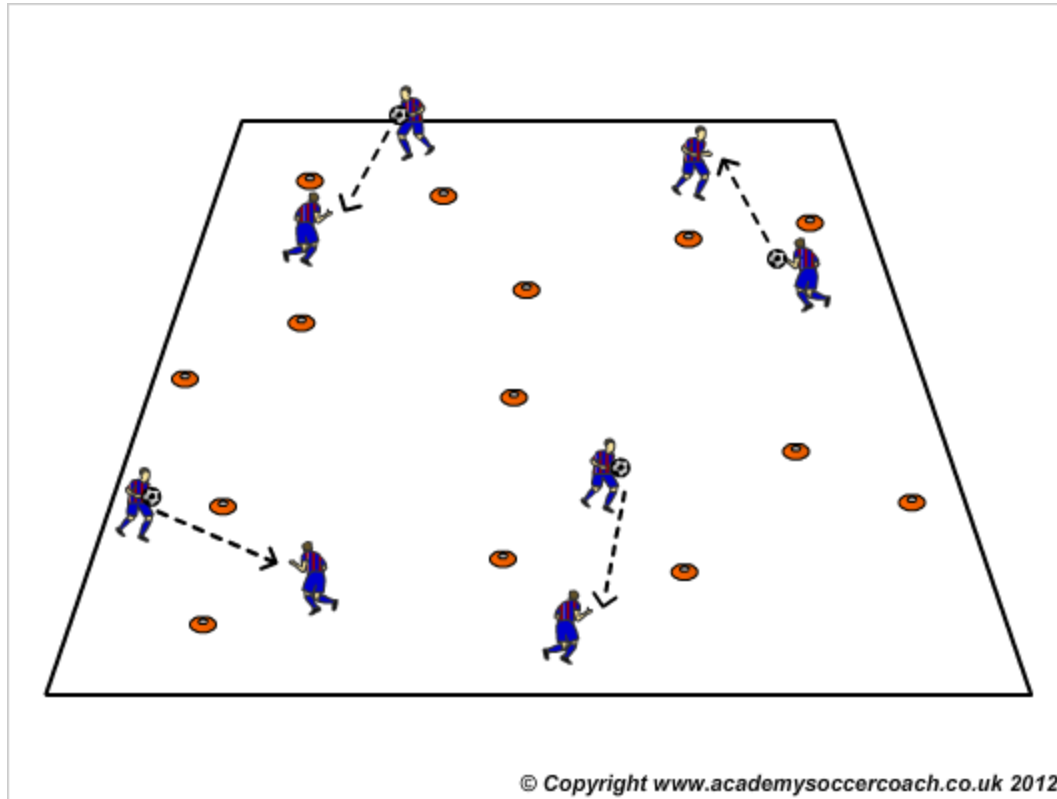
## Magic Tunnel

Players organised into 3 lines no more than 3 players deep.

Dribble out one at a time, turn at the end and join back of their group.

Encourage players to be inventive, can they get the ball to the end without it dropping? Keepy ups, heading. Be creative!

# Manraj Sucha



## Throw and Catch

Players move around the area in pairs and look to throw/catch the ball through the gates.

Progression: All players have a ball but stay in pairs. When they reach a gate they swap footballs.

Encourage and demo communication e.g “you go high, i’ll go low”

# Richard Wesbroom/Ben G



## Skills Circle

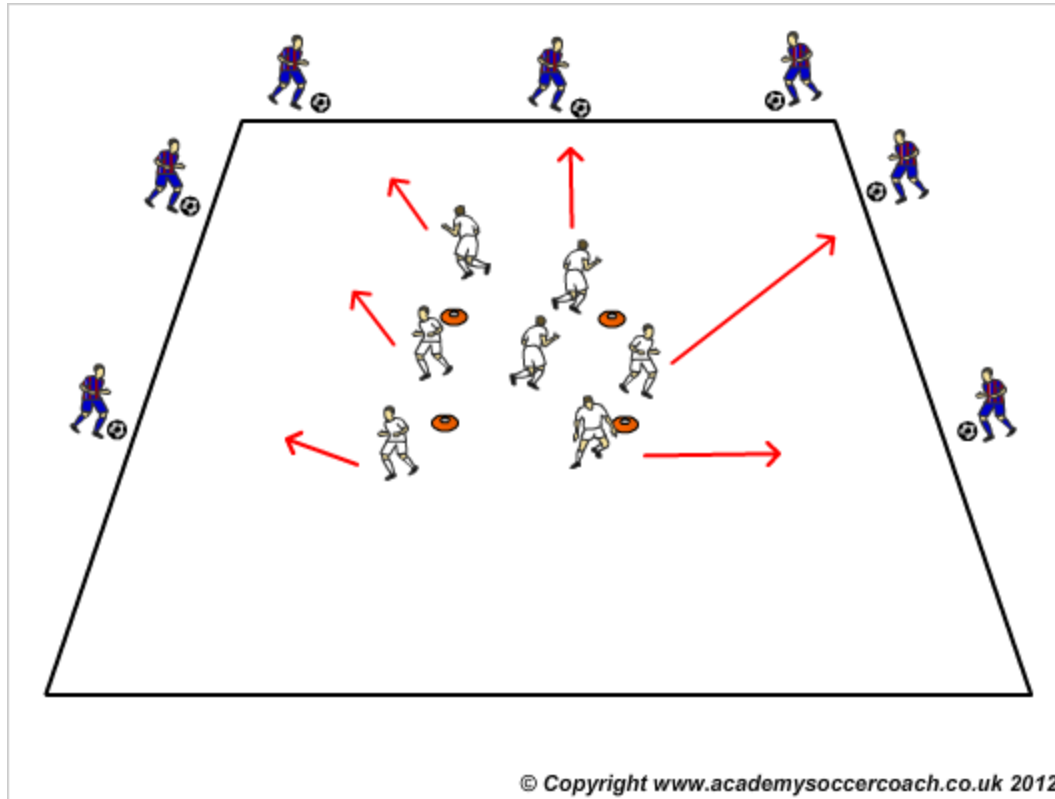
Players have a ball each and are free to move around the circle performing any skill or variety of skills they like.

