



Session : NOYSA Game Day Warm Up Sample

Description : NOYSA Game Day Warm Up Sample

Notes :

1 - NOYSA Warm Up Activity 1

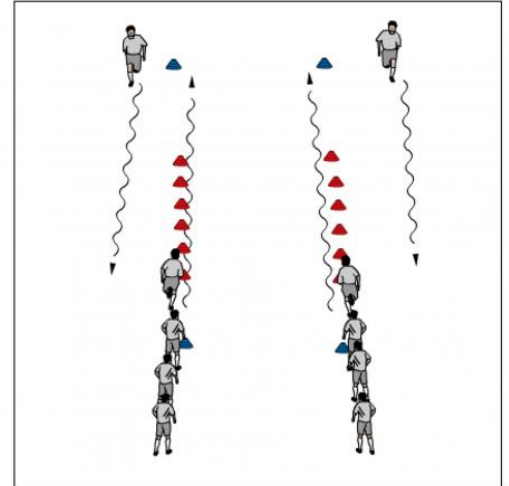
Duration: 5min

Session Notes

All athletes participate in this.

Coaching Points

Start slow and then build the intensity. Have athletes focus on their breathing and players can begin to think about what they need to do to be successful in the match.



2 - NOYSA Warm Up Activity 2

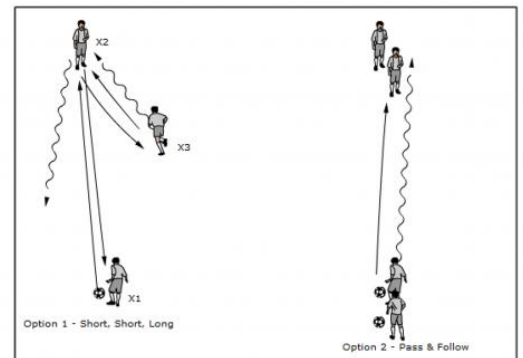
Duration: 5min

Session Notes

For the field players - gk's start their position specific warm up

Coaching Points

Quality of pass - crisp on the ground to teammate. Quick supporting position. Communication between athletes.



3 - NOYSA Warm Up Activity 3

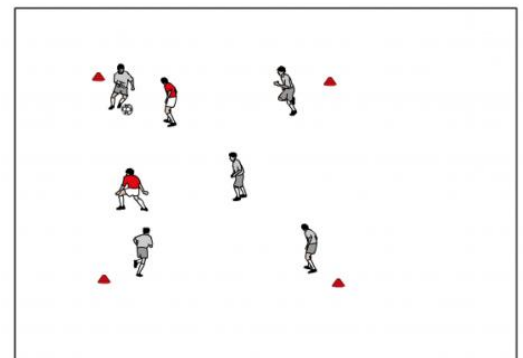
Duration: 5-10

Session Notes

for all field players

Coaching Points

Communication between athletes. Quality first touch. Movement off the ball in supporting positions. Quality of passing.



4 - NOYSA Warm Up Activity 4

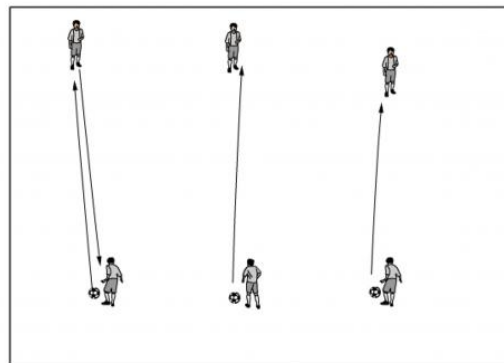
Duration: 5-10

Session Notes

Defenders do this activity while midfielders and forwards do the crossing activity

Coaching Points

Have athletes playing the ball work on clearing the ball getting it up off the ground. Athletes receiving the ball encourage them to meet the ball before the bounce.



5 - Game Day GK Warm Up Prog 4 Crosses

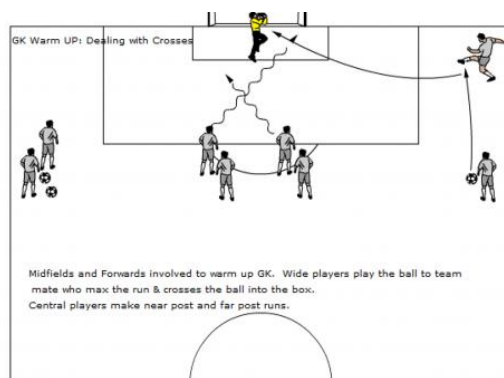
Duration: 5-10

Session Notes

Defenders are working on long balls

Coaching Points

Be balanced, judge the flight of the ball and time jump. Take the most direct route to the ball moving forward quickly. Call 'Keeper' to notify teammates that you will be collecting the ball. Take the ball at the highest point. Secure the ball to chest as quickly as possible. Protect yourself with the knee that is closest to the opposition.



6 - Game Day GK Warm Up Prog 5 - Shot Stopping

Duration: 5

Session Notes

full team comes together for the 1 v 1's
Recommended just prior to kick off to have athletes do 4-5 10yrd sprints.

