

Tottenham Hotspur Pre-Match Warm-up 1 of 11



Date: 20 Sept 2009

Time: 2:30pm

Duration: 5 mins

Measurement: Half Field

Players: 12+

Level/Age Group: 12+

Description: 10 outfield starting players start by warming individually doing various exercises, such as side-to-side steps, skips, knees up, flick heels etc... Subs warm-up together, pass and move. Coach warms up GK.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 2 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 2 of 11



Date: 20 Sept 2009

Time: 2:33pm

Duration: 3 mins

Measurement: Half Field

Players: 12+

Level/Age Group: 12+

Description: The starting 10 outfield players perform resistant stretching exercises responding to commands from the coach. Subs warm-up together in their group. Coach continues to warm up GK.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 3 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 3 of 11



Date: 20 Sept 2009

Time: 2:35pm

Duration: 2 mins

Measurement: Half Field

Players: 12+

Level/Age Group: 12+

Description: Players in 2s start on the goal-line and on coaches command, they run to cones marked 20 yards away, just beyond the 18 yard line.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 4 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 4 of 11



Date: 20 Sept 2009

Measurement: Half Field

Time: 2:38pm

Players: 12+

Duration: 3 mins

Level/Age Group: 12+

Description: Players progress with 2 reps each of zig-zag movements - front ways, side ways and backwards, from the goal line to the 2nd set of cones 4 yards away and then run half-pace to cones marked 20 yards away, just beyond the 18 yard line.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 5 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 5 of 11

**Date:** 20 Sept 2009**Measurement:** Half Field**Time:** 2:41pm**Players:** 12+**Duration:** 3 mins**Level/Age Group:** 12+**Description:** Players in circle performing resistant stretches exercises from commands of the coach. Subs pass and move in their own group.**Objective:** To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.**Coaching Points:****Progression:** See Warm-up part 6 of 11**Notes:**

Tottenham Hotspur Pre-Match Warm-up 6 of 11

**Date:** 20 Sept 2009**Measurement:** Half Field**Time:** 2:45pm**Players:** 12+**Duration:** 4 mins**Level/Age Group:** 12+

Description: With marked out min pitch, 5 players put on vests inside the area. The remaining 5 players are positioned on the outside. Players inside dribble and also play wall passes with players on the outside. Players change roles after 2 minutes.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 7 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 7 of 11

**Date:** 20 Sept 2009**Measurement:** Half Field**Time:** 2:49pm**Players:** 12+**Duration:** 4 mins**Level/Age Group:** 12+

Description: Players play 4 v 4 in middle, with 2 target players, Defoe and Keane playing in each end-zone. Team scores by passing to the target player and then that team maintains possession and plays the other way.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 8 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 8 of 11



Date: 20 Sept 2009

Measurement: Half Field

Time: 2:51pm

Players: 12+

Duration: 2 mins

Level/Age Group: 12+

Description: Coach works with the 2 CBs. 8 Yards apart the coach serves the ball for defender to head back. After 2 mins they progress to 20 yards. Then the CBs practice receiving from 20 yards and play back to the coach.
 The rest of the outfield players pass and move in 2s.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 9 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 9 of 11

**Date:** 20 Sept 2009**Measurement:** Half Field**Time:** 2:53 pm**Players:** 12+**Duration:** 2 mins**Level/Age Group:** 12+

Description: Players run towards the middle of the circle and back out again performing resistant stretches exercises from commands of the coach. Subs pass and move in their own group.

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 10 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 10 of 11

**Date:** 20 Sept 2009**Time:** 2:55pm**Duration:** 2 mins**Measurement:** Half Field**Players:** 12+**Level/Age Group:** 12+

Description: On the coaches command, players sprint from the goal line to the 2nd set of cones 5 yards away. 4-6 reps each.

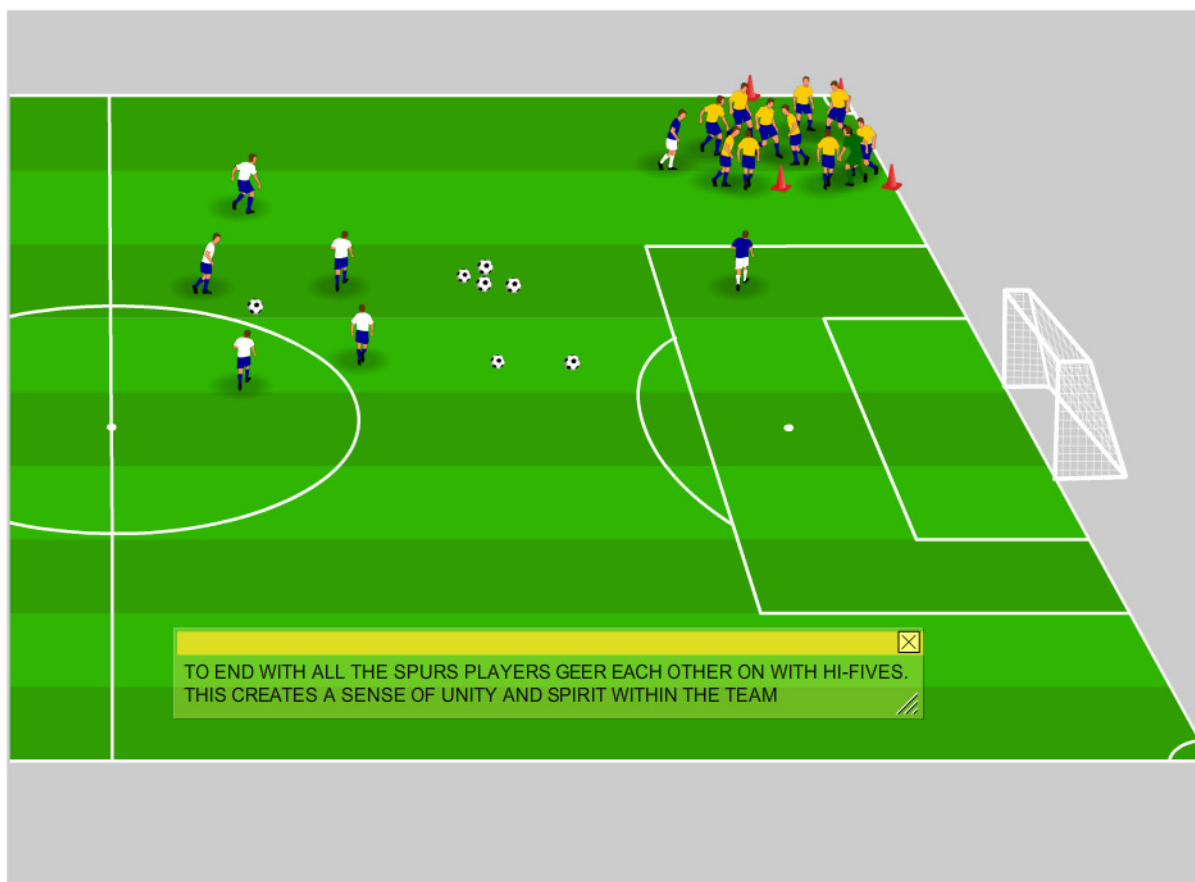
Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: See Warm-up part 11 of 11

Notes:

Tottenham Hotspur Pre-Match Warm-up 11 of 11

**Date:** 20 Sept 2009**Measurement:** Half Field**Time:** 2:55pm**Players:** 12+**Duration:** .**Level/Age Group:** 12+

Description: TO END WITH ALL THE SPURS PLAYERS GEER EACH OTHER ON WITH HI-FIVES. THIS CREATES A SENSE OF UNITY AND SPIRIT WITHIN THE TEAM

Objective: To demonstrate step-by-step pre-match warm-up by Tottenham Hotspur First team vs Chelsea at Stamford Bridge.

Coaching Points:

Progression: null

Notes: