



AMESBURY SOCCER ASSOCIATION

Hello ASA Coaches and Volunteers

We are well into the fall season now, and a time where new coaches and experienced coaches are thinking about what has gone well and areas to improve. Improvement areas can be for individual players or the group, technical (a particular skill), or tactical – or even for us as coaches and how we are directing and interacting with our team.

This week I want to offer some thoughts on warm-up activities for practices and especially for games. There are so many resources available on the internet for different warmup activities and drills. What I want to emphasize this week is for teams to develop a **CONSISTENT** warmup week after week.

By incorporating consistency into warm up activities, this will help you as a coach manage a training session and prepare the players for the game. Youth soccer players arrive to soccer with many non-soccer thoughts and stresses. If each practice or game starts with consistent activities that will help to bring them physically, mentally, and emotionally into soccer. Starting every practice with similar one or two activities, allows the players to get their minds and bodies focused on soccer quicker as they will already know what to do. Muscles will warm, players will get touches, and players who arrive slightly late can get involved quickly without needing an explanation what to do. In future seasons when new players join a team, returning players can help them.

Quick note - much of this email is directed more at ASA players 1st grade and older who have practices and weekend games. However, for Kickin' It players (ages 3-5) starting sessions with familiar activities has similar effect.

My recommended consistent training warm-up

1. 5v2 (Rondo) – 5 to 15 minutes
2. Footwork warm-up / dribbling exercise where every player has a ball (5-10 minutes)

A few reminders on the warm-up phase of practice

- No laps, no lines, no lectures [short lines or 1-3 players are okay where players are engaged frequently, but keep that delay time minimum]
- Stretching is a good time for a coach to offer a few thoughts on the past session/game and themes for the current session/game [keep it brief with only 1 or 2 themes – No Lectures]
- see ASA Coach Resource Page for info on 5v2 and Footwork Warmups - <https://www.amesburysoccer.com/coach-resources>)

A few articles I found interesting when preparing this week's email

https://www.footy4kids.co.uk/soccer-drills/warm_ups/eight-soccer-coaching-warm-ups-for-young-players/

<https://www.nytimes.com/2022/12/02/sports/soccer/world-cup-pregame-warmups-australia.html>

Have a great week

Paul

coaching [@amesburysoccer.com](mailto:coaching@amesburysoccer.com)

917-971-2956

Amesbury Soccer Association

president@amesburysoccer.com

<http://www.amesburysoccer.com>

Amesbury Soccer Association

Po Box 388, Amesbury, MA

This email is being sent on behalf of Amesbury Soccer Association by



[Sign In](#) • [Terms of Use](#) • [Privacy Policy](#)

Visit your [Communication Preferences](#) to unsubscribe.

© 2023 SportsEngine. All Rights Reserved.