

IPSWICHTOWN
**Antonio
Gomez**
**Pre-match
warm-up**

Overview:

This pre-match warm-up helps us include different activities like mobility, active stretching, passing awareness practice, a possession game, patterns of play and sprints.

It's important that the warm-up routine gives the players the best physical and mental preparation for the game that will follow. We try to prepare the whole body – muscles, joints, but mindset as well, to include technical and tactical abilities. Combining all of these elements helps players perform at the highest level during the game whilst maintaining concentration and helping to prevent injuries.

The warm-up would be started 35 minutes before kick-off.

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PRE-MATCH WARM-UP: MAIN SESSION

SETUP

AREA

Half pitch

EQUIPMENT

Balls, cones, balls

NUMBER OF PLAYERS

Full squad

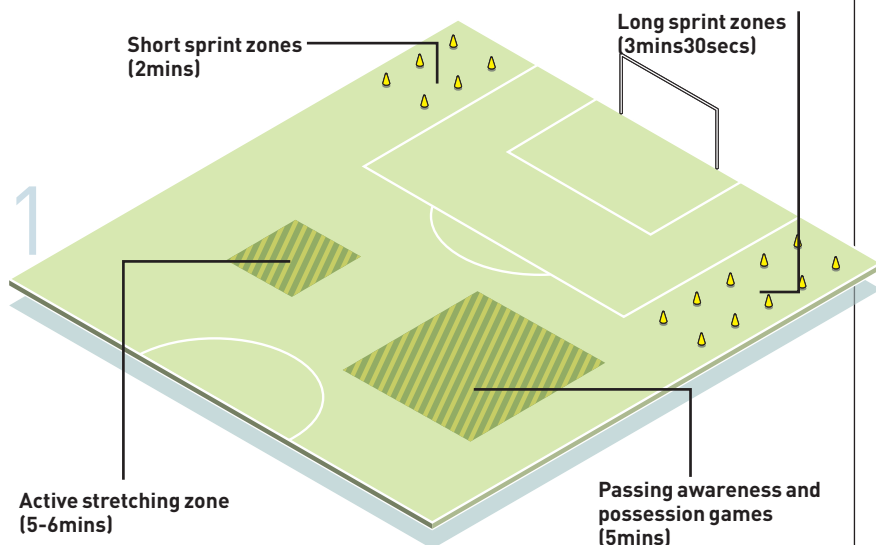
What do I get the players to do?

Across a half pitch, set-up a number of exercises, each offering a different type of drill. Players move between each, switching from simple sprint runs, to stretch areas, short passing drills or mini-games. The specific exercises are important, but so too is the idea that we are introducing dedicated time to concentrate on individual skills. Add an active zone for stretching exercise to be predetermined by the coach.

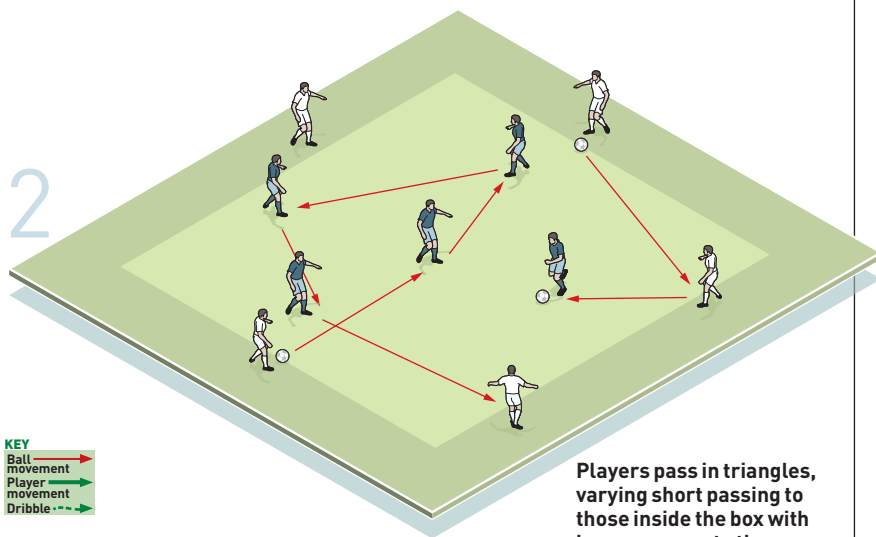
Passing Awareness Game

Create a 25x20 yard square, with five players inside and five outside the area. Three balls are rolled in and players must move continually, trying different movements and passing in triangles, involving players in the area with short passes while also feeding longer balls to those outside the marked box. With no opposition, this promotes relaxed passing techniques.

