

MTSC Game day warm up guidelines

Please note that this is just a guideline for a game day warm up that can be adapted for age/ability of players.

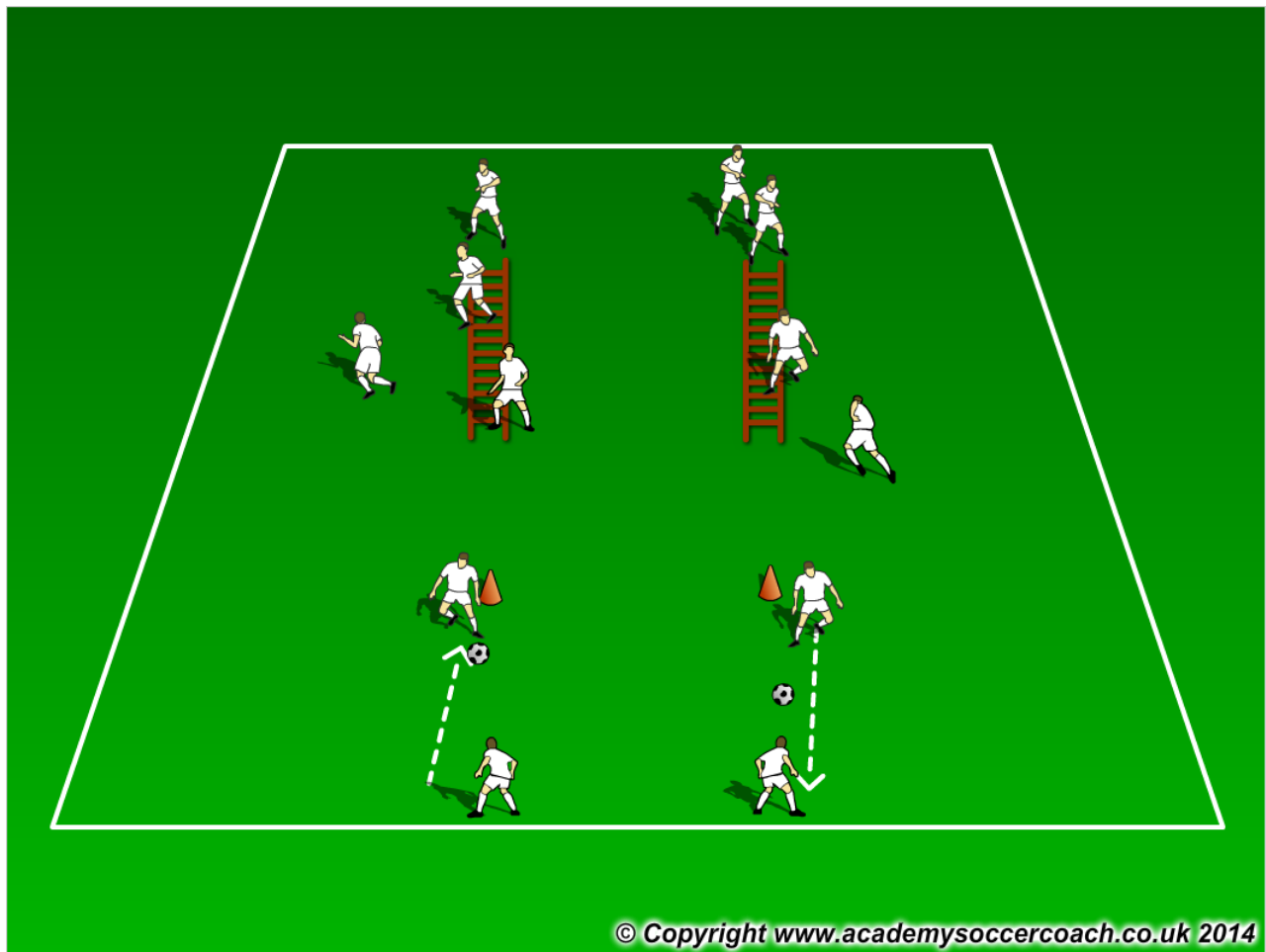
Arrival time: 45 mins to KO

DO NOT conduct static stretches

DO NOT put the players in a line and take shots at goal

IF players arrive early to the game, have them juggle or pass with a team mate **NO SHOOTING**. It's the easiest way to get injured as the player is not sufficiently warmed up yet.

12 mins: start warm up with ball each, dynamic stretches, ladder work, incorporate passes.



Give starting line up to the team, Hydrate players



Starting goalkeeper splits from group and works with Assistant Coach

5 mins: two teams unopposed pass and move with two balls, Hydrate players

5 mins: two teams opposed keep away unlimited touches, Hydrate players

5 mins: two teams opposed keep away 2 touch, Hydrate players

5 mins: referee check in

5 mins: pregame team talk, Give 3 clear goals for the first half DO NOT flood the players' minds with 15 different instructions as they will not apply ANY of them.

5 mins: before game, allow players free time to juggle, pass, long pass, equipment adjust, this time is players choice to prepare for game.

Good luck on the field!