



U11 Warm-up Without Equipment – Checklist

15-minute plan for coaches and parent helpers

This document was provided by areacopa.com.

TEAM

DATE

COACH IN CHARGE

Bring and improvise

No equipment bag, only the basics.

- Balls (at least one per pair)
- Water bottles for every player
- Use T-shirts, shoes, or water bottles as markers
- Stopwatch or phone with seconds display
- Sequence of the six drills memorised

Three drills without a ball

- Mirror jog in pairs: 2 m apart, A leads with movement, B mirrors, swap every 60 sec.
- Cue game: bounded area (last resort: 4 shoes in the corners), coach calls directions like left/right/sprint/down/jump, optionally invert two cues
- Tag in the square: 10×10 m marked with shoes, 1 catcher, caught player takes over, swap every 30 sec., variation with two catchers

Three drills with a ball

- Walking pass: in pairs, 5 m apart, clean first touch, after 1 min increase pace to a relaxed jog
- 1-v-1 to the line: 5 to 8 m apart, A carries the ball past B and over the line, B defends, one action then swap
- Tag with a ball: every player has a ball at their foot, 1 or 2 catchers, whoever loses the ball becomes a catcher

15-minute schedule

- 0 to 5 min mobilisation: mirror jog in pairs (3 min) and cue game (2 min)
- 5 to 10 min activation: tag in the square or tag with a ball (depending on ball count)
- 10 to 15 min ball work: walking pass (3 min), then 1-v-1 to the line (2 min)

What doesn't belong in a U11 warm-up

Avoid these four anti-patterns.

- Static stretching (an adult practice, neither needed nor useful at U11)
- Long standing-around phases without movement
- Explanations that take longer than the drill itself
- Pure continuous running without cognitive stimulus

