

Professional Pre-Season Training Plan

12 Week Plan to improve
Acceleration, Balance, Control,
Endurance, Speed, Strength,

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Understanding your Players

- **The Fitness Requirements of Soccer**

When setting up an effective conditioning system for football, it is important to understand the exact requirements of the game.

A major feature of elite football performance is its dependence upon an advanced level of highly specific fitness.

Modern football players are undoubtedly bigger, faster, and stronger than in the past, largely due to the introduction of scientifically based conditioning methods.

Conditioning methods are constantly evolving and players must ensure that they are utilising the most modern, effective training methods.

Key Aspects

- Football Specific Exercises for all aspects
 - Endurance
 - Speed
 - Agility
 - Balance / Co-ordination
 - Position Specific Training

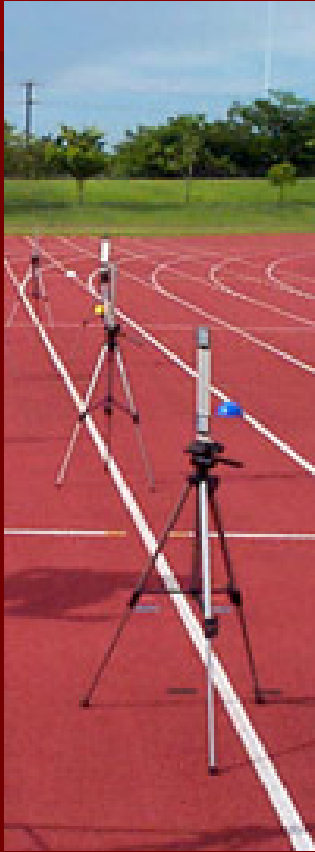
Monitoring / Testing

- A key aspect of developing and improving a player is to implement a MONITORING procedure to enable the coach to see if the work the player is doing is improving his/her fitness
- No one test can give the coach all the information needed to evaluate a player's performance. Therefore a battery of tests must be used. The battery in Figure 1.1 is designed to evaluate all aspects of football performance

Battery of Football Tests

Fitness Parameter	Subdivision	Test
Anthropometry		Height Weight Body Fat (skinfolds)
Speed	Pure acceleration Transition acceleration Maximum Speed	10-yard dash 40-yard dash Flying 40-yard dash
Agility		T-test Illinois 505 Test
Power	Functional Leg Strength Explosive strength / power	Vertical Jump Standing Long Jump 1RM hang clean
Strength	Leg Strength Upper-body strength	1RM squat 1RM bench press
Endurance	Anaerobic endurance Aerobic Endurance	30m sprint fatigue Bleep Test
Note: 1 RM = one-rep max		

SPRINT TEST

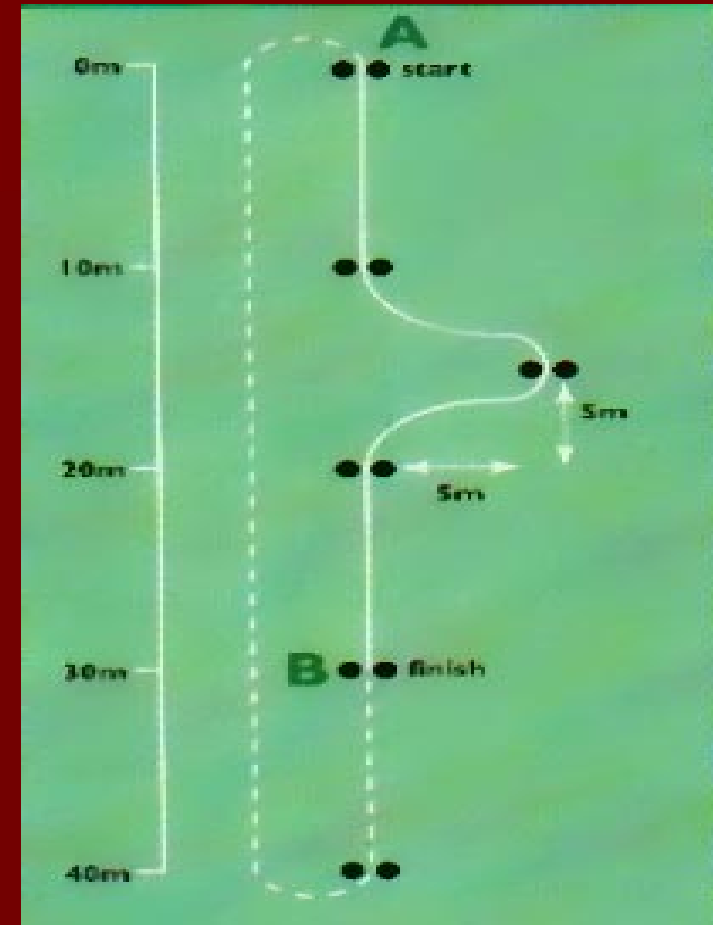


- **Description / Procedure** : The purpose of this test is to determine maximum running speed. It involves running a single maximum sprint over a set distance, with time recorded. The test is conducted over different distances, such as 10, 20, 40 and/or 50 meters or yards, depending on the sport and what you are trying to measure. The starting position should be standardized, starting from a stationary position, with no rocking movements.
- If you have the equipment (e.g. timing gates), you can measure the time to run each split distances (e.g. 5, 10, 20m) during the same run, and then acceleration and peak velocity can also be determined. It is usual to give the athletes an adequate warm-up and practice first, and some encouragement to continue running hard past the finish line.
- **Equipment required** : measuring tape or marked track, stopwatch or timing gates, markers.

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

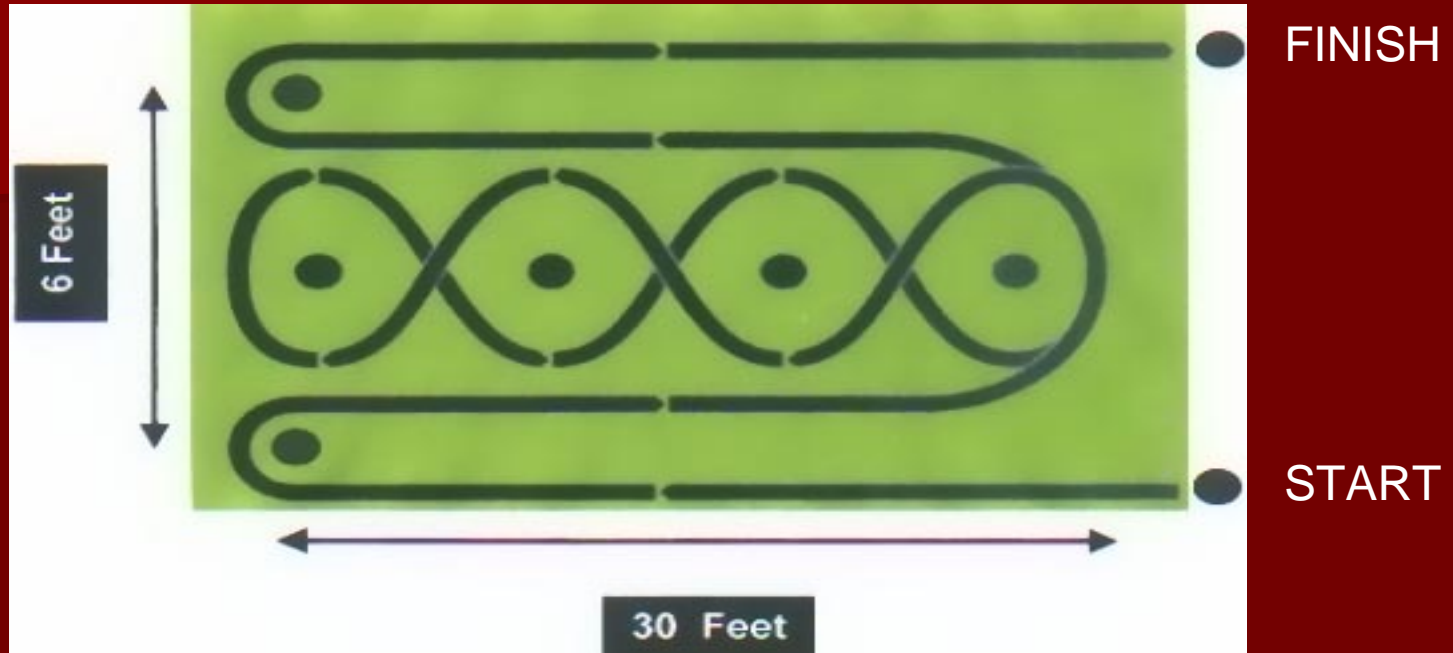
- In many multi-sprint sports such as basketball, hockey, rugby, football, and so on, players often have to reproduce sprints in quick succession. The ability to recover between sprints and produce the same level of power over and over is a measure of sprint fatigue.
- For this test you require 12 cones or markers and a stopwatch. Look at the diagram to see how to set the cones out:
- Sprint from A to B between the cones deviating 5m sideways in the middle of the sprint. Have a training partner start you off and time your sprint from A to B.
- Jog slowly for 10 meters after point B and then back to the start taking 30 seconds to do so.
- As soon as you reach the start repeat the sprint.
- Complete a total of 10 sprints and have your training partner note down all the times.
- Subtract your fastest time from your slowest time. This is your sprint fatigue. For example if your slowest sprint was 7.8 seconds and your fastest sprint was 6.9 seconds your sprint fatigue is 0.9 (7.8 - 6.9).



Power Maintenance

Level	Category	% Top Speed Maintained
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%

ILLINOIS AGILITY TEST



- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
 1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat the test for a total of 3 trials. Take your quickest time and compare to the chart

Power Maintenance		
Classification	Males	Females
Excellent	<15.9 secs	<17.5 secs
Good	15.9 - 16.7 secs	17.5 - 18.6 secs
Average	16.8 - 17.6 secs	18.7 - 22.4 secs
below Average	17.7 - 18.8 secs	22.5 - 23.4 secs
Poor	>18.8 secs	>23.4 secs

300 YARDS SHUTTLE TEST



Objective :

- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

How to conduct the test :

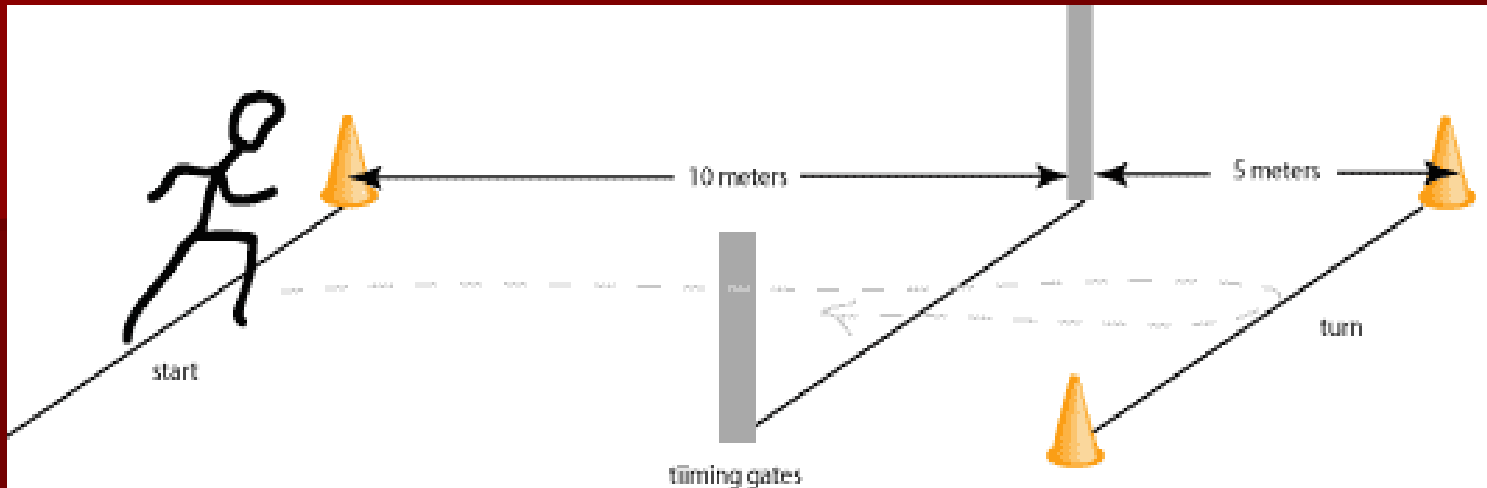
- The athlete starts at one cone
- The assistant gives the command to 'Go'
- The athlete performs 12 shuttle runs between the cones
- At each turn the athlete is to touch the cone
- The assistant records the time taken to complete the 12 shuttle runs

BLEEP TEST



- **Description** : This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decrease each minute (level). There are several versions of the test, but one commonly used version has an initial running velocity of 8.5 km/hr, which increases by 0.5 km/hr each minute.
- **Scoring** : The athlete's score is the level and number of shuttles reached before they were unable to keep up with the tape recording. This score can be converted to a VO₂max equivalent score using this calculator.
- **Equipment required** : Flat, non-slip surface, marking cones, 20m measuring tape, pre-recorded audio tape, tape recorder, recording sheets.

