

Real Valladolid CF 1st Team Warm-up Session



Date: 2/Apr/2011 **Measurement:** Half a Pitch
Time: 16 : 30 **Players:** 10
Duration: 04 **Level/Age Group:** 18+ (Professional)

Description: Observed by Coach George from SoccerTutor.com.

Real Valladolid CF 1st Team Fitness Coach Fernando Gaspar

sets the players out to spend a few minutes warming themselves up.

Objective:

**Coaching
Points:**

Progression:

Real Valladolid CF 1st Team Warm-up Session



Date: 2/Apr/2011

Measurement: 10 x 20 Yards

Time: 16 : 34

Players: 10

Duration: 03

Level/Age Group: 18+ (Professional)

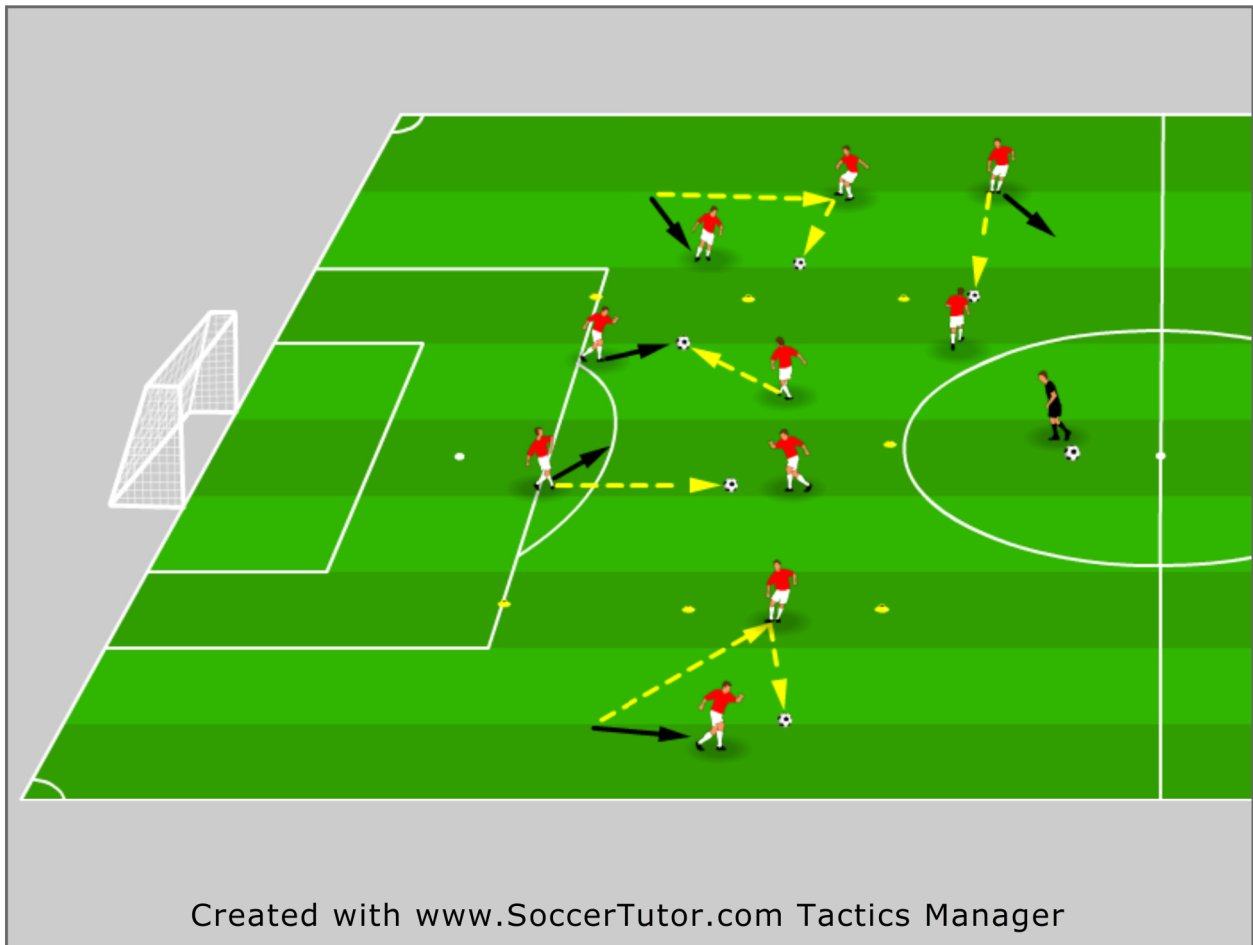
Description: Fitness Coach Fernando Gaspar quickly gathers the players in pairs to perform various dynamic movements which include: "Lateral steps forward and backwards", "short quick steps followed by kick to left (repeat with kick to right...)", "skipping with high arms", "jump followed by quick forward sprint", "three-quarter pace straight 20 yard runs (2 times)". Players then stretch..

Objective: WATCH THE VIDEO TO FULLY APPRECIATE THE DYNAMIC MOVEMENTS

Coaching Points:

Progression:

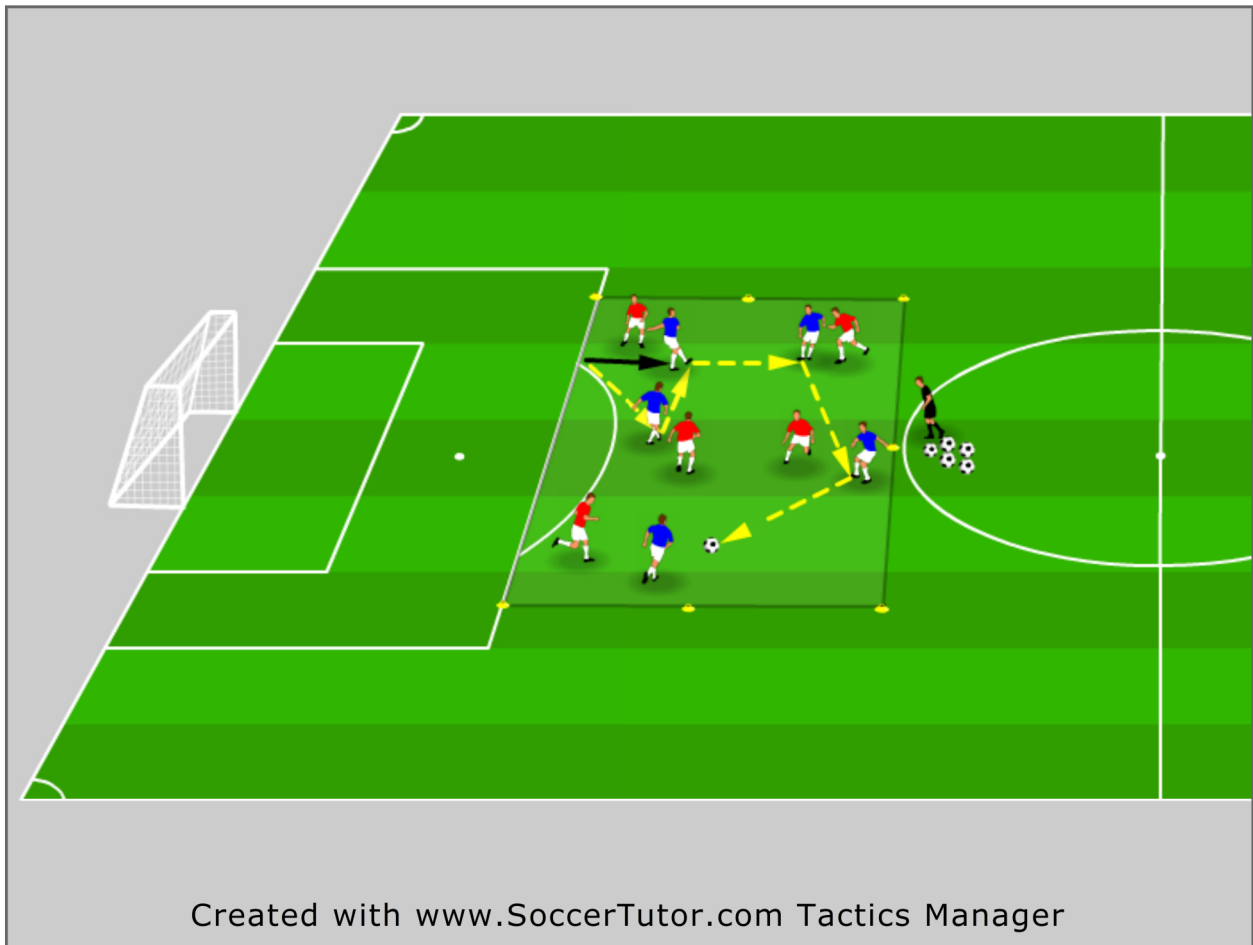
Real Valladolid CF 1st Team Warm-up Session

