

TRAINING EXERCISE

Youth Outdoor Warmup 25 Minutes

Objective

This warmup routine can be used prior to outdoor games to focus young players before they take the field

Description

Dynamic Warmup || Short-Short-Long Passing ||Diamond Passing ||3v2 to Goal

Coaching Points

[Dynamic] Setup cone lanes for dynamic - two lanes about 10 yards long. Coach-prompted at U10, U11. Player-led at U12. Begin with stretching and loosening motions then progress to more active motion approaching game speed. Typically ends with 50/75/100 jog-trot-sprint progression. || Setup balls for Short-Short-Long and cones for Diamond so players can immediately transition between activities. [3v2 to Goal] Start each interval with ball from the keeper's hands. Rotate all lines clockwise. Begin attack lines at midfield and defending lines on goalposts.



Passing and Receiving



U9 to U12



Players



balls, cones



Intensity:



25:00 min

(x 05:00 min, 00:10 min rest)