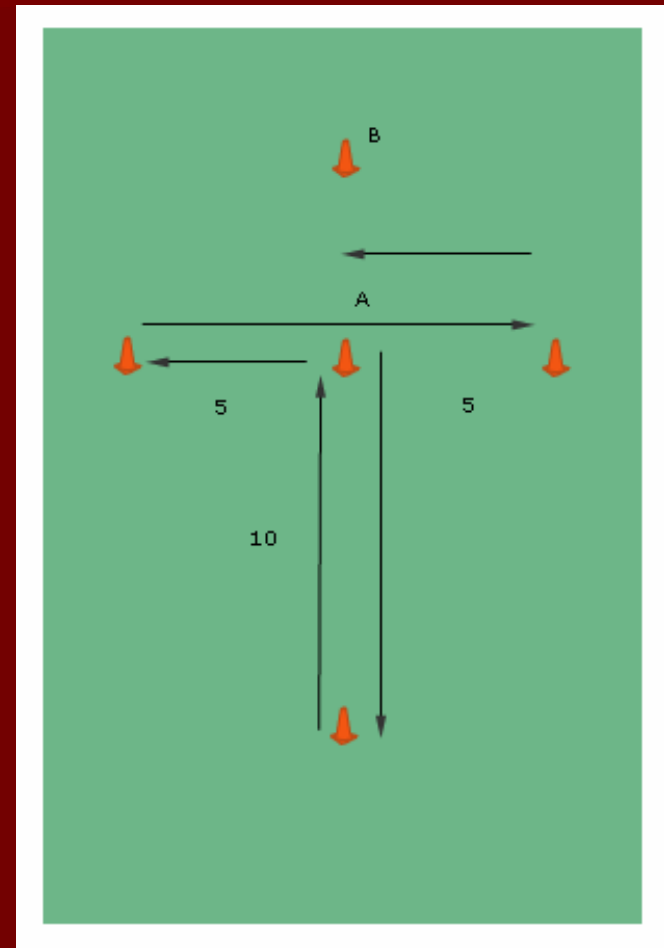
505 AGILITY TEST



- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded from when the athletes first runs through the 5 metre marker, and stopped when they return through these markers (that is, the time taken to cover the 5 m up and back distance - 10 m total). The best of two trails is recorded. The turning ability on each leg should be tested. The subject should be encouraged to not overstep the line by too much, as this will increase their time.
- **Equipment required** : start/stop timing gates or stopwatch, non-slip running surface, markers

T-Test

- **Purpose :**
To measure speed and agility. This test is appropriate for all players. It measures the time taken to complete a course that includes forward, lateral, and backward running.
- **Equipment and Area :**
 - Grass or indoor surface of 10 square meters
 - Four cones - Stopwatch
- **Procedure :**
 1. Start with one hand and the opposite foot on the start line.
 2. From start cone, sprint forward to cone A and touch the base of it with your right hand.
 3. Facing forward and not crossing your feet, shuffle left to cone and touch its base with your left hand.
 4. Shuffle 10 meters to cone and touch its base with your right hand.
 5. Shuffle back to cone A and touch it with your left hand.
 6. Run backward as quickly as possible past start cone , the finish.
 7. The test score is the best time of three trials.
- **Alternative : Arrow Test – Take out Cone A and use Cone B (more specific to football movement)**



Goal Setting

- It is vital that each player has a GOAL to aim for. This ensures that the player stays motivated and focused on the training.
- All goals should be SMARTER
- S – Specific
- M – Measurable
- A – Achievable
- R – Realistic
- T – Target
- E – Exciting
- R - Recorded

Performance v/s Outcome Goals – A performance goal is one which a player can control, whereas an outcome goal is based on a result that may or may not be controllable

Performance v's Outcome Goals

Performance vs. Outcome Goals – A performance goal is one which a player can control, whereas an outcome goal is based on a result that may or may not be controllable.

- Example: A goalkeeper decides he is going to catch every crossed ball within the six-yard box throughout the season.
- This kind of goal will obviously depend on the situation, the play of teammates, the quality of the opponents, and even the weather factors over which the players have little control. On rainy days, for example, the keeper would be smarter to box the ball out of danger rather than catch it.
- Goalkeepers would thus do better to set performance goals, such as "make a good decision (catch, box, leave it for defenders) on every crossed ball" - that would help them make quality decisions and thus ensure the attainment of their goals.

Goal Setting

- All goals at this stage should be fitness related. Athlete's should be tested and then goals should be set from these results.
- Record all test results and print out copies for the players
- Each player should write down their goals

Examples include – reaching a higher level on the bleep test, longer jump on the standing long jump.

The goals have to be realistic or else the player(s) will lose motivation.

AEROBIC SESSIONS

Dynamic Warm Up

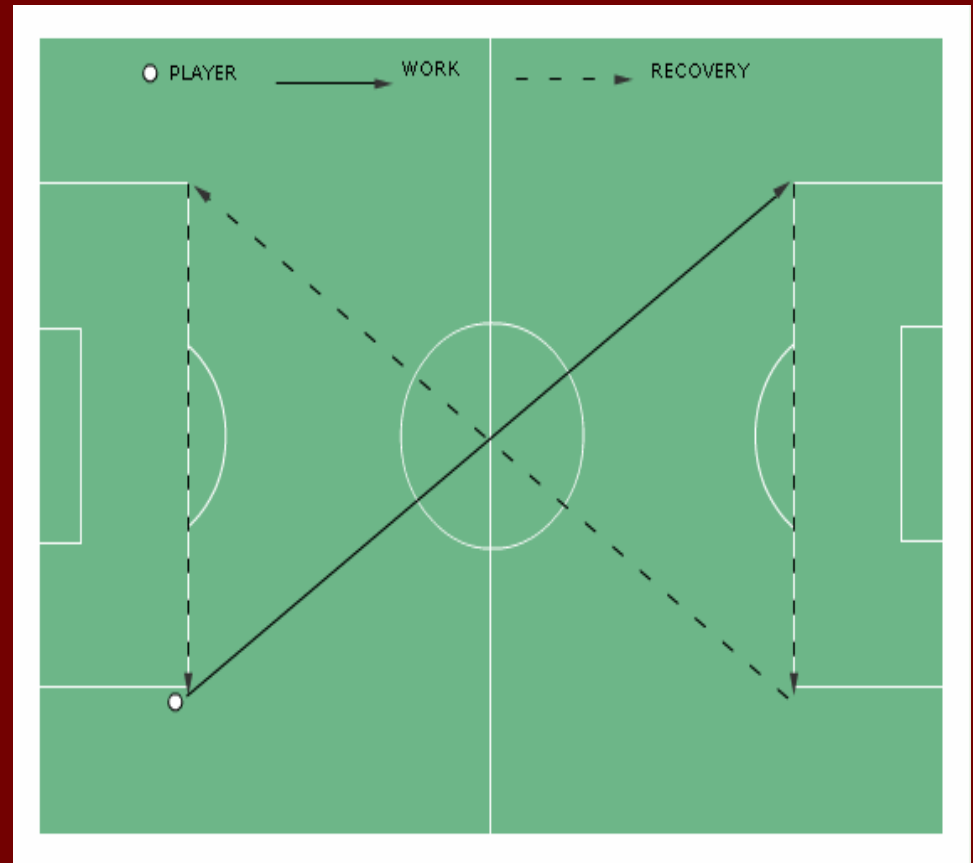
- Arm Roll & Jog – players cover 20 m by jogging forwards & backwards rolling arms forwards/backwards
- Walking on balls of feet (forwards & backwards)
- Ankle Flicks – skipping motion where the balls of the feet plant, then flick up towards shin
- Small Skips, wide Skips, Long Skips
- High Knee Lift / Knee Across Skip
- Russian Walk – walking march with high extended step (hamstring)
- Hurdle Walk – players walk and attempt to step over a 'gate'
- Hamstring Buttock Flicks
- Walking Lunges
- Lunges at different angles

Aerobic Running Drill (1)

- Intensity: High
- Duration: 10 min
- % of Max HR: 85-90
- Work : Rest: 1 : 3
- Total Work: 2360 m
- Velocity: 5.2 m/s

Description:

- Perform each run at the appropriate high intensity running speed
- Each high intensity repetition should be completed in 15"
- Each recovery run should be completed in 45"
- Perform 10 running laps. This constitutes 1 SET (10')
- Total high intensity running distance is 780 m
- Total low intensity running distance is 1580 m (3.5 m/s)

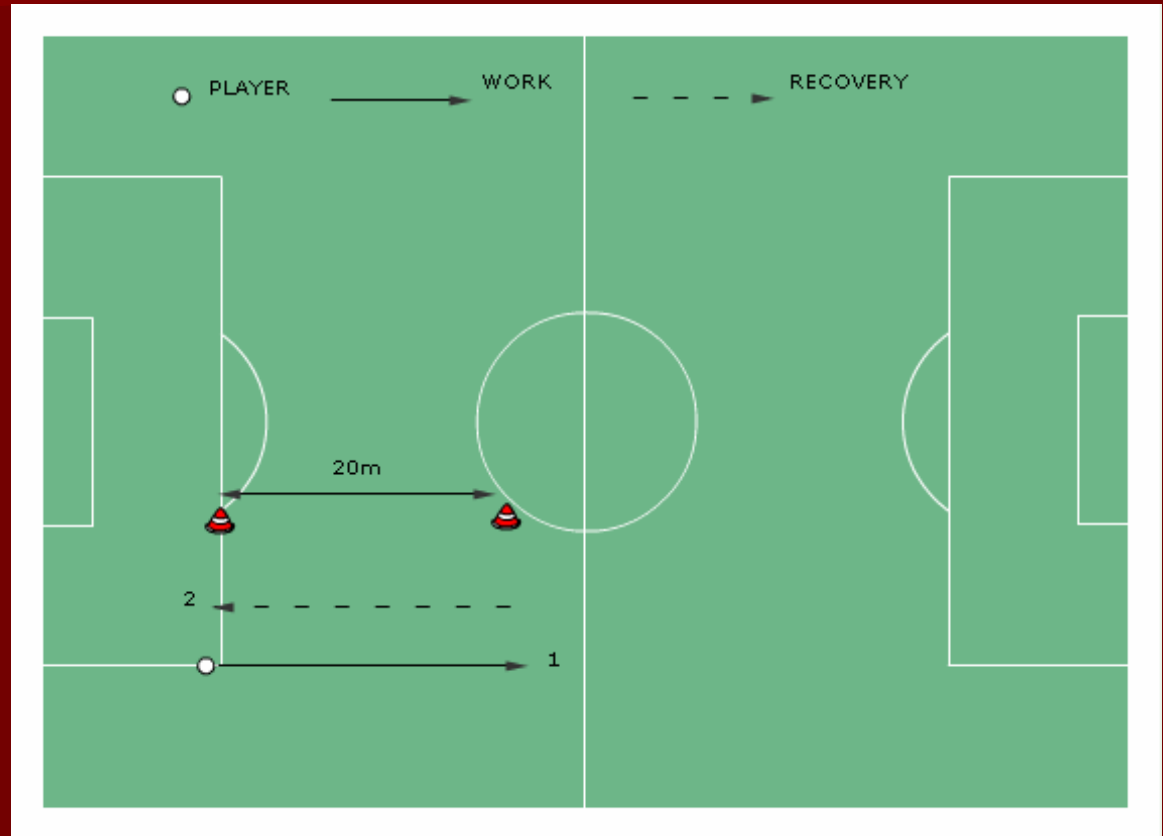


Aerobic Running Drill (2)

- Intensity: High
- Duration: 4 min
- % of Max HR: 85-90
- Work : Rest: 1 : 2
- Total Work: 720 m
- Velocity: 6.6 m/s

Description:

- Perform each run at the appropriate high intensity running speed
- Each high intensity repetition should be completed in 20"
- Each recovery run should be completed in 40"
- Perform 4 running blocks. This constitutes 1 SET (4')
- Total high intensity running distance is 528 m
- Total low intensity running distance is 192 m

