

# PRE-GAME PREP FOR SENIOR PLAYERS

## WARM UP 1

### FAST FEET

- In Small circle (10 yds diam) – moving without touching – quick feet.
- In Big circle (20 yds) – cone in center -Skipping → Jumping → Jogging → Hopping → High Knees to center & back to outer.

### DYNAMICS

- Warmers - jog with forward arm-swings → backward arm-swings
- Ankles - toe walks forwards → backwards
- Calves - heel walks forwards → backwards
- Hamstrings - high knee walk → high knee skips → high knee runs
- Quads - butt kick walk → butt kick runs
- Hamstrings - knee pull to chest walk forwards → backwards \*\*\*
- Adductors - foot pull to hips walk forwards → backwards \*\*\*
- Hamstrings - single leg dead lift walks – as for golfers, but hands in front as you go down – opposite leg behind
- Hip flexors (IP)– lunge dippers right → left
- Fast Feet Inside passes → Fast feet Volleys → Jump Headers
- Neuro-Techs - Roger Spry's 1-2-3 toe taps → knee backs → instep volleys → chest/header → headers (do 5 yd lateral shuffle each time)

### TECHNICALS

- “V” RUNS side/instep volley right → left → headers → chest & volley.
- Game – 5 v 5 with walls (players on 1-touch) – rotate 1 min.

## WARM UP 2

### FAST FEET

- 3's – hoops/cones – 1-2-3 FW + backpedal + jog back → laterals → icky shuffle → jockey backs – skiers → double foot lateral jumps → lateral hops → FW hops 3-2-1'a → 1-2-3taps (offset)

### DYNAMICS

- 10x10 Box runs – FW → Lat Rt → BW → Lat Lt → FW → Diag Rt → FW → Diag Lt → FW → Carioca Rt → BW → Carioca Lt
- Roger Spry's - abductors → adductors → volleys → back & head → back & volley → back & chest/volley
- Hamstrings - High Knee Hugs (1-2-3) FW → BW
- Achilles -Heels Walks FW → BW
- Gastrocs - Toe Walks FW → BW
- Adductors – knee up & out FW → BW
- Abductors – knee up & over midline FW → BW
- Hip Flexors - Single Leg Drives Right → Left
- AB - FAST High Knee Skips FW → BW → Lateral Left → Lateral Right
- AB - Skaters FW → BW → Double Skaters FW → BW
- AB - Hip Switches FW → BW

- AB -Backpedals → Back Runs
- Quads - Triple Jockey Backs Right & Left
- AB - Triple Runs – FW + BW + FW → BW + FW + BW
- AB - Inch Worm + Jog → Spidermans (elbows to ankles) + Jog
- AB - Tapiocas FW → BW
- Neuros -Fast Feet Inside passes → Fast feet Volleys → Jump Headers

### TECHNICALS

- Charlton's (work in 4's) – St Serve + St PX → Diag Serve + St PX → St Serve + Diag Px
- Game – (20x20's) half team in + rest on sides – 60 seconds work – volleys → headers (divers) → 2-touch instep volleys (tap=taps)

## WARM UP 3

### FAST FEET

- Line PX – 2 touch → 1 touch → takeovers → tricks → megs → headers → volleys → chest/volley
- FW Sprints + Jockey Back Diags → Backpedal return

### DYNAMICS

- Warmers - Jogs + Ball up & downs → RTW
- Glutes – HP - Forward lunges + overhead reach with ball → lunge + ball twists
- Adductors –Abductors - Ball laterals (push balls out left → right)
- Hamstrings - ball kick ups FW → BW
- Quads - Heels to ball runs FW → BW
- Neuros - Fast Feet Inside passes → Fast feet Volleys → Jump Headers Combo 1 – Right hand down + Left hand down + Jump Header
- Combo 2 – Squat Jump header x 3 + sprint
- Combo 3 – Double Foot jumps x 5 + sprint x 5 steps
- Combo 4 – Fast Feet on Spot x 6 + FW x 6 → Same but BW → same but Lateral Left → Lateral Right

### TECHNICALS

- Lateral shuffle (through cones) + volley → header → continuous
- Diamonds – 2 touch ground → 2 touch air → 1 touch ground --> 1 touch air.
- Game – 2-touch in 4 + 4 (40 x 40) with walls (1-touch passers)

### NOTE

- These are the “ingredients” you can bake your own PIE.
- Use Small Sided games with walls – get good EYE ROM (peripheral)
- Keep everything sharp – work full ROM & up to Game Pace – focus on technical game speed – so you are READY at the whistle.