On the coaches call, all players leave the circle and must step in/out of the line of cones. They then return to the circle.

Progression: take the ball and dribble through the cones.



# Tyrone Reid



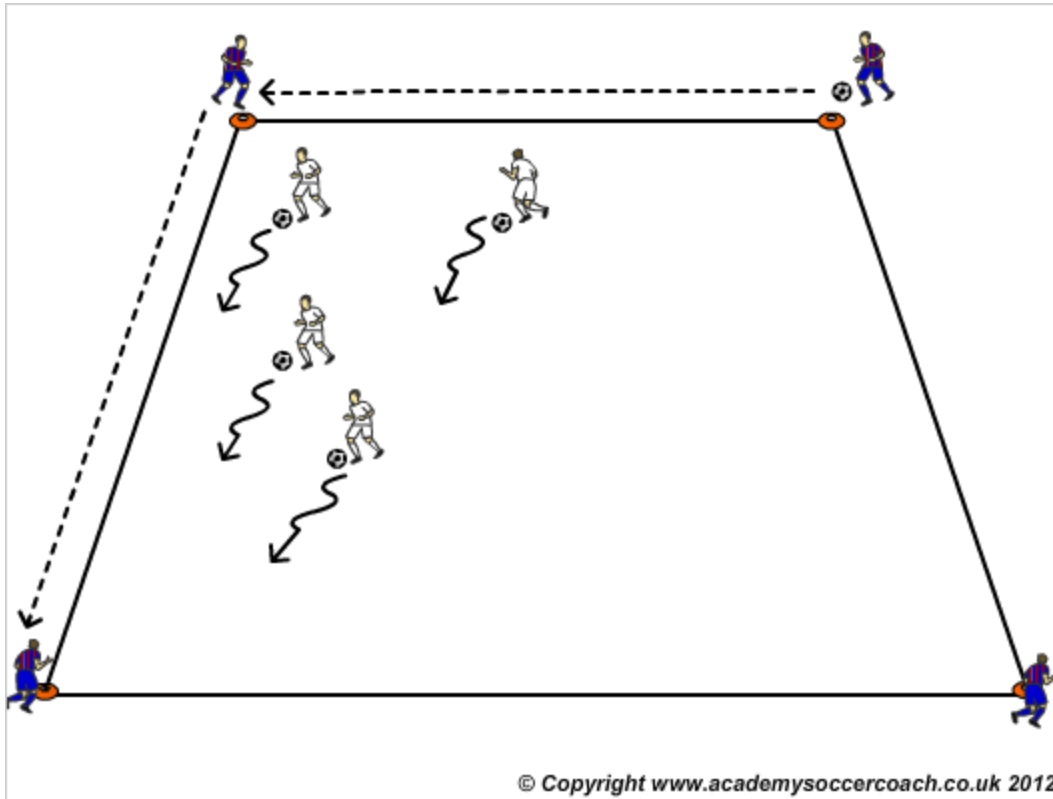
## Servers Game

Players work for 30 secs.

Whites leave centre square to find a server, receive the ball then return to square before finding a new server.

Servers vary delivery each time the players switch roles. For example, in air to head, chest, thigh or foot .

