**Warm Ups for the Week- Spring 2023**

**Week #1-**

**Functional Warm-Up**

Class will form a circle around the lead coach

The Lead Coach will move so that they are on the circle not inside the circle

The Lead Coach will tell the class to do the warm up to the best of their ability->do the best they can

Lead Coach will demonstrate the following motions while the class follows and repeats:

Strength- 2-3 Lunges with each leg

Flexibility- Arm Circles- Large to small circles

Agility/Coordination- Elbow to knee touch

Balance- Form a pose and hold

Object Control- Players kick the ball to each other. Ball is kicked to everyone. When a player has the ball kicked to them, they stop the ball with their foot and say their spirit animal/favorite animal out loud.

**Week #2**

**Peaks and Valleys**

Coaches will take 50 soccer cones and place them randomly either up (normal) or upside down on a open area. 25 will be up and 25 will be upside down. The 25 up are the “peaks” and the 25 upside down will be the “valleys”. The class will be divided into 2 teams….. the peaks and the valleys. The Lead Coach will start the game and the peaks will flip the cones up and the valleys will flip the cones to peaks.

**Week #3**

**Line Ball Toss**

Ball Toss -Players will form two teams/lines that face each other. Players will face the person on the opposite line (their partner). One person on each pair will be given a ball and will be asked to toss that ball to their partner, who will try to catch the ball. If the teammate catches the ball then they will step back one giant step. The ball will continue to be tossed back and forth until the toss will become a throw due to distance. Note: use a ball large enough to catch for the age of the players. Make sure that there is appropriate space for players to move back after catching the ball

**Week #4**

**Functional Warm-Up**

Class will form a circle around the lead coach

The Lead Coach will move so that they are on the circle not inside the circle

The Lead Coach will tell the class to do the warm up to the best of their ability->do the best they can

Lead Coach will demonstrate the following motions while the class follows and repeats:

Strength- 2-3 Lunges with each leg

Flexibility- Arm Circles- Large to small circles

Agility/Coordination- Elbow to knee touch

Balance- Form a pose and hold

Object Control- Players will toss the ball to each other – everyone gets to participate

Week #5

Over>Under> Side-to Side

**Week#6**

**Golf Frenzy**

Pair into teams of 2. Each pair has a short safety cone and a ball. Teams turn short cone upside down and place ball inside. Game rules are the following: ONE teammate at a time runs out and takes a ball from another team’s (upside down) cone and brings it back to their cone. The first team that can accumulate three balls wins. While the one teammate is taking balls, the other teammate can do lunges, floor stunts, etc.

Week #7

**Week #8**

**Functional Warm-Up**

Class will form a circle around the lead coach

The Lead Coach will move so that they are on the circle not inside the circle

The Lead Coach will tell the class to do the warm up to the best of their ability->do the best they can

Lead Coach will demonstrate the following motions while the class follows and repeats:

Strength- 2-3 Lunges with each leg

Flexibility- Arm Circles- Large to small circles

Agility/Coordination- Elbow to knee touch

Balance- Form a pose and hold

Object Control- Players toss the ball to each other- everyone gets to participate