



## 5 MINUTE WATER BREAK

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 5 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Water breaks are perfect for hydrating players and allowing them to rest during practice.

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### DRILL DESCRIPTION:

Have your players take 5 minutes and rest, while consuming water from designated areas.

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### SKILLS PRACTICED:

- Conditioning
- 

### VARIATIONS:

Add Gatorade or a sport drink to allow for a variety.

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## 5 MINUTE STATIC STRETCH

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 5 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

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### DRILL DESCRIPTION:

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left  
Seated Right Leg out, Left Leg Out, Butterfly's, etc.

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### SKILLS PRACTICED:

- Warm Up
  - Conditioning
- 

### VARIATIONS:

Vary the exercises to allow the players a change of pace.

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## 5 MINUTE ACTIVE STRETCH

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 5 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Active Stretching allows players to stretch while doing activity, which avoids stretching cold muscles. This warm up is suggested for players at the beginning of each practice and the end of each practice.

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### DRILL DESCRIPTION:

Have your players line up in a straight line and give them a series of active stretches that they can do, examples are below:

Walking Stretches, Lunges, Walking Squats  
Leaps, Bounds, Hops, Jumps, Twists

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### SKILLS PRACTICED:

- Warm Up
  - Conditioning
- 

### VARIATIONS:

Vary the exercises to allow the players a change of pace.

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## 3 MINUTE WATER BREAK

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 3 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Water breaks are perfect for hydrating players and allowing them to rest during practice.

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### DRILL DESCRIPTION:

Have your players take 3 minutes and rest, while consuming water from designated areas.

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### SKILLS PRACTICED:

- Conditioning

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### VARIATIONS:

Add Gatorade or a sport drink to allow for a variety.

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## 15 MINUTE TEAM BUILDING

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 15 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Team building exercises can help your team and players work together to achieve a common goal, and come closer through the exercise.

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### DRILL DESCRIPTION:

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left

Seated Right Leg out, Left Leg Out, Butterfly's, etc.

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### SKILLS PRACTICED:

- Conditioning

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### VARIATIONS:

Add a fun factor to the team building.

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## 10 MINUTE WATER BREAK

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Water breaks are perfect for hydrating players and allowing them to rest during practice.

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### DRILL DESCRIPTION:

Have your players take 10 minutes and rest, while consuming water from designated areas.

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### SKILLS PRACTICED:

- Conditioning
- 

### VARIATIONS:

Add Gatorade or a sport drink to allow for a variety.

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## 10 MINUTE STATIC STRETCH

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

---

### OBJECTIVE:

Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

---

### DRILL DESCRIPTION:

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left  
Seated Right Leg out, Left Leg Out, Butterfly's, etc.

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### SKILLS PRACTICED:

- Warm Up
  - Conditioning
- 

### VARIATIONS:

Vary the exercises to allow the players a change of pace.

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## 10 MINUTE ACTIVE STRETCH

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

---

### OBJECTIVE:

Active Stretching allows players to stretch while doing activity, which avoids stretching cold muscles. This warm up is suggested for players at the beginning of each practice and the end of each practice.

---

### DRILL DESCRIPTION:

Have your players line up in a straight line and give them a series of active stretches that they can do, examples are below:

Walking Stretches, Lunges, Walking Squats  
Leaps, Bounds, Hops, Jumps, Twists

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### SKILLS PRACTICED:

- Warm Up
  - Conditioning
- 

### VARIATIONS:

Vary the exercises to allow the players a change of pace.

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