



# Tactics Manager



**Coach:** Coach George  
**Club:** SoccerTutor.com  
**Role:** Coaching Director  
**Qualf:** UEFA 'B' (United Kingdom)

**Date:** 11/Nov/2015      **Duration:** 00:30 min  
**Time:** 19h 15m      **Age/Level:** 18+

**Objective:** To learn how a top team prepares for a pre-match warm-up

## West Ham United FC 1st Team Warm-Up Session

### West Ham United FC - Pre-Match Warm-Up Session 1 of 8



#### Description:

This West Ham United FC premier league pre-match (vs Newcastle United at 8pm KO) warm-up session was observed by George from SoccerTutor.com on Monday 14th Sep 2015.

45 min before KO, 3 goalkeepers and a coach start their warm-up (typical exercises and stretching) within the penalty area before moving to the practice goal for basic ball handling.

#### Progression:

35 mins before KO, the 10 outfield players start their warm-up; for 3 mins some players pass and move, some players had a ball at the feet and others performed exercises without a ball.

### West Ham United FC - Pre-Match Warm-Up Session 2 of 8



#### Description:

The Coach issues bibs to 5 players (4 defenders + Def. midfielder) (1 min).

All 10 players then perform stretching exercises on the ground for 2 mins.

The Coach strikes low balls from the right and left angle towards the far and near post.

All 7 Subs casually keep the ball up.



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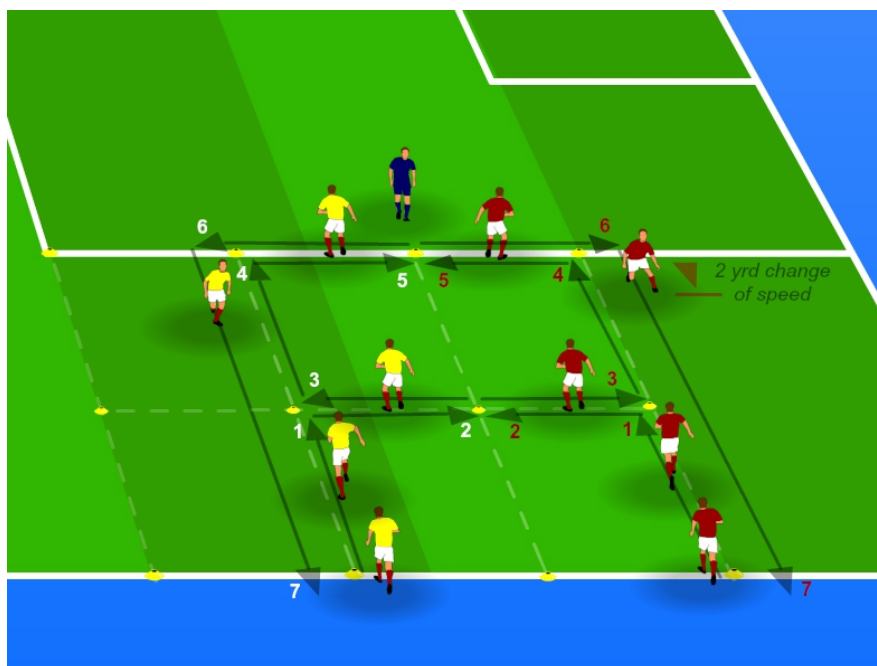
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## West Ham United FC 1st Team Warm-Up Session

### West Ham United FC - Pre-Match Warm-Up Session 3 of 8



#### Description:

The Coach splits the 10 players into 2 even groups.

The Coach instructs the players to perform 6 sets of various warm-up exercises in the sequence presented in the diagram and the accompanied Video clip.

#### Coaching Points:

The various warm-up exercise movements consist of; high knees, side-to-side, backwards, over the gate, brazilian steps, high leg kicks, high skips.

See accompanied Video clip for detailed presentation.

[PLAY VIDEO](#)

### West Ham United FC - Pre-Match Warm-Up Session 4 of 8



#### Description:

The Coach instructs the players to get into pairs facing opposite to the side and perform dynamic leg kick swinging exercises for 1 min (30 seconds each leg).