# Matt Tranter



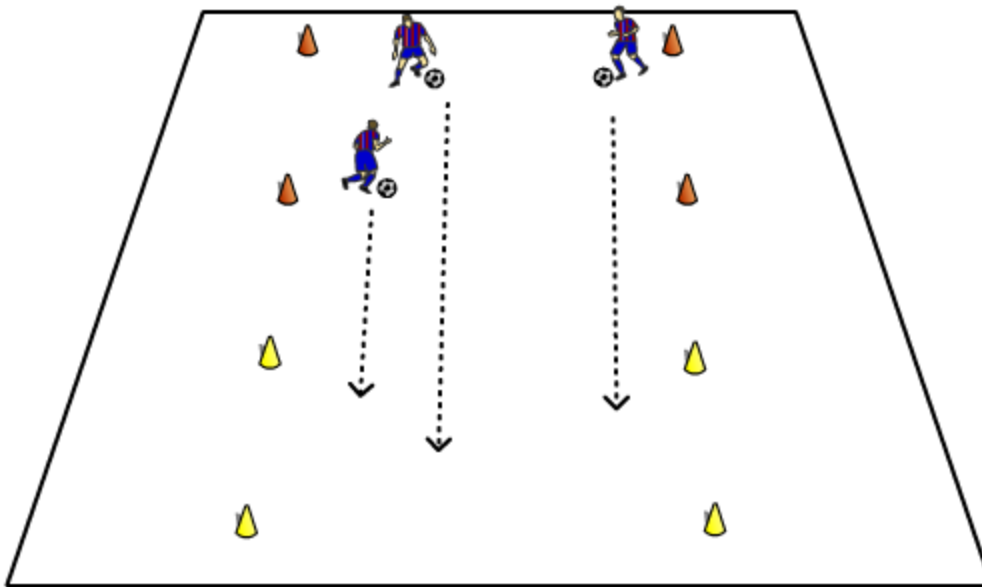
## Follow the pass

One team of four arranged on the points of a square. These are the passing team.

The other team have a ball each and must try to follow the passing teams ball around the square.

Switch roles every 30 secs.

# Matt Tranter



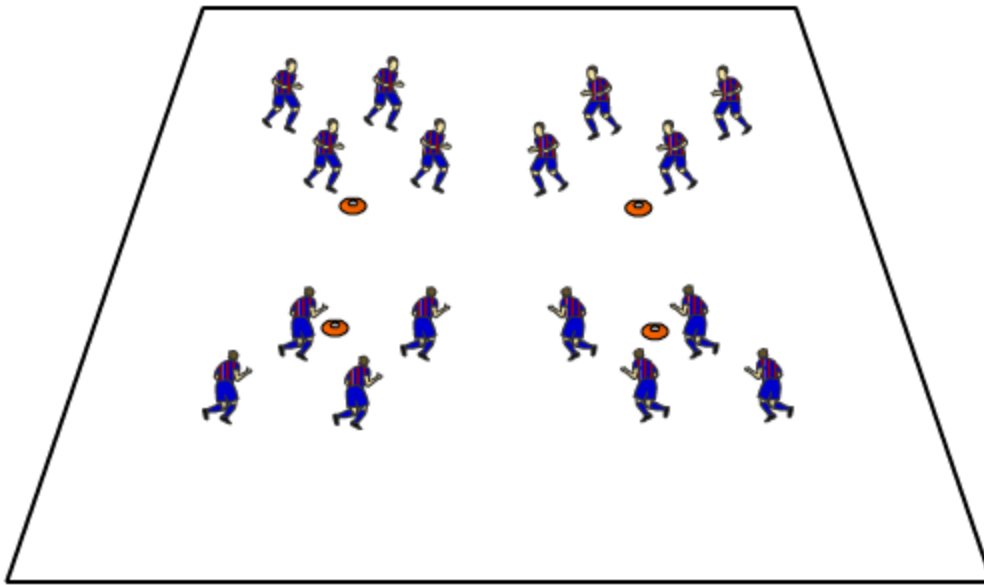
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## Switch Zones

Players play in red zone, dribbling, turning and doing keepy ups.

On coaches call they run with the ball into the yellow zone and continue until the coach calls out again.

# Simon Ruffle



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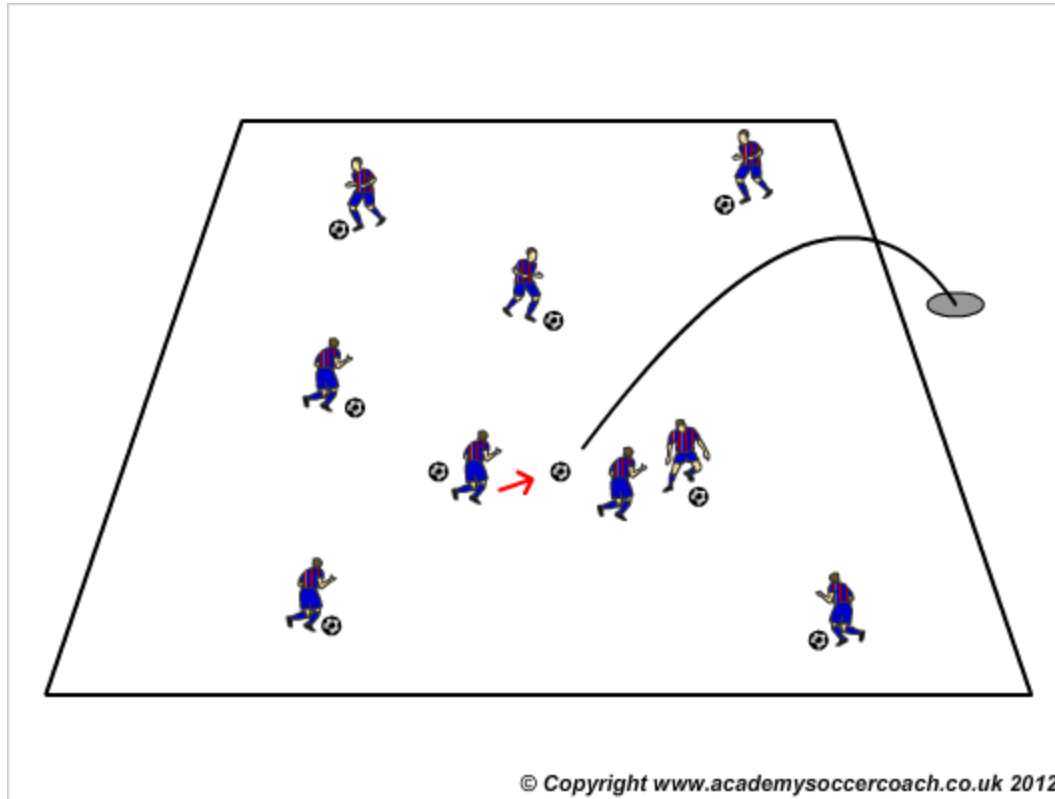
## X-Factor

