

## **Practical Warm-ups for the Soccer Player and Coach: Integrating fundamental techniques into practice**

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This session will emphasize fundamental fitness techniques and protocols that can be easily applied to everyday training sessions.

1. Demonstration of warm-up techniques including:
  - a. Field set-up and group organization
  - b. General warm-ups and warm-up games
  - c. Dynamic stretching, self mobilization and active stretching
2. Speed and agility techniques including:
  - a. Field set-up and group organization
  - b. Acceleration, linear and curvilinear speed
  - c. Agility and change of direction
3. High Intensity Interval Training (HIIT) circuits
  - a. Field set-up and group organization
  - b. Body weight strength training and calisthenics for metabolic training
  - c. Pressure training circuits with the ball