

**HEAD OF
PERFORMANCE,
AUSTRALIA
NATIONAL TEAM**

**Damian
Roden**
**Dynamic
passing
warm-up**

Overview:

This session begins with muscle activation and mobility, moving into a dynamic warm-up that takes in flexibility, movement and coordination.

Activation exercises significantly reduce the risk of injury, develop muscle memory, and help optimise explosive movements. And this type of activity relates directly to all movement patterns in a game.

This warm-up might be performed at the start of an energetic training session.

SETUP

AREA

Floor space for warm-ups then 30x18 yard marked area

EQUIPMENT

Cones and balls

NUMBER OF PLAYERS

No limit

“Pay attention to the quality of players’ movement during exercises.”

DYNAMIC PASSING WARM-UP: MAIN SESSION

Activation Exercises:

Find space to accommodate all of your players, and perform ‘activation exercises’, namely:

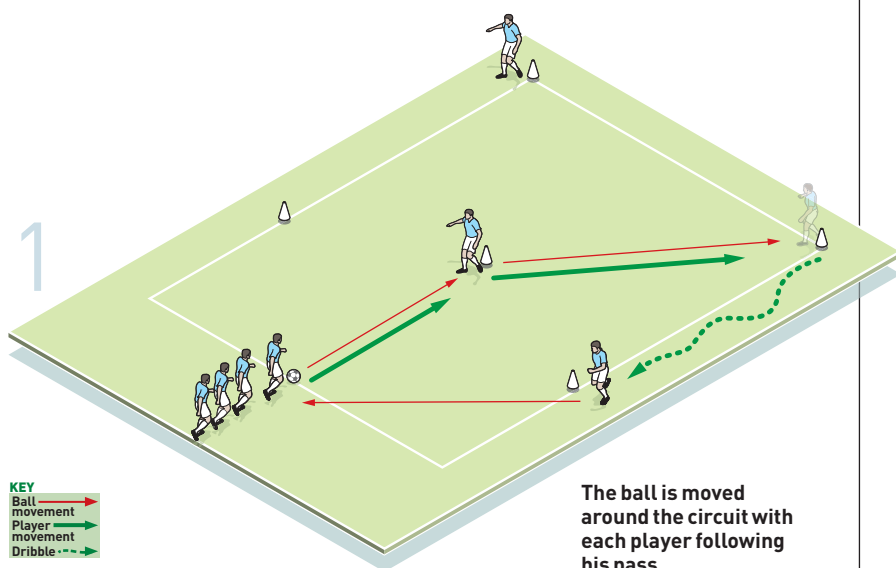
Back rolls	x8	Laying on their backs, players raise both knees to their chest and start rocking forwards and backwards
Cat stretches	x8	On all fours, players must arch the middle of their back, then sink back down, pushing gluteal muscles out
Double leg bridges	x8	Laying on their backs, players bend their knees, keeping feet on the floor, raising their pelvis up and back down
Double leg bridge into single leg extension	x8	As above, but players raise one leg at a time in ‘bridge position’, making sure pelvis does not drop
Plank	15-second hold	On all fours, balance on elbows and toes without pelvis dropping (then rest for 15 seconds)
Side plank	15-second hold	On alternative sides, players balance on the elbow and foot with the arm upright (then rest for 15 seconds)

Players then perform a range of dynamic flexibility exercises before going into the passing practice. Players are organised into separate groups with up to six starting with balls at the start cones, one player in the middle and two players on outside corner cones.

What do I get the players to do?

As a low intensity move, the first player lays the ball to the man in the centre and follows his pass, assuming the first player’s position (see diagram number one, below right).

The second player turns, passes to a chosen corner man, then follows that ball. The corner player runs with the ball and passes back to a player at the start. As soon as the first player is ready, passing continues, with everyone always alternating positions.



The ball is moved around the circuit with each player following his pass.



Damian Roden

HEAD OF PERFORMANCE, AUSTRALIA NATIONAL TEAM

Damian Roden is the Head of Performance for the Australian National team having previously worked in the same capacity for Barclays Premier League teams Manchester City and Blackburn Rovers.

Having played semi-professionally as a midfielder, Damian hung up his boots to concentrate on the coaching side of the game, and having gained a UEFA 'Pro' licence, not to mention a Masters degree (MSc) in Sports Science, he is a highly respected thinker in terms of preparation and performance in football, and is looking forward to extending that scope to the southern hemisphere having just joined up with new Socceroos Head Coach Holger Osieck.

DYNAMIC PASSING WARM-UP: PROGRESSION

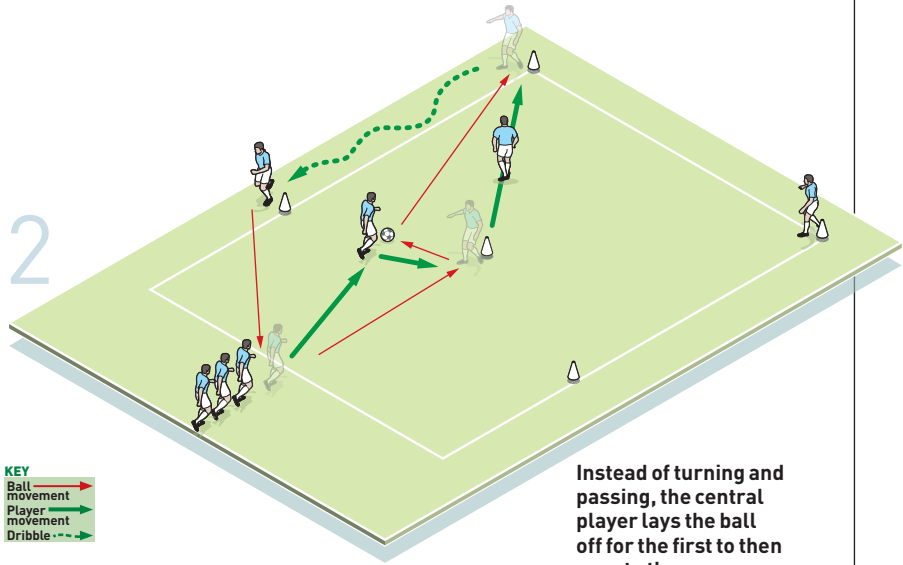
How do I progress the session?