Players form an X shape around a centre square.

Players go in pairs from the top/bottom of the X into the centre square and perform a skill.

The rest of the group judge by clapping/cheering the group.

# Eoin O'Callaghan



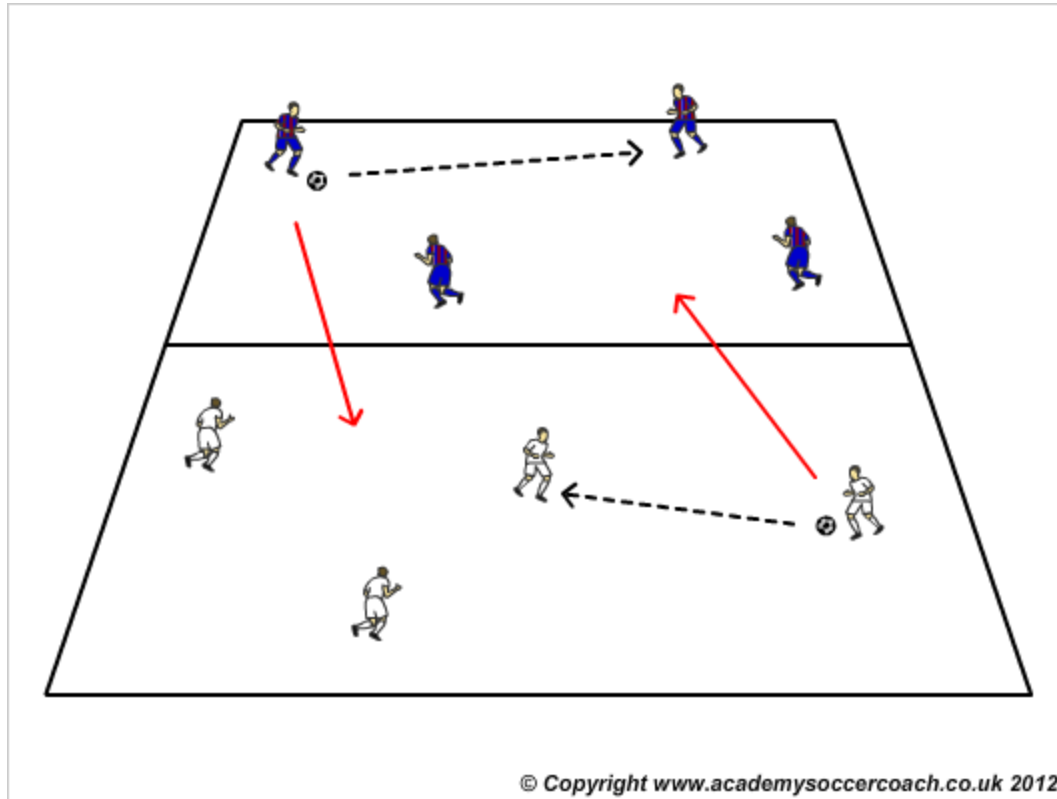
## King of the Ring

Every player has a ball in an appropriately sized area.

Players compete to kick each others football out of the area.

Coaches should encourage “eyes up” and spatial awareness, be aware of who's around you.

