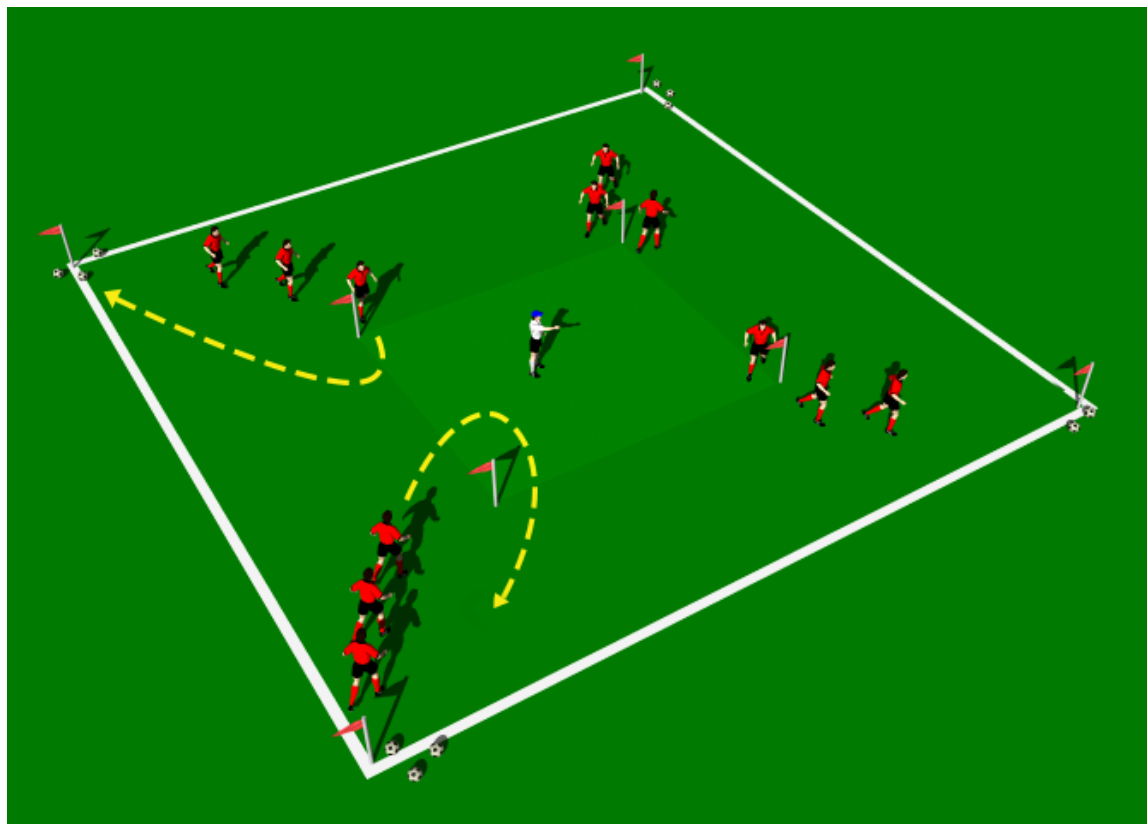


## Man United Warm Up



### **Exercise Objectives:**

The Man United warm up emphasizes ball work and dynamic stretching.

### **Coaching Pointers:**

Place four groups in an area 15x15 yards. One group and balls in each corner. An inner square is marked off with cones or flag poles.

### **The warm up is conducted in the following sequence:**

- Start with a slow jog around the flag poles.
- Each group must perform their own dynamic stretches. See which group is the most creative and coordinated.
- Players dribble ball around flag pole and back. Use inside and outside of the foot to turn.
- Players spin on the ball as they dribble around the flag pole.
- Drag the ball around the cone using the left and right foot.
- Player dribbles around flag pole, then passes ball to the next player in their group and sprints back.
- Player dribbles around flag pole, then passes ball to the next player in their group and sprints diagonally to the corner to their left.
- Player dribbles around flag pole, then passes ball to the next player in their group, performs a "Give and Go" and sprints diagonally to the corner to their left.
- Player dribbles around flag pole, then passes ball diagonally to the corner to their left then sprint back to their corner.
- On coach's whistle, one player in each group dribbles the ball into the center square. On the second whistle they dribble back as fast as possible.

### **Suggested Dynamic Stretches:**

1. Warm Up Jog
2. Sky Stretch
3. Lunges
4. Side Steps
5. Carioca's
6. Zig Zag Forward
7. Zig Zag Sideways
8. Zig Zag Backwards (chest above knees)
9. Bunny Hops
10. Rainbows
11. Groin stretch inside (Close the gate)
12. Groin stretch outside (open the gate)