

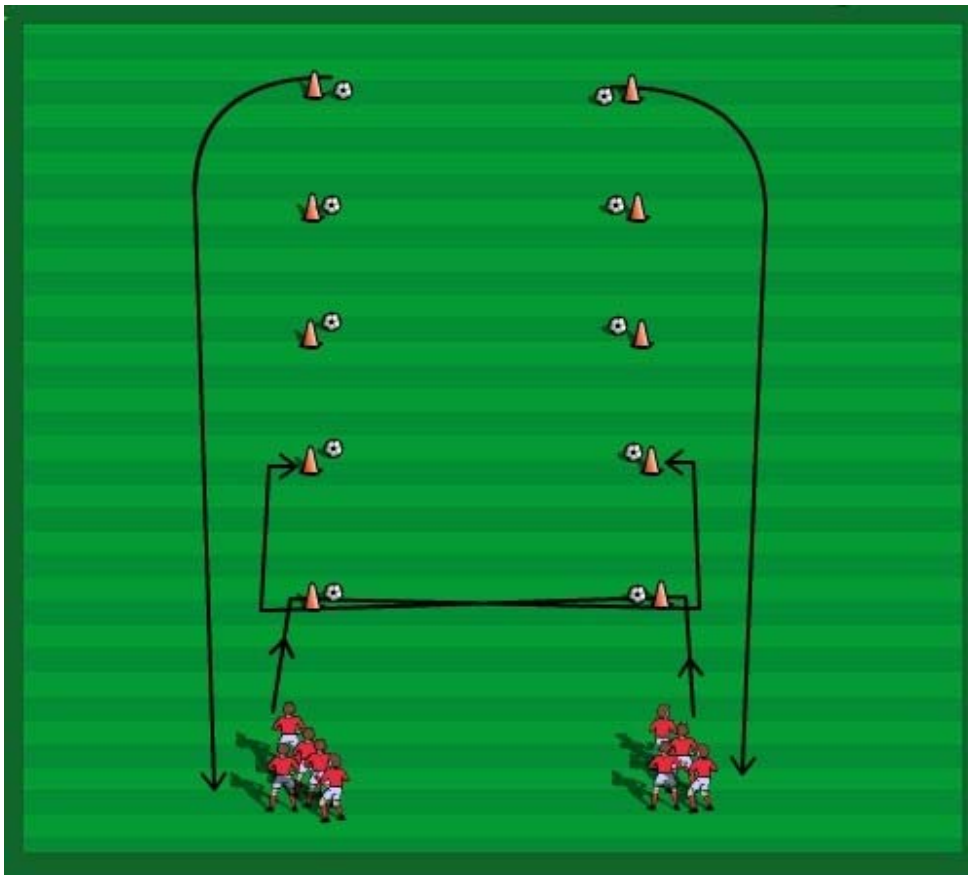
**Pre Game:**

\* 30 minutes prior to kick off (Ages 6-10)

- Players need to be dressed and ready to start warming up.
- Make sure you the coach arrive first to the field.
- Talk to each player as they arrive.
- Give words of encouragement to each player.
- If they arrive early have a grid set up to play in.