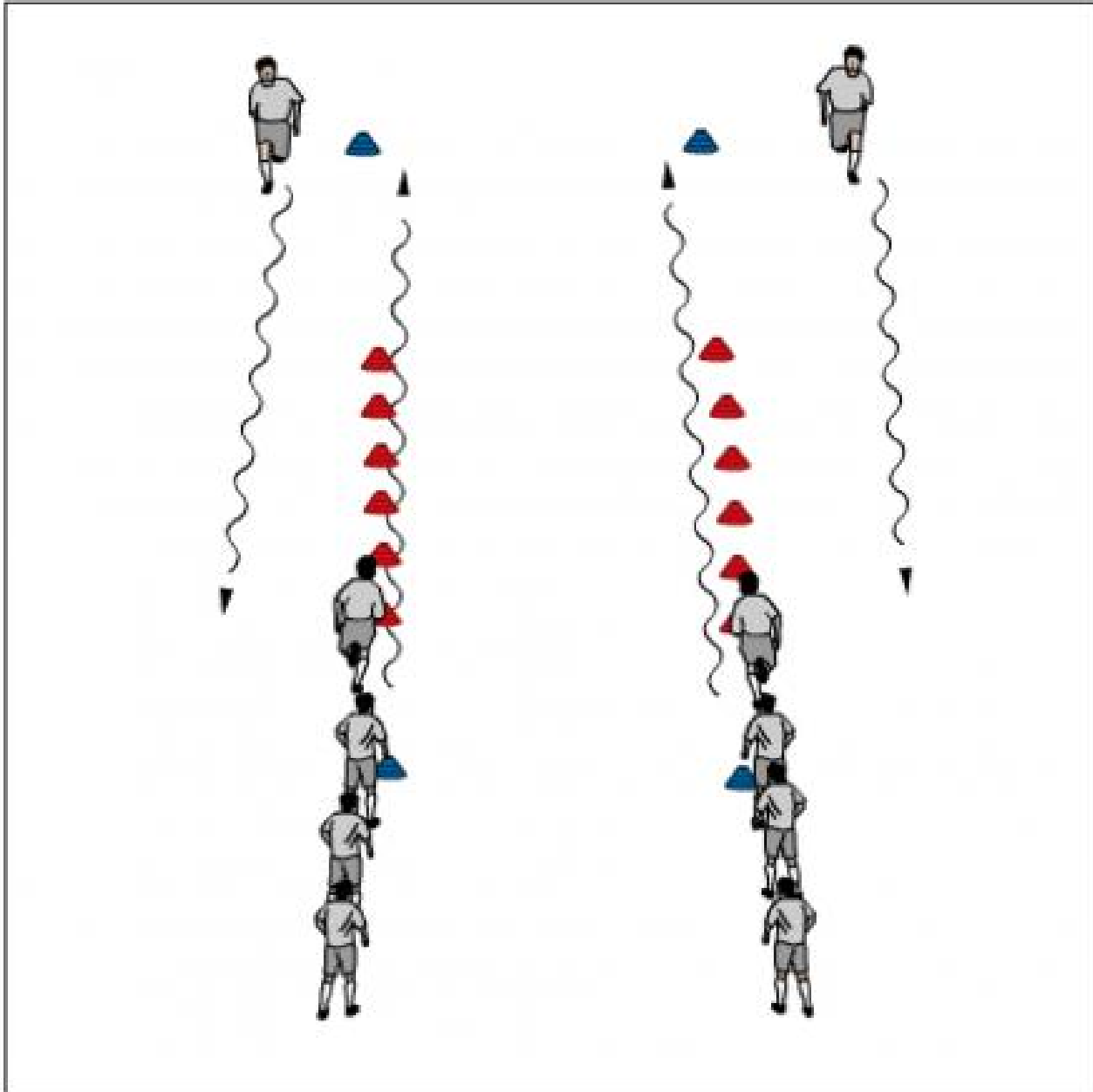
Coaching Points

Communicate with defender - i.e. turn outside, step in.
See the ball.
Cut down the shot angle - if ball gets played deep with players first touch come out and smother.





Activity : NOYSA Warm Up Activity 1



Objectives

To prepare athletes for the match by slowly warming up the muscles, increasing heart rate and body temperature. As well as help to prevent injury.

Explanation

Set up a starting cone then 10 yds away a series of 6 cones 1 yrd apart then 10 yds a finish cone.