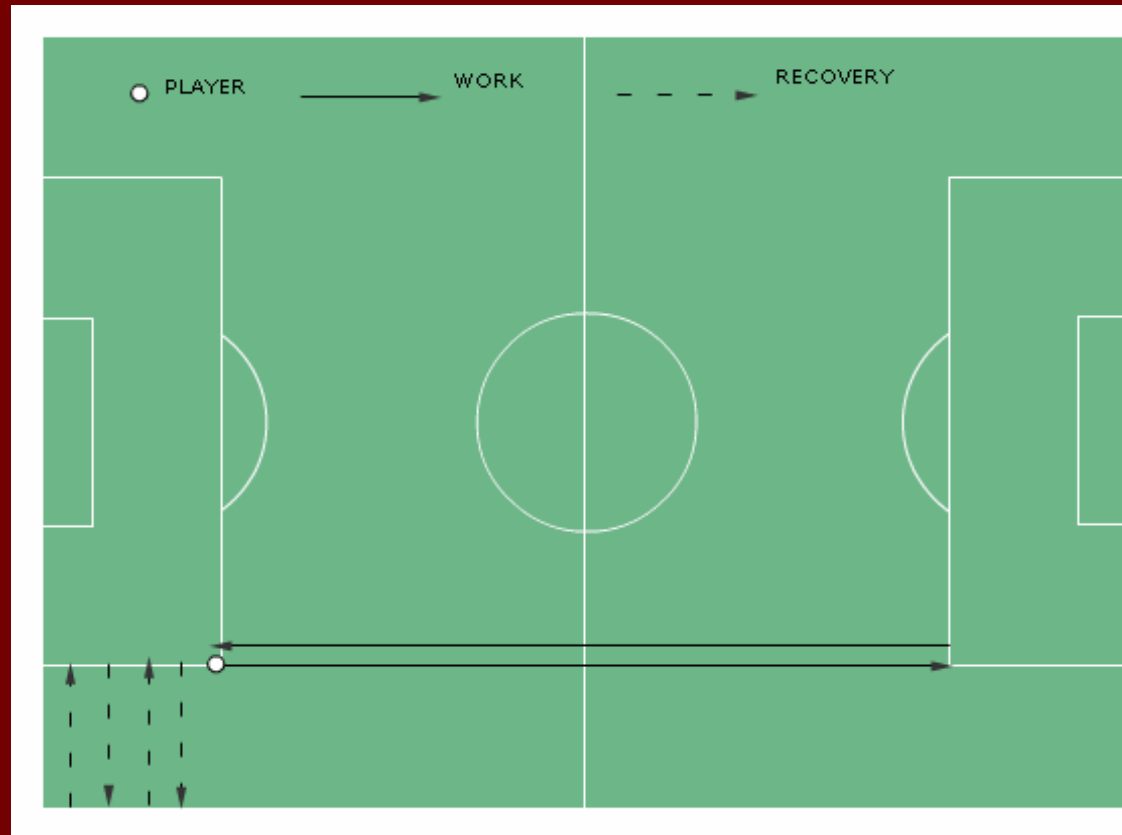


Aerobic Running Drill (3)

- Intensity: High
- Duration: 14 min
- % of Max HR: 85-95 %
- Work : Rest: 1 : 1
- Total Work: 1920 m
- Velocity: 4.6 m/s

Description:

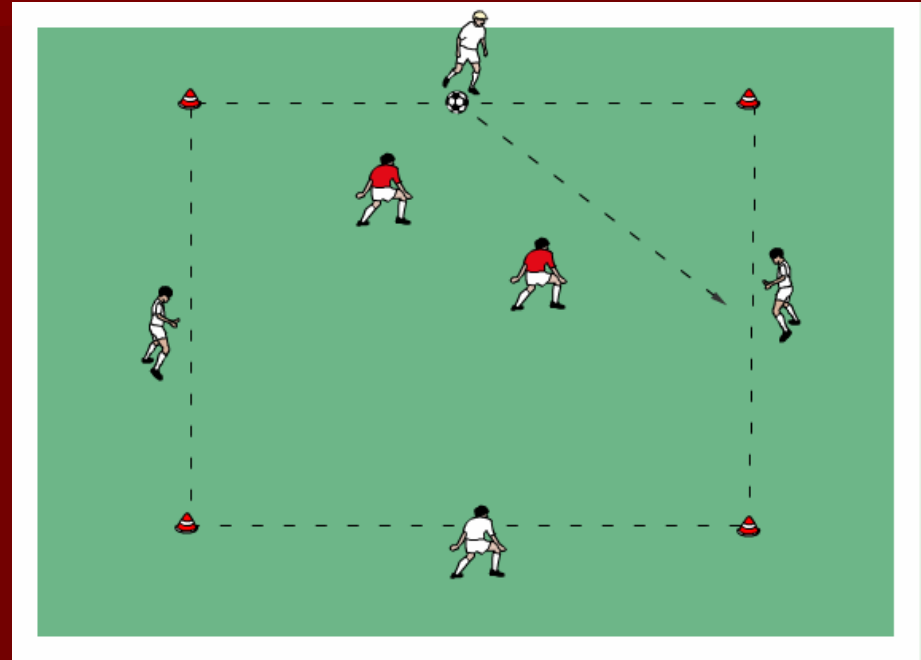
- Perform each run at the appropriate high intensity running speed
- Each high intensity 320m running block should be completed in 70"
- Each recovery phase should last 70"
- Perform 6 sets
- Total high intensity running distance is 1920 m
- Total low intensity running distance is 0m



Small Sided Games

This 4 v 2 exercise is a possession game keeping the ball away from the defender in an area approximately 15 yards long by 15 yards wide. The organization of this exercise is 3 attackers and one defender. Two separate exercises can occur simultaneously to incorporate more players.

The defender tries to regain possession either by intercepting a pass or tackling an attacking player. The game can be given a transition element if a similarly sized playing area is created adjacent to the ball, which contains two team mates of the player who is defending. When the defending player wins the ball the ball is immediately played to the two team mates, the defender goes to join them to form three attackers and one of the attacking players in the first playing area goes in to the second playing area to become a defender.



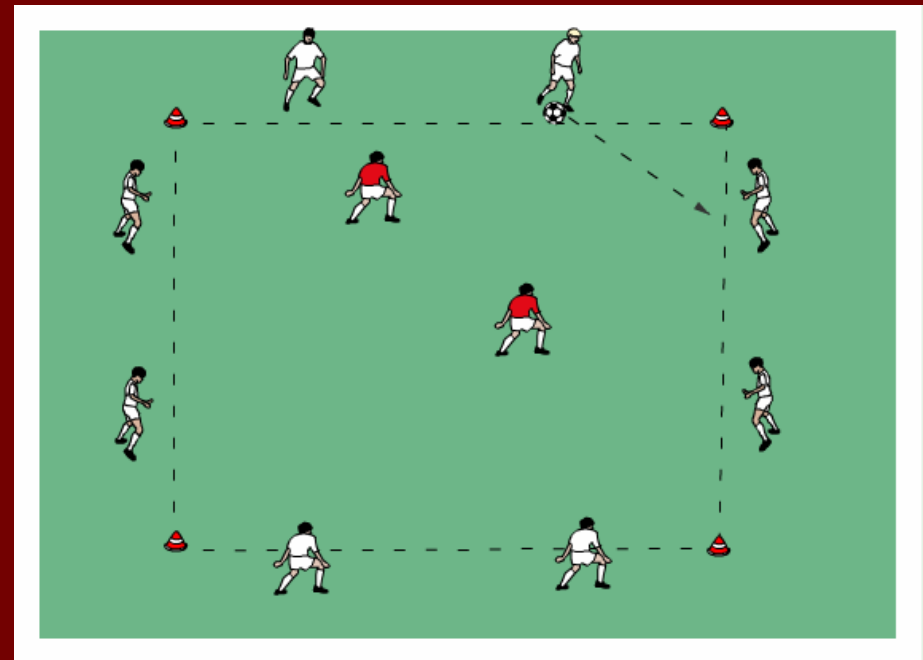
The key element in this exercise is that the player with the ball must always have support on both the left and right. As the ball is rotated around the area the support players must anticipate where the next pass is going to go and move into a supporting angle before the player receives the ball.

Small Sided Games

8 v 2

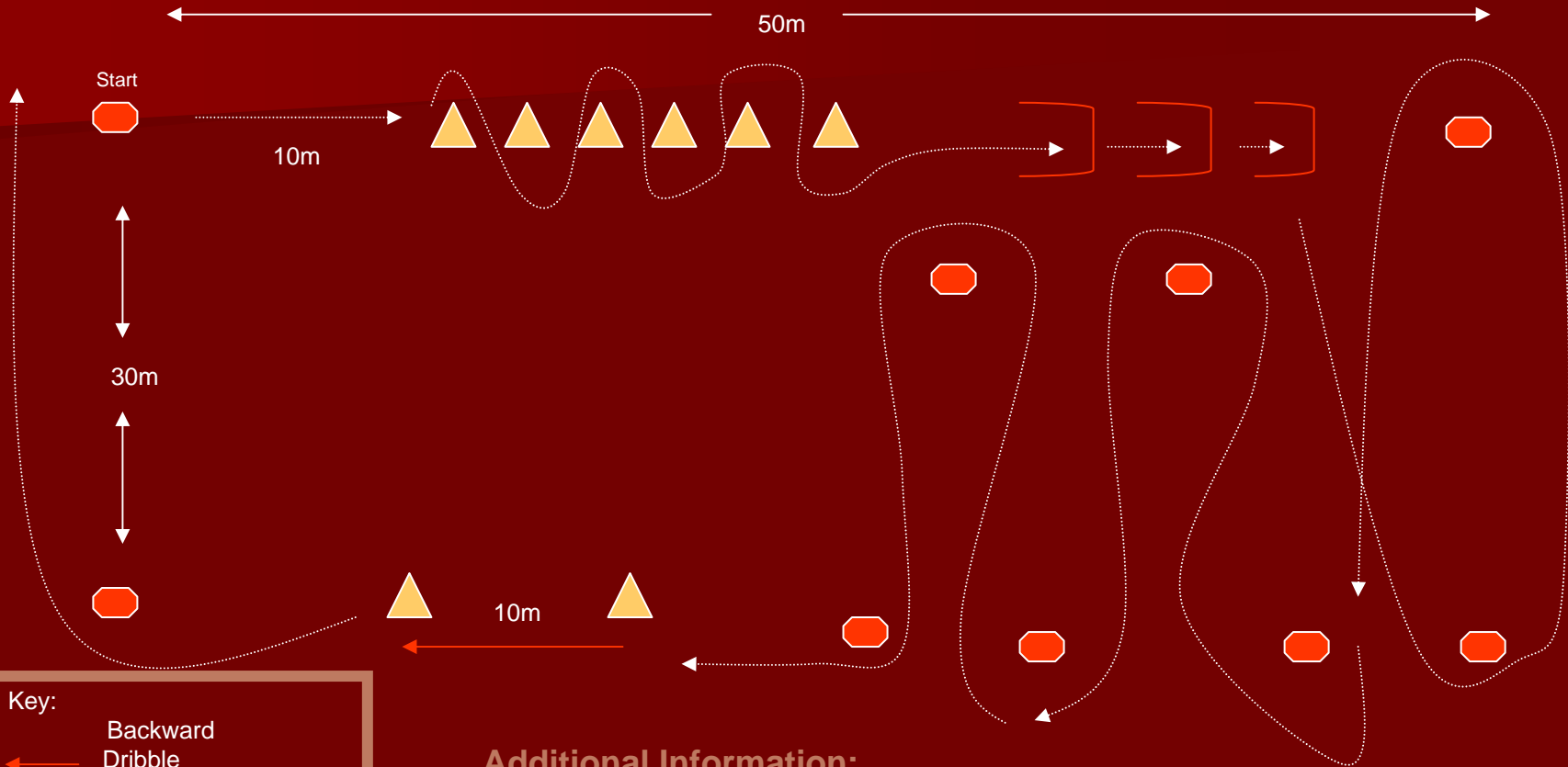
The organization of the exercise is similar to the 4 v 2 except with slightly larger playing areas. Two adjacent playing areas each approximately 20 yards by 20 yards are appropriate for this exercise. Four Yellow players play against two Red defenders in one half of the playing area, while two Red players wait in the other half. When the two Red players win the ball they play the ball into the adjacent playing area for the two Red team mates and then go and join them. Two of the Yellow players follow and become defenders.

The main purpose of this exercise is for the eight attackers to try and split the two defenders with a penetrating pass. The ball is rotated between the four attackers until a clear space develops between the two defenders and that is when the penetrating pass occurs.



It is important to play the 3v1 before the 4v2 because frequently the player with the ball cannot play a penetrating pass and needs the kind of side support developed in the 3v1 exercise. The exercise can also be used to teach defenders cover and balance and of course both exercises are excellent for teaching transition.

Practice : A Moderate Intensity Aerobic Session



Key:

- ← Backward Dribble
- ┌ Hurdle
- ▲ Cones
- ⬡ Poles
- Forward Dribble

Additional Information:

The course of the dribbling circuit can be based upon the width of a full sized playing pitch, or through the use of the above measurements. This type of session can be conducted with both groups & individuals. **Players should perform the circuit twice a week for 4 minutes @ 90% and 3 minutes @ 70% X 4.**

4 Mins Work - 4 Mins Rest X 6 Reps

Organisation

Player 1 starts on the right touchline and sprints towards the initial red cone.

Player 2 passes the ball to player 1.

