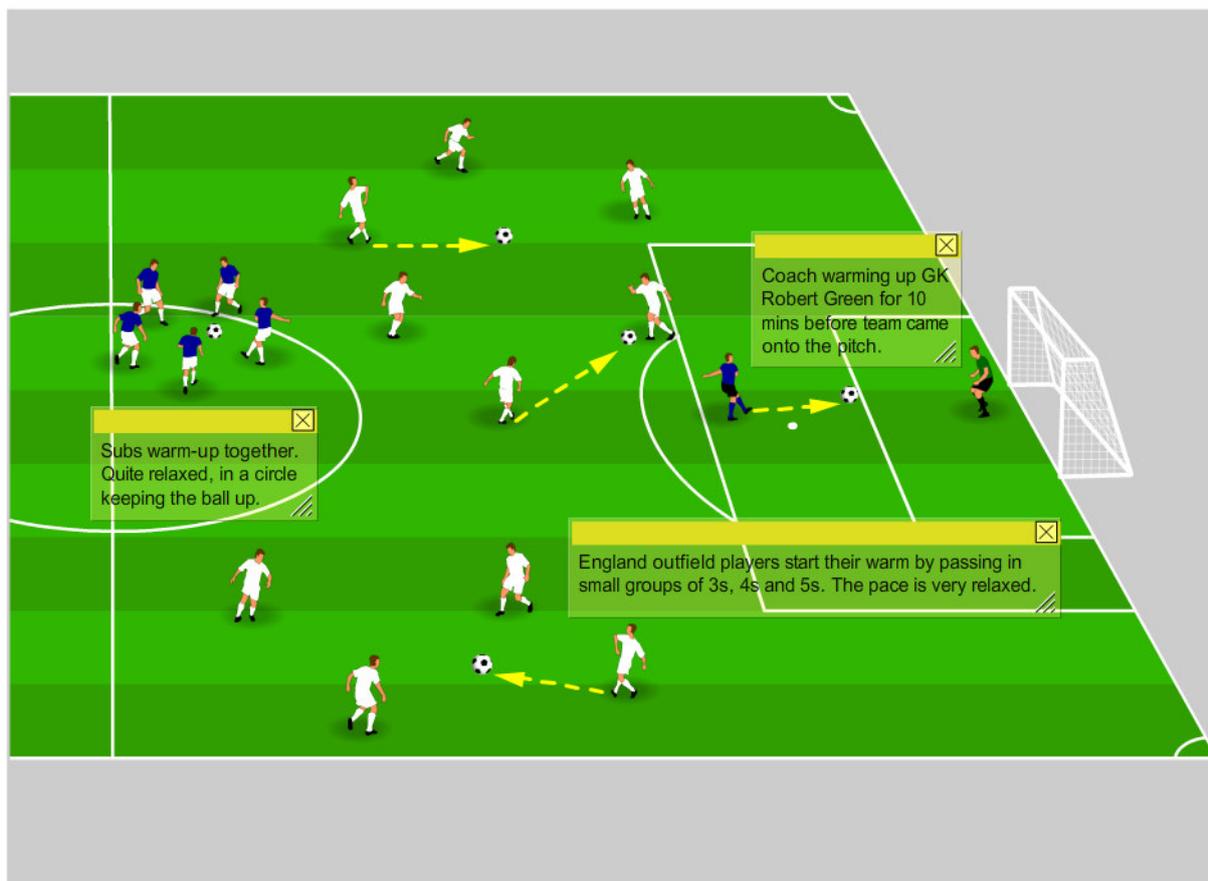


England National Team Pre-Match Warm-up 1 of 7



Date:	5 Sept. 2009	Measurement:	Half Field
Time:	4:50pm	Players:	8+
Duration:	3 mins	Level/Age Group:	9+

Description: England outfield players start their warm by passing in small groups of 3s, 4s and 5s. The pace is very relaxed. Coach warming up GK Robert Green for 10 mins before team came onto the pitch. Subs warm-up together, quite relaxed, in a circle keeping the ball up.

Objective: To demonstrate step-by-step England National team pre-match warm-up. Observed by Coach George at Wembley Stadium - England v Slovenia.

Coaching Points:

Progression: See Warm-up part 2 of 7

Notes:



STEP 2 of 7

Duration: 7 min

In a straight line the players run across the field from touchline to touchline. They do various excercises, such as side-to-side steps, skips, knees up, flick heels, change of speed etc...

Subs pass and move.

Coach continues to warm-up the GK.



STEP 3 of 7

Duration: 5 min

The coach quickly organises the players in a circle who perform various excercises and stretches. The excercises are at a high tempo, players were constantly jogging on the spot while they react to the coach commands involving fast footwork and resistant stretches.



STEP 4 of 7

Duration: 4 min

The players continue to run across the field from touchline to touchline. This time, running at variable speeds such as half-pace and three-quarter pace. Following this, the players stretch.



STEP 5 of 7

Duration: 5 min

Players play high tempo 5v5 keep-ball in 20x15 yard area



STEP 6 of 7

Duration: 5 min

Players pair up. On the coaches command players very quickly weave through the red cones then sprint to yellow cones. The start and end of the yellow cones are positioned at 10-15 yards apart.

The sprints vary by facing the front, left, right and backwards weaving through cones before facing forward to sprint.



STEP 7 of 7

Duration: 8 min

Back four defenders; Cole, Terry, Upson and Johnson pass and move with different combinations, long and short.

Three midfielders; Barry, Wright-Philips, and Gerrard or Lampard pass & move

Two strikers; Rooney, Hesky and 1 or 2 midfielders Lampard or Gerrard shoot at goal