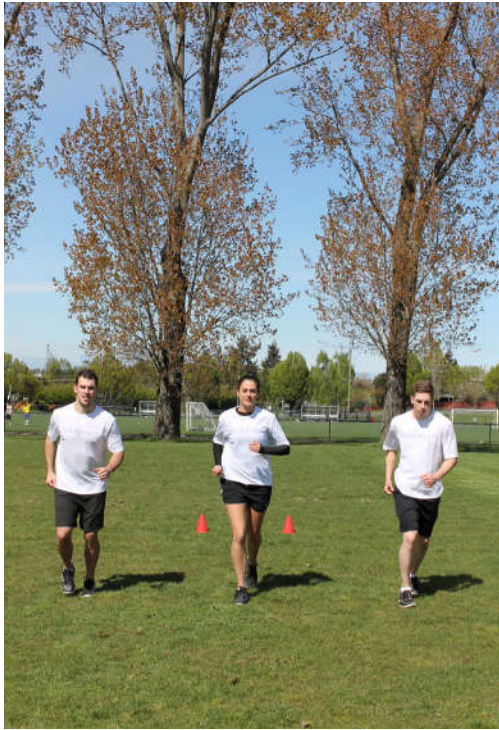


# Soccer Warm-Up Exercises

*For all warm-up exercises continue for 20 meters then jog back to the starting line.*

## 1. Jogging & Backward Jogging



### Purpose:

Prepares the athlete for activity by engaging musculoskeletal system and increasing blood flow. Jogging backwards engaging the athletes hamstrings and hip extensors.

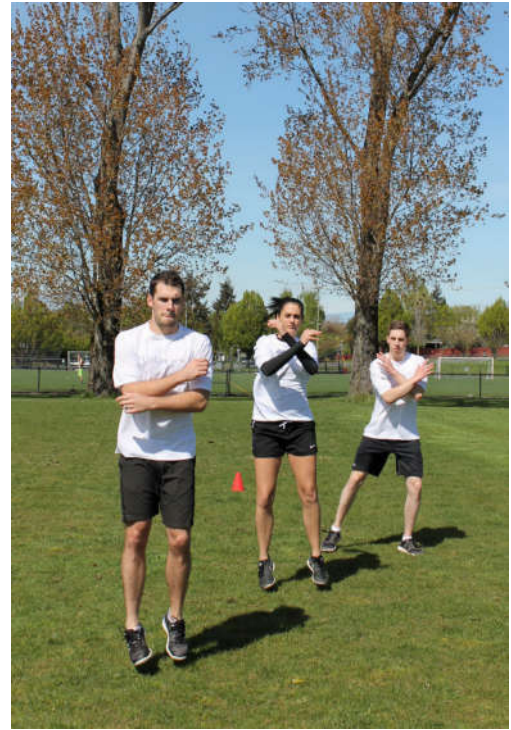
### Instruction:

- Jog forward at a comfortable pace
- Focus on proper biomechanics of hip/knee/ankle in a straight line, keeping the knees from falling inward toward the opposite knee

### Instruction:

- Jog backwards at a comfortable pace
- Focus on proper biomechanics of hip/knee/ankle
- Push off backward with force and use arms for balance and power

## 2. Side-to-Side



### Purpose:

This exercise prepares the athlete by engaging inner and outer thigh muscles.

### Instruction:

- Start with feet close together, forearms in "X" across front of chest, with knees slightly bent in low ready position (Demonstrate proper position of arms with an X).
- Begin sideways leading with your left foot, pushing off with power to achieve vertical height. As you continue sideways extend arms to shoulder height
- Bring arms back to an X, returning to starting position
- Repeat for opposite direction, initiating stride out with right leg.

### 3. Carioca



#### Instruction:

- Facing sideways with your right shoulder facing the direction you will travel, alternating your leading foot to cross-over forwards and back behind the opposite leg.
- Focus on having fast feet throughout foot transitions – quick feet
- Repeat exercise leading with opposite foot

### 4. Skipping: Single Arm



#### Instruction:

- Pushing off forcefully, lift opposite leg a minimum of 90 degrees.
- Propel body forward and upward by swinging opposite arm to bent leg
- Landing on push off leg with a quick step to transfer weight to alternate bent leg and continue

### 5. Skipping: Double Arm



#### Instruction:

- Same leg movement as single arm  
Bring both arms to side in the direction of the high knee (alternating)

### 6. Gate Open & Closed



#### Instruction:

- Keep center of body facing forward while balancing on one leg, lift opposite leg, bent at a 90-degree angle directly up in front at hip level and move leg out in line with shoulder (Open gate)
- Facing forward and starting with the raised leg take three quick steps forward
- Repeat with the opposite leg
- For Closed gate complete the same exercise, except lift bent leg hip height out to the side first and then inwards with the knee facing forward



