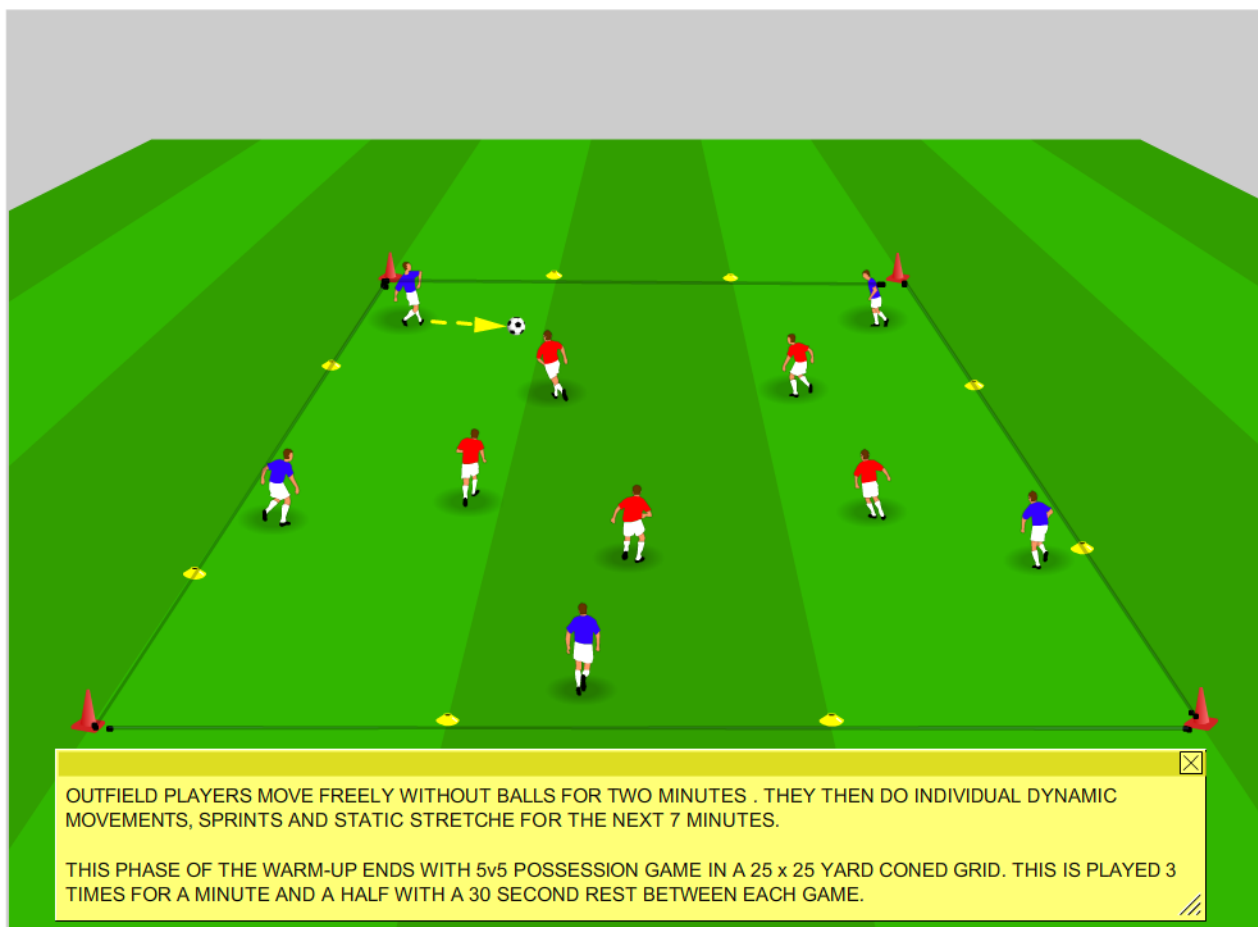


REAL MADRID PRE-GAME WARM-UP 1 OF 3



Date: 13 May 2009

Measurement: 25 x 25 Yds.

Time: .

Players: 10

Duration: 10 Mins

Level/Age Group: 10+

Description: THIS PHASE OF THE WARM-UP ENDS WITH 5v5 POSSESSION GAME IN A 25 x 25 YARD GRID. THIS IS PLAYED 3 TIMES FOR A 1.5 MINS WITH A 30 SECOND REST BETWEEN EACH GAME.

Objective: Warm up before a game.

Coaching Points: 1] Create space. 2] Support at angles to receive. 3] Open body shape for awareness.

Progression: See the next phase of this warm-up called Pattern Play.

Notes:

Real Madrid Warm Up 2 of 3 - Pattern Play



Date: 13 May 2009

Measurement: Half Pitch

Time: .

