



## PRE-PRACTICE, MATCH WARMUP: Changing Direction & Pace

### "CoP/CoD" *Change of Pace/Change of Direction*

FOLLOWING IS AN EXCELLENT PROGRESSION DRILL TO WARM UP PLAYERS PRIOR TO A MATCH OR A PRACTICE SESSION. THE COACH ASSIGNS NUMBERS TO CERTAIN COMMANDS SUCH AS WALKING, SPRINTING, RUNNING BACKWARDS, ETC. THE COACH CALLS OUT A NUMBER AND THE PLAYERS REACT TO THE COMMAND. THIS DRILL EMPHASIZES THE RUNNING PRINCIPLES OF PACE AND DIRECTION AND ALSO INCORPORATES DYNAMIC STRETCHING ROUTINES AND CERTAIN STATIC STRETCHES.

#### WARMUP PHASE

- 1--Walk & Stretch (neck, shoulders, arms)
- 2--Skip & Stretch (trunk twists, kick outs, high leg kicks)
- 3--Jog & Stretch (heel-butts, groin)
- 4--Run
- 5--Run Backwards
- 6--Slide, Shuffle, Carioca

#### CHANGE OF PACE/CHANGE OF DIRECTION WARMUP PHASE

> **Coaching Point:** At each different command have the players over-exaggerate the planting of a foot and the changing of direction and pace; in other words, if the Coach commands #1 (Walk), at the next command, for example #2, the players should actually stop, plant one foot, turn their body, push off the plant foot and perform that command. This is a good way to teach stopping, planting, turning and changing the pace and direction of a run. Conduct for 3-5 minutes.

- 1--Walk      2--Jog    3--Run      4--Sprint      5--Run Backwards

#### CHANGE OF PACE/CHANGE OF DIRECTION ACTIVE PHASE

> **Coaching Point:** Conduct the following phase for 10-15 minutes

- 1--Jog    2--Jump, "Head" imaginary ball & Run    3--Sprint      4--Run Backwards

#### NOTES ON PLANTING & TURNING

Players should be coached to not only run on the balls and toes of the foot but also to plant, turn and push off with the balls and toes of the foot. Emphasis should always be on not running or planting or turning flat-footed.

#### PROGRESSING TO "FUN" GAMES

> **Coaching Point:** The following games will put all of the above-trained exercises to work

1. **TAG:** give a few of the players pinnies. These players hold the pinnies and are the "taggers", running around and tagging any player. Upon being "tagged", that player takes the pinnie and becomes the "tagger". Game continues for 5-10 minutes.
2. **"PINNIE-FLAG TAG":** similar to flag football. All players take a pinnie and tuck it into the back of their shorts. At the coach's whistle, players run around inside a grid, trying to capture as many pinnies as possible. Game continues for a certain amount of time or when all players have had their pinnie captured.
3. **"PARTNER-PINNIE TAG":** Pair up 4-6 players. Each pair must hold onto a pinnie and run together and try to tag the other players, who, if they get tagged, must "freeze" and remain frozen until another non-pinnie holding player "unfreezes" them by tagging them.