**Date:** 2/Apr/2011**Measurement:** Half a Pitch**Time:** 16 : 38**Players:** 10**Duration:** 05**Level/Age Group:** 18+ (Professional)**Description:** Real Valladolid CF 1st Team Fitness Coach Fernando Gaspar instructs the players to pass and move in 2s.

- The players start with short and sharp passing and moving.
- Players then progress with long passing and control

Objective:**Coaching****Points:****Progression:**

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Created with www.SoccerTutor.com Tactics Manager

Date: 2/Apr/2011**Measurement:** 30 x 40 Yards**Time:** 16 : 44**Players:** 10**Duration:** 05**Level/Age Group:** 18+ (Professional)**Description:** Real Valladolid CF 1st Team Fitness Coach Fernando Gaspar splits the players into two teams to play 5 v 5 in the pre-marked area of approximately 35 x 25 yards.

- The pace is quick and players pass and move with limited touches.
- After 1-2 minutes, Coach Fernando stops the game for players to stretch before restarting the game.

Objective:**Coaching
Points:****Progression:**

Real Valladolid CF 1st Team Warm-up Session

**Date:** 2/Apr/2011**Measurement:** 10 x 10 Yards**Time:** 16 : 52**Players:** 10**Duration:** 01**Level/Age Group:** 18+ (Professional)**Description:** Fitness Coach, Fernando Gaspar quickly gathers the players at angle in a single file.

On his command the player facing him has to jump up as if to head the ball then sprints around Coach Fernando before going back to the end of the line.

Objective: WATCH THE VIDEO TO FULLY APPRECIATE THIS EXERCISE**Coaching
Points:****Progression:**

Real Valladolid CF 1st Team Warm-up Session

**Date:** 2/Apr/2011**Measurement:** 10 x 10 Yards**Time:** 16 : 53**Players:** 10**Duration:** 01**Level/Age Group:** 18+ (Professional)**Description:** Fitness Coach Fernando Gaspar stands with his hands behind his back and instructs the players to sprint straight towards him.

Just before the players approach him, Coach Fernando points (signals) to the left or right and players have to immediately react changing in that direction.

Objective: WATCH THE VIDEO TO FULLY APPRECIATE THIS EXERCISE**Coaching
Points:****Progression:**

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**Date:** 2/Apr/2011**Measurement:** Half a Pitch**Time:** 16 : 54**Players:** 11**Duration:** 02**Level/Age Group:** 18+ (Professional)

Description:

- Players end the session with forwards shooting on goal before exchanging a give and go.
- Some of the players were passing and moving
- Other players were stretching

Objective:**Coaching
Points:****Progression:**