

MATCHDAY WARMUP

BY KEVIN MIDDLETON  360TFT

The Matchday Warm Up is designed to get your players to peak Technical, Tactical, Physical, and Mental levels by Kick Off.

I've given you an A & B version of the Possession & Position Specific exercises - please only pick one. Defenders and Attackers split for the last 10 minutes

PHYSICAL ACTIVATION

10 MINUTES



1 Running Straight Ahead - 2 sets

Jog all the way to the last cones. On the way back, increase your speed.



2 Running Hip Out - 2 sets

Jog, stopping at each cone to lift your knee & rotate your hip outwards. Alternate between left & right legs.

3 Running Hip in - 2 sets

Jog, stopping at each cone to lift your knee & rotate your hip inwards. Alternate between left & right legs.



4 Running Circle Partner - 2 sets

Run to the first cone. Shuffle sideways to meet in the middle. Shuffle around each other & then return back to the cones. Repeat for each cone.



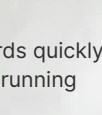
5 Running Shoulder Contact - 2 sets

Run to the first cone. Shuffle sideways to meet in the middle then jump sideways towards each other to make shoulder-to-shoulder contact.



6 Forwards and Backwards - 2 sets

Run to the second cone then run backwards quickly to the first cone. Keep repeating the drill, running two cones forwards & one cone back.



8 Running Bounding - 2 sets

Run across the pitch, from one side to the other, at 75-80% maximum pace.

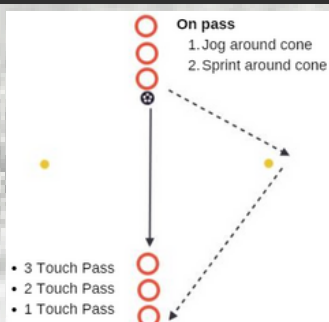


Run with high bounding steps with a high knee lift, landing gently. Repeat until you reach the other side of the pitch, then jog back to recover.



TECHNICAL ACTIVATION A

5 MINUTES

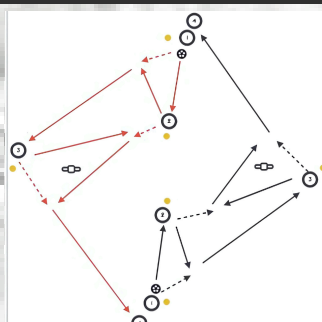


Pass & follow, going around a yellow cone (each line around a different cone).

Start with 3 touches & progress to 1 touch, which will up the intensity.

TECHNICAL ACTIVATION B

5 MINUTES

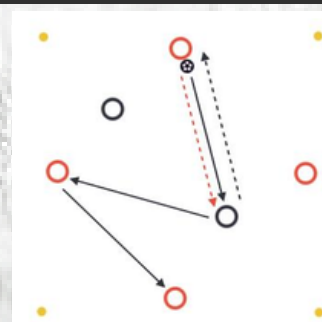


Set passing pattern. Both ends start at the same time.

Follow your pass from position 1 to 2 to 3 to 4.

POSSESSION A

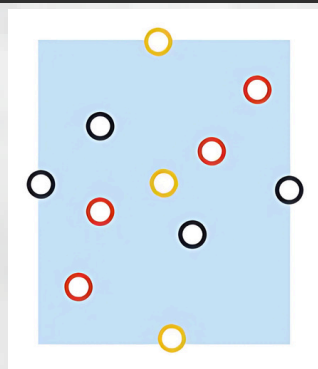
10 MINUTES



Defenders hold a bib/pinnie. If a defender steals the ball or forces it out of play, they drop the bib, and the attacker who lost the ball becomes the new defender. The game doesn't stop.

POSSESSION B

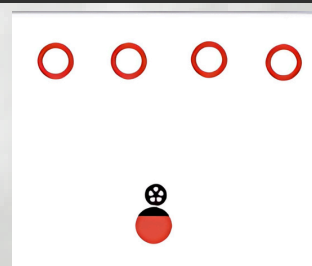
10 MINUTES



4v4+3

Try to make the +3 central midfield players. If you don't want 11 players in this possession game then drop the exercise down to 4v4+2

POSITION SPECIFIC DEFENDERS - 10 MINUTES

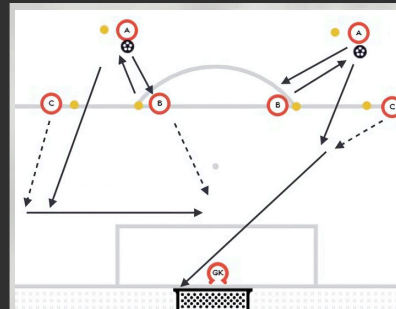


Back 4 Work

Coach to defender, who leaves the line to return to coach. The other 3 defenders collapse the space, drop off to form a new line, etc.

Could should serve on the ground, in the air, awkward serving, etc.

POSITION SPECIFIC ATTACKERS - 10 MINUTES



Different finishing patterns - do one at a time so you can swap sides.

Right: A TO B, B TO A, A TO C TO FINISH

Left: A TO B, B TO A, A TO C, CROSS FOR B

Each team has different players so you can adjust the examples in this sheet to suit yours. For me, if the ball is constantly rolling during the warm up and players are required to concentrate, you'll be fine. After all, if your mental preparation is correct, your players won't be slow to starters when the first whistle sounds.

If you need further assistance then I have resources for [Activation](#), [Small Sided Games](#), and [Finishing](#) that you can build into your warm up.