

# FC DALLAS PLAYER DEVELOPMENT PROGRAM

## Theme: Warm-Up Principles



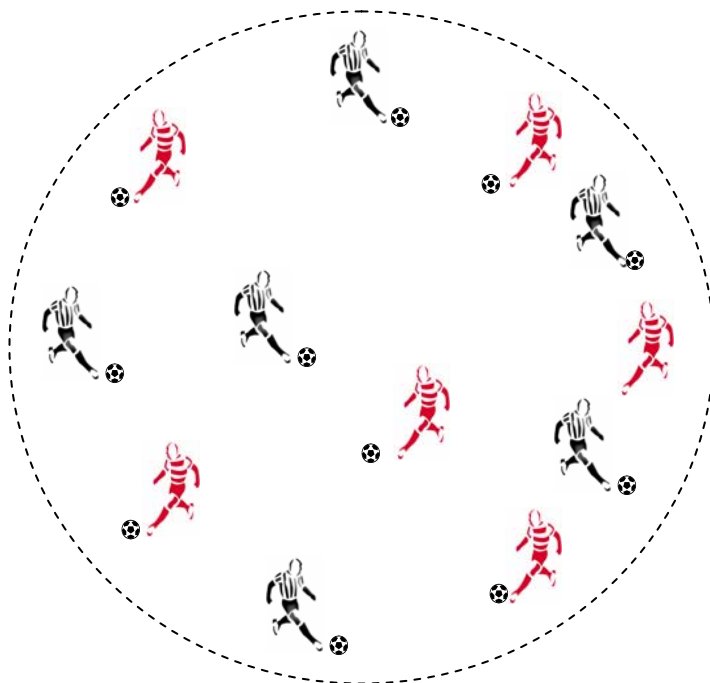
### ACTIVITY: Circle Exercise

#### PURPOSE

Warm up activity  
Develop touches, skills moves, reactions, and fitness  
Introduce coaching topic for session

#### ORGANIZATION

30 x 30 yard circle  
1x soccer ball per player  
All players participate



#### PROCEDURE

Players move in the area looking to react to various commands of the coach.  
Introduce concept of the session (e.g. dribbling, passing, combination play, defending, etc) whilst continuing with the warm up theme.  
Increase the intensity of the warm-up by being more specific with demands and challenge the players (e.g. how many touches in 60 seconds, how many change of directions, etc)

#### COACHING POINTS

- Avoid running laps of the field as a warm up, as it is not soccer specific and is boring to young players.
- Set the tone/intensity of the session with a dynamic, energetic and fun warm-up. Therefore set individual or small group challenges within your coaching topic where players will work hard and get an idea of the session theme.
- Demonstrate your ideas so players have a visual example to follow.
- Make coaching corrections so players actually learn and not develop poor habits
- You do not need to stop the entire group to coach a correction for one player