# Academy Soccer Coach



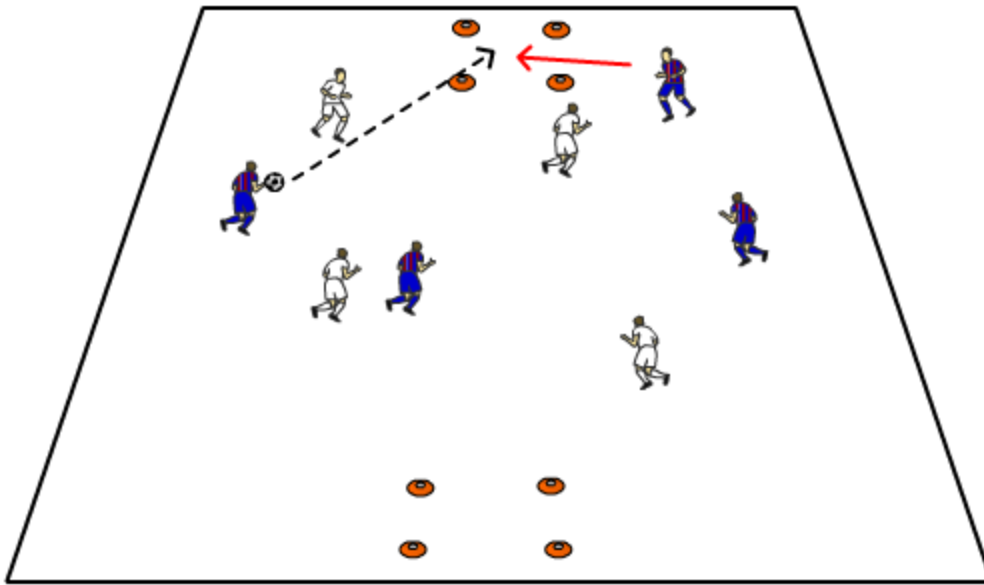
## Pass & React

Pitch split in half with two teams of four players + one ball in each half.

Teams keep their ball but every time they make a pass they must move to the opposite half to receive a one touch “bounce pass” – They then return to their group.

Progression: Use one ball. A team keeps possession against one defender, then two and so on until the ball is lost.

# Caroline Whitfield



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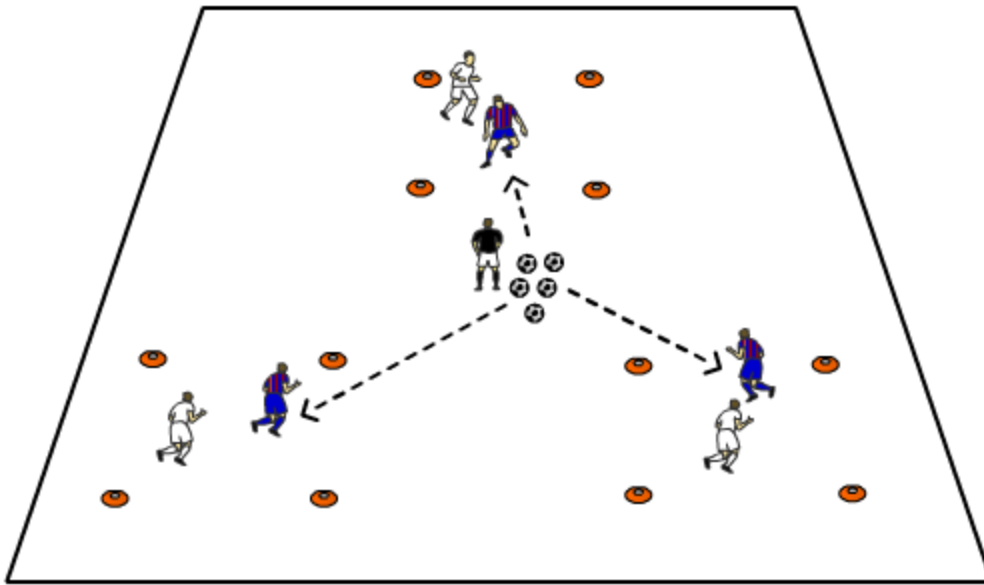
## Netball

Two equal teams play with ball in hands.

The aim is to get a runner moving into the target box to receive a pass.

Score a point for each successful pass into a player in the target area.

# David Charles



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## Shielding

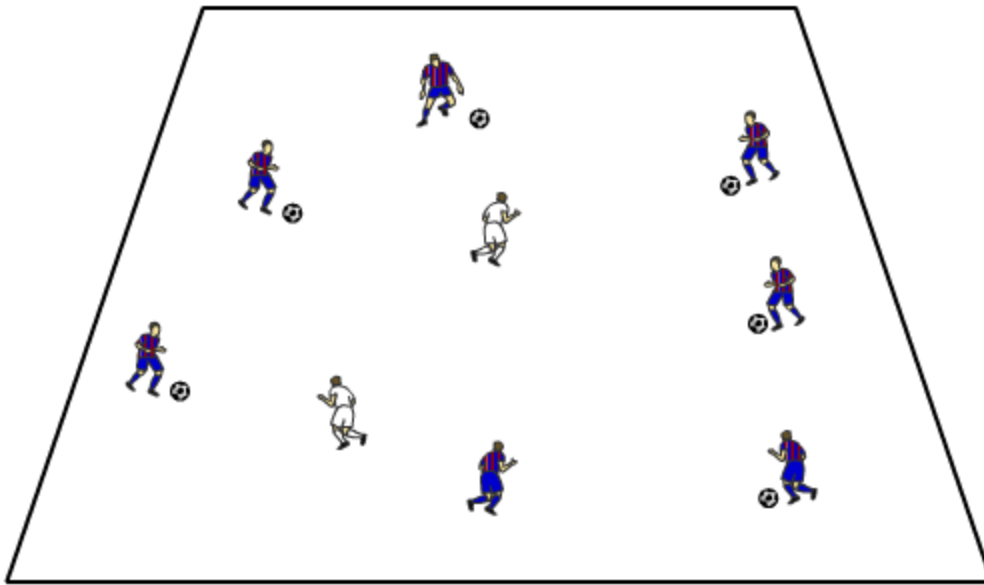
Players arranged 1v1 inside 5x5 boxes. One shielding, one trying to win the ball.