Player 1 must dribble through the red cones.

Player 1 must then dribble through both yellow gates.

Player 1 then dribbles around the blue cones.

Player 1 then takes a shot at goal.

Recommendations

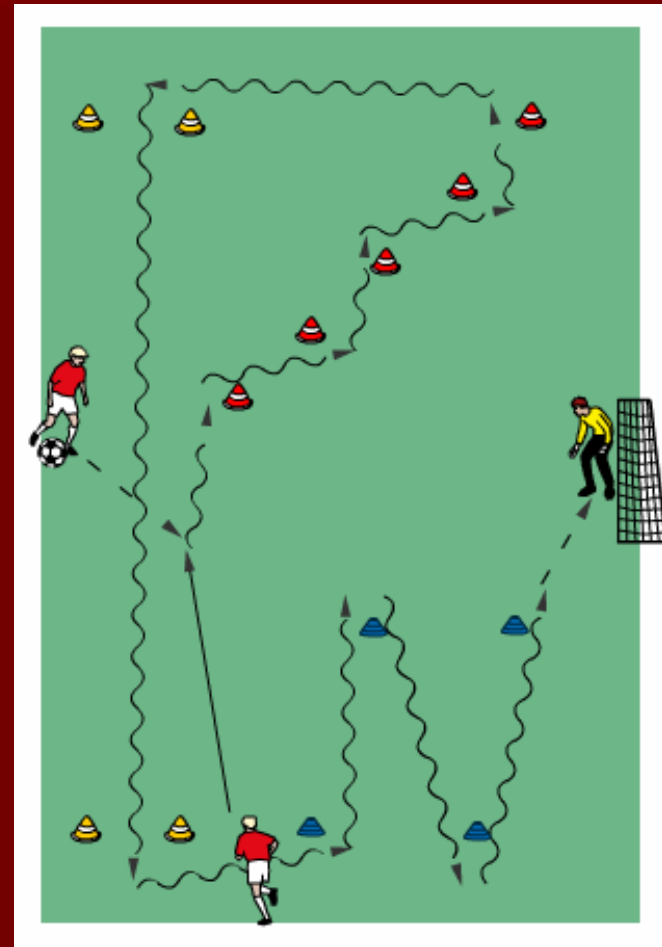
Players should work maximally throughout.

The work to rest ratio should be 1:1, therefore a player working for 4 minute should be allowed 4 minutes rest.

During a session players should complete between 6 and 10 repetitions and repeat the session 2-3 times per week.

To further develop the fitness capacity of the players involved, rest time could be reduced between repetitions.

A defender could replace the blue cones and apply appropriate pressure to the player working.



4 Mins Work at 95% MHR- 3 Mins Rest X 6 Reps

Organisation

Player 1 starts on the left touchline and runs/dribbles ball through the yellow gates towards the initial red cone.

Player 1 runs/dribbles in between each red cone

Player 1 then hurdles 4 white hurdles/ cones.

Player 1 must then run ball around blue cones.

Player 1 then runs/dribbles ball backwards through yellow gates.

Player 1 repeats the circuit.

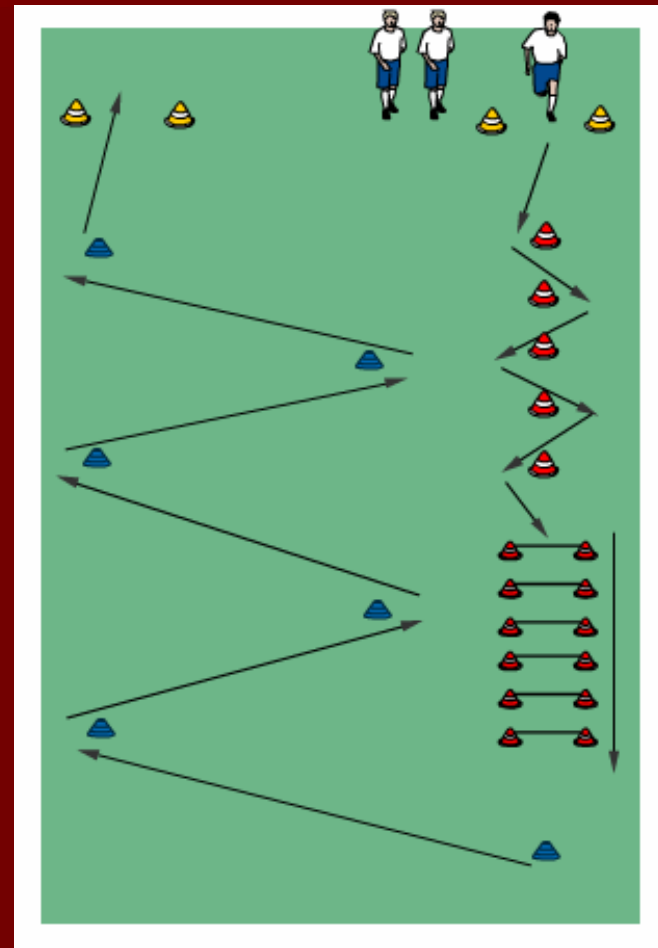
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To further develop the fitness capacity of the players involved, rest time could be reduced between repetitions.

It is vital that players reach and maintain 90-95% of heart rate max, and recover at 70% of heart rate max.



Possession game – three teams of 4 players are organized in a 25x15 yard grid as shown in Diagram (d) below. The white team is positioned around the perimeter of the playing area; the red team acts as defenders and the yellow team are in possession of the ball. The setup is repeated to accommodate the entire team.

Progression :

Limit touches

Tempo

Communication

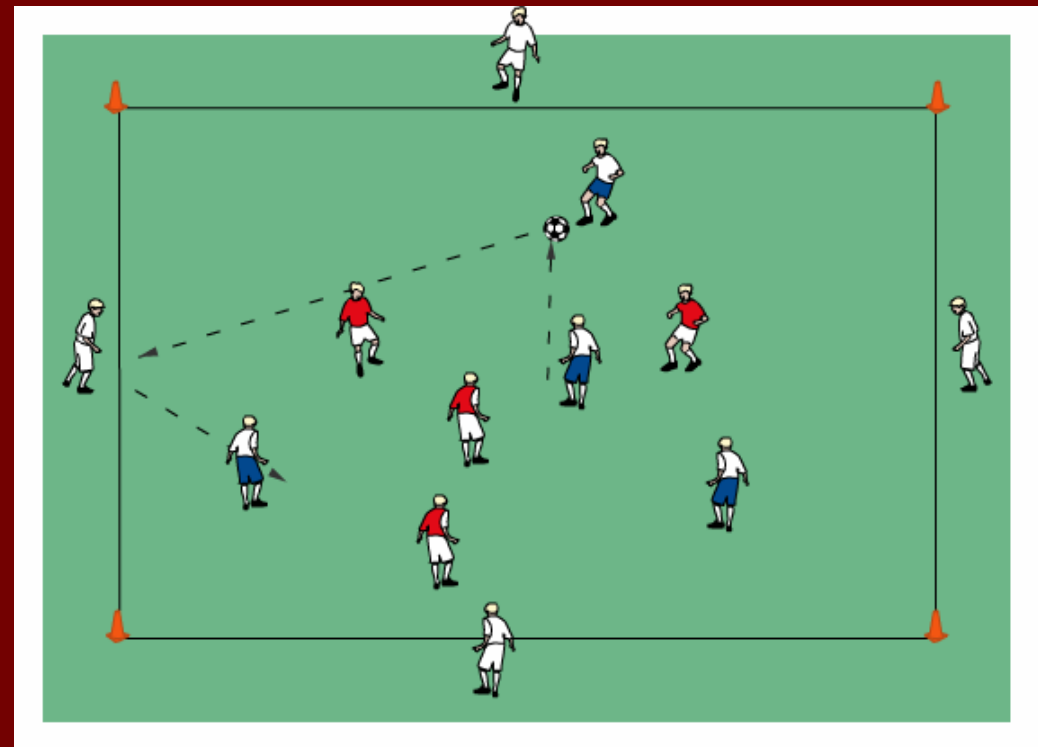
Coaches hints :

Are players constantly active ?

Is the area big enough ?

Are players concentrating on the quality of 1st touch and pass ?

Are the players utilising the wall players to create an overloaded 8 v 4 situation ?



The white team attempts to maintain possession of the ball while utilizing the perimeter players as support players – this create an 8v4 situation. If the defenders win the ball they must quickly return it to the attacking team.

Rotate defensive team after 1.5 minutes.

AEROBIC ENDURANCE

Activity 1: Explosive movements specific to position (top right) Player sprints to 1st cone (10m), recovers quickly back to 2nd cone (5m), sprints to 3rd cone (3m), back to 2nd cone (3m) and sprints to end cone (5m) and jogs back.

Activity 2: Weight & accuracy of pass followed by support (bottom right). Player passes to any of the 4 cones and sprints to retrieve ball. Ideally player and ball arrive at cone at same time. Player dribbles ball back and passes to next cone. Cone distances, 15m, 5m, 20m & 10m.

Activity 3: Dribbling with ball under control
Player dribbles in and out of cones using one foot (inside and out) on way to end cone, and other foot on way back as quickly as possible. Player then dribbles ball to next cone. (10m long, 1m apart)

Activity 4: Running with the ball at speed
Player runs with the ball to end cone (20m), turns and runs back in as little amount of touches possible, then keeps the ball up to the next cone.

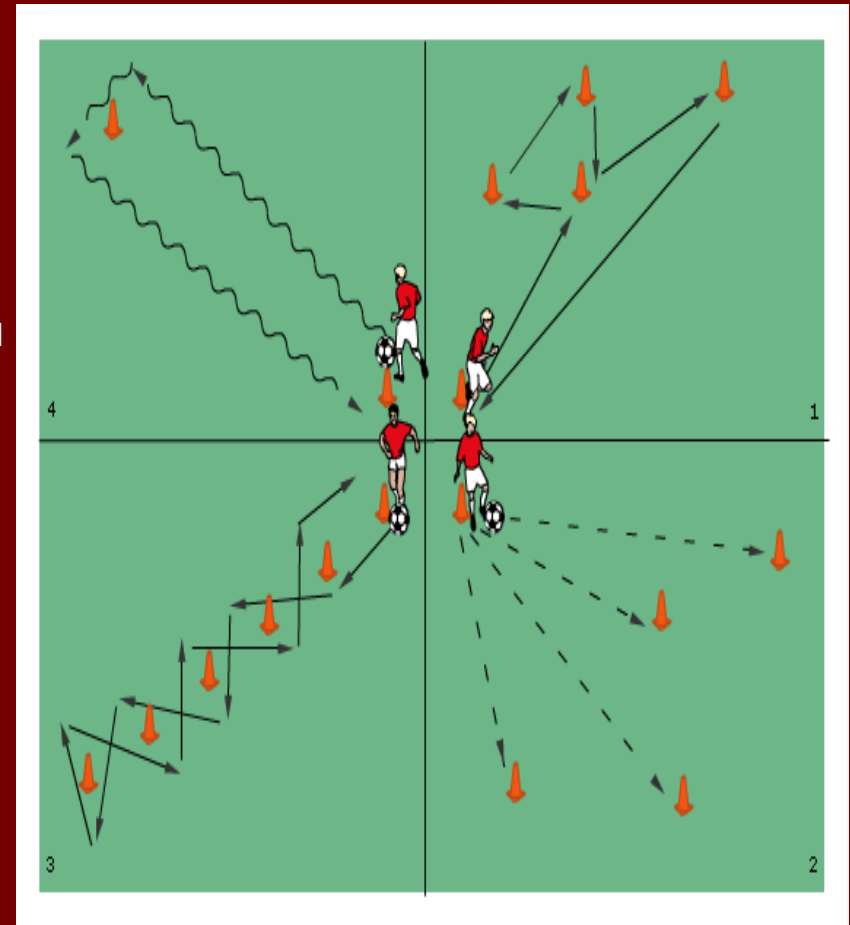
Progression :

Players perform activities in random order.

Coaches hints :

Are players constantly active ?

Do players pay attention to the quality of ball work whilst in an overloaded situation ?

