

## U6 Soccer Warm-ups

This age group is very flexible and warms up almost instantly. However, we want the players to develop the habit of starting athletic activities by warming up so that they will continue to do so as they get older and have a greater need for warming up. Where possible we will integrate soccer activities into the warm ups.

### Snake Run

- Short run to get the blood pumping and start warming up the muscles.
- Coach jogs a weaving path while players follow in a single file line.
- Faster players will track coach's moves while slower players may cut corners to keep up.
- Can be done while dribbling a soccer ball if the players dribble well enough that they don't scatter all over.
- Go for 100 - 200 yards.

### Pass Around

- Players pair up and stand back to back with one ball per pair.
- While staying back to back player with ball twists and hands ball to partner at waist level.
- Player receiving ball moves ball to other side of body and passes it back to partner.
- From above ball would be seen going in a circle around the pair.
- Repeat 20 times, reverse direction and do 20 more.

### Over- Under

- Pair up and stand back to back with one ball per pair.
- While staying back to back player with ball hands ball to partner straight over their heads.
- Player receiving ball passes it back to partner between their legs.
- From the side ball would be seen going in a circle over-under the pair.
- Repeat 20 times, reverse direction and do 20 more.

### Rocking Sit-ups

- Pair up and sit on ground, legs straight, feet-feet with one ball per pair.
- First player lays down on their back touching ball to ground as far behind their head as they can reach.
- First player sits up & hands the ball off to the other player high above both players heads.
- Second player now lays down touching ball to ground as far behind their head as they can reach.
- Repeat until each player has done 10 sit-ups.

### Toe Taps

- One ball per person.
- Ball is placed between feet with middle of ball between toes.
- Place one foot on the ball with all weight on the other foot.
- Player jumps slightly, foot that was on the ball comes off and player lands on that foot.
- After the one foot lands, the other foot taps the top of the ball.
- Player always have at least one foot in the air
- Repeat 20 times

### Boxing

- One ball per person.
- Ball is placed between feet with middle of ball between insteps.
- Weight is on one foot the other foot is slightly in the air.
- Player jumps lightly.
- Foot that was in the air lands to the side of the ball leaving a 6-inch gap.
- Using the instep of the foot that had been on the ground, player taps the ball toward the foot that is now on the ground.
- Repeat 20 times.

### Flamingo Stand

- This exercise is for strengthening the muscles around the knee joint, which is an area of vulnerability for soccer players.
- Stand on left foot & bend right leg so that shin is parallel to ground.
- Tuck bent leg behind knee of other leg.
- Bend the leg player is standing on slightly.
- Hold for 5 seconds.
- Switch sides.
- Repeat.

### Light Bulb Turn

- Stand on toes reaching right hand as high as possible
- Turn hand clockwise 10 times the counter clockwise 10 times
- Switch hands
- Repeat 2 times