



DYNAMIC WARM-UP “Soccer-specific” information

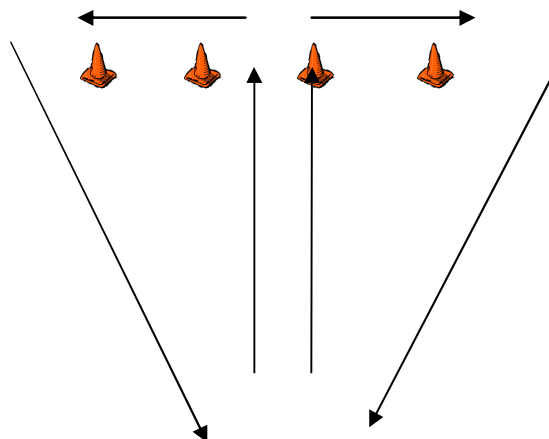
3-5 minutes- dynamic warm-up is best...WHY?

1. Synovial fluid is released into the joints & muscles, thereby lubricating them up to reduce friction
2. increase blood flow (Oxygen) to the muscles
3. increase mental focus / toughness
4. provides a micro opportunity for coaching / athlete praise

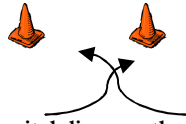
Dynamic warm-up

Perform each exercise traveling to and from over a 15-meter distance with cones set in a dual opposing “L” pattern

- Normal jog
- A’s- lift knee to 90°, position foot under the core, lift up snap down, on toes, use arms
- Shuffle left: keep your buttocks down
- Shuffle right: keep your buttocks down
- Butt kicks 50 touches, activate hamstrings (*) explain muscle imbalance/ACL injury
- Little Carioca Right: short quick steps
- Little Carioca left: short quick steps
- Back Pedaling
- Inside/Outside
- Outside/Inside
- Hopscotch Forwards
- Hopscotch backwards
- Walking Lunge: chest up, front knee to toes. Nice and deep
- 45 degree Lunge
- Fast feet forwards - 50 touches
- Fast feet backwards - 50 touches
- Double tap forwards
- Double tap backwards – roll out right
- Double tap backwards start – roll out left
- Double tap – Face right – Rollout backwards
- Double tap – Face right – Go right
- Double tap – Face left – Rollout backwards
- Double tap – Face left – Go left



IRONWILL 360° FITNESS

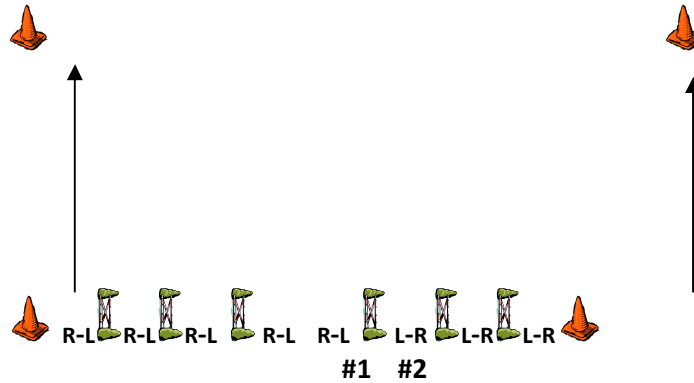


Do two of each exercise; switch lines so that we can break R and L after each set



Warm-up part "B"

Position 3 or 4 hurdles on each side with two cones at the end (as see below)

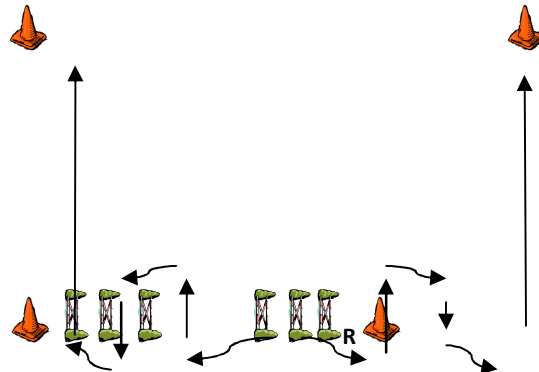


PART A EXPLANATION

- HAVE TWO PLAYERS STAND IN THE MIDDLE
- ON THE WHISTLE HAVE THEM RUN SIDWAYS DOUBLE STEP BETWEEN EACH HURDLE
I.E. RIGHT STEP, FOLLOWED BY LEFT, THEN RIGHT OVER THE HURDLE, THEN LEFT
- WHEN THEY STEP OVER THE LAST HURDLE, DROP YOUR HIPS, PLANT AND EXPLODE 10 METERS
- REPEAT THIS 5 TIME PER SIDE

PART B EXPLANATION

- NOW HAVE THEM SHUFFLE WITH FAST FEET FORWARD, BACK, FORWARD AND BACK THEN DROP YOUR HIPS AND EXPLODE 10 METERS
- REPEAT 3 TIMES EACH SIDE





2009-2010 Testing Protocol

This year we will be implementing a club wide testing protocol for each team to follow. The testing will be done in October, January and May to ensure that coaches and players alike with develop. It is our goal to increase our fitness 10-fold and place a fitter product on the pitch.

The club firmly believes that if we get our players fitter, then they will be able to play the game at a higher level and develop at an accelerated pace.

80 Meter Sprint Test.

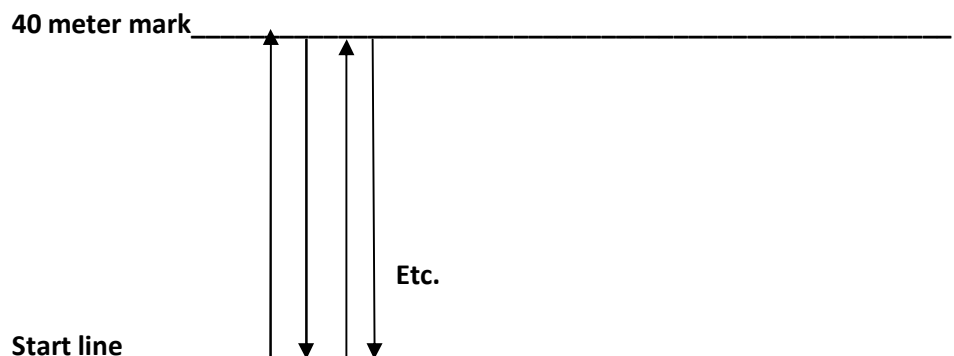
Instructions:

- Divide your team into four groups
- group one starts with their left foot on the line, at the whistle they sprint to the 40 meter mark and tag up with their left foot, open to their right and sprint back across the start line. Groups 2-3-4 follow
- on sprints 1-3-5-7-9 the athletes start and tag up with their left foot, opening right at the 40 meter mark
- on sprints 2-4-6-8-10 the athletes start and tag up with their right foot, opening left at the 40 meter mark
- this is repeated at a 4:1 work to rest ratio for 10 sprints, 6 left leg start, 5 right leg start

Time expectations:

- 8-10 years of age should be under 22 seconds
- 11-13 years of age should be under 20 seconds
- 14 plus years of age should be under 18 seconds

We realize that some athletes may not achieve these goals at the beginning of the season (Oct) but expect that teams will work towards such successes.





#1 #2 #3 #4 #5 #6 #7 #8 #9 #10