Coach feeds a ball into each box, in sequence.

Players shield the ball from opponent and wait for coach to call for a pass back.



# Ricky Clarke



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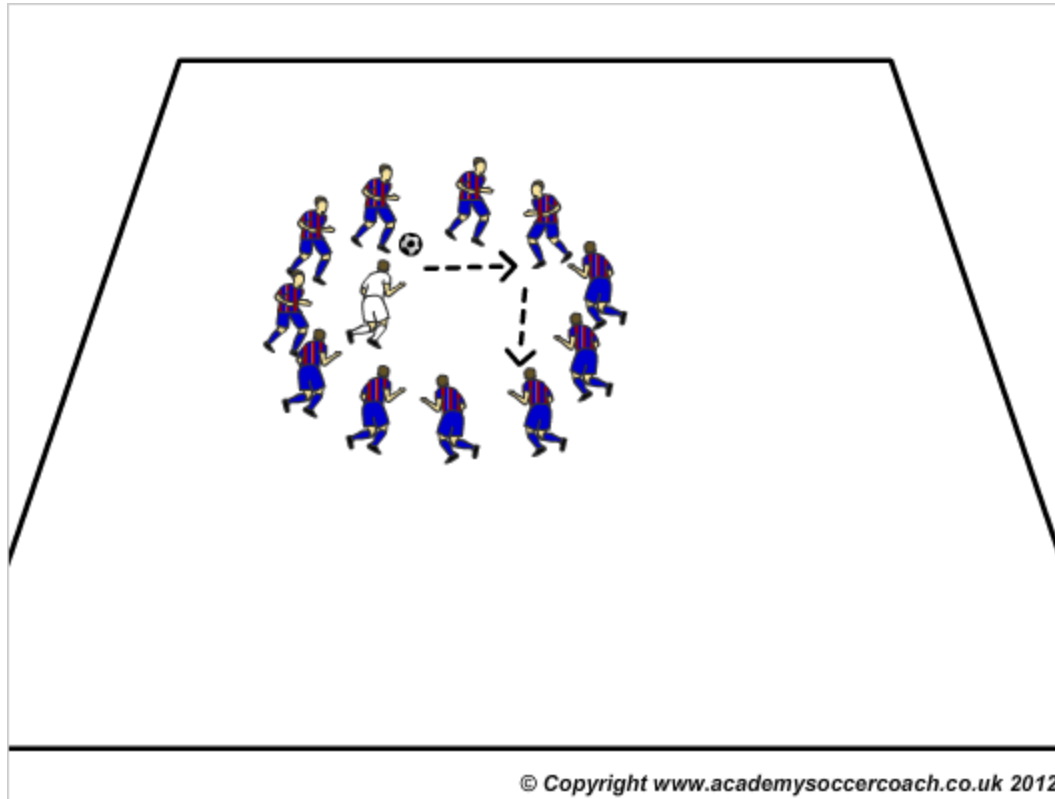
## Help a Friend

Two defenders play against a team of players with a ball each.

Defenders try to kick the footballs away.

Once a player has had his/her football kicked away, they must try to help other players in their team retain possession.

