

Soccer Specific On-Field Dynamic Warm-up & Cool Down

Benefits of a Proper Warm Up:

- **Increased Muscle Temperature**

A warmed muscle both contracts more forcefully and relaxes more quickly. In this way both speed and strength can be enhanced. Also, the probability of overstretching a muscle and causing injury is far less.

- **Increased Body Temperature**

This improves muscle elasticity, also reducing the risk of strains and pulls.

- **Blood Vessels Dilate**

This reduces the resistance to blood flow and lower stress on the heart.

- **Improve Efficient Cooling**

By activating the heat-dissipation mechanisms in the body (efficient sweating) an athlete can cool efficiently and help prevent overheating.

- **Increased Blood Temperature**

The temperature of blood increases as it travels through the muscles. As blood temperature rises, the binding of oxygen to hemoglobin weakens so oxygen is more readily available to working muscles, which may improve endurance.

- **Improved Range of Motion**

The range of motion around a joint is increased.

- **Hormonal Changes**

Your body increases its production of various hormones responsible for regulating energy production. During warm-up this balance of hormones makes more carbohydrates and fatty acids available for energy production.

- **Mental Preparation**

The warm-up is also a good time to mentally prepare for an event by clearing the mind, increasing focus, reviewing skills and strategy. Positive imagery can also relax the athlete and build concentration.

Dynamic Warm-up: Start with 5 min low intensity jog/run

Mobility

Hip Drops x 8ES Open Book x 8ES SL Cross-body Toe Touch x 6ES
Scorpions x 6ES Quadruped T-Spine Rotations x 6ES Striders x 6ES
Striders + Rotation x 6ES Cradle Walks x 6ES Standing High Knee Pulls x 6ES
Squat to Stand x 6 Squat to Lunge x 6ES Standing Hip MOB x 6ES Scorpions x 6ES

Activation

Mountain Climbers x 10ES Leg Swings x 10 Each Way Quadruped Donkey Kicks x 6ES
Lateral Squat x 6ES Rotational Squat (Feet at right angles to each other) x 6ES
Split Squats (Hands on head) x 6ES Arm Circles/Swings x 45 sec

↑ Intensity + Plyometrics

50-60-70% Fwd Sprint 50-60-70% Backpedal 50-60-70% Laterals
2 foot Broad jumps x 1 SL Laterals w/hold x 1 2 foot hops + Sprint x 3

Goal Line to edge of Box

Cool Down & Stretch

Foam Roll: Back, Glutes, Hamstrings, IT Bands, Quads, Calfs

Ball Work: Any soft tissue holding stress

Stretch

***Glutes:** Pretzel, Pigeon, Lying Crossover Glute stretch, Seated Crossover Glute Stretch

Hamstrings: Lying Straight Leg (Band), Seated Single Leg, Standing Crossover

Quads: Standing Single Leg Quad Stretch

Hip Flexors: Hurdler Stretch, ½ kneeling (on its own, with bench, with wall or fence)

Calfs: Calf Stretch (wall)

Upper: Childs pose, Pec Stretch, OH Tricep, Lat Stretch, Cobra