## 7. Bunny Hops



### Instruction:

- With legs shoulder width apart, swing arms forward to generate power, bend hips and knees to jump forward from two feet. Kick legs up as high as possible in front of your body with a straight leg.
- Focus on a soft landing, with weight towards heels
- Continue forward immediately with next jump

## 9. Double Leg Jumps Forward



### Instruction:

- With legs shoulder width apart and swing arms forward to generate power, bend hips and knees to jump forward from two feet, landing on both feet
- Focus on absorbing and sticking the landing with arms out in front and an obvious pause to show balance
- Continue forward immediately with next jump

## 8. Zig-Zags

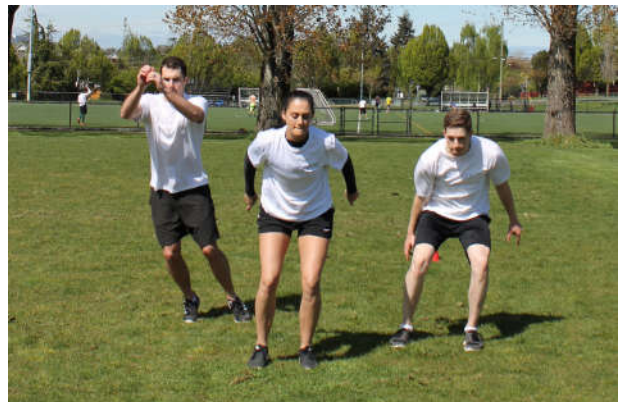


**Purpose:** Throughout this exercise the athlete is forced to stabilize the knee and hip by engaging their leg muscles and core, which helps with technique to avoid lock knee.

### Instruction:

- Push off left foot and shuffle three steps diagonally towards the right foot in a forward motion.
- Plant right foot and quickly change direction by pushing off Right foot to run three steps to the Left, then continue alternating directions
- Keep arms at a bent 90 degree angle at your side
- For backwards zig-zags complete the same steps facing backward to the direction you will travel.

## 10. Ski Jumps



### Instruction:

- With feet pointing forward and together, jump diagonally with both feet to the Right
- Landing on both feet with bent knees, absorbing and sticking the landing
- Immediately spring diagonally to the Left and continue alternating directions

## 11. Single Leg Jumps



### Instruction:

- Leap forward from one foot to the other in powerful bounding jumps, pausing on each landing
- Focus on absorbing the landing and springing off with power
- Alternate leading leg with each jump

## 13. Lunges & Lunge with Twist



### Instruction:

- Step forward with Right leg dropping down into a deep lunge squat with right thigh parallel to ground, holding arms out to the side parallel to the ground, elbows bent at 90 degrees with palms facing forward

### Lunges

- Feel muscle effort in Right thigh, and hip flexor stretch of Left
- Continue the exercise with opposite leg forward, alternating legs

### Instruction:

- Rotate your torso to the Right and then to the Left while holding the same lunge position
- Continue exercise with the opposite leg forward, alternating legs

## 12. Jumping Header



**Purpose:** Engages the athletes muscles and prepares them for explosion and increases vertical height

### Instruction:

- Start by taking three steps forward to build momentum. Plant feet in split stance, slightly bending your knees pushing off vertically using arms to create power.
  - Mimicking the motion of heading the ball while in the air
  - When landing focus on absorbing and sticking the landing
- Repeat 5 times, then begin exercise again facing opposite direction leading the down-field

## 14. Long Stride Running



**Purpose:** This exercise strengthens the hip flexor muscles increasing power and speed.

### Instruction:

- Run forward with long bounding strides using arms to create momentum
- Focus on absorbing each landing and propelling forward with power



## 15. Long Leg Running with Straight Leg



### Instruction:

- Run forward, keeping both legs completely straight
- Arms are propelling body forward in an opposite arm/leg motion.
- Land on ball of foot and quickly push off to alternate other leg forward

## 17. Picking Up Grass



### Instruction:

- Step forward with normal walking stride onto Right foot
- Bend both knees forward and bring arms to the Right reaching down as if picking up grass on the outside of your Right foot
- Repeat with Left foot, alternating legs

## 16. Supermans



### Instruction:

- Stand on Left leg with slight bend at knee
- Bend forward at waist while bringing Right arm up pointing forward and Right leg up pointing backward in a straight horizontal line = Same arm/leg extended
- Balance and hold for 2 seconds, then alternate, repeat 5 times for each leg
- To perform exercise with opposite arm/leg extended, bend forward with the Left arm pointing forward and the Right leg pointing backward

## 18. Brushing Grass



### Instruction:

- Keeping your Right leg straight, step forward onto your Right heel, pointing toe to the sky
- Push hips back and bend Left knee, reach arms down on either side of straight Right leg and lightly brush hands across the top of grass by Right foot
- Alternate legs by stepping forward onto straight Left leg and repeat same movement on that side