

Discover the 35 Professional Warm Up Drills For Football Training That Will Skyrocket Your Performance



Football is a sport that requires players to be agile, fast, and coordinated. In order to perform at their best, football players need to warm up properly before a game or practice session. This article will analyze 35 professional warm-up drills for football training that can help players prepare both physically and mentally for the game.

Why Warm Up Drills Are Important

Warming up before football training is crucial for a variety of reasons. Firstly, it helps to increase blood flow to the muscles, which improves their flexibility and reduces the risk of injury. Secondly, warm-up drills allow players to mentally prepare for the game, helping them focus and concentrate. Lastly, a good warm-up routine can also enhance performance by improving coordination, speed, and agility.



Professional Football Training – Versatile Warm-up Drills: 35 Professional Warm-up Drills for Football Training - An analysis of football training sessions by professional coaches

by Andre Rott ([Print Replica] Kindle Edition)

★★★★☆ 4 out of 5

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The 35 Professional Warm Up Drills

Below is a detailed analysis of 35 professional warm-up drills that are widely used in football training.

1. Jogging

Simple yet effective, jogging helps increase the heart rate and warm up the body.

2. Dynamic Stretching

Dynamic stretching involves moving parts of your body gradually to improve range of motion and flexibility.

3. High Knees

This drill helps to activate the leg muscles and improve coordination.

4. Butt Kicks

Butt kicks are designed to warm up the hamstrings and improve running mechanics.

5. Side Lunges

A lateral movement that engages the inner and outer thigh muscles.

6. Inchworms

Inchworms are a great exercise for stretching the hamstrings and improving core stability.

7. Walking Lunges

Walking lunges help to stretch the hip flexors and quadriceps while working on balance.

8. High Skips

High skips help develop explosive power in the legs and improve coordination.

9. Heel Flicks

This warm-up drill targets the lower leg muscles and helps improve running form.

10. Skipping

Skipping is a fun warm-up drill that activates the entire body, especially the calves and core.

11. A-Skips

A-skips engage the hips, hamstrings, and glutes while also helping to improve coordination.

12. B-Skips

B-skips target the hip flexors, glutes, and quadriceps and are perfect for activating the lower body.

13. Carioca

The carioca drill is excellent for warming up the hips and improving lateral movement.

14. Quick Feet

Quick feet drills enhance footwork, agility, and coordination.

15. Jumping Jacks

A classic exercise that elevates the heart rate and warms up the entire body.

16. Standing Knee Hug

This drill helps stretch the glutes, hamstrings, and lower back.

17. Leg Swings

Leg swings improve hip mobility and flexibility while targeting the lower body.

18. Arm Circles

A simple warm-up exercise that gets the shoulder joints moving and improves range of motion.

19. Torso Twists

By rotating the upper body, torso twists activate the oblique muscles and improve spinal mobility.

20. Ankling

Targeting the calves and shins, ankling drills improve ankle strength and stability.

21. Bear Crawls

Bear crawls activate the core and upper body while also improving mobility and coordination.

22. Overhead Squats

This advanced drill engages the entire body and helps improve squat form and stability.

23. Jumping Lunges

Jumping lunges target the glutes, quads, and calves while also improving explosiveness.

24. Russian Twists

Russian twists engage the core, obliques, and hip flexors while enhancing rotational power.

25. Plank

The plank exercise activates the core, improves stability, and prepares the body for intense movements.

26. Arm Swings

Arm swings warm up the shoulder and arm muscles for throwing or striking movements.

27. Box Jumps

A plyometric drill that enhances lower body power and explosiveness.

28. Sprint Drills

Various sprint drills help improve speed, acceleration, and quickness.

29. Cone Drills

Using cones to perform drills helps improve agility, footwork, and reaction time.

30. Burpees

Burpees are a full-body exercise that elevates the heart rate and activates major muscle groups.

31. Push-ups

Push-ups strengthen the chest, shoulders, and triceps while also engaging the core.

32. Squats

Squats target the quads, hamstrings, and glutes while also improving lower body strength.

33. Lunges

Lunges engage the glutes, quads, and hamstrings while improving unilateral leg strength.

34. Side Shuffles

Side shuffles activate the inner and outer thigh muscles while enhancing lateral movement.

35. Cool Down Stretches

After a strenuous workout, cool down stretches help reduce muscle soreness and aid in recovery.

In order to maximize performance and reduce the risk of injury, football players should never skip their warm-up routine. The 35 professional warm-up drills for football training discussed in this article cover a wide range of movements to properly prepare both the body and mind for the game. Incorporate these drills into your training sessions and experience the positive impact they have on your overall performance.



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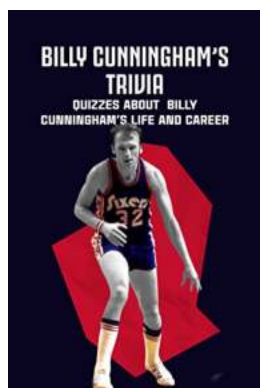


This book offers a range of drills and small-sided game variations that form the basis of the coaching philosophies of international clubs and youth academies. It shows how to implement professional level warm-up routines and offers coaches

a collection of 35 of the most popular drills used by international coaches. This collection was created by analysing training sessions of professional football teams such as FC Barcelona, Manchester City (Pep Guardiola), FC Bayern Munich (Hansi Flick), RB Leipzig (Julian Nagelsmann), Atletico Madrid (Diego Simeone), Paris Saint Germain (Thomas Tuchel), Liverpool FC (Jürgen Klopp), TSG 1899 Hoffenheim and many more. The drills in this book emphasize technical, tactical and conditioning elements such as feinting, shooting, dribbling, passing, coordination, transitions, defensive movements, as well as offensive and defensive 1 vs. 1 situations. It combines these exercises with fun, enjoyment and love of the game.

This book offers a helping hand to all coaches looking to provide effective, motivating and professional warm-ups, regardless of age group or performance level.

Hope you have fun training!



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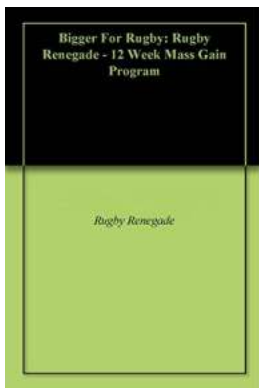
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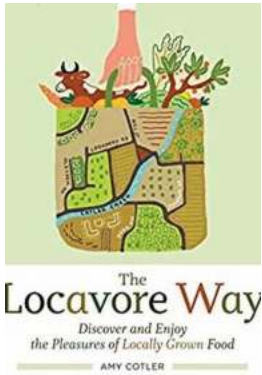
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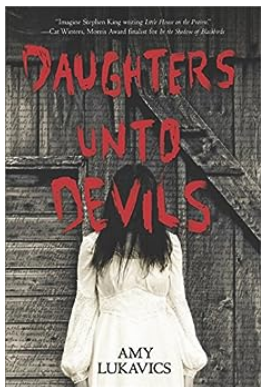
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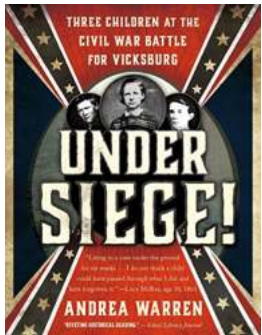
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