

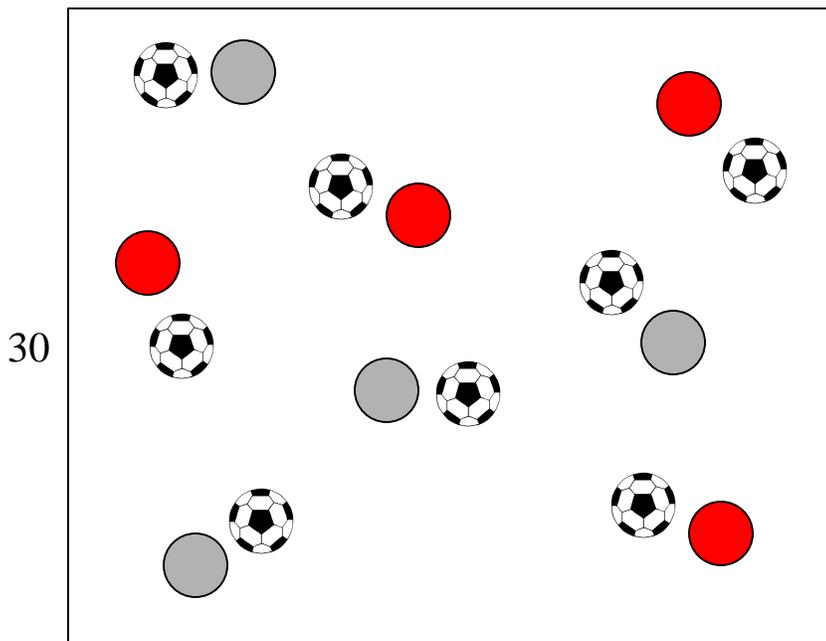


# WARM UP AND COOL DOWN FOR TRAINING AND MATCH

## SITUATIONS

Warm Up and Cool Down are both important parts of any coaching session or indeed any game situation and should be included at all times particularly at a young age where doing so reinforces good habits in players. Due to the great need for players to have as much contact on the ball as possible to aid technical development, I recommend coaches get away from warming up and cooling down without the ball and introduce its use at every session they do, be it at a game or at practice. I will include some practices you can use as a reference for your team.

### 1) A Ball Each 30



#### An example of effective use of a ball during warm up and cool down :

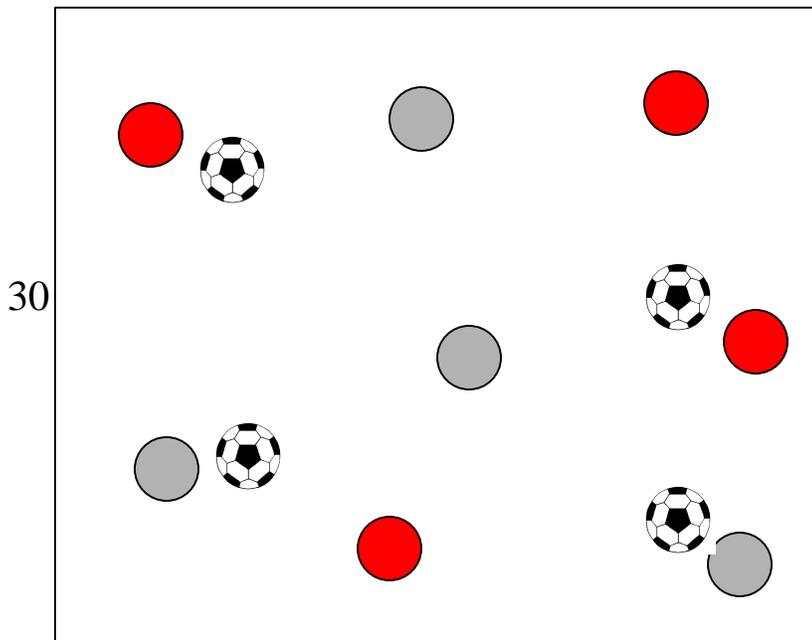
Five minute warm up = 3.5 minutes with the ball (1.5 minutes stretching) i.e. 1 touch / second means 210 extra touches.

Five minute cool down : as above = 210 extra touches. Total is **420** extra touches on the ball per player by just incorporating the use of the ball (Ten minutes either side of the session would provide **820** extra touches if you have the time, and help to reinforce the A.I.A. session).

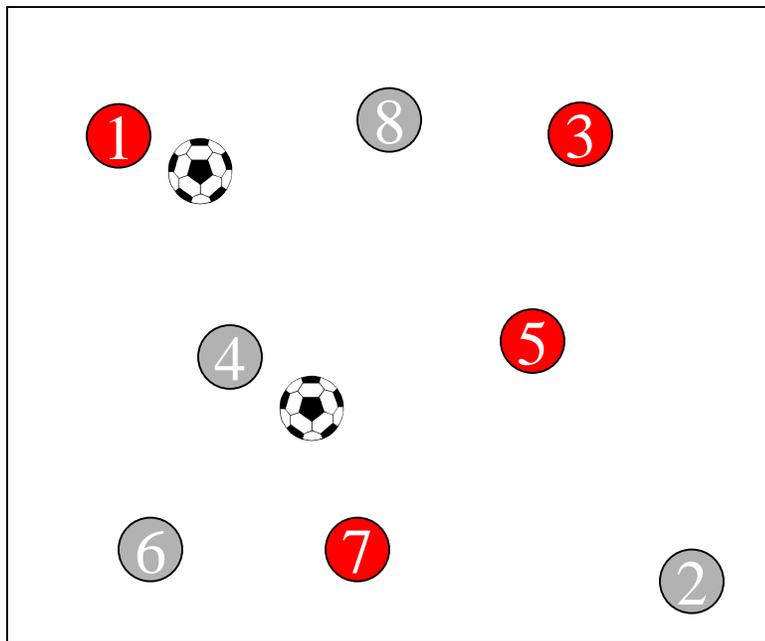
1. Divide into two teams to start (for the scrimmage later if it's a coaching session). **Ball each** dribbling, turning controlling the ball, practicing skills at a slower pace if it's a warm up to build to full pace or slowing down if it's a cool down.
2. Include changes of pace in this, switching balls between players, Coach can provide passive pressure and can condition the content; the players **decide** when and where to implement it.
3. Stop on a regular basis to **stretch**, get them tuned into thinking for themselves and being concentrated early by asking the players to come up with stretches for you.

(Wayne Harrison)

## 2) A.I.A. SESSION 30



## 3) THE NUMBERS GAME



Incorporating the above sessions **with the ball** is also more **enjoyable** for the players as well as being of greater value in their **technical** and **tactical** awareness and **physical** and **mental** preparation for both **practice** and **games**.

1. Refer to the A.I.A. information sheets to structure your warm ups and cool downs. Use one or two balls per team for passing and moving (or more). You can keep it interesting by **changing** the theme for each A.I.A. session e.g. passing to feet or space, opposite colors, receiving and turning, one touch / two touch , 1-2's, crossovers etc.
2. This workout is **game specific** and should particularly be used before actual games. Include **stretches**.
3. Numbers game is a good idea to use for both warm up and cool down. Use two balls to start, players number off and pass in sequence. Two balls moving means as soon as one is passed off another arrives so still getting lots of work on the ball. Start at (1) & (4). Prepares players for awareness and quick thinking, identifying early where teammates are. Players often start **physically** and **mentally** cold in a game, using this helps prepare both aspects.

(Wayne Harrison)

## **EFFECTIVE WARM UP FOR SOCCER**

Can coaches please explain to their players why we do a warm up to reinforce the concept.

### **Main Objectives**

- 1) To allow the ATP-CP (Alactacid) and the oxygen (lactacid) energy systems to produce energy to get up to speed in preparation for the work they will do.
- 2) To warm muscles and connective tissue (ligaments and tendons) and stretch them to their working lengths to reduce the chance of injury.
- 3) To allow us to mentally focus and get ready for the task in hand and practice some of the skills that may be required.

### **Elements of Warm Up**

#### 1) Activities to Raise the Heart Rate

Gradual increase recommended, heat produced in the body warms up the muscles.

#### 2) Game specific movements (A.I.A session)

Slow pace – half pace – faster pace.

Changes in direction – turning – striding out.

Passing – receiving and turning.

