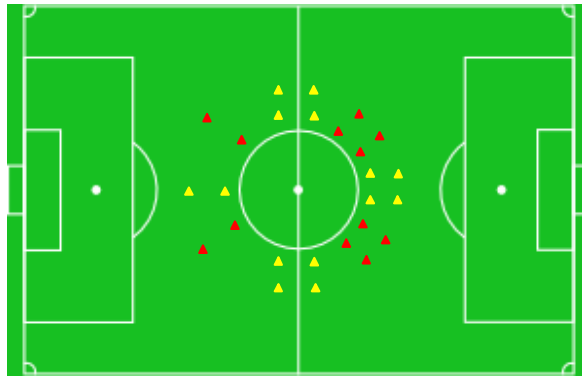


## THE NEW ZEALAND FOOTBALL WARM-UP

Set up the pitch as shown below – creating either squares or lines on the outside of the centre circle. Cones should be 2-3 metres apart. The set up below would accommodate 16 players but there is space for many more.

Organise your players in to pairs, with a ball between two. Player 1 starts on a cone with the ball, while Player 2 stands on the edge of the centre circle facing the middle.



### Phase 1

The first phase of the warm-up is designed to raise body temperature and improve ball skill:

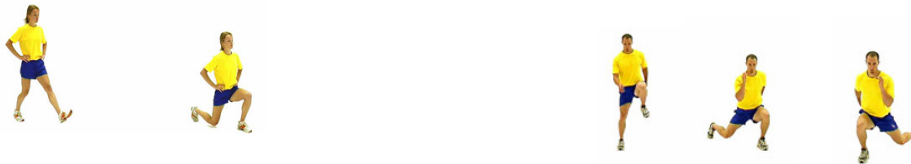
- 🏆 Pick 5 skills and 5 movement patterns (see examples in table below) - Player 1 practices the skill around their square (or between their cones) while Player 2 moves in and out of the centre circle, then swap
- 🏆 Movements should be performed both forwards and backwards, to challenge balance and coordination
- 🏆 Start slowly and emphasise good movement technique – stay tall (don't sink at the hips) and keep hips, knees and ankles in line

	Example Movement Patterns	Ball Manipulation
Phase 1	Jog - fwd in/bwd out x 2	Skill 1
	Side shuffle in/out x 2	
	Swap	
	Jockey - fwd in/bwd out x 2	Skill 2
	Carioca in/carioca out x 2	
	Swap	
	Skip - fwd in/bwd out x 2	Skill 3
	Skip and kick - fwd in/bwd out x 2	
	Swap	
	Hurdle in - fwd/bwd x 2	Skill 4
	Hurdle out - fwd/bwd x 2	
	Swap	
	Heel flick cycles in / knee outs back x 2	Skill 5
	Straight leg kicks - fwd/bwd x 2	
	Swap	

**Phase 2:** To reduce stiffness and increase range of movement, in a football specific way. Lunging exercises also help develop leg strength.

All players can work at the same time during this phase.

	Example Dynamic Movements
<b>Phase 2</b>	Walking lunges (progress to including upper body twist) - fwd/bwd x 2 (alternate players)
	Diagonal walking lunges - fwd/bwd x 1 (alternate players)
	Leg swings - toe in/toe out (progressions)
	Dynamic calf stretch
	Trunk rotations



**Phase 3:** To improve leg strength and power but also stability, balance and coordination

Each movement is performed in a forward and backward direction, with a focus on technique and hip, knee and ankle alignment.

	Example Movements
<b>Phase 3</b>	Diagonal leap and holds – fwd/bwd (alternate players) x 2
	Hop, hop, squat – fwd/bwd (alternate players) x 2
	Run in, land on one leg, hold then run out (alternate players) x 2 on each leg

**Phase 4:** To prepare players for intense activity

Activity gets more explosive, building to maximal intensity by the end

Players 1 and 2 should take turns to move in to and out of the circle, using a variety of movements. This phase can finish as a race.

	Example Explosive Movements
<b>Phase 4</b>	Run in, bwd out (alternate players) x 2
	Run in, back pedal 2 steps, turn and run out (alternate players) x 2
	Run in, turn and run out (alternate players) x 2

**Phase 5:** To develop the strength of two crucial muscles groups (calves and hamstrings).

Footballers tend to have strong quadricep muscles (front of the thigh), but relatively weak hamstrings (back of the thigh). Nordic Hamstrings is one of the best hamstring exercises.

Ideally, these exercises would be done outside of training but if not, include them here.

	Example Exercises
<b>Phase 5</b>	Nordic Hamstrings
	Heel raises

