



Warm Up Field

South Surrey Athletic Park
14600 20 Ave Surrey, BC



WARM UP FIELD LAYOUTS

4 Teams



6 Teams



8 Teams



10 Teams



12 Teams



GENERAL GUIDELINES

- Warm-up area should be used for dynamic/SAQ style warm-up.
- Limited use of soccer balls - controlled dribbling in small areas is acceptable.
- Avoid running possession style sessions which incorporates balls going into other grids as well as the use of a large space.
- It is recommend to lay out the perimeter of your grid with cones to avoid any confusion during your warm-up. This will also separate your grid from any others on the field.
- It is important to respect the teams during their allotted time slot and allow them to finish their warm-up completely prior to moving to the training field.
- Teams should not be warming up or doing fitness on the grass fields. Please keep your sessions within the warm-up area and allotted turf field during your allocated time. We need to preserve the grass fields to keep them in top condition as we move into the winter months.