The players follow this with a 50 yard 3/4 pace run to the half-way line.

The GK catches from GK server before saving from the Coach who strikes at angle.



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## West Ham United FC 1st Team Warm-Up Session

### West Ham United FC - Pre-Match Warm-Up Session 5 of 8



#### Description:

5 v 5 in 20 x 15 yard area with 2 coaches as support at either end. It's a tight area, so the players play quick but no tackles are made.

PLAY - 2 mins > REST - 1 min > PLAY - 2 mins

#### Progression:

GK - the Coach strikes at different angles for 2 mins.  
 After 2 mins, the Sub GK and Coach (C2) serve crosses from left and right flanks for the GK to catch.

### West Ham United FC - Pre-Match Warm-Up Session 6 of 8



#### Description:

The players perform match related tasks which is related to their respective playing positions;

- CB's pass short and long, low and high passes and headers
- Full backs pass and move.
- Def mid. pass short and long
- Att. Mid., Wingers and Striker pass and shoot on goal, served by the Coach who puts passive pressure on player before dribbling and shooting.

#### Progression:

One of the GK's practices their kicking with support of 2 coaches.



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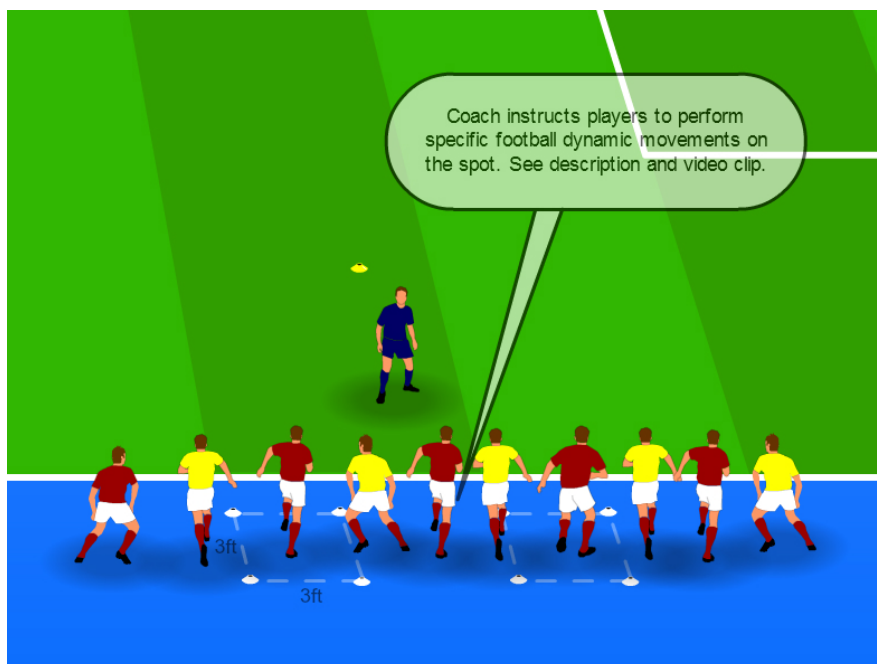
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## West Ham United FC 1st Team Warm-Up Session

### West Ham United FC - Pre-Match Warm-Up Session 7 of 8



#### Description:

Coach instructs players to perform 2 slightly different (2 sets of 4) specific football dynamic movements on the spot (total of 20 seconds):

Players perform 2 quick steps the 3rd step land on 1 foot holding it for 3 seconds.

See Video clip.

PLAY VIDEO

### West Ham United FC - Pre-Match Warm-Up Session 8 of 8



#### Description:

The coach players, 2 groups of 5 next to each 3x3 ft square.  
 A - One player from each group start together moving quickly clockwise within the square; 1, 2, 3 - perform a jump header then sprint to the cone marked as A (4). Players return to the start

B - The same sequence, this time anti-clockwise within the square; 1, 2, 3 - perform a jump header then sprint (4) to the cone marked as B. Players walk in the tunnel... End of Warm-up.

PLAY VIDEO