#### 3) Stretching

Muscles to” working length”; up to 15 seconds / stretch.

**ALL MOVEMENT ACTIVITIES CAN BEST BE PERFORMED WITH ,  
RATHER THAN WITHOUT SOCCER BALLS DURING WARM  
UP.**

## **EFFECTIVE COOL DOWN FOR SOCCER**

Can coaches please explain to their players why we need to cool down to reinforce the concept.

### **Main Objectives**

- 1) **Remove Waste Products of Exercise** : Lactic acid is a by-product of exercise and causes muscular soreness and stiffness after a match or training. Light activity afterwards can accelerate the removal of such waste products and help the body to recover more quickly (up to three times more quickly than when players simply stop).
- 2) **To Provide an Opportunity for Stretching Work** : Some muscles after activity don't return to their normal length for up to two days , hence stretching immediately when they are still warm can help prevent this.

### **Elements of Cool Down**

- 1) **Game Specific Movements (A.I.A. session)**

Maintain blood flow and assist removal of waste products by low intensity work such as passing , turning , running , changing direction.

- 2) **Longer Hold Stretching**

Maintenance of muscle length.

- 3) **Limb Shaking**

Promotes the return of blood to the heart and feelings of relaxation eg players lying on the ground , raised legs with a partner gently shaking their legs.

- 4) **Rehydration**

Particularly sports drinks.

**ALL MOVEMENT ACTIVITIES CAN BEST BE PERFORMED WITH ,  
RATHER THAN WITHOUT SOCCER BALLS DURING COOL  
DOWN.**

(Wayne Harrison)

## **TRAINING STRUCTURE : EXAMPLE OF A SESSION PLAN**

It would be useful if we all worked at structuring our sessions along the same lines to ensure we provide the correct coaching for all the players in all the teams. The following presentation is one way to set it up and it helps you organize your time management for a session.

I am assuming you have one hour and fifteen minutes to coach per session you can change the amount of time spent on each phase depending on how long your session is.

- 1) WARM UP : Ball each and /or A.I.A.
- 2) THEME OF THE DAY : Your chosen topic.
- 3) SCRIMMAGE : To practice when , where and how to apply the theme.
- 4) CO-ORDINATION AND SPEED WORK : Balance / quick feet. Also power work for the older ages.
- 5) COOL DOWN : Ball each and /or A.I.A.
- 6) CONCLUDING DISCUSSION : What did they learn today ?

- 1) 10 minutes , 2) 25 minutes , 3) 25 minutes , 4) 5 minutes , 5) 5 minutes  
6) 5 minutes . TOTAL = One hour fifteen minutes.

By using a structure you can focus the minds of yourself and the players thereby increasing the work time and decreasing the talk time. Players arrive for training and know what to expect and can get straight into the warm up without prompting.

More Demonstration and less Explanation works best , showing is more effective than telling. If you aren't a player yourself get one of your better players to demonstrate for you.

## COACHES CHECKLIST FOR A SESSION PLAN

To help you understand how important it is to structure your plan to ensure it is as effective as possible the following guidelines may help.

1) PREPARATION

2) MANNER

3) ORGANIZATION

4) TECHNICAL

5) OBSERVATION

6) COMMUNICATION

If you want to follow this program you could assess each other as you coach (coaches and assistants in their own teams) . You could mark 1 to 15 as follows : a tick for perceived strength , a cross for a weakness and leave blank for neither a strength nor weakness. Over time see how your scores improve. For those who want to become better coaches through taking coaching badges this is a great preparation to help get you used to being assessed.

1) Preparation

1. Produced a session plan

2. Organized facilities and equipment

3. Outlined the theme to the players

2) Manner

4. Encouraged two way communication

5. Demonstrated motivation / positive attitude

3) Organization

6. Demonstrated effective time management

7. Organized space and players

4) Technical

8. Conducted warm up and cool down

9. Produced technically sound information and appropriate practices

5) Observation

10. Showed ability to analyze players

11. Progressed to the needs of the players

12. Adapted the practice as required

6) Communication

13. Provided accurate demonstrations

14. Used guiding question and answer coaching style

15. Finished with positive feedback in closing discussion

(Wayne Harrison)