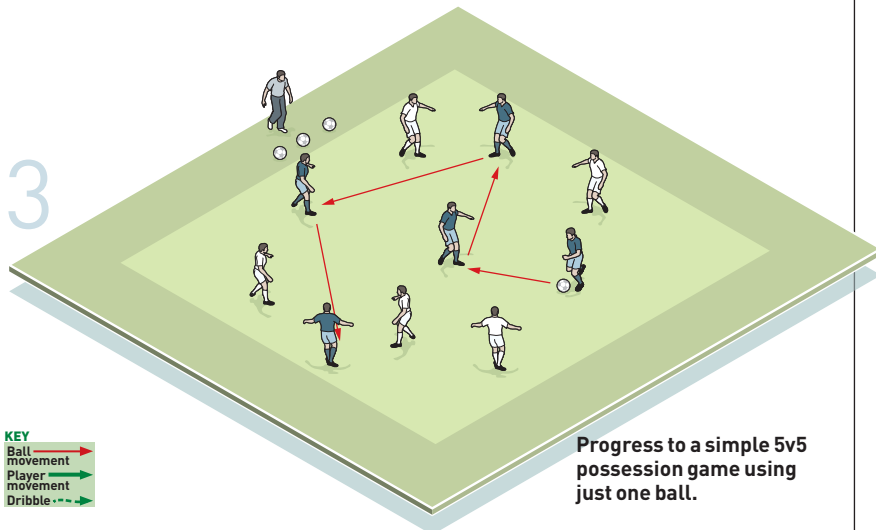
Move this on so that it becomes a **5v5 Possession Game**, using just one ball and incorporating a two-touch maximum rule.



Attacking and defensive phase games last 7-8mins



Players pass in triangles, varying short passing to those inside the box with longer passes to those who remain outside.



Progress to a simple 5v5 possession game using just one ball.



Antonio Gomez IPSWICH TOWN

Antonio Gomez joined Roy Keane's backroom staff at Portman Road as fitness coach in June 2009.

His appointment saw him link-up once again with the former Manchester United captain, having previously coached under him at Sunderland in June 2008. Prior to that, the 32-year-old spent two years as fitness coach at Liverpool with Rafa Benitez.

Antonio, born in Murcia, Spain, gained a degree in physical education from Leon University. He later achieved a FTB Masters.

He went on to assist Real Murcia, FC Orihuela, FC Cartagena and UE Lleida before heading to Anfield in 2006.

PRE-MATCH WARM-UP: PROGRESSION

Construct as many passes as possible., keeping a high tempo.

The **Main Pattern Of Play Drill** is built on the idea that there is no opposition.

Attacking Phase

Release the ball from the halfway line. Look for defensive central midfielders to build on the wings or through the middle.

Defensive Phase

This is used to cement understanding for the back four's positioning. The coach releases the ball to the right-back, encouraging the defensive line forward as one, playing the ball from side to side. This simple advancement up the pitch acts as a strong psychological rehearsal for a competitive match.

