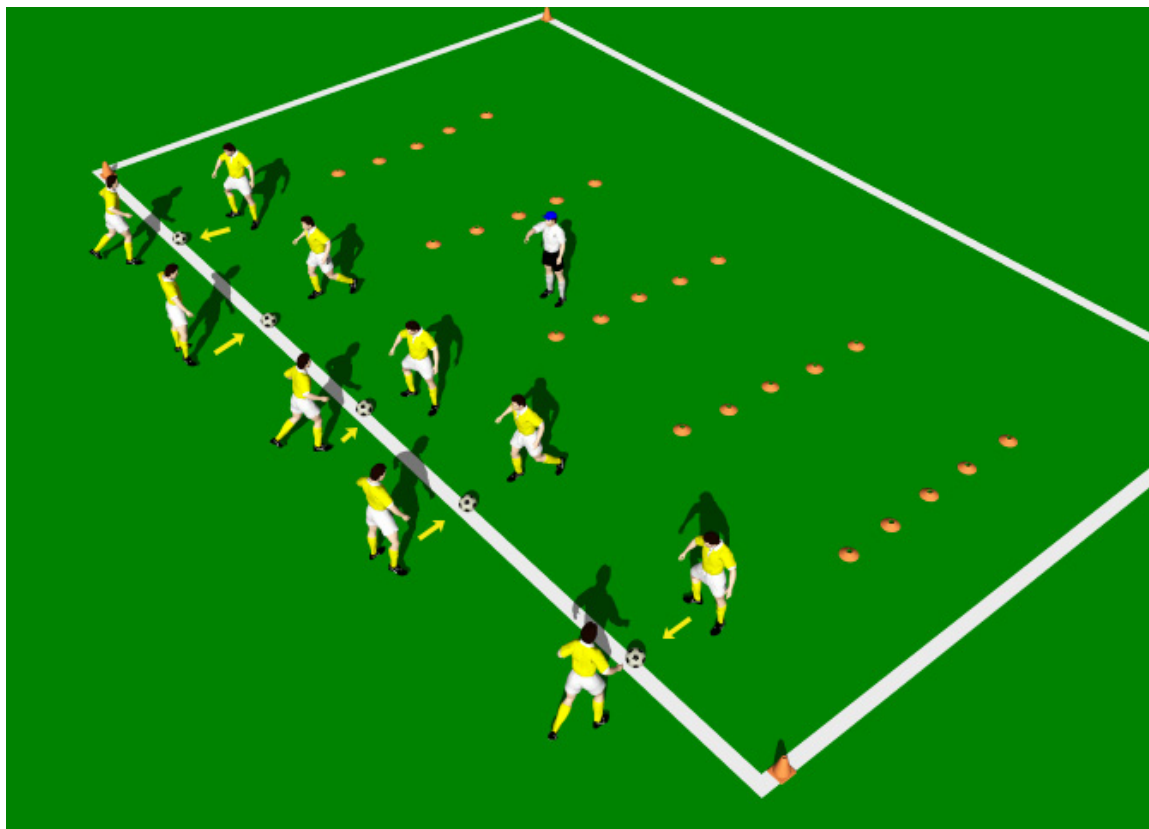


The Everton Warm Up



Objective of the Practice:

This warm up involves **Dynamic Stretching** and **Ball Work**.

Coaching Points:

Divide your player into pairs, one ball per pair. Set a line of 5 cones for each pair for dynamic stretches. The group will alternate every few minutes between dynamic stretching and Ball work.

Ball Work:

1. Speed Passing (2-5 yards apart).
2. Short Passes then one player turns and zig zags through cones. (race)
3. Short Passes then one player turns and zig zags backwards through cones. (race)
4. Tape Ball and Head back. Sprint through cone on coach's whistle.

Dynamic Stretching:

1. Slow jog around end cones.
2. Side to Side Skip.
3. High Kicks.
4. Thigh, Chest, Clap.
5. Chest Pulls.
6. Lunges.
7. Groin stretch inside (close the gate).
8. Groin stretch outside (open the gate).