Players: 11

Duration: 10 Mins

Level/Age Group: 10+

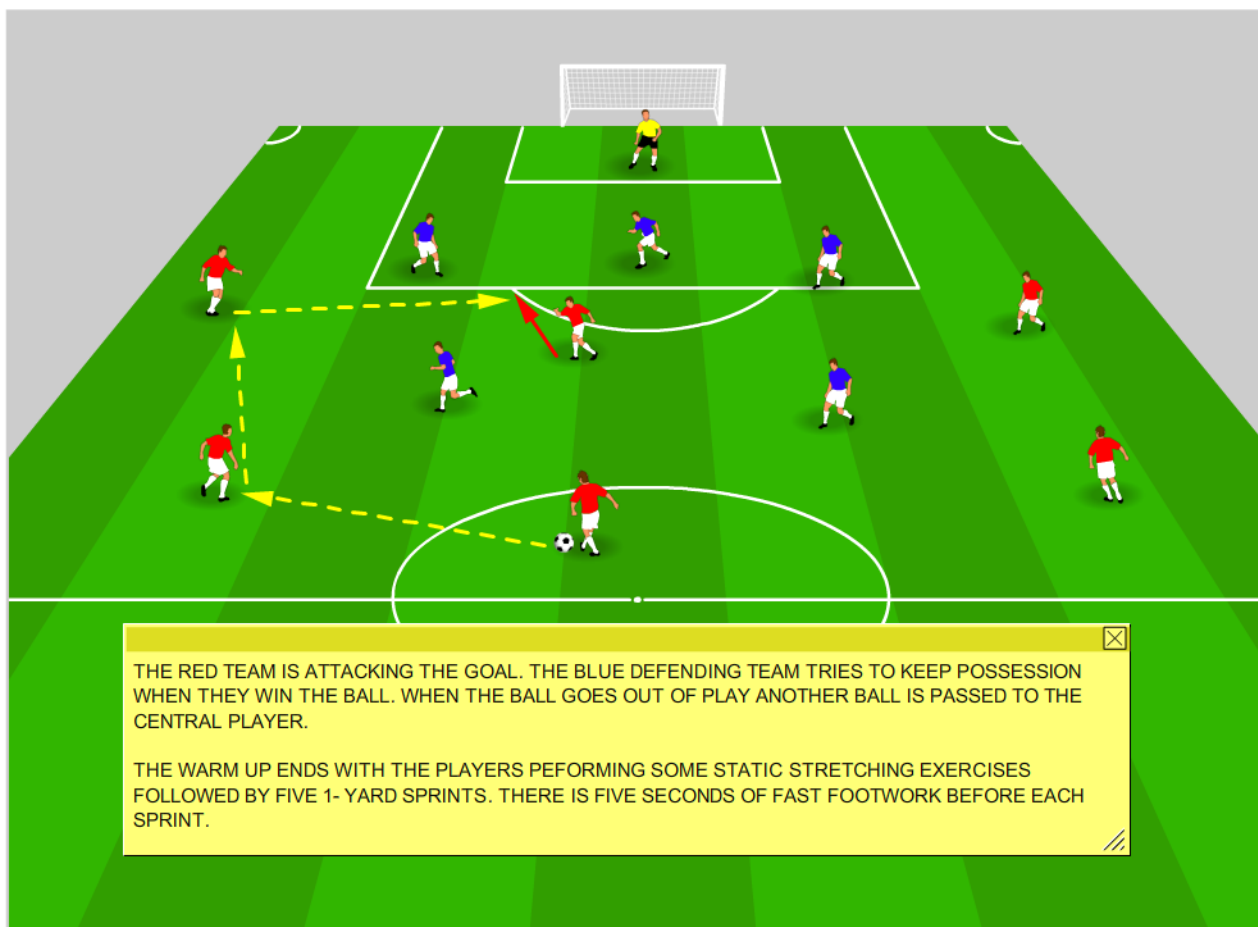
Description: STARTING PLAYERS TAKE UP THEIR POSITIONS AND BEGIN PASSING AND MOVING WITH 3 BALLS IN PLAY. PLAYERS MOVE AND SUPPORT THE WAY THEY WILL DURING THE MATCH.

Objective: To warm-up and prepare team for match.

Coaching Points: 1] Create space - inside to out and outside to out etc.. 2] Checked runs 3] Communication

Progression: See the 3rd part of this warm-up called - Phase of Play 6 v 5.

Notes:

Real Madrid Warm Up 3 of 3 - Phase of Play 6 v 5

Date:	13 May 2009	Measurement:	Half Pitch
Time:	.	Players:	11
Duration:	10 Mins	Level/Age Group:	10+

Description: RED TEAM IS ATTACKING. BLUE DEFENDING TEAM TRIES TO KEEP POSSESSION WHEN THEY WIN THE BALL. IF BALL GOES OUT OF PLAY ANOTHER BALL IS PASSED TO CENTRAL PLAYER.

Objective: To warm-up and prepare team for match.

Coaching Points: 1] Create space - inside to out and outside to out etc.. 2] Checked runs 3] Communication

Progression: THE WARM UP ENDS WITH PLAYERS PERFORMING STATIC STRETCHING EXERCISES FOLLOWED BY FIVE 1- YARD SPRINTS.

Notes: