



The Soccer 90 Program

90 Days to Soccer Excellence

Warm Up Drills

Pretty much every athlete and coach, no matter what the sport, understands the importance of a good warm up. Getting the muscles warm and ready will not only reduce injury problems, but will put the players in the best physical state to begin competing right from the gun.

Should You Stretch?

The debate has raged between soccer coaches for quite some time now as to whether pre-game stretching is beneficial or not.

Traditionally the wisdom was to stretch out before games to prevent injury and improve flexibility. More research has show that pre-game stretching actually reduces speed, endurance, power and performance.

The problem lies with static stretching. Static stretching is the good old fashioned touch your toes kinds of stretches.

Peek performance comes with dynamic stretching. Dynamic stretching involves doing movements related to your sport to warm up the muscles and prepare them for the soccer game.

Dynamic stretching is much more effective when it comes to preventing injury as the muscles and joints are put through full motion, specifically related to the tasks they will be forced to perform when the game begins.

Static stretching does have its place, but only after the game or training session. This is a good time to work on improving your flexibility and preventing soreness.

To help you get warmed up and ready for your Soccer 90 program, we recommend running through the following movements:

Jogging - start your warm up with at least 2 minutes of light jogging. On speed and agility days, you will want to increase this to 4-6 minutes.

One you have finished jogging, set up two cones about 15 yards apart. Perform the movements from one cone to the other, and then jog back to the first cone for the next movement.

Lunge Walk - this is good for loosening up the hips, improving leg drive and strengthening the butt and hamstrings. Clasp your hands behind your head and assume a lunge position and step forwards into another lunge. Keep your chest up, look straight ahead. Pause for a moment at the bottom of each step.

Walking Knee Stretch - this is good for loosening up your hamstrings. Step forward with your left leg and then using your hands pull your right knee up to your chest. Hold this position for a 2 count and then step forward with the right leg and repeat with the opposite leg.

Butt Kick - this will help to stretch out the quads and prepare them for action. While jogging slowly, kick your heels up and try to strike your buttocks. This is a quick motion that is aided by moving your arms in concert with the kicks.

Skips Across the Body - warms up the outside of your legs. Skip forward bringing your knee up and across your body. Be sure to keep a good upright position and move your knee across your body, not just your foot.

Carioca - warms up and stretches out your lower back. Run sideways crossing your legs first right over left and the left over right. Do not twist your body, stay forward and let your hips do the work. You can hold out your arms to maintain your balance.

Side Shuffle - shuffle step by bringing your feet together and apart as you move laterally down the line. Do not cross your feet on this drill.