**30-20 minutes prior to kick-off**

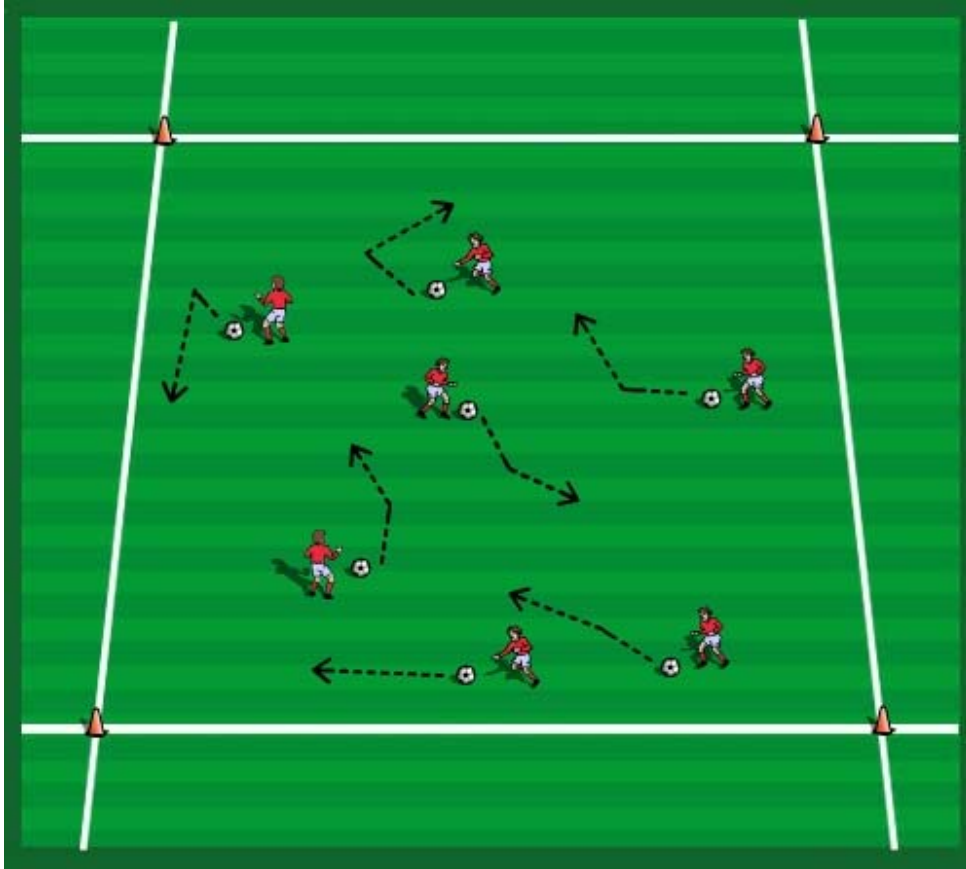
- Assign captains to lead Dynamic warm-up. Vary captains game to game.
- During Dynamic warm-up, jog, lunge, squat, heel flicks, dribble, pass and stretch.
- See Diagram below

**Explanation:**

Players jog forward to the first cone, then move laterally to the next cone. The forward/sideways path is continued through all the cones. Players perform various dynamic movements while moving forward - skipping, lunging, groins-in/out etc. Carioca and lateral shuffles can be performed while moving laterally.

**20-15 minutes prior to kick-off**

- Technical Dribbling – Moving with the ball.
- Encourage all players to get comfortable with the ball at their feet.
- See Diagram below



**Explanation:**

Players move freely around grid. Players are encouraged to "express" themselves on the ball, be creative, use various parts of their foot etc. while moving.

*Note* - for illustration purposes only 7 players are diagrammed. The full team will be positioned inside the grid on game-day.

**15-10 minutes prior to kick-off.**

- Same grid as previous with addition of outer cones/flags.
- Increase the intensity of movement with the ball.
- Changes of speed, accelerations with the ball.
- See Diagram below.



**Explanation:**

Players move freely inside central grid. On coaches command players must accelerate to an outer cone/flag and accelerate back to the central grid. These accelerations can be with or without the ball.

**10-5 minutes prior to kick-off.**

- Technical ball striking.
- Allow players to strike balls (ie) shooting or driven passes to targets. (can be done on the move or to a goal) and dribbling.
- See Diagram below.



**Explanation:**

The coach is positioned with a supply of balls as shown. The coach passes to the first player in line. The players must take a positive preparation touch into *EITHER* square before striking the ball through the flags. Two players (4,5) are positioned behind the flags to act as retrievers - rotate retrievers often. Players return to the back of the line after each strike.

*\* Team checks in with the referee. After check in, return to technical work.*

**5 minutes prior to kick-off**

- Allow players to hydrate before kick off.
- Announce starting line up.
- Give 1-2 coaching points.

**Halftime:**

\* 5-10 minutes long depending upon age group

- Move team to a location out of range from parents.
- Have players bring water and hydrate themselves.

- Cut out distractions around you. Eye contact is paramount.
- Check for injuries.
- Give players one or two coaching points and be positive.
- Announce the starting line up.

**Post Game:**

- Regardless of outcome, be positive!
- Find a few things the players performed well as a team.
- Remind them of the next practice/training time and location.