

# Soccer warm-up and stretches

Take ten minutes before playing soccer to properly warm-up your body by following this program.

To start, set up two lines of 5 cones evenly spaced in a straight line with approximately three yards between each cone for a total of 15 yards.

## Slow jog

1 total length, 15 yards.



## High Knees

1 total length, 15 yards.

Bring knees up toward chest while moving in a forward direction.



## Leg swing forward

1 total length, 15 yards.

- Stand upright with back straight and your arms out in front of you.
- Kick right leg up toward your right hand, keeping leg straight and foot flexed.
- Step forward and repeat with left leg, kicking up toward your left hand.
- Continue this repetition, alternating legs with each step.



## Butt kicks

1 total length, 15 yards.

Snap heels up toward buttocks while moving in a forward direction.



## Knee hugs

1 total length, 15 yards.

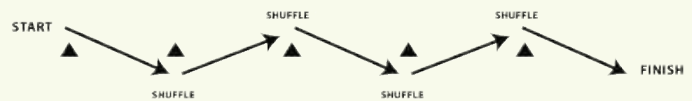
- Stand upright with back straight and your arms out in front of you.
- Kick right leg up toward your right hand, keeping leg straight and foot flexed.
- Step forward and repeat with left leg, kicking up toward your left hand.
- Continue this repetition, alternating legs with each step.



## Shuffle forward through cones

1 total length, 15 yards.

- Facing the cones, begin to shuffle from side to side through the cones.



## Hip rotators

1 total length, 15 yards.

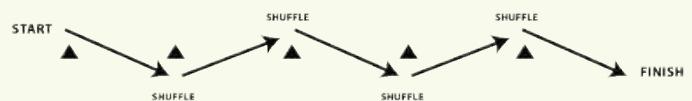
- Standing upright, lift left knee to chest.
- Place both hands under your left shin.
- Pull left leg as close as you can to your chest.
- Keep chest up and perform a calf raise on opposite side.



## Shuffle backward through cones

1 total length, 15 yards.

- Facing away from the cones, shuffle from side to side through the cones at a 45-degree angle



## Forward lunge

1 total length, 15 yards.

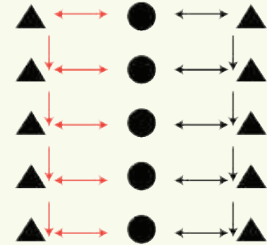
- Stand with legs shoulder width apart.
- Step forward with your foot.
- Squat forward and down onto your leg, leaning trunk forward at a 45-degree angle.
- Return to standing position, step forward and repeat on the opposite side.



## Circling run

1 total length, 15 yards.

- Run forward to the first set of cones.
- Shuffle sideways 90 degrees to the middle.
- Shuffle an entire circle around one other and then return to the cones.
- Repeat for each pair of cones.



## Lateral lunge

1 total length, 15 yards.

- From a standing position with legs shoulder width apart, step out laterally to the right.
- Squat by sitting back and down toward your right leg.
- Return to standing position and repeat on opposite side.



## Skip

1 total length, 15 yards.



## Hip in

1 total length, 15 yards.

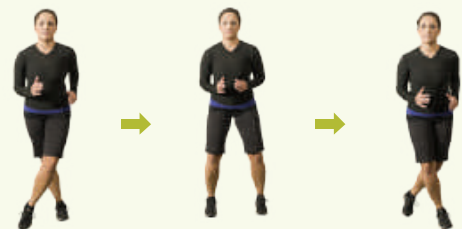
- Jog to the first cone.
- Lift your knee to the side and rotate your hip inwards.
- Jog to the next cone.
- Lift your other knee to the side and rotate your hip inwards.
- Alternate between left and right legs at each cone.



## Carioca

2 total lengths, 30 yards total.

- Face the same direction each length so you are going to your left for one length and to the right for another length.



## Hip out

1 total length, 15 yards.

- Jog to the first cone.
- Lift your knee and rotate your hip outwards.
- Jog to the next cone.
- Lift your other knee and rotate your hip outwards.
- Alternate between left and right legs at each cone.



### Shoulder contact

1 total length, 15 yards.

- With a partner, run forward to the first cone.
- Shuffle sideways 90 degrees to meet in the middle.
- Jump sideways toward each other to make shoulder-to-shoulder contact.
- Make sure you land on both feet with your hips and knees bent.
- Shuffle back to the cone and jog to the next cone and repeat.



### Leg swing across

1 total length, 15 yards.

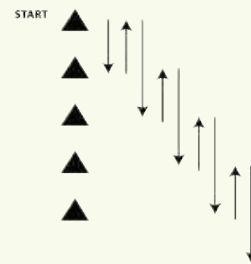
- Stand upright with back straight and your arms out in front of you.
- Kick right leg up toward your left hand, keeping leg straight and foot flexed.
- Step forward and repeat with left leg, kicking up toward your right hand.
- Continue this repetition, alternating legs with each step.



### 2 up 1 back

1 total length.

- Run forward to the second cone.
- Run backward one cone keeping your hips and knees slightly bent.
- Keep repeating the drill, running two cones forward and one cone backward.



### Walking quad with calf raise

1 total length, 15 yards.

- Standing upright, kick right heel back toward buttocks.
- Grab right foot with your right hand.
- Hold for 3 seconds, release right leg and step forward.
- Repeat sequence on left side.



### Backpedal to sprint

2 total lengths, 30 yards.

- Start at the first cone and run backward until you reach the last cone.
- Make a 180 turn and sprint 10 yards.
- Jog back.



### Side shuffle to sprint

2 total lengths, 30 yards total.

- Start at the first cone and side shuffle to the last cone.
- Make a 90 degree turn and sprint 10 yds.
- Jog back and repeat facing the opposite direction.