# Simon Schafer



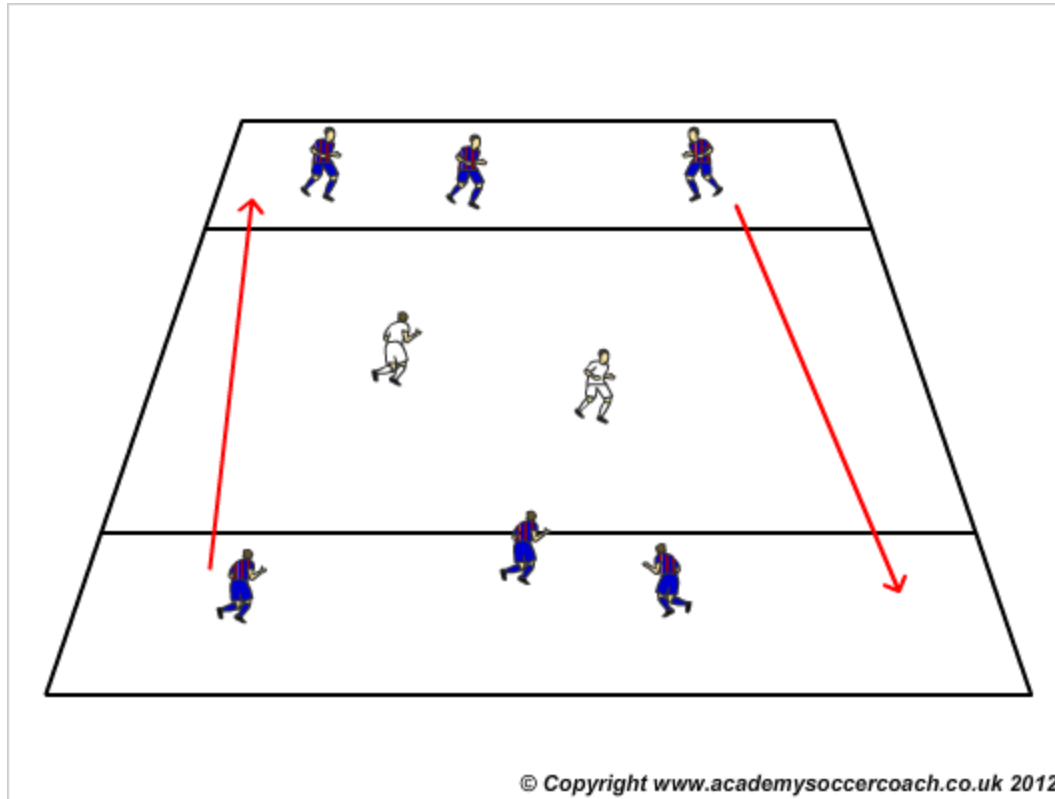
## Circle Keep ball

Players form a tight circle to pass the ball around one player who must try to intercept.

Progression: Players pair up but stay in circle formation. One pair start in the middle of the circle.

If a pair in the circle give the ball away or let it out of the circle, they go into the centre.

# Dave Allen



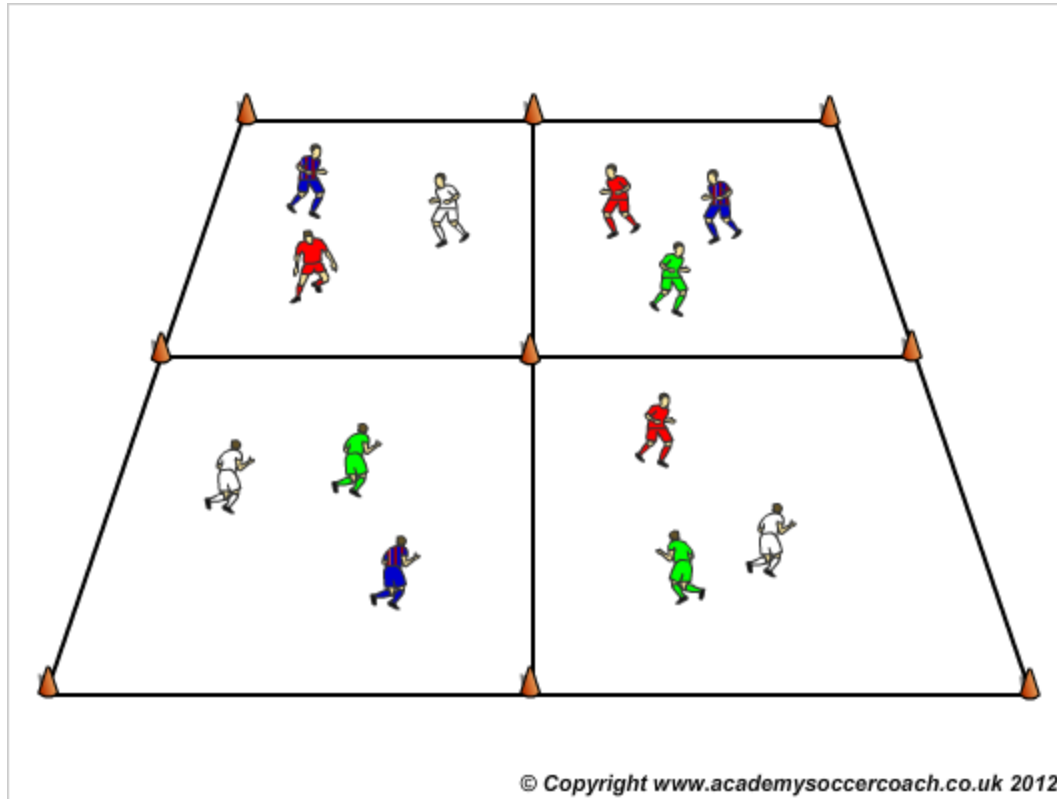
## Bib snatch

Players have coloured bibs tucked into their shorts.

Players need to move between safe zones and try to get away from the “taggers” in the central area.

Encourage swift movements, weaving, light on your feet, speed to get away.