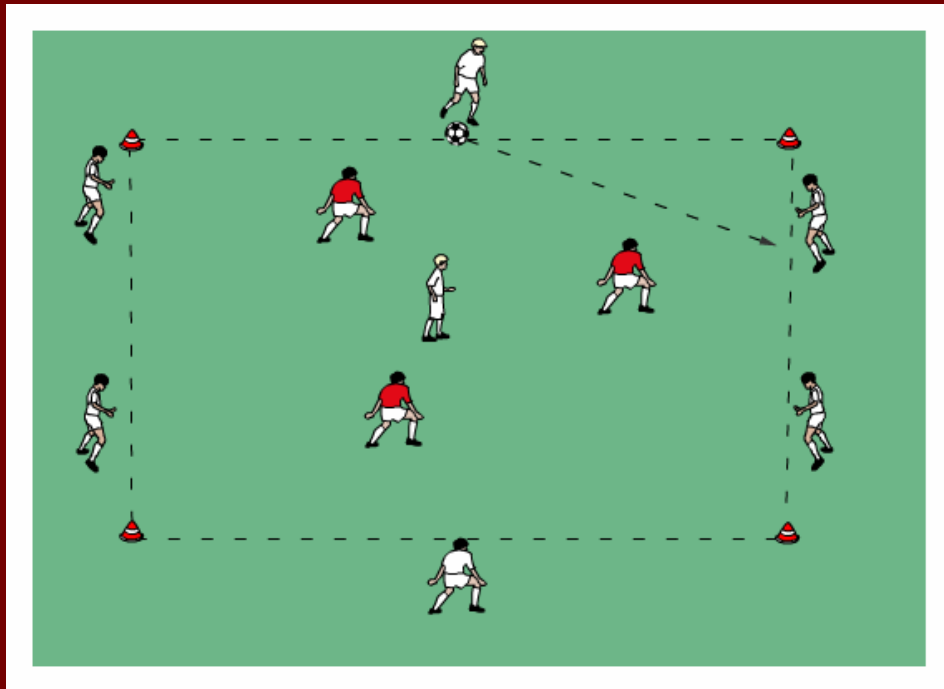


Position : All
Component : Aerobic Power
Intensity : 85 - 95% of maximum heart rate
Duration : 70 seconds
Repetitions : 6
Sets : 1- 3
Work to rest ratio : 1:1
Equipment : 17 Cones, 3 Balls
Players : 8 (4 work 4 rest)

AEROBIC / ANAEROBIC

SMALL SIDED GAMES

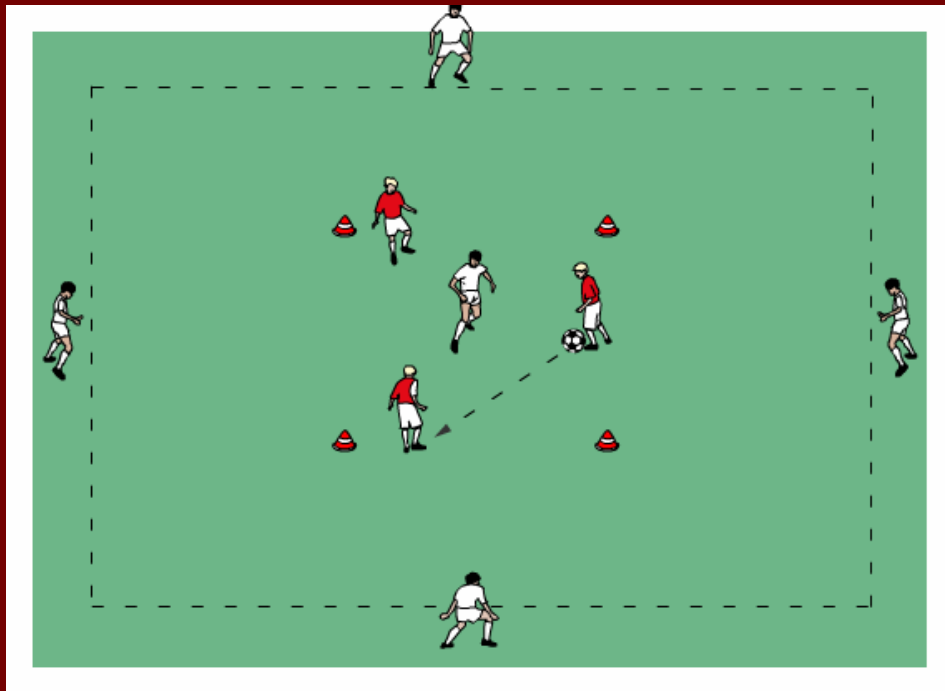
Possession Drill 1



6 v. 3 + 1 in a 25 x 20 yard area playing two touch

in a larger area with more players and more options of play and more pressure. The outside players are in their playing positions. The wRmd and wRdef are positioned on one line and the left sided players on the opposite line. The target attacker and central defender along with the midfielder in the centre form the possession group. The middle 3 defenders play 3 v. 1 in the middle with limited touches

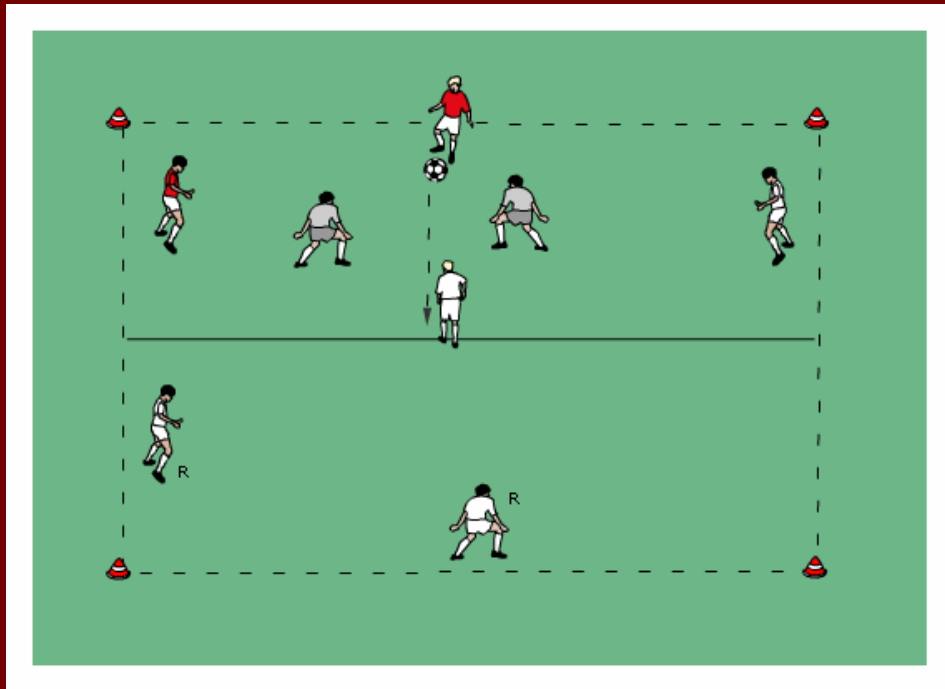
Possession Drill 2



3 v. 1 to 5 v. 3 in a 20 x 15 yard area and a 10 x 10 yard area

Start inside with 3 v. 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v. 3 game in the larger area. When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players. The 3 in the middle must remain compact on defence and deny the through ball.

Possession Drill 3



4 v. 2 + 2 in two teams in a 30 x 20 yard area

Play 4 groups of 2, each in a different colour. Start with 4 v. 2 in 1 area with 2 waiting players in the other area. Establishing the proper shape for the possession team. Defenders, upon winning the ball, play into the other area and join, making 4 possession players. The colour that turned the ball over becomes the defenders and moves into the other area as well. The remaining 2 players wait in the first area for the ball to transition back to them.

ENDURANCE

SOUTH KOREA

Endurance (S. Korea 2004)

- The endurance aspect of this programme will enable your team to maintain high intensity performance throughout the game. Following the programme will improve your team's fitness and will prevent your team from 'slowing down' in the second half of the game.

'Quick recovery' and 'explosiveness'

- Making more running actions within 90 minutes means less time between these actions. Consequently, a player should have the ability to recover more quickly between actions (ie fast restoration of the phosphate system)
- To cover distances more quickly in an attempt to create or close down spaces, players require more explosiveness (ie starting speed).
- Training is divided up into sets and reps – basically if it says 5 reps of 2 sets it means every 2 reps = 1 set

Maintain Pace of the Game (1) ENDURANCE S. KOREA

- To maintain the pace of the game, players should still be able to make frequent actions and explosive actions in the second half of the game
- Training methods to maintain 'quick recovery'

Extensive Endurance Training

3 – 9 games of 10 minutes 11 v 11 (8 v 8 – or whatever number permits, the higher the number of players the better)

2 minutes rest between games

Intensive Endurance Training

5 – 9 games of 8 minutes 7 v 7

2 minutes rest between games

Maintain Pace of the Game (2) ENDURANCE S. KOREA

- Training Methods to maintain 'explosiveness'

Repeated Short Sprinting

2-4 series of 6 – 10 sprints of 15 m with an opponent + finishing on goal

10 seconds rest between sprints

4 minutes rest between sets

Extensive Interval Training

2 series of 6-10 games of 3 minutes 3 v 3

3 – 1 minutes rest between games

4 minutes rest between series

Maintain Pace of the Game (3) ENDURANCE S. KOREA

- Training Methods for higher maximum 'explosiveness'

Sprinting Speed

2 – 4 sets of 8 – 10 sprints of 5m with opponent + finishing on goal

30 seconds rest between sprints

4 minutes rest between sets

Periodisation

ENDURANCE S. KOREA

- It is not the training method but the way it is applied that makes the difference. In this next few pages I will show how to apply the previous mentioned training methods.

All training methods contain elements like:

duration of work

number of repetitions

number of sets

rest between repetitions

rest between sets

These elements within a training method can be used to develop overload during training

Periodisation ENDURANCE S. KOREA

Extensive Endurance Training

3 – 9 games of 10 minutes 11 v 11

2 minutes rest between games

11 v 11	Games	Rest
step 1. 10 min	3	2 min
step 2. 10 min	4	2 min
step 3. 10 min	5	2 min
step 4. 10 min	6	2 min
step 5. 10 min	7	2 min
step 6. 10 min	8	2 min
step 7. 10 min	9	2 min

Periodisation

ENDURANCE S. KOREA

Intensive Endurance Training

5 – 9 games of 8 minutes 7 v 7

2 minutes rest between games

7 v 7

step 1. 8 min

step 2. 8 min

step 3. 8 min

step 4. 8 min

step 5. 8 min

Games

5

6

7

8

9

Rest

2 min

2 min

2 min

2 min

2 min

Periodisation ENDURANCE S. KOREA

Extensive Interval Training

2 sets of 6 – 10 games of 3 minutes 3 v 3

3 – 1 min rest between games

4 minutes rest between sets

3 v 3	Games	Rest Games	Sets	Rest Sets
step 1. 3 min	6	3 min	2	4 min
step 2. 3 min	6	2.5 min	2	4 min
step 3. 3 min	6	2 min	2	4 min
step 4. 3 min	6	1.5 min	2	4 min
step 5. 3 min	6	1 min	2	4 min
step 6. 3 min	7	1 min	2	4 min
step 7. 3 min	8	1 min	2	4 min
step 8. 3 min	9	1 min	2	4 min
step 9. 3 min	10	1 min	2	4 min

Periodisation ENDURANCE S. KOREA

Repeated Short Sprinting

2 – 4 sets of 6 – 10 sprints of 15 metres with opponent + finishing on goal
10 seconds rest between sprints
4 minutes recovery between sets

Sprints	Reps	Sets	Rest Reps	Rest Sets
step 1. 15m	6	2	10 sec	4 min
step 2. 15m	7	2	10 sec	4 min
step 3. 15m	8	2	10 sec	4 min
step 4. 15m	9	2	10 sec	4 min
step 5. 15m	10	2	10 sec	4 min
step 6. 15m	10	3	10 sec	4 min
step 7. 15m	10	4	10 sec	4 min

Periodisation ENDURANCE S. KOREA

Sprinting Speed

2 – 4 sets of 8 – 10 sprints of 5 metres with opponents + finishing on goal
30 seconds rest between sprints

4 minutes between series

Sprints	Reps	Series	Rest Reps	Rest Sets
step 1. 5m	8	2	30 sec	4 min
step 2. 5m	9	2	30 sec	4 min
step 3. 5m	10	2	30 sec	4 min
step 4. 5m	8	3	30 sec	4 min
step 5. 5m	9	3	30 sec	4 min
step 6. 5m	10	3	30 sec	4 min
step 7. 5m	8	4	30 sec	4 min
Step 8. 5m	9	4	30 sec	4 min
step 9. 5m	10	4	30 sec	4 min

AGILITY & SPEED

Speed

- Blinding speed, rapid acceleration changes, explosive lateral movement, lightning fast response. These are the qualities professional football players possess; it is what separates the best from the rest.

