

# FIFA Training Warm-up Exercises

## #1



### RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 meters apart. Two players start at the same time from the same pair of cones. **Jog together** all the way to the

last pair of cones. On the way back, you can progressively increase your speed as you warm up. **2 sets**

## #2



### RUNNING HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outward**. Alternate between left and right legs at successive cones. **2 sets**

## #3



### RUNNING HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inward**. Alternate between left and right legs at successive cones. **2 sets**

## #4



### RUNNING CIRCLING PARTNER

Run forward as a pair to the first set of cones. Shuffle sideways to 90 degrees to meet in the middle. **Shuffle an entire circle around one another** and then return to the

cones. Repeat for each pair of cones. Remember to stay on your toes and keep your center of gravity low by bending your hips and knees. **2 sets**

## #5



### RUNNING QUICK FORWARD & BACKWARD

As a pair, run quickly to the second set of cones then run **backward quickly to the first pair of cones, keeping your hips and knees slightly bent**. Keep

repeating the drill, running two cones forward and one cone backward. Remember to take small, quick steps. **2 sets**

## #6



### RUNNING SHOULDER CONTACT

Run forward in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways toward each other to make shoulder-to-shoulder**

**contact**. Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inward. Make it a full jump and synchronize your timing with your teammate as you jump and land. **2 sets**