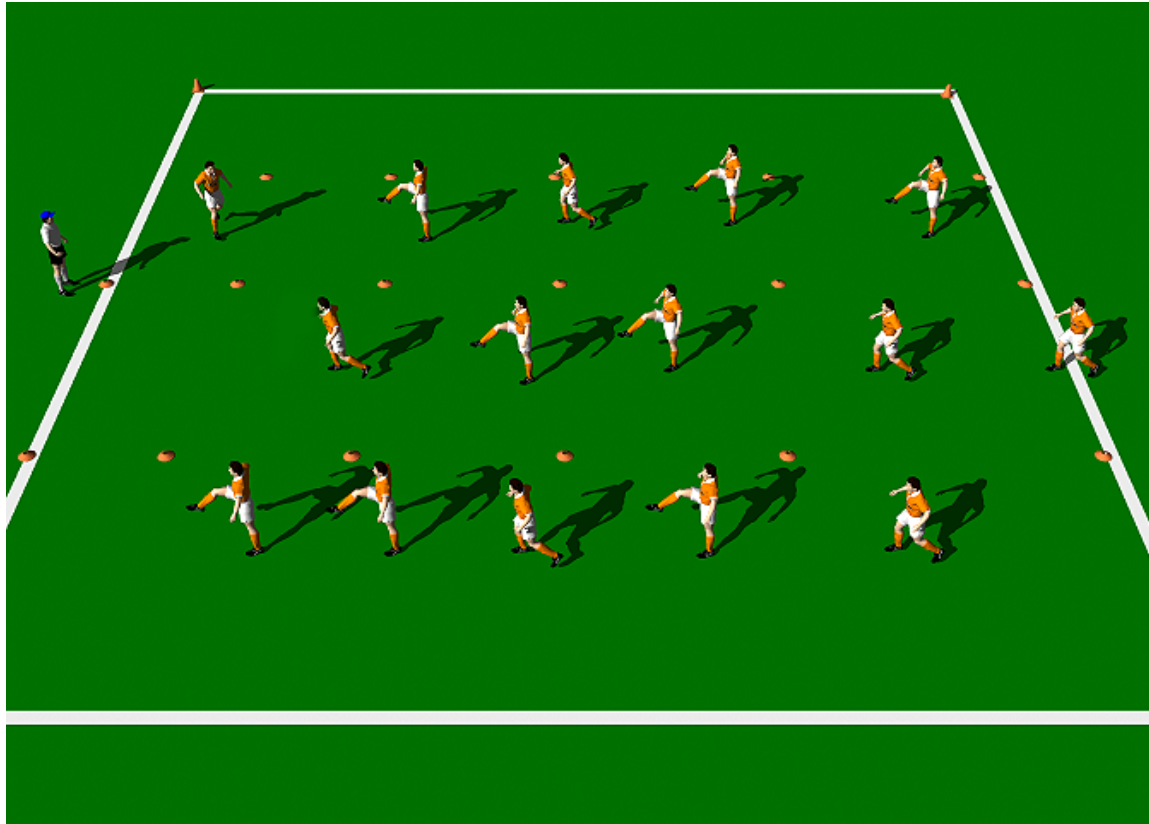


Large Group Warm Up



Exercise Objectives:

This is an example of how to conduct a warm up when dealing with a large group of players.

Coaching Pointers:

Place all players in an area 20x20 yards. Make several lanes with cones and place a group in each lane, as in the diagram above.

Have players perform the following warm up sequence:

1. Slow Jog
2. Carioca's
3. High Kicks
4. Lunges
5. Sky Stretches
6. Groin Stretches
7. Chest Stretch
8. Heel & Knees Clap
9. Thigh, Chest, Up
10. Side Step and Sprint
11. Forward and Backwards Sprints
12. Knees Up and Sprint