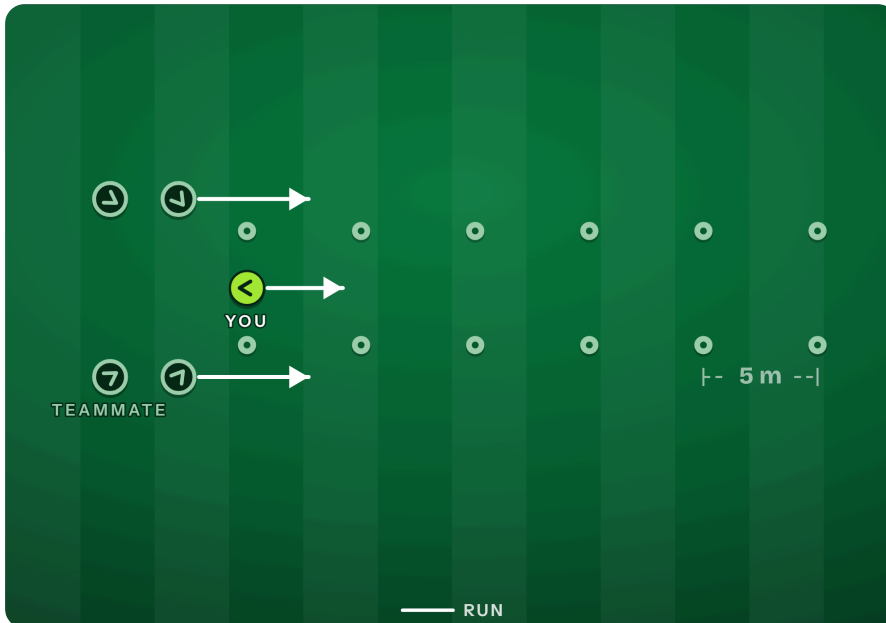




Set up

- Your coach's OK
- 3 to 10 teammates
- 6 pairs of cones
- 11+ poster on a phone

Dose

- Our target: once a week
- Take turns to lead

Once a week, taking turns to lead (the Football Reach target, not an FA rule).

What it trains

Practise leading: run your team's usual warm-up (the FIFA 11+ or your club warm-up) once, with your coach's agreement and the coach in charge. It is practice at communicating and taking responsibility, not a selection trial.

How it works

- 1 Ask your coach first: agree the week you lead, which warm-up (the FIFA 11+ or your club's) and which parts. The coach approves the plan and stays in charge (episode 2 shows the FIFA 11+).
- 2 Arrive early and set out the cones (FIFA 11+: 6 to 10 pairs, about 5-6 m apart), with the poster on your phone to check.
- 3 Gather everyone where they can all see and hear you. Check everyone is ready, and that anyone carrying a knock has told the coach.
- 4 For each exercise: one sentence, one demo, one cue. Then let them go, watch, and praise one thing you saw.
- 5 Afterwards, ask two teammates what worked and what to change, and tell your coach how it went.

Coaching points

- 1 **One sentence, one demo**
For each exercise: say what to do in one short sentence, show it once yourself, then give one cue from the poster (for example "don't let your knees buckle inwards"). Keep it short so nobody stands still for long.
- 2 **Praise one thing you saw**
While they work, watch. Afterwards, praise one specific thing you saw ("great soft landings"), not just "well done".

× **Not this:** A long speech before every exercise. Players stand still while you talk and stop listening; one sentence, one demo and one cue get them moving.

MY NOTES

➤ HARDER

Lead all three parts of the warm-up, then the arrival activity at the start of the session too, if your coach agrees.

➤ EASIER

Lead Part 1 (the running) only, with the coach leading Parts 2 and 3. Or share it with a teammate and take turns at each exercise (our suggestion).

🛡️ Safety

- The coach stays responsible for safety: they approve your plan, watch technique and can stop or change anything at any time.
- Never push anyone through pain. Anyone who feels pain or is carrying a knock stops and tells the coach, and nobody is made to carry on.
- Leave the partner hamstring exercise and the exercise with shoulder contact to the coach, unless they ask you to lead them.
- Flat grass with space all round, never a road or car park. Check the area for holes, glass and loose kit before you start.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/lead-the-warm-up

Then take the free test at footballreach.com