Have two stations set up side by side so athletes work with the player that is across from them.

Run through various activities starting slowly with jogging, side shuffles, carioca between the sets of cones and fast feet movements through the cones - i.e. shuffles, step ins, sideways step ins, headers etc.

Coaching Points

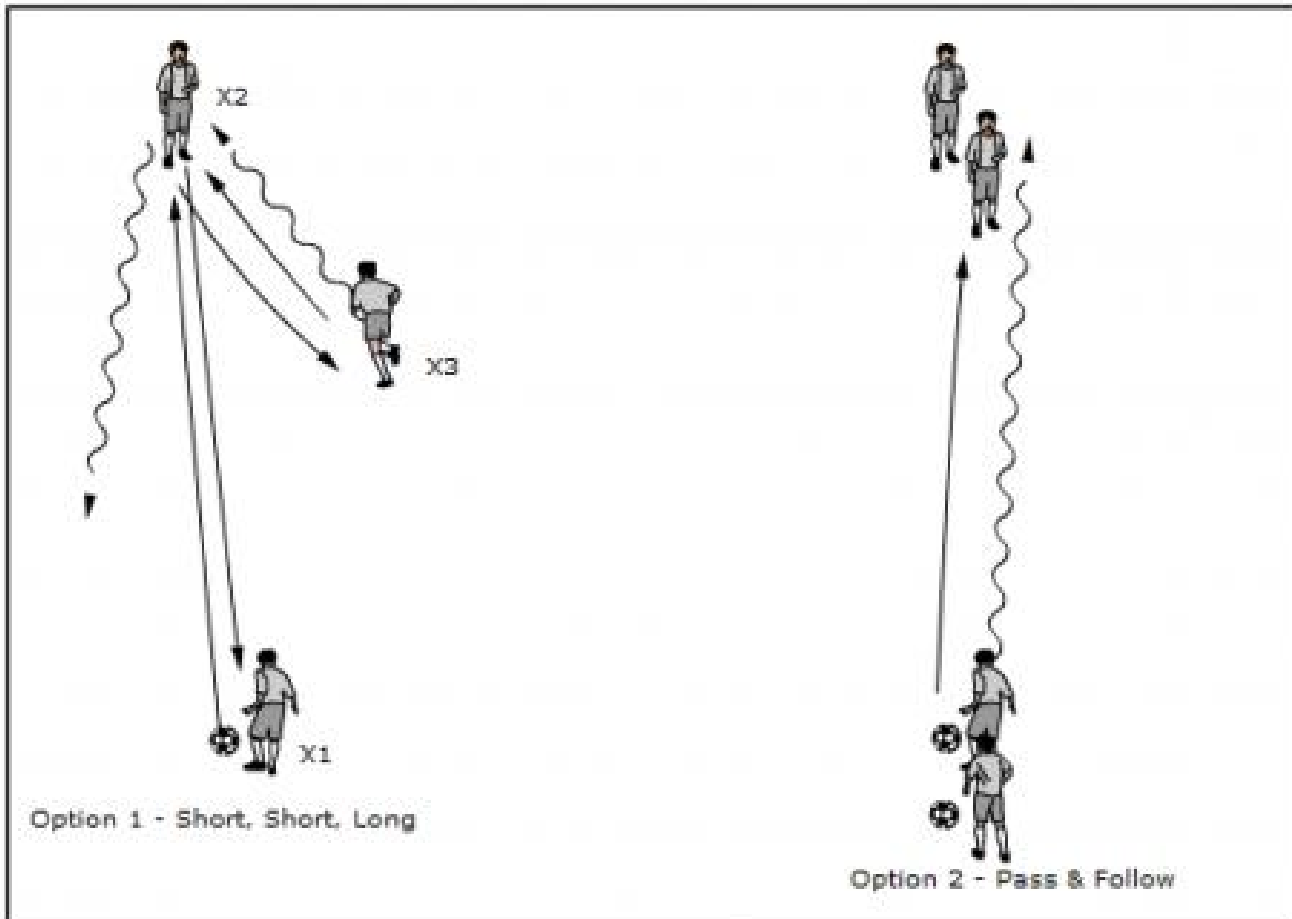
Start slow and then build the intensity. Have athletes focus on their breathing and players can begin to think about what they need to do to be successful in the match.

