

10/9/13

### FCB Fitness Weekly #3

Two topics in this week's issue:

- 1- Updated and additional movement patterns for the dynamic warm-up
- 2- Reactive agility session with the ball

Although it's awesome that most if not all teams are performing the warm-up, I've seen a lot of teams over the past few weeks be somewhat lazy in their approach. It has become accelerated because of daylight and the "need" to get more touches on the ball faster into the warm-up routine. I couldn't agree more, but at the same time we must CONTINUE TO SUPERVISE THE WARM-UP. It is all about learning the correct movement patterns. We want ATHLETES for life just as much as we want soccer players for life.

**If athletes are unable to properly learn the movement patterns**, it can lead to a series of uncoordinated movements on the ball (poor technique), but also result in lots of micro tears in the muscles, a state of altered body mechanics leading to imbalances and repetitive use injuries such as patellofemoral pain (pain below the knees), IT band syndrome, MCL sprains, amongst others.

Therefore, I have added some exercises with keeping the same movements, but now are more demanding for our athletes. Below are the additions in **RED** with associated videos.

**THERE ARE MORE DYNAMIC WARM-UP CARDS IN THE FC BOULDER OFFICE. JUST STOP BY AND GRAB ONE!**

<b>Perform in order, down then over</b>	
Upper back mobility's <b>ADD OVERHEAD COUNTER ARM MOVEMENT</b>	
Jog frontwards, backwards	Single toe raises (opposite knee up, arms at side) x 10 each leg
Low shuffle at an angle frontwards and rotate 180 ° to go backwards, then forwards	Skaters (Arm to opposite foot) x 5 each side
Light Skip with arm circles, crossing body, tall pillar	Kicking to toes x 5 each side
Hip crossovers (on ground) x 5 each side	Lateral Lunges x 5
Achilles Stretch	Double Leg Lateral Hops over line/cone <b>WHILE TOSSING/CATCHING A BALL</b>
Inchworms/Hand Walks x 5	<b>TWO LEG HOPPING</b>
Jog frontwards	Single leg hops over line/cone x 5 each leg <b>WHILE TOSSING/CATCHING A BALL WITH A PARTNER</b>
Hip openers (open the gate, close the gate)/ <b>BALANCE REACHES INSTEAD</b>	<b>DIAGNOAL CUTTING WITH THE BALL</b>
Knee hug to lunge, elbow to instep, and arm opener x 5 each side	Bounding- knees up high

Upper back mobility video: <https://www.youtube.com/watch?v=yvn1YDCgV2M>

Balance reaches video: <https://www.youtube.com/watch?v=xaeV2IWbrdY>

Hops with passing video: [http://www.youtube.com/watch?v=SUZvA\\_EnOt8](http://www.youtube.com/watch?v=SUZvA_EnOt8)

Two leg hopping video: <https://www.youtube.com/watch?v=4nawLj6YeVk>

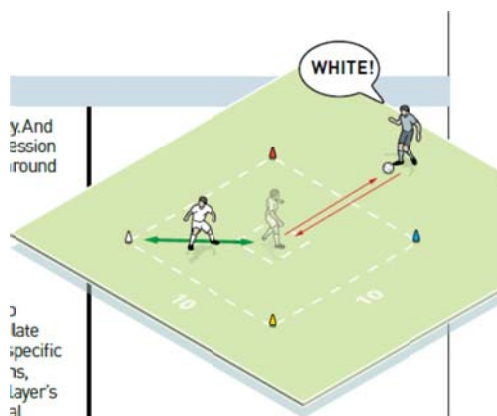
Diagonal cutting with a ball video: <http://www.youtube.com/watch?v=QH8QGrFBxHs> (just add a ball)

## Exercise 2

### Reactive Agility with the Ball

Source: *Elite Soccer Magazine*

This is a one-man practice performed with a coach or server. In terms of pressing the ball, this exercise provides the most effective and demanding simulation.



**How do I set it up?** See picture. 10x10 grid.

**What do I get the players to do?** The player in the square plays a one two with the coach or server. As the ball is passed back, the coach shouts out a color or # referred to a cone. The working player must accelerate to the relevant cone with the same body shape and distance used for closing down or pressing an opponent in a match situation. He then returns to center of square as quickly as possible, ready to play a new one-two with the coach, and so on. The exercise can be progressed by insisting that the ball is passed twice. A straight pass is made at first, before the working player peels off at an angle to return the second pass. Once this is done the color or # of the cone is shouted, then repeat as above. To further develop the phase and improve reactive agility, continue with the above methods, but introduce new colors or cones, or remove the colors and replace with another server passing balls. This will require the player to be additionally alert to changing situations around him. The 'work to rest ratio' is roughly 1:3 – 10-20seconds on, 30-40seconds off, with up to six sets, dependent on the overall intensity of main training session.