



Amherst Soccer Coaches Corner

10.22.11

General Warm-Up Routine

Start with 2 cones 20 yds. apart

Striders

Repeat 2 times each, down and back is 1
25%, 50%, 75%

Coordination/ Movement Skills

Repeat 1 time down & back

Serpentine Run
Forward Low Skip
Side Shuffle Up Tall
Carioca Short & Quick
Forward High Skip
Side Shuffle Down Low
Carioca Long Stride
Sprint Down – Jog Back

In-Place Hops

Repeat 10 times each

Forward – Backward
Side – Side
Rotations

Repeat 5 times

Vertical Jump for Height

Lunge Series

Repeat 3 times each

Hands on Hips, Reach to Knee, Reach to Floor

Forward Right – Forward Left
Side Right – Side Left

Tip Sheet



Striders –

Set the team up into 2 lines. Have 2 of the faster athletes on the team in front to set the tempo for the striders.

25% Strider – should be 25% of their maximum sprint

50% Strider – should be 50% of their maximum sprint

75% Strider – should be 75% of their maximum sprint

Coordination/ Movement Skills

Serpentine Run – lean into the curves, let your arms swing

Forward Low Skip – Relaxed arm swing, making sure there is motion through the hip, knee and ankle

Side Shuffle Up Tall - Feet do not slap together, hips and shoulders square, feet stay parallel, allow your arms to swing

Carioca Short & Quick – Short steps, Hips rotate side to side, allow arms to swing for balance

Forward High Skip – Drive knee hip height or higher, let arms swing

Side Shuffle Down Low – Start in the Ready Stance Position, keep knees bent, no foot slap, hips & shoulders square, feet stay parallel

Carioca Long Stride – Long steps, hips rotate side to side, allow arms to swing for balance

Sprint Down / Jog Back – Focus on quality of sprint, good posture – arm action swing comes from the shoulder – leg action.

In-Place Hops –

Start in the ready stance position – with feet shoulder width apart – keep shoulders aligned over hips – always return to start position

Forward to Backward – quick & controlled feet, allow arms to help balance

Side to Side – feet, hips, shoulders stay square – again quick & controlled

Rotation – motion comes from the turning of the hips, control the motion

Vertical Jumps – Allow arms to swing front-back, jump straight up for height, soft landing – making sure the hip, knee and ankle bend

Lunge Series –

Forward Right – Forward Left – The goal is to lunge out as far as your leg is long, keep the back leg straight, stay in an upright position, making sure you put your weight through the heel you are lunging on to and push through the heel when you lunge back.

Side Right to Side Left – When lunging out to the side make sure the lead foot stays parallel, drop your hips back, putting your weight through the heel and pushing back up through heel.