Progression

Increase the intensity of the fast feet work and have athletes sprint to the finish cone. On the way back to the end of the line incorporate leg swings, calf stretches, hip dynamic stretches etc.



Activity : NOYSA Warm Up Activity 2



Objectives

To have the athletes get lots of touches in prior to the match. This is for the field players while the gk's will do their own position specific warm up after completing activity 1.

Explanation

Option 1 - Short, Short, Long. Players are in groups of 3 with one ball. X1 passes at 15yrd ball along the ground to X2 who plays a wall pass with X3 and then passes the ball back to X1 and follows to support their pass while X3 becomes the new target. Players continue to make two short passes and one long pass and interchange positions.

Option 2 - Have players in groups of 4 with one ball. Two players standing 15yds across from their group members. Players pass the ball along the ground and follow their pass joining the end of the other line.

Coaching Points

Quality of pass - crisp on the ground to teammate. Quick supporting position. Communication between athletes.

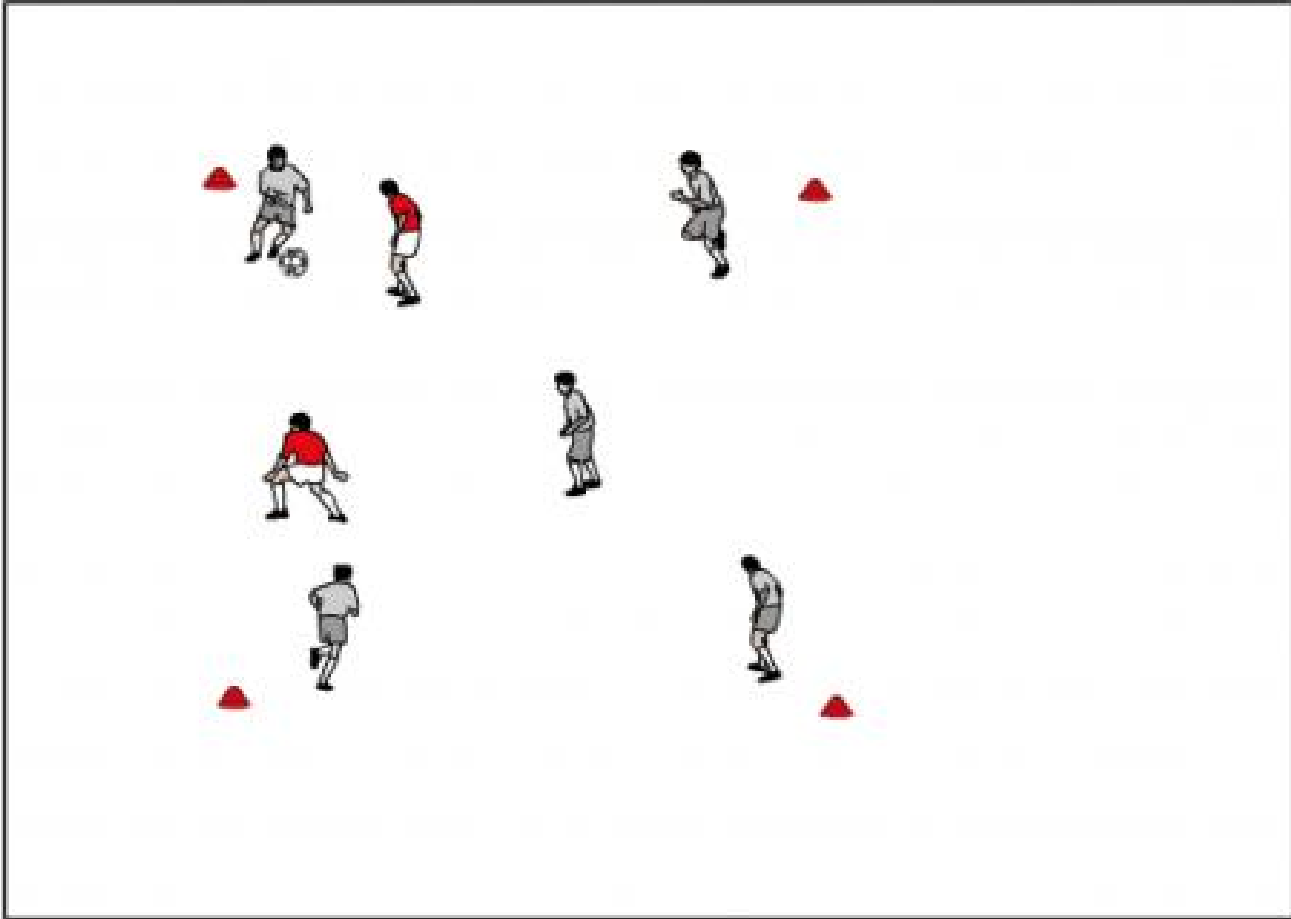
Progression

Option 1 - Increase the distance between players. Play on two touch if possible.

Option 2 - Start with 2 touch then can go to 1 touch. Can progress to volleys, thigh control - volley, chest control-volley, headers.



Activity : NOYSA Warm Up Activity 3



Objectives

Increasing the intensity of the warm up with adding in possession based mini game.

Explanation

Set up a 15 x 15 grid. Players will play 5 vs 2 inside the grid. Defenders only need to touch the ball or force a player to play the ball outside the grid in order to swap out. Athlete who gives away possession becomes the defender.