The Mechanics of Speed are:

- Stride Length
- Stride Frequency
- Angles
- Hip height
- Hip forward positioning are critical variables

Muscle Groups used for Sprinting

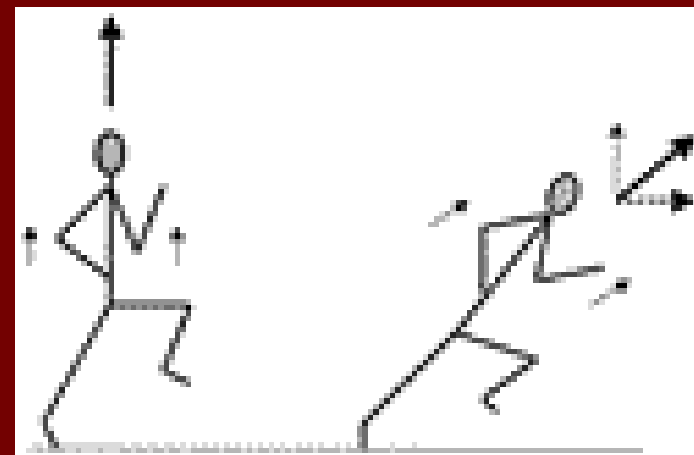
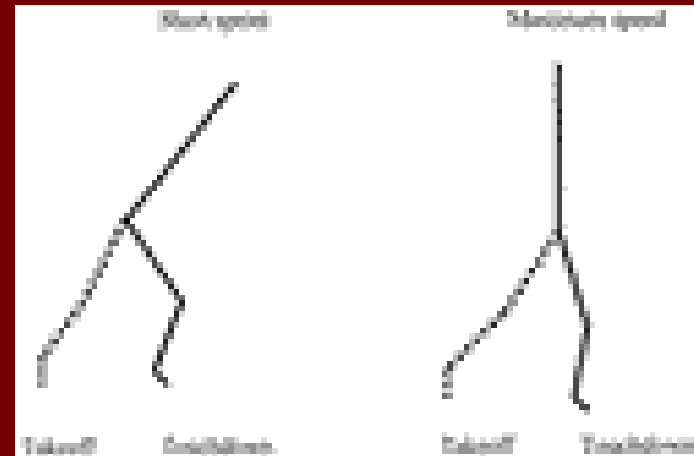
- Proposed Relative Importance of Muscle Groups to Sprint Performance

	Short sprint (e.g., 10 m)	Maximum speed
Quadriceps	****	**
Gluteals	****	***
Hamstrings	**	****
Calves	***	***
Hip flexors	**?	***?
Upper body	***?	**?
Postural/stabilizing muscles	**?	**?

**** = Very important; *** = quite important; ** = important; * = minor importance; ? = unclear.

Body Position (Sprinting)

- Body positions indicating one leg at the instants of touchdown and takeoff.
- The vertical "lift" produced by the arm drive has a horizontal propulsive component when the body has a significant forward lean. Solid arrow indicates "lift" from arm drive; dotted arrow indicates horizontal component of the arm drive.



Exercises for Sprinting (weeks 1 – 3)

- Exercises to improve short sprint speed and maximum sprint speed
- Increase Muscle Size – 3 – 5 sets of 10 repetitions on each exercise

**Short sprint
(e.g., 10 m)**

**Maximum
speed**

Parallel squats

Deadlifts

Machine hip extension/flexion

Bench press

Trunk stability exercises

Exercises for Sprinting (weeks 4 – 6)

- Medium Specificity Exercises for Sprinting
- Strength Building – 3 – 5 sets of 4-6 repetitions

Short sprint (e.g., 10 m)

Half squats

Single-leg squats/lunges

Power clean/snatch from floor

Push press

Bench press throws

Maximum speed

Quarter squats

High-speed hip flexion machine

Romanian deadlift

Single-leg squats/lunges

Power clean/snatch from blocks

Drop jumps/hurdle jumps (double leg)

Bounding/hopping for distance

Bench press throws

Exercises for Sprinting (weeks 7 – 10)

- High and Very High Specificity Exercises for Sprinting

Short sprint (e.g., 10 m)	Maximum speed
Sled sprints (standing start with medium load)	Sled sprints (jog start with low load)
Inclined sprints (standing start with medium incline)	Inclined sprints (jog start with low incline)
	Speed bounding
	Weighted vest sprinting

SPEED / AGILITY

Structure :

A full back, wide forward and midfielder are positioned just over half way line. A coach is positioned 30m from full back through a set of cones.

Activity 1 & 2: high intensity pass and spin.

Midfield player passes ball to wide forward, spins off and runs towards penalty box

Activity 3: high intensity pass and move

Wide forward passes ball back to full back and runs in field towards penalty box

Activity 4 & 5: Sprint to cross ball

Full back makes low driven pass into coach and sprints to cross ball to players in penalty box

Activity 6, 7 & 8: Sprints to attack cross

As full back reaches ball, midfielder and wide forward sprint to near or far post to attack cross.

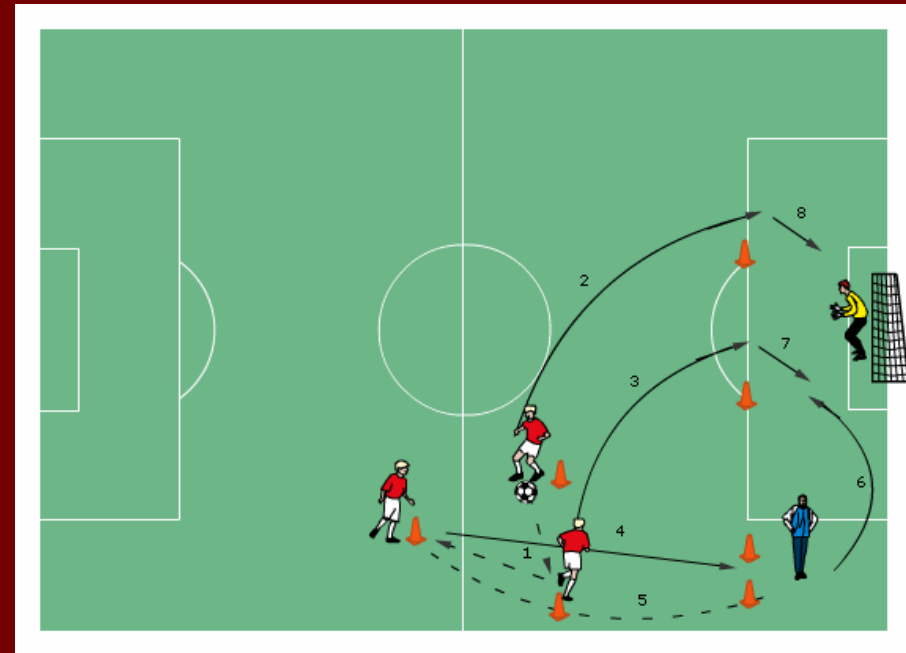
Progression :

Start on opposite side of the pitch to ensure players move and pass using both feet.

Coaches hints :

Do the attacking players time runs to meet the ball at full speed ?

Does the full back produce a quality pass at the end of a maximum sprint ?



SPEED / AGILITY

Position : Wide forward, Midfielder, Forward

Component : Explosive speed

Intensity : 100%

Duration : 5 seconds

Repetitions : 12 - 16

Sets : 1 - 2

Work to rest ratio : 1:5 / 1:6

SPEED / AGILITY

Structure :

A wide forward is positioned between penalty box and centre circle level with six yard line with a ball. 3 forwards are positioned on centre circle without a ball.

Activity 1: High intensity movement wide

Wide player moves ball forward out of feet from start cone to cone on edge of penalty box. As wide player moves ball out of feet forwards move to from their first cone to second cone.

Activity 2, 3, 4 & 5: High intensity run followed by sprint to attack cross

Wide player crosses ball first time beyond second cone. Forwards attack areas marked out at maximum speed (near post, middle and far post)

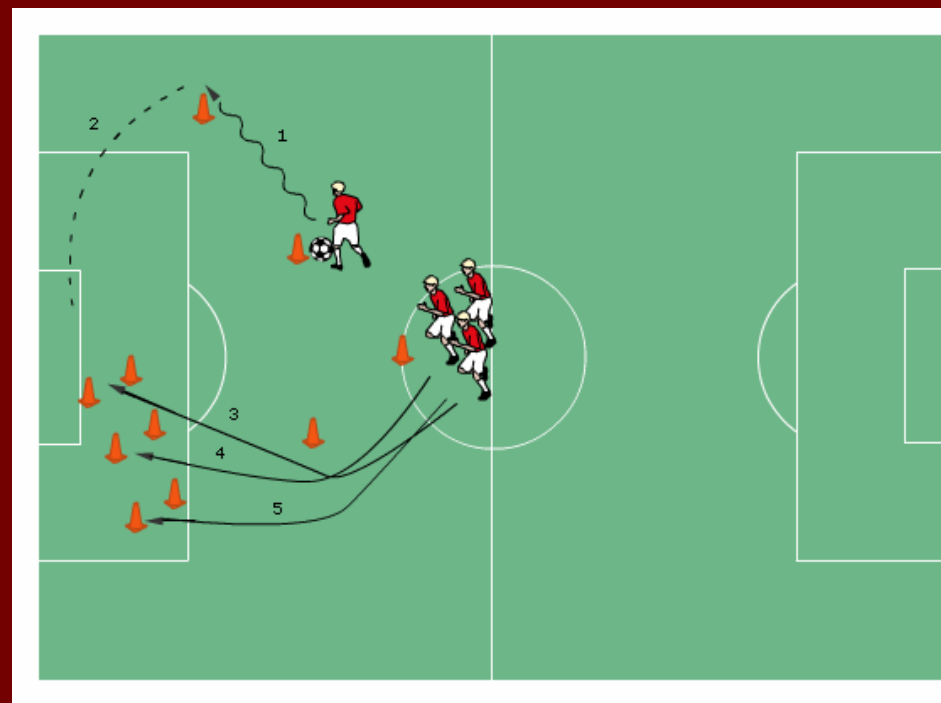
Progression :

Start on opposite side of the pitch to ensure players move and pass using both feet.

Coaches hint :

Does the wide player cross into an area as opposed to aiming for players runs?

Do the attacking players time runs to get through cones as ball arrives ?



SPEED / AGILITY

Position : Wide forward, Centre Forward

Component : Explosive speed

Intensity : 100%

Duration : 5 seconds

Repetitions : 12 - 16

Sets : 1 - 2

Work to rest ratio : 1:5 / 1:6

Speed Endurance

Structure :

Midfield player is positioned centrally midway in own half with a ball.

A coach is positioned in centre circle, an attacker midway in opposite half, and a goalkeeper in opposite goal.

A goal is set up on sidelines with a goalkeeper in and another attacker is positioned in six yard box.

Activity 1 & 2: high intensity one two pass

Midfield player makes a one two pass with the coach.

Activity 3: high intensity pass and move

Midfield player passes firmly into attacker and overlaps.

Activity 4, 5, 6: Lay off and forward pass

Attacker lays ball off to coach who passes ball into the path of the on running midfielder.

Activity 7 & 8: Shot & high intensity recovery run. Midfield player shoots inside box then recovers back to wide position over half way line as if to prevent counter attack

Progression:

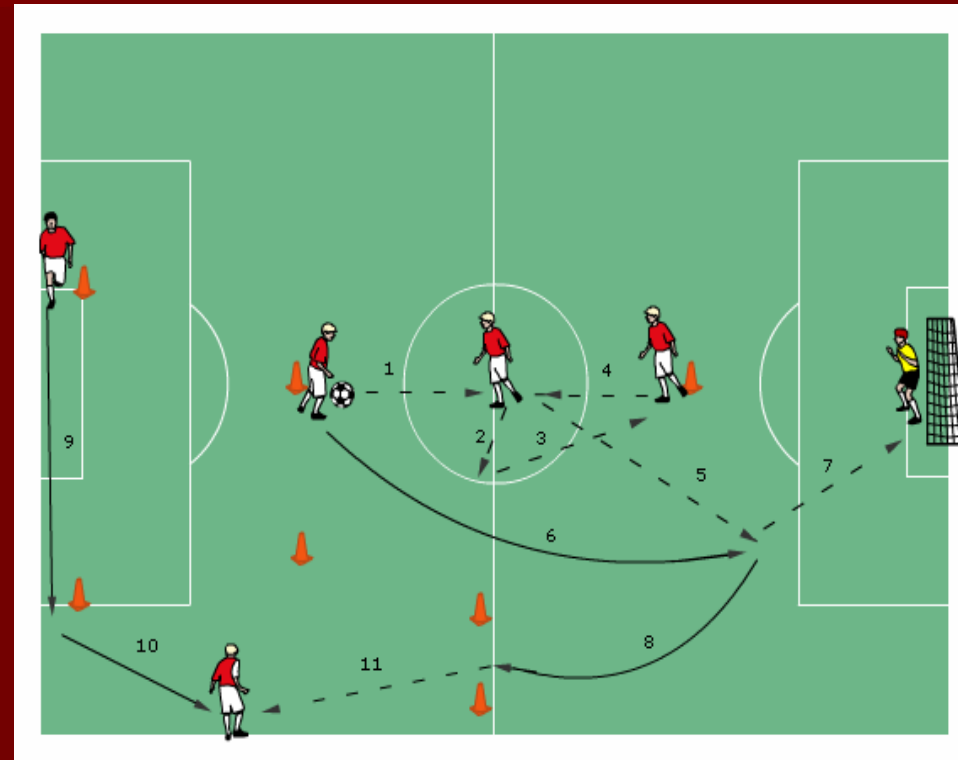
On return to half way line midfielder crosses ball to attacker who sprints from position in six yard box.

