



EGA-ECNL WARM-UP

GAME DAY WARM-UP

(15-20min)

- **GENERAL PREPERATION**

1. Running Straight Ahead x2
2. Forward & Backward Skip x1
3. High Knees to Heel Kicks x1
4. Side Shuffle w/ Arm Swing x1
5. High Knee Carioca x1
6. Run Up w/ Backward Shuffle x1
7. Run Up w/ Partner Circle x1
8. Zig-Zag Run x1
9. Power Skip x1
10. Build Up Sprint x1

- **Muscle Activation & Dynamic Stretch**

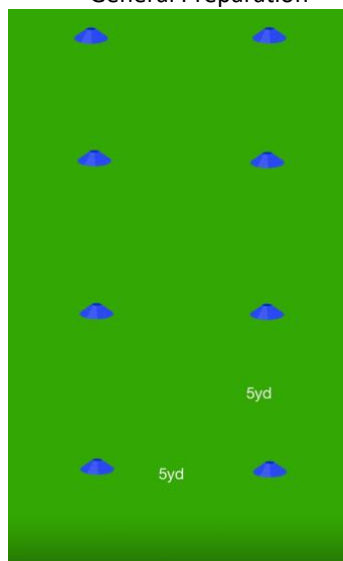
(Players in general space)

1. Lateral Hop to Stick x5ea
2. Forward Hop to Stick x5ea
3. Front Leg Swing x5ea
4. SL RDL Reach x5ea
5. Front Lunge w/ Reverse Reach x4ea
6. Half Squat to Side Lunge x5ea
7. Hip Flexor to Hamstring x5ea
8. Pigeon Stretch x15sec each
9. Quad Stretch x5ea
10. Mini-Band Knee Rotations x5ea
11. Mini-Band Lateral Walk x10yd
12. Mini-Band Squat x8

- **Movement Preparation**

1. Quick Feet to Sprint x2ea
2. Backward Quick Feet to Sprint x1ea
3. Weave to Sprint x1ea
4. Single Leg Hop to Sprint x1ea

General Preparation



(8 cones – 1 set up)

Movement Preparation



(8 cones – 2 set up)



EGA-ECNL WARM-UP

Practice #1 Warm-Up

(10-15min)

To prepare players for small sided games – short high intensity change of direction & explosive movements.

- **General Preparation**

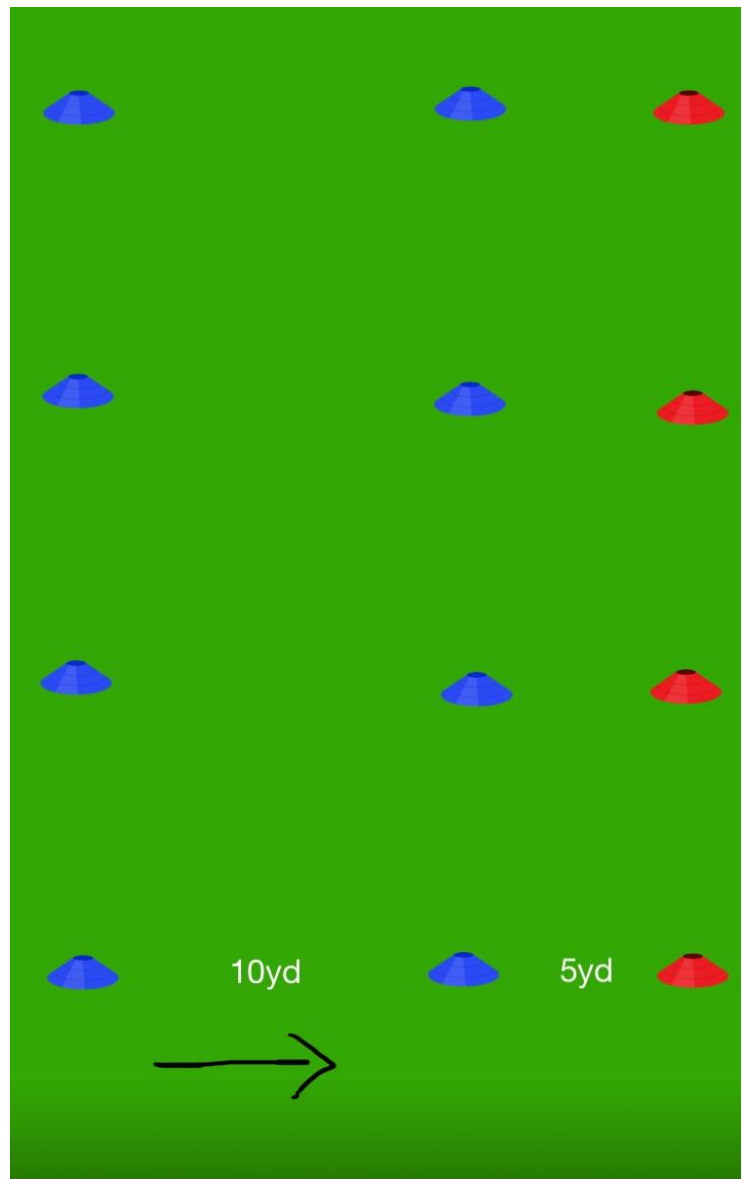
1. Run straight Ahead x2
2. High Knee to Heel Kick x1
3. Shuffle w/ Arm Swing x1
4. Forward & Backward Skip x1
5. High Knee Carioca x1

- **Muscle Activation & Dynamic Stretch**
(Players in general space)

1. World's Greatest Stretch x4ea
2. Mini-Band Staggered Walk x5-10yd
3. Mini-Band Clam Shells x5ea
4. Mini-Band Squat x8

- **Movement Preparation**

1. Single Leg Hop to Stick 2x10yd
2. Jog to Sprint to Backpedal x2
3. Shuffle to Sprint to Backpedal x2





EGA-ECNL WARM-UP

Practice #2 Warm-Up

(10-15min)

To prepare players for larger sided games
technical training sessions & match day
minus 1 or 2

- **General Preparation**

6. Run straight Ahead x2
7. High Knee to Heel Kick x1
8. Shuffle w/ Arm Swing x1
9. Forward & Backward Skip x1
10. High Knee Carioca x1

- **Muscle Activation & Dynamic Stretch**
(Players in general space)

5. Front Leg Swing x5ea
6. Hip Flexor to Hamstring x5ea
7. Pigeon Stretch x15sec each
8. Quad Stretch x5ea
9. Half Squat to Side Lunge x5ea
10. Mini-Band Front & Back Walk x10yd
11. Mini-Band Knee Rotations x5ea
12. Mini-Band Hip Flexor x5ea
13. Double & Single Leg Glute Bridge x4ea

- **Movement Preparation**

1. Kneeling Start 2x10yd
2. Lateral Kneeling Start 2x10yd
3. Single Leg Standing Start 2x15yd
4. Pogo Jump to Sprint 2x15yd