Coaching Points

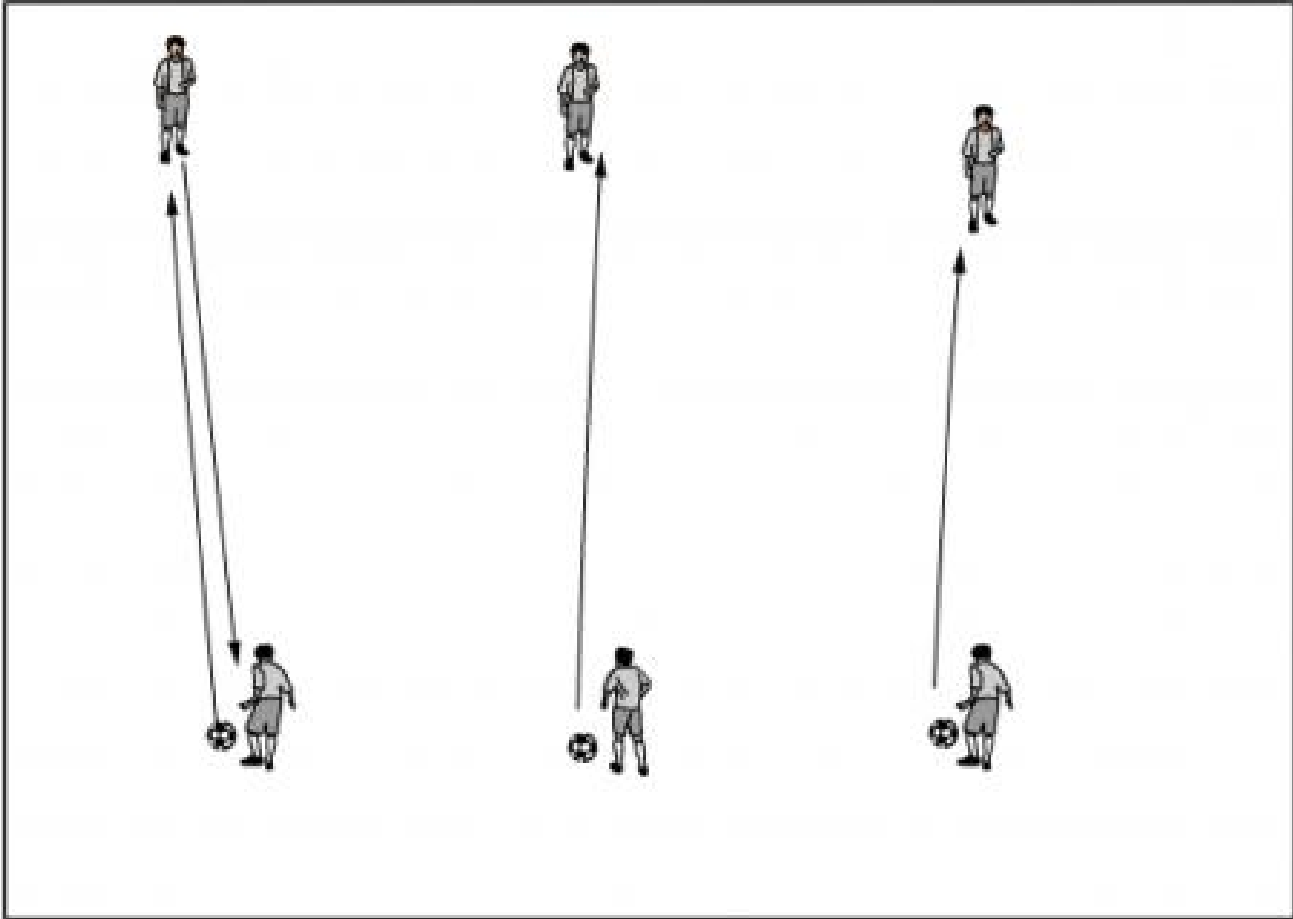
Communication between athletes. Quality first touch. Movement off the ball in supporting positions. Quality of passing.

Progression

Start with unlimited touches then can progress to playing on 2 or 3.
Can set a target for players i.e. 10 passes in a row.



Activity : NOYSA Warm Up Activity 4



Objectives

Position specific warm up.

Explanation

Defenders partner up with one ball. Players play long balls in the air to each other to warm up their legs.

Coaching Points

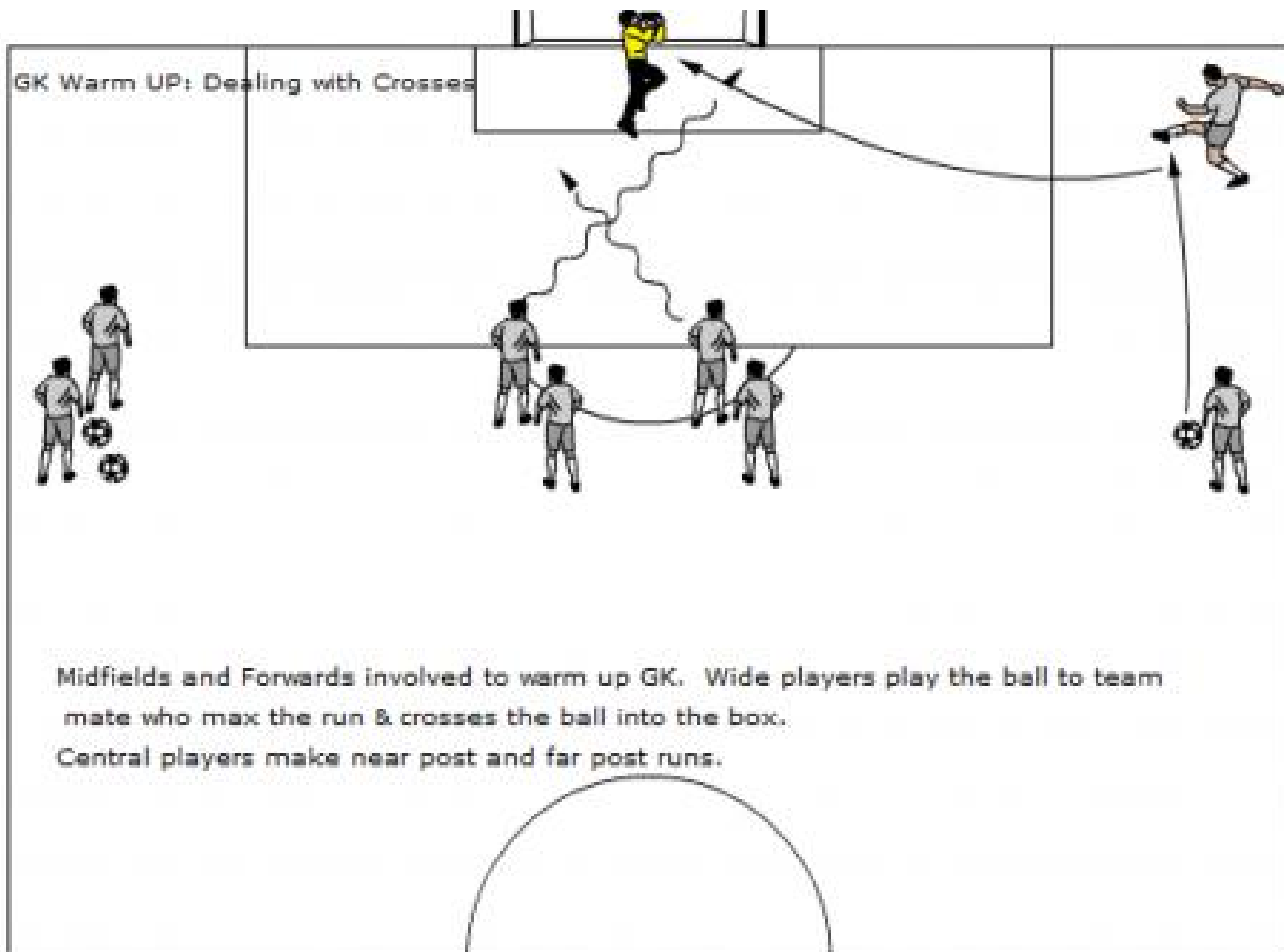
Have athletes playing the ball work on clearing the ball getting it up off the ground. Athletes receiving the ball encourage them to meet the ball before the bounce.

Progression

Start 15yds apart and then increase the distance.



Activity : Game Day GK Warm Up Prog 4 Crosses



Explanation

Crosses will be delivered in from the flanks by outside midfielders. Central players (strikers/central mids) will make runs into the box near post and far post.

Coaching Points

Be balanced, judge the flight of the ball and time jump.

Take the most direct route to the ball moving forward quickly. Call 'Keeper' to notify teammates that you will be collecting the ball.

Take the ball at the highest point. Secure the ball to chest as quickly as possible. Protect yourself with the knee that is closest to the opposition.



Activity : Game Day GK Warm Up Prog 5 - Shot Stopping



Coaching Points

Communicate with defender - i.e. turn outside, step in.

See the ball.

Cut down the shot angle - if ball gets played deep with players first touch come out and smother.