After laying ball off to coach attacker/attacking midfielder runs to six yard box and then attacks cross from midfielder player.

Coaches hints:

Does the midfielder pay attention to the quality of pass, shot and cross performing at high intensity ?

Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives ?



SPEED ENDURANCE

Position : Midfielder

Component : Anaerobic Power

Intensity : 95 - 100% of maximum heart rate

Duration : 20 seconds

Repetitions : 8

Sets : 1- 2

Work to rest ratio : 1:2 / 1:3

Speed Endurance

Structure :

A 15m inner square is marked out inside a 30m outer square with goals at each end.

A coach is positioned at bottom left of outer square with a server at top right of inner square.

Centre forward starts at bottom left of inner square.

Activity 1 & 2: high intensity one two pass, spin off and shot at goal.

Centre forward plays a one two pass with the coach, spins outside square and sprints onto a ball passed by server to shoot at goal

Activity 3, 4 & 5: high intensity counter movement and shot at goal

Centre forward turns in direction of opposite goal, sprints towards near post then checks run towards far post to attack pass from coach.

Activity 6 & 7: high intensity diagonal run and shot at goal. Attacker turns in direction of opposite goal, sprints diagonally across square onto straight pass from coach to shoot at goal.

Progression:

Start on opposite side to ensure movements and shots incorporate both feet.

Coaches hints:

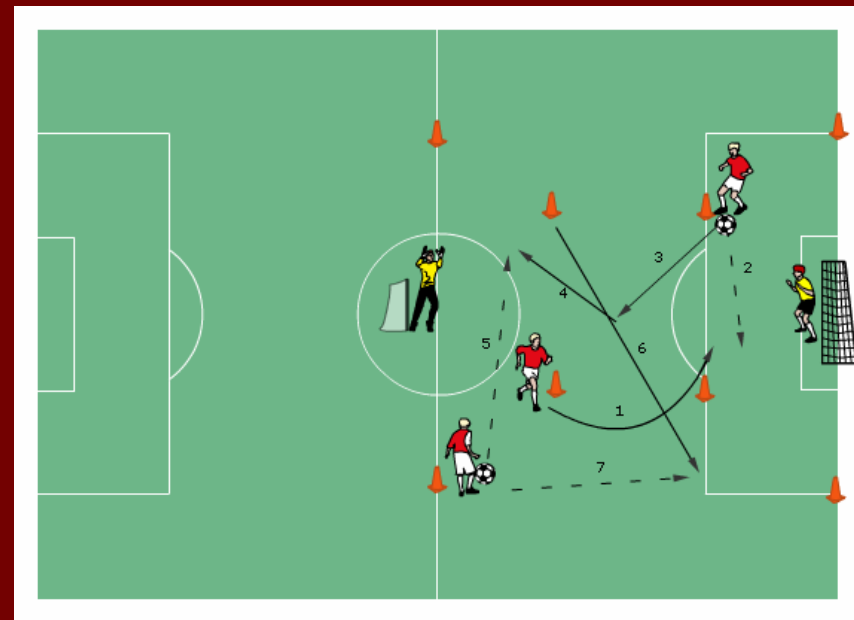
Does the attacker identify where the movements apply in a game situation:

Run 1: fast spin off to receive a ball that has gone past him

Run 2: fast counter movement to lose defender and attack cross

Run 3: Arched run between defenders to stay onside from a reverse pass

Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives ?



SPEED ENDURANCE

Position : Centre forward

Component : Anaerobic Power

Intensity : 95 - 100% of maximum heart rate

Duration : 20 seconds

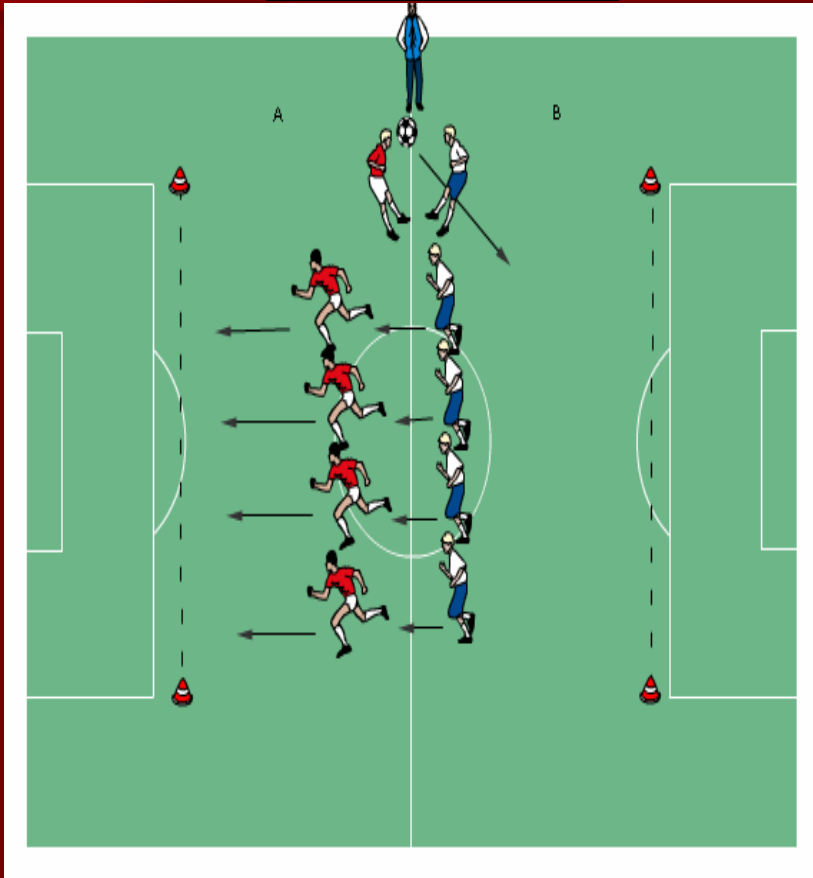
Repetitions : 8

Sets : 1-2

Work to rest ratio : 1:2 / 1:3

Acceleration

Improve Reaction Time



OBJECTIVE: Improve reaction time, speed and acceleration

ORGANISATION: Coach throws up ball to 2 players who challenge each other in the air. If ball ends up on the side of the B players, they will chase the players on the A side

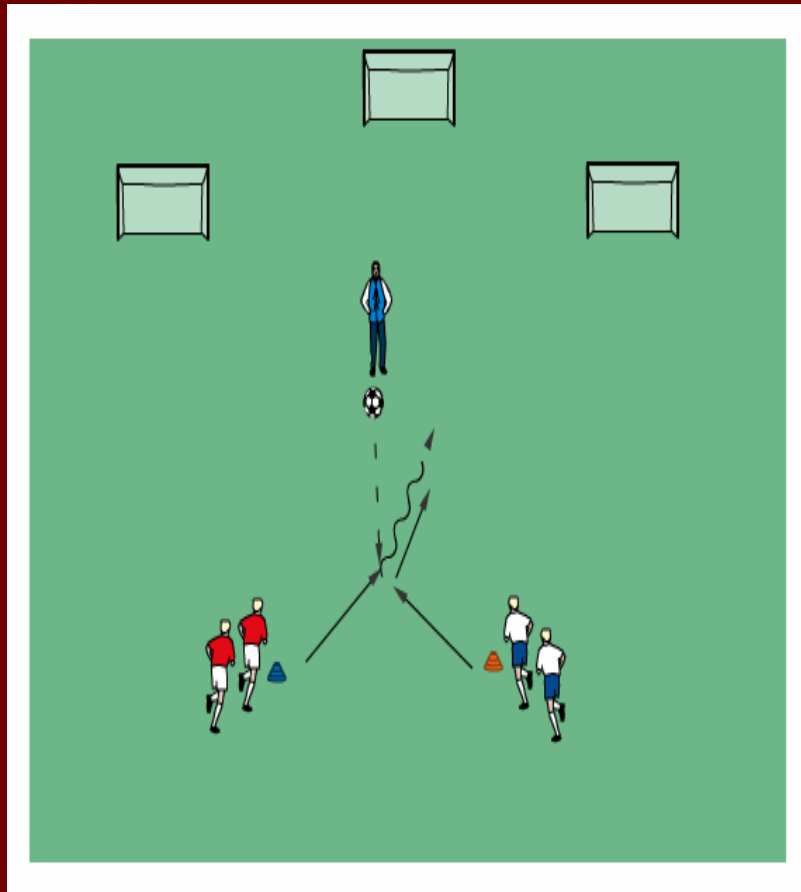
INSTRUCTIONS: B players will try to tag the A players before they pass the line between the 2 cones

INTENSITY: 4 SETS X 3 REPS

WORK TO REST RATIO: 1:6

Acceleration

Improve Reaction Time



OBJECTIVE: Improving reaction speed

ORGANISATION: Coach plays ball in front of 2 players. Both players sprint to ball. They will try to win ball and score in one of 3 goals

INSTRUCTIONS: Be competitive, Strong & Score as quickly as possible

INTENSITY: 4 SETS X 3 REPS

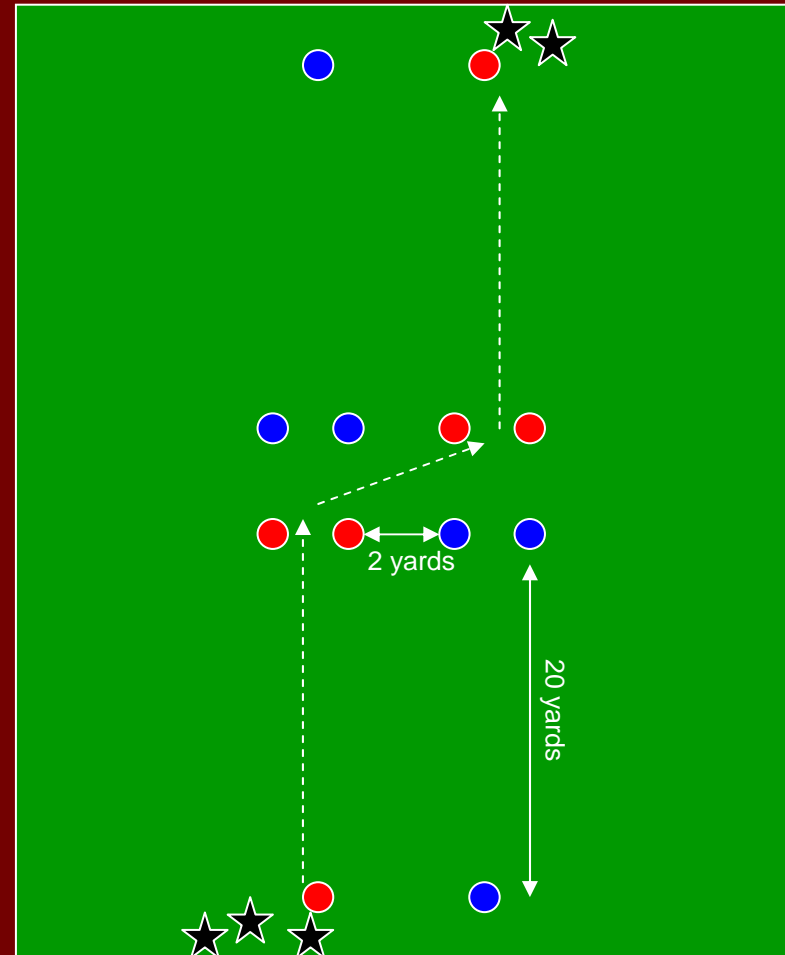
Agility / Speed

Organisation

- Player 1 sprints from the start red cone to the first red gate.
- Player 1 then changes direction to run through the second red gate.
- Player 1 then sprints to the final red cone.
- Upon player 1 completing the run, player 2 then begins.
- Having completed a full set on the red cones, players should repeat the session using the blue cones so as to work on a different change in direction.

Recommendations

- Players should work maximally for between 5 and 9 seconds.
- The work to rest ratio should be 1:4/5, therefore a player working for 6 seconds should be allowed at least 24 seconds rest.
- During a session players should complete between 4 and 6 repetitions on each colour without a break in between and repeat the session 2-3 times per week.
- With smooth changeovers and appropriate numbers participating, the work to rest ratio should not need to be timed, as 1 player will rest while 4/5 other players complete the sprint.



Speed Endurance

Structure:

A fullback is positioned on edge of box in a position to defend a cross from wide player on opposite side of the pitch. Wide player travels with the ball from midway inside half to edge of box to cross the ball.

Activity 1: Explosive movements specific to position

Full back sprints to defend cross getting in front of cone inside box (attacker).

Activity 3: High intensity movement to start an attack / counter attack.

Activity 4: Running with the ball at speed

Full back takes first touch out of feet, and builds up maximum speed to half way line creating an attacking / counter attacking move.

Activity 5: Diagonal pass. Full back looks up and makes long diagonal pass into box marked out (attacker) to enhance attacking move.

Activity 6: Moderate intensity recovery run. Full back jogs towards poles in centre of field

Activity 8: High intensity lateral movement. Full back moves through poles at speed and receives a pass from coach.

Activity 9 & 10: Pass, high intensity overlapping run and cross. Full back passes ball back to coach makes overlapping run and crosses ball into penalty box.

Full back performs recovery run across to start position and repeats.

Progression:

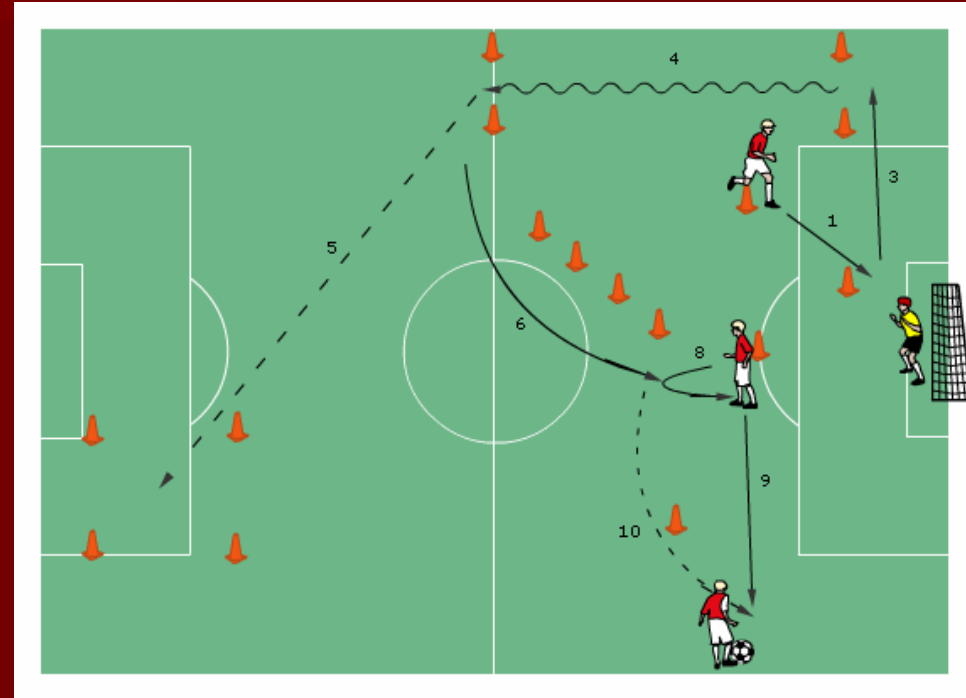
Organise same set up on opposite side for full back to perform same series of activities on opposite side after crossing ball into box.

Coaches hints:

Is full back able to maintain explosive activities ?

Does full back recover quickly between explosive activities ?

Do players pay attention to the quality of ball work whilst in an overloaded situation ?



AEROBIC ENDURANCE / SPEED / AGILITY

Position : Full back

Component : Aerobic Power

Intensity : 85 - 95% of maximum heart rate

Duration : 70 seconds

Repetitions : 6

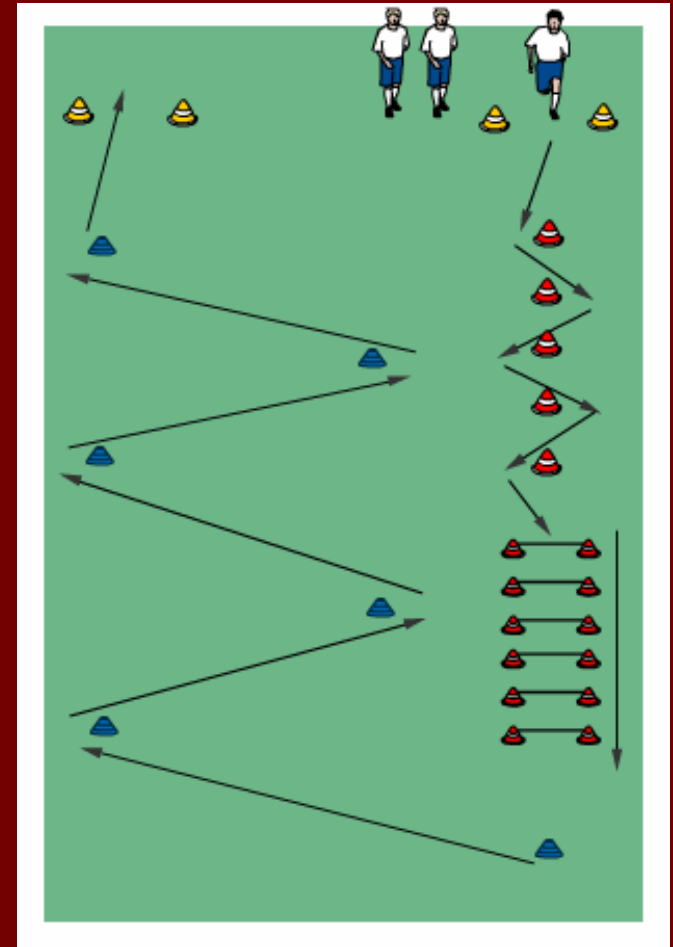
Sets : 1-3

Work to rest ratio : 1:1

Speed Circuit

Place cones around pitch or similar sized area, each station represents an area where the player works hard, then jogs to next station. It is important that the player works hard at each station, there should be distinct differences in effort between work done at a station and the jog recovery. Do not run too hard on the jog recovery as it will take away your ability to work hard at the next station.

At early part of speed endurance phase, (pre-season, or early season), aim for 5 mins continuous run with 3 mins walk recovery, repeat 3 times. During later stages of speed endurance phase, during season for example, aim for 3-4 mins circuits, with 3 mins recovery.



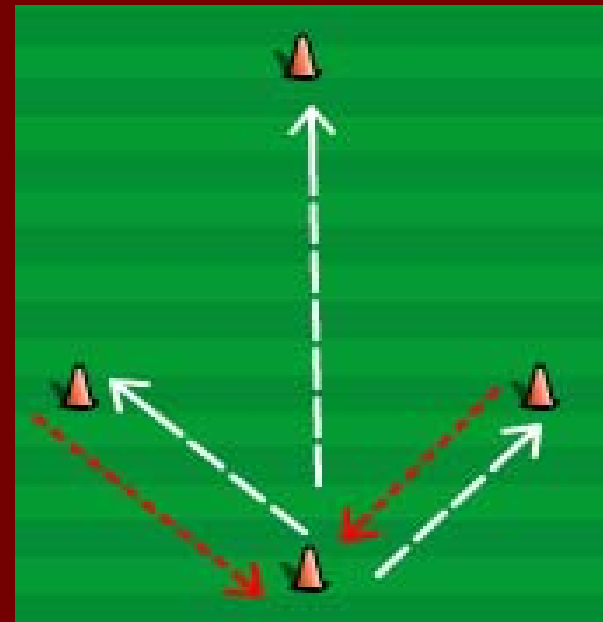
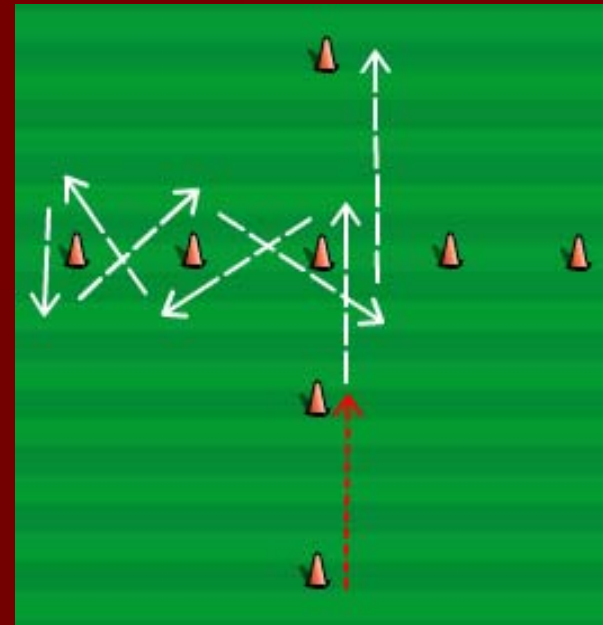
AGILITY / SPEED

- Start with a backwards run (red), sprint forwards (white) at the 1st cone, at 2nd cone step side to side to left (alternate to right) across to the other cone around and back around the first cone, then sprint to the final cone.

Place cones 2 to 5 metres apart, with 10 metres to the last cone. 6 runs (2 x 50%, 2 x 75%, 2 x 100%) with a walk recovery back to start. 2 sets of 6 runs.

Sprint to the cone on left, go round and run backwards to starting cone, sprint to cone on right, go round and run backwards to starting cone, now sprint forwards to last cone.

Place left and right cones 2 to 3 metres away from start cone and last cone 5 to 10 metres from start cone. Place cones 2 to 5 metres apart, with 10 metres to the last cone. 6 runs (2 x 50%, 2 x 75%, 2 x 100%) with a walk recovery back to start. 2 sets of 6 runs.



SPEED ENDURANCE

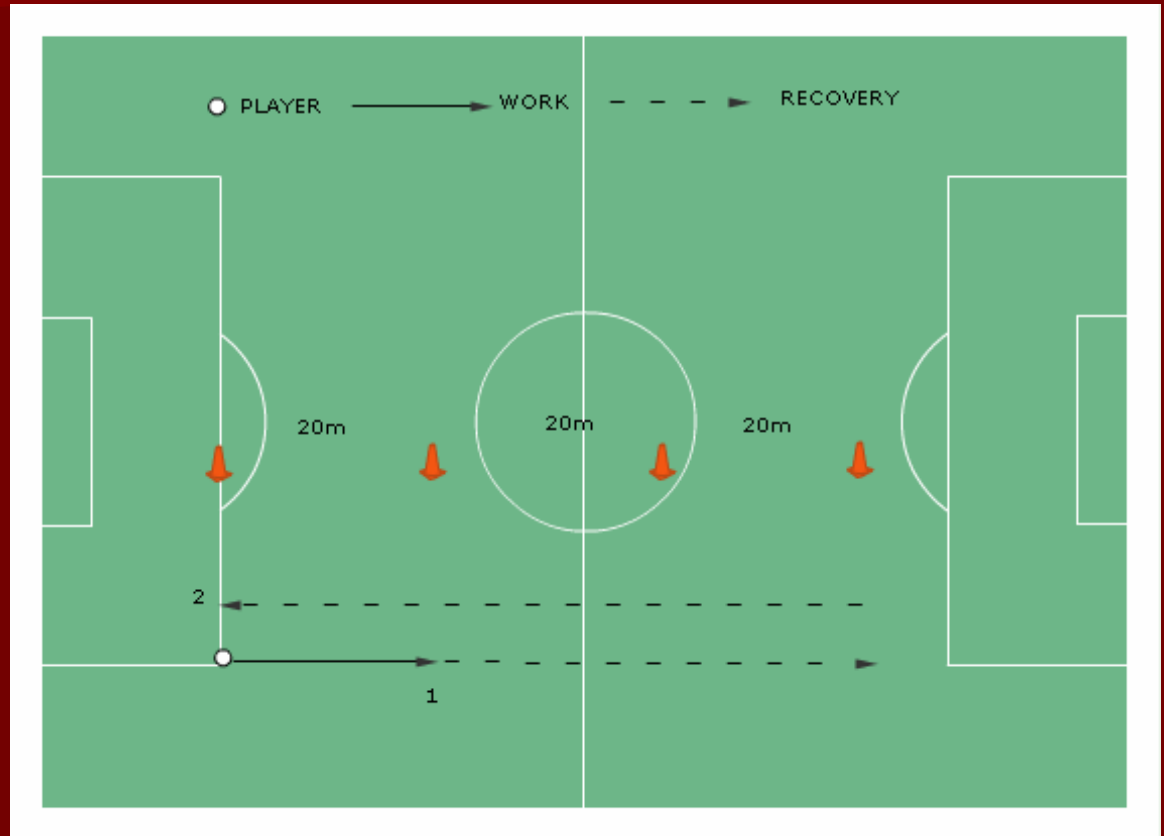
Speed Endurance (1)

■ Session: **Repeated Sprint Drill (1)**

- Intensity: **High**
- Duration: **14 min**
- % of Max HR: **85-95**
- Work : Rest: **1 : 5**
- Total Work: **800 m**
- Velocity: **5 m/s**

Description:

- Perform each run at the appropriate high intensity running speed
- Each high intensity 20m running block should start every 30" (1Rep)
- Each recovery phase should last the remainder of the 30"
- Perform 10 reps. This constitutes 1 set.
- Perform 2 sets with 4 min rest in between.
- Total high intensity running distance is 400m
- Total low intensity recovery distance is 400m