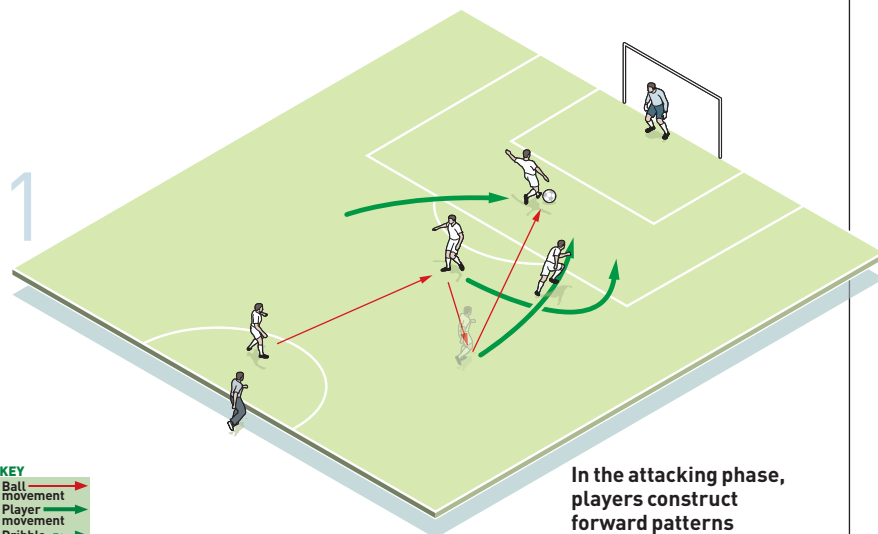
Sprint Drills

Set-up two lines of 15m, and two lines of 5m. For the 15m sprint, two teams race around parallel cones. Perform this exercise for 3mins 30secs.

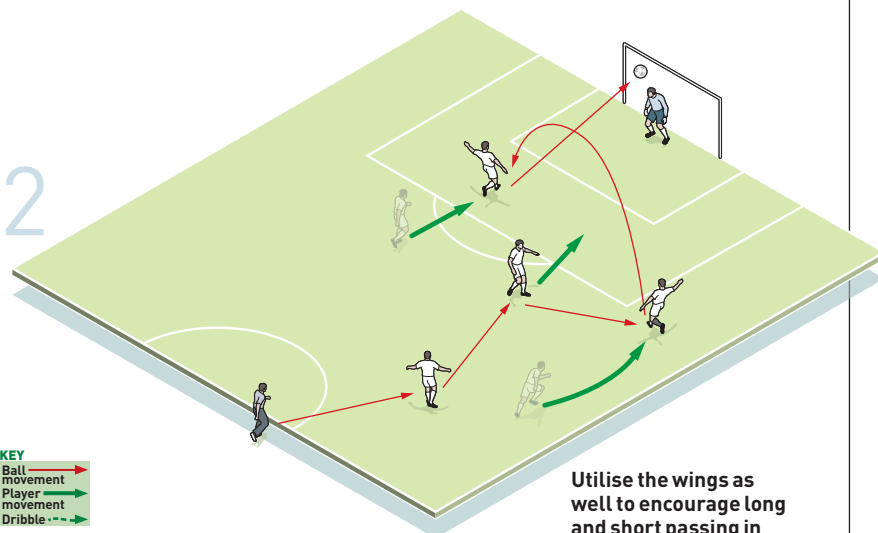
For the 5m sprint, place teams in competition for between one and two minutes, ensuring that each player makes four or five sprints.

What are the key things to look out for technically/tactically?

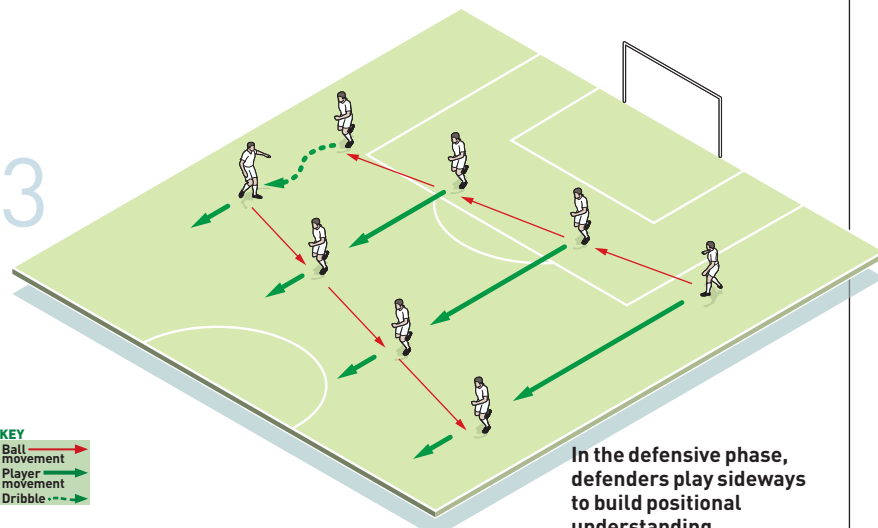
Physiologically, we want to be sure that the players are 100% ready whilst referencing all of the things learnt during the week in training. The six practices mentioned should take 25 minutes in total.



In the attacking phase, players construct forward patterns without the distraction of defenders.



Utilise the wings as well to encourage long and short passing in attacking moves.



In the defensive phase, defenders play sideways to build positional understanding.