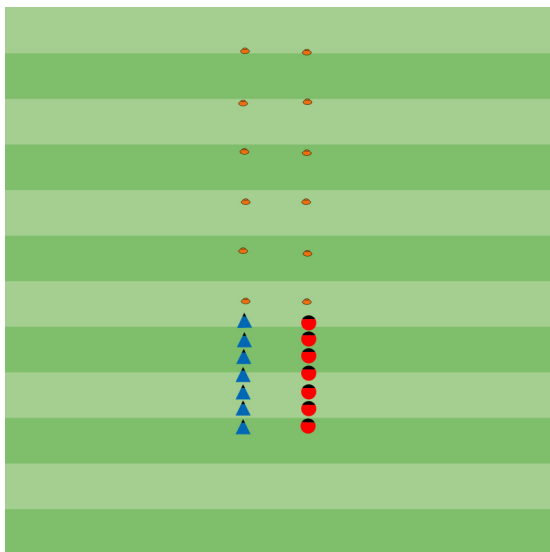








TRAINING EXERCISE

Skomor SC U12+ Dynamic Warm up



	Flexibility & Mobility Flexibility & Mobility Coordination & Balance
	U12 to Senior
	11 to 11 Players
	12 cones, 35 x 25 yard space
	Intensity: 6
	12:00 min (1 x 12:00 min, 00:00 min rest)

Objective

Use a series of dynamic movements to prepare the players body for soccer

Description

Set up: 2 lines with 6 cones each, 5 yards apart, complete each exercise 2 times, next player starts when front player leaves first cone 1. Light jog to last cone and back 2. Walk with alternating lunge at cones 3. Jog to cones, open gate (knee up then out) 4. Jog to cones, close gate (knee out and up, then in) 5. High knees to cone, butt kickers to cone 6. Jog 2 cones forward, 1 cone back 7. Jog to cone, 4 way hop (forward backward left right) around cone 8. Jog to cone, shuffle across, jog to cone 9. Jog to cone, Shoulder contact with partner 10. 75% run, jog back

Key Points

Breathing, Posture, Perform for accuracy