# Matt Toulson



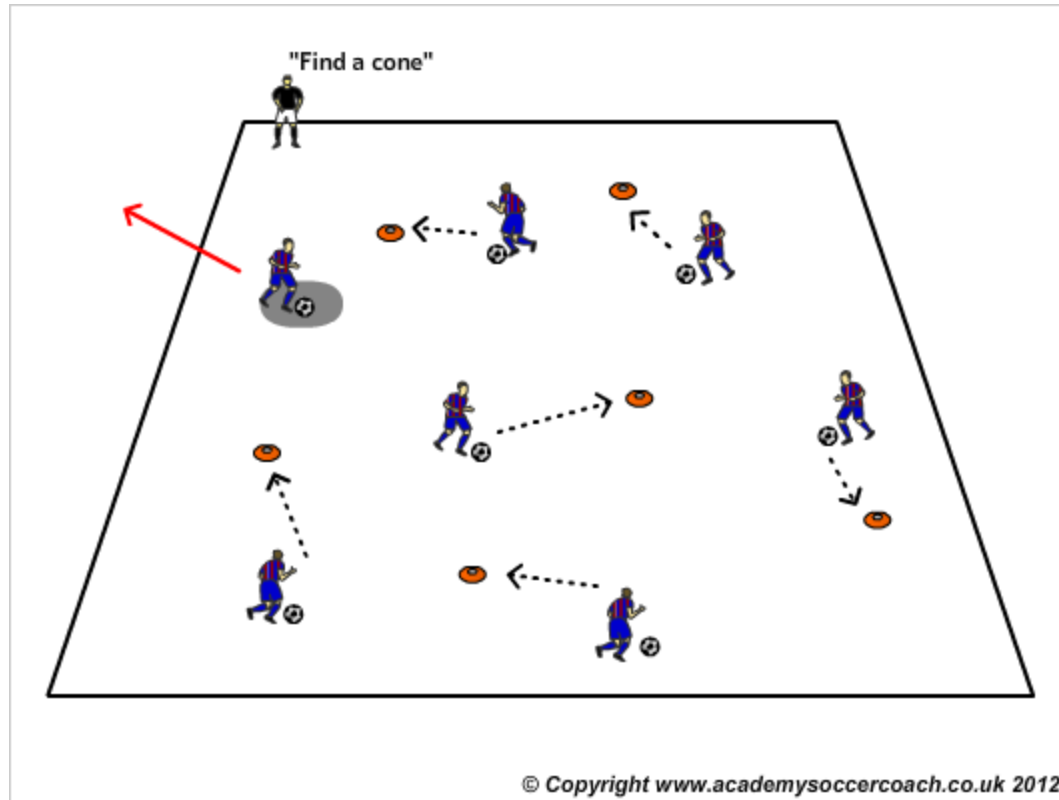
## Keep on Moving

4 Teams of 3 players, each player starts in a different quarter of the area.

Players must move around the area, they can only spend 3 seconds in one quarter and cannot be in the same section as a team mate.

Progression: Introduce dynamic stretches/a ball.

# Matt Toulson



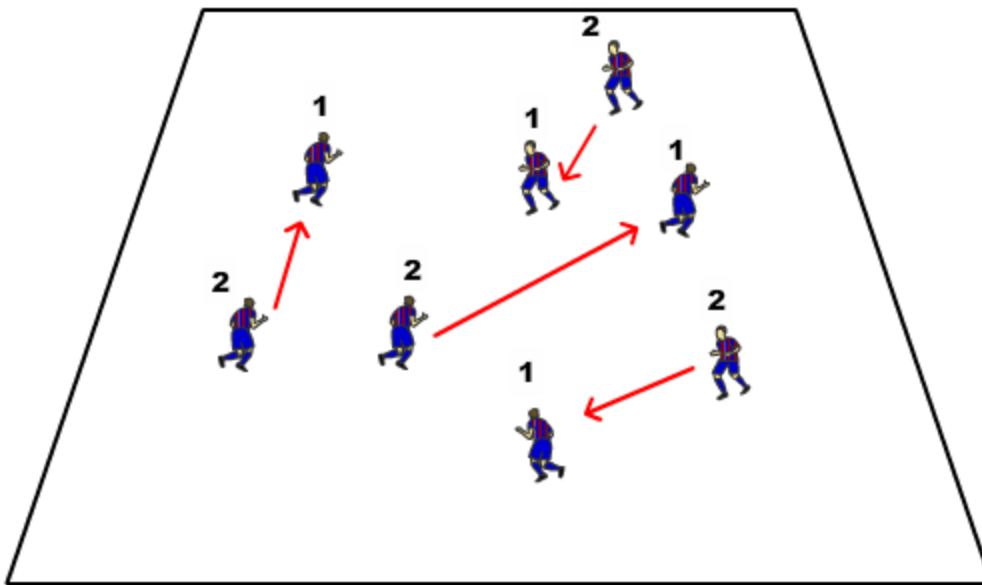
## Find a Cone

Players have a ball each plus one cone. They can put the cone anywhere in the area.

Coach asks them to dribble around. When he/she calls "find a cone" players must get to a cone ASAP.

Coach removes a cone each time until one player is left.

# Michael Worthington



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## Follow the Leader

Players pair up and number themselves 1 and 2.

To start with 1 tries to get away from 2 and then vice versa.

Progression: Add a ball to each player, can they get away now?

# Session Planning

All the games you see in this booklet are planned using Soccer Coaching website **Academy Soccer Coach**. ASC has an easy to use, drag and drop session planner which various professional clubs such as Chelsea FC, West Ham United FC and Fulham FC use to bring their sessions to life.



As well as session planning, ASC also offer numerous coaching resources for members to download such as Session Templates, Pro Academy Coaching sessions and Tactical Analysis notes.

Visit [www.acadmysoccercoach.co.uk](http://www.acadmysoccercoach.co.uk) NOW and get yourself signed up.

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