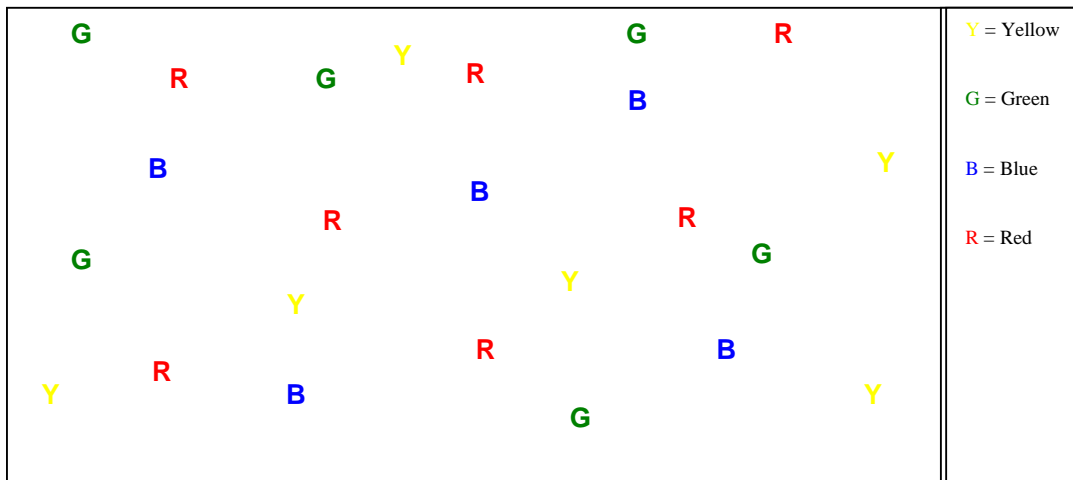


Donated by DURHAM COUNTY FOOTBALL DEVELOPMENT SCHEME

Name of Coach:	Kevin Hutchinson
Topic of Session:	Warm Up

Equipment: Cones



AIMS:

- Muscular temperature to optimal state (10 minutes)
- Full soft tissue extensibility
- Full joint mobility
- Prepare cardio vascular/respiratory systems for activity
- Stimulate reflex activity, balance and co-ordination
- Mentally prepare player

GENERAL POINTS:

1. Keep moving, intersperse with dynamic flexibility, balance, co-ordination and functional movements.

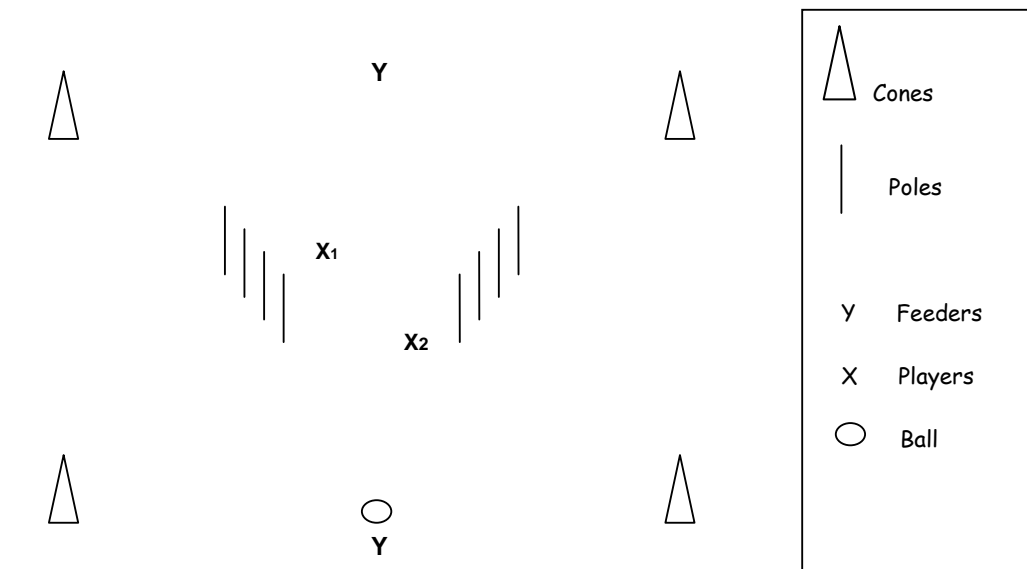
PROGRESSIONS:

Larger area
Bigger distance between cones
More repetitions of exercises

AREA:

$\frac{1}{4}$ pitch, $\frac{1}{2}$ pitch
Dependant on group size, age etc.

AGILITY/FLEXIBILITY DRILL:



GENERAL POINTS:

Y Feeds the ball onto X1 or X2 who passes to opposite number who then returns ball to feeder
X1 and X2 then work through the poles and then prepare to receive the ball from other feeder
Work for 1 minute the x's and y's swap roles

REACTION/ACCELERATION:



X



GENERAL POINTS:

Ball is passed around square

X adjusts position in relation to ball

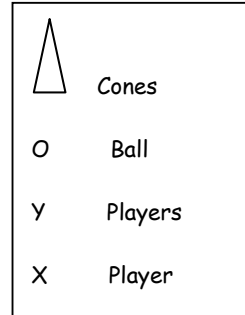
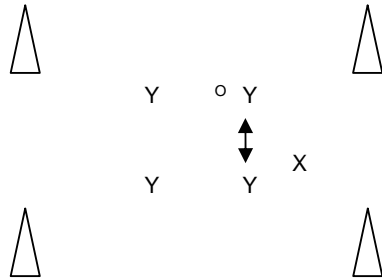
Y1 to Y4 puts foot on top of ball x must try to close that next pass down then recover back to centre.

AGILITY

Ability to change the position of the body in space, rapidly and accurately without loss of balance.

AGILITY EXERCISES

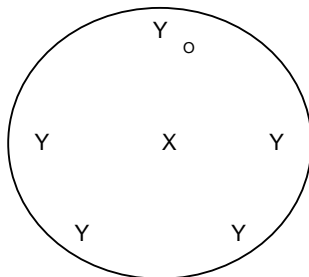
TAG GAME



GENERAL POINTS

X cant go in the middle of players y
X cant tag player y without ball

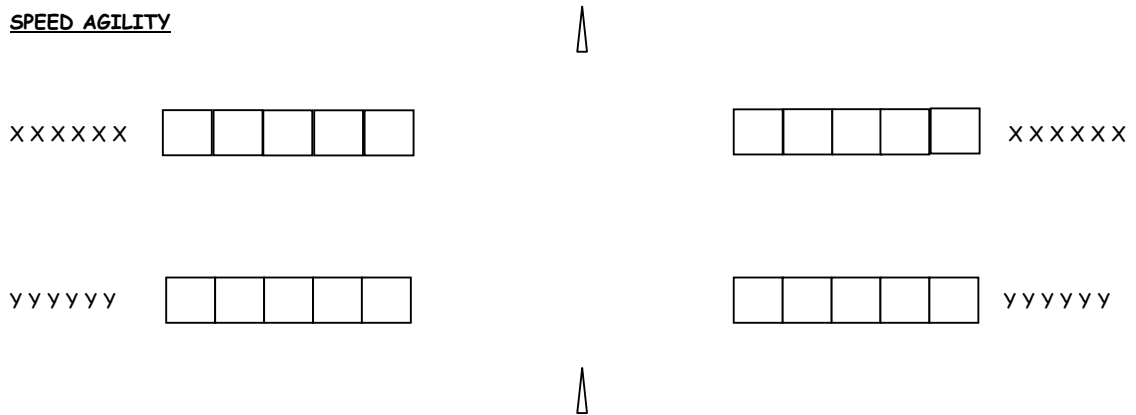
REACTION GAME



GENERAL POINTS

Players y throw/catch ball round circle
When one y players catches the bounces ball x to react and try to get to ball before second bounce the return to centre
Three attempts then x to swap with a y work/rest ratio 1:5. 6 times through

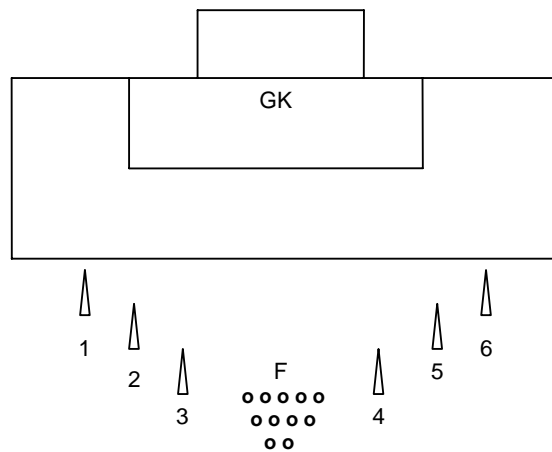
SPEED AGILITY



PROGRESSIONS:

- X → Y (fwds, sideways, footwork)
- X → Y (fwds, sideways, footwork)
- X → X (round cone)
- X → Y (round cone)

GK REACTION/SPEED

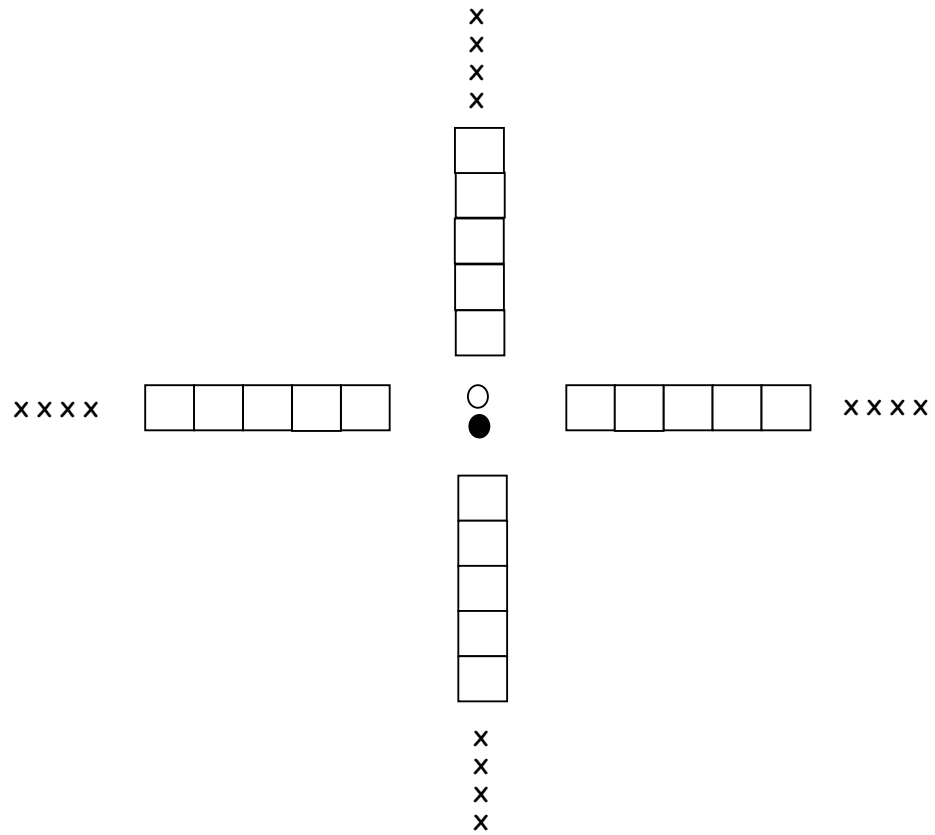


GK in appropriate start position
F calls out number x1 - x6 and to that number who shoots for goal
GK to narrow angle react to shot then recover th start position

SPEED

Ability to perceive, evaluate and act quickly where speed is essential.

SPEED AGILITY



- 1 foot each gap (forwards)
- 2 feet each gap (forwards)
- 1 foot each gap (sideways)
- 2 feet each gap (sideways)
- Different foot patterns
- Slowly at first 'technique'
- Then sprint touch ball
- Turn out
- React to nominated payer

PROGRESSIONS

Programmed

Reactive

Introduce ball work after ladder (programmed, reactive)