Progress to moderate intensity - players repeat what they did to start off with but instead of turning and passing to the corner player, the second man passes back to the first for them to then pass to the corner (see diagram two).

There are then two high-intensity variations - instead of running with the ball, corner players play a one-two with the second player (see diagram three). In the next variation, instead of playing a one-two with the corner man, player two turns and passes to the opposite flank-running corner player (see diagram four). The player then runs to the opposite corner from where he received the pass, assuming the position of the player now running down the touchline. Alternate between corners with every new player.

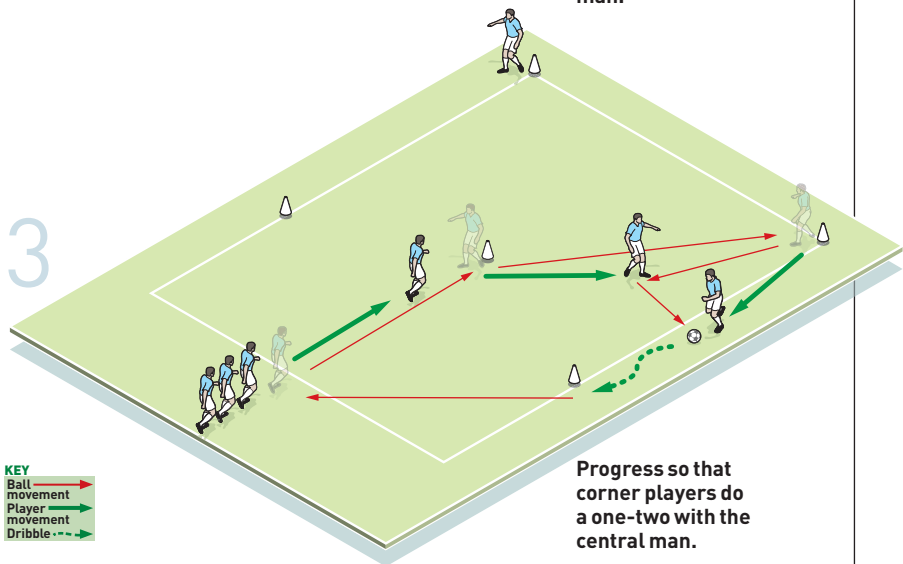
What are the key things to look out for?

I am paying attention to the quality of movement during exercises. I also need to check that my players are focused on the ball-related activities, ensuring that they optimise their technical development.



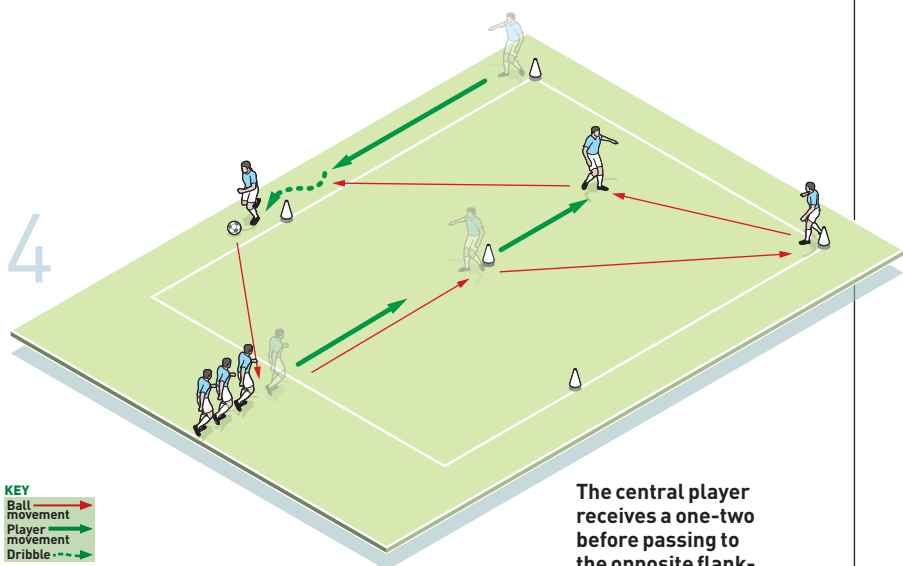
KEY
Ball movement →
Player movement →
Dribble - - - →

Instead of turning and passing, the central player lays the ball off for the first to then pass to the corner man.



KEY
Ball movement →
Player movement →
Dribble - - - →

Progress so that corner players do a one-two with the central man.



KEY
Ball movement →
Player movement →
Dribble - - - →

The central player receives a one-two before passing to the opposite flank-running corner player

“Alter the size of the area depending on the physiological capabilities of the players.”