a Pro-Club: FAI - Coach Education

Session: Warm-up (Pre Game) 45 mins

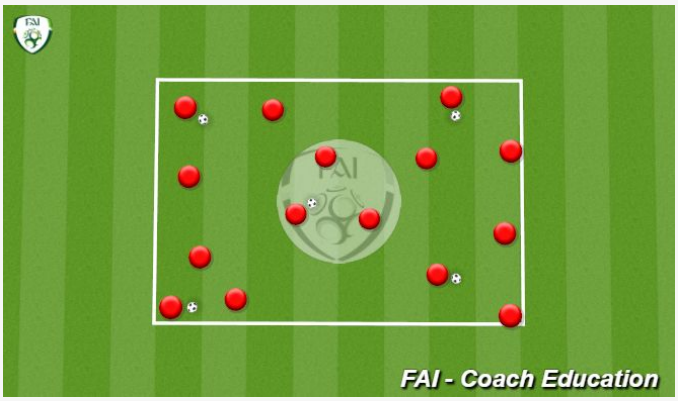
James Johnson, Galway, Ireland

Pass + Touch

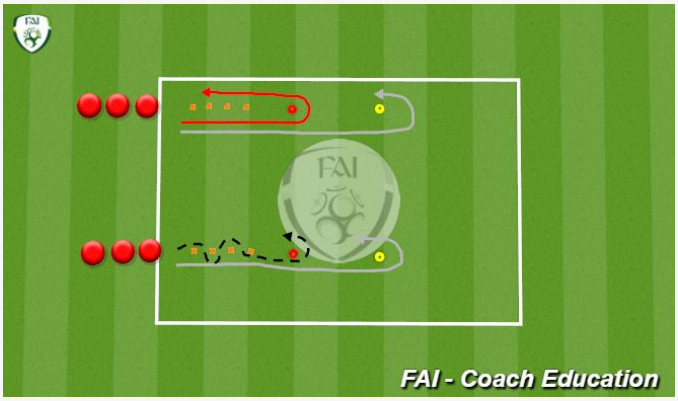
Pregame Warm-up:

1. Work on touch and movement

- Small groups (3-4)
- Tight Space
- 2 Touch / 1 Touch passing



Dynamic Cones

Dynamic Warm-up: 3-4 Run throughs of each

- *Total body Activation*
- # Lose jog- Circle arms / shoulders- balls off feet.
- # Sideways Slide- facing different directions (open shoulders)
- # Open / Close gate
- # Lunge + twist
- # Quick feet -Jog out 2 RED
- # Quick feet- Jog + accelerate to Yellow
- **{Finish with Stretching}**