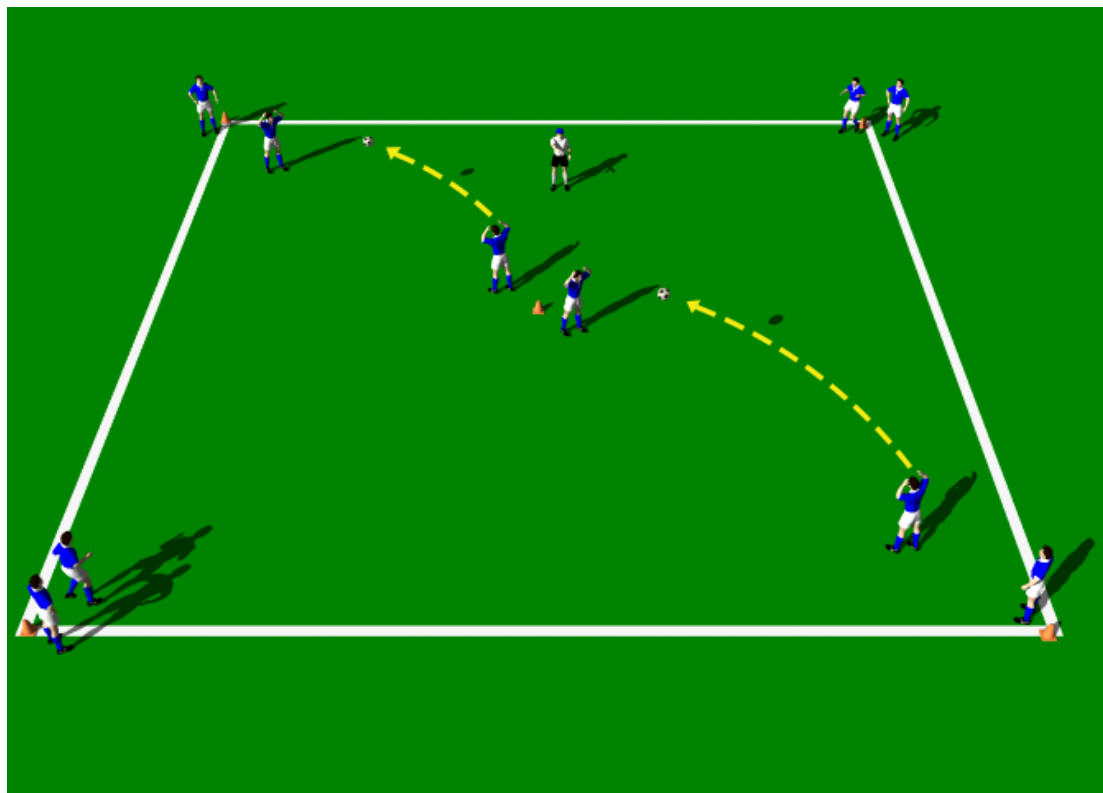


The Arsenal Warm Up



Exercise Objectives:

The Arsenal warm up activity includes a variety of exercises, with and without the ball.

Coaching Pointers:

Position your entire group in a circle inside a square approximately 20x20 yards. Place 2 players in the center of the square and players in each corner (as in the diagram above).

The players perform the warm up in the following sequence:

- Players start of by throwing the ball overhead, like a throw in.
- Players head the ball from their hands.
- Players perform Groin stretches.
- Players now throw the ball and receive a service to head back.
- Players now run with the ball.
- Players perform Calf stretches.
- Players perform High Kicks.
- Groin stretch inside (close the gate).
- Groin stretch outside (open the gate).
- Players Pass, receive a set up pass and pass again.