Pre-game/Practice Warm Up

2017 Edition

Practice and Pre Game Warm Ups

- Form 2 lines side by side and jog together around a half field. Players should work on being uniform and maintaining a tight unit (no gaps between players). All players have ball in stick and are cradling the whole time, switching hands with every turn on the field.
- After jog, players can form line at restraining box, facing towards mid-field
    - Skips (there and back)
    - Back Pedals (small there, large back)
    - Deion's (there and back)
    - Side Shuffles with Arm Movement (one side there, other side back)
    - High Knees (there and back)
    - Butt Kickers (there and back)
    - Dynamic Stretches (each way)
        - Heel Walk
        - Toe Walk
        - Heel/Toe Walk
        - High Knee Pull
        - Quad Stretch
        - Lunge/Hip Flexor/Hamstring

Click HERE to watch video showing these drills

- Sprints – to restraining line, jog back to mid-field, sprint to goal, jog back to mid, sprint to end line jog back to coaches. (This drill should always be done at practice, however, coaches can eliminate this from Pre-Game warmup to keep players fresh)

Pre-Game Warm Up Routine Example

- **Inside out passing / catching drill** – Everyone does this drill. Use these drills to practice moving the ball with both hands both directions, picking up grounds balls, dodging, rolling away from pressure, anything your players will do in a game. The best thing about Inside Out warm-up drills is that they imitate the same distances and positions your players are going to see on the field. It doesn't matter if you use them during practice or before a game, setting up your passing and catching, ground ball, or dodging drills around the goal will give your players more experience in realistic game situations. Plus! Warm up your goalies in the middle while the rest of your players work around the outside. Your goalies must concentrate on the shots coming at them with all the extra activity going on, just like they will see at game time. Use multiple balls to keep things fast paced and get more touches.

Figure 1.) Put all your players in lines behind 5 cones around the goal like you would in a common 2-3-1 formation- two cones up at the top of the goal area box, two on the wings at the edge of the box, and one cone behind the goal at "X". Put all your lines of players *inside the cones* so that they are actually in the middle of the field, close to the goal. This is what makes this drill different from the way you might usually do things.

Figure 2.) Blue 1 will run and pass to Blue 2, moving the ball counter-clockwise around the outside of the goal like you would in a game. This pass to Blue 2 across the top of the box is the same position and distance that your midfielders will throw in games. Blue 1 can practice his left-to-

right Split Dodge before he throws, using the other players in his line as "Defenders" to dodge on. Blue 2 will pop out from the front of his line to get open for Blue 1. This is another way to imitate game situations--your players have to move to get open before they catch a pass.

Figure 3.) Keep moving the ball around the outside of the goal. Blue 2 will pass from the top of the box down to Blue 3 on the wing. Blue 3 will pass to Blue 4 behind the goal at X, to Blue 5 on the other wing and back to the top of the box to Blue 6. These are all passes your players will make in games. **All players should follow their pass to the end of the line they passed to.** Because the lines are inside, in the middle of the field, your players are also practicing cutting to the goal after they pass. Tell them don't jog – SPRINT!

Figure 4.) Practice the Roll Dodge, Roll Away or Ground Balls. Use this same set up to practice catching, or scooping, turning to the outside away from pressure so the stick is protected by the body, and moving the ball right away to the open teammate. Again, all players should pop out from the front of their line to get open, move their feet to catch and throw, and follow their pass to the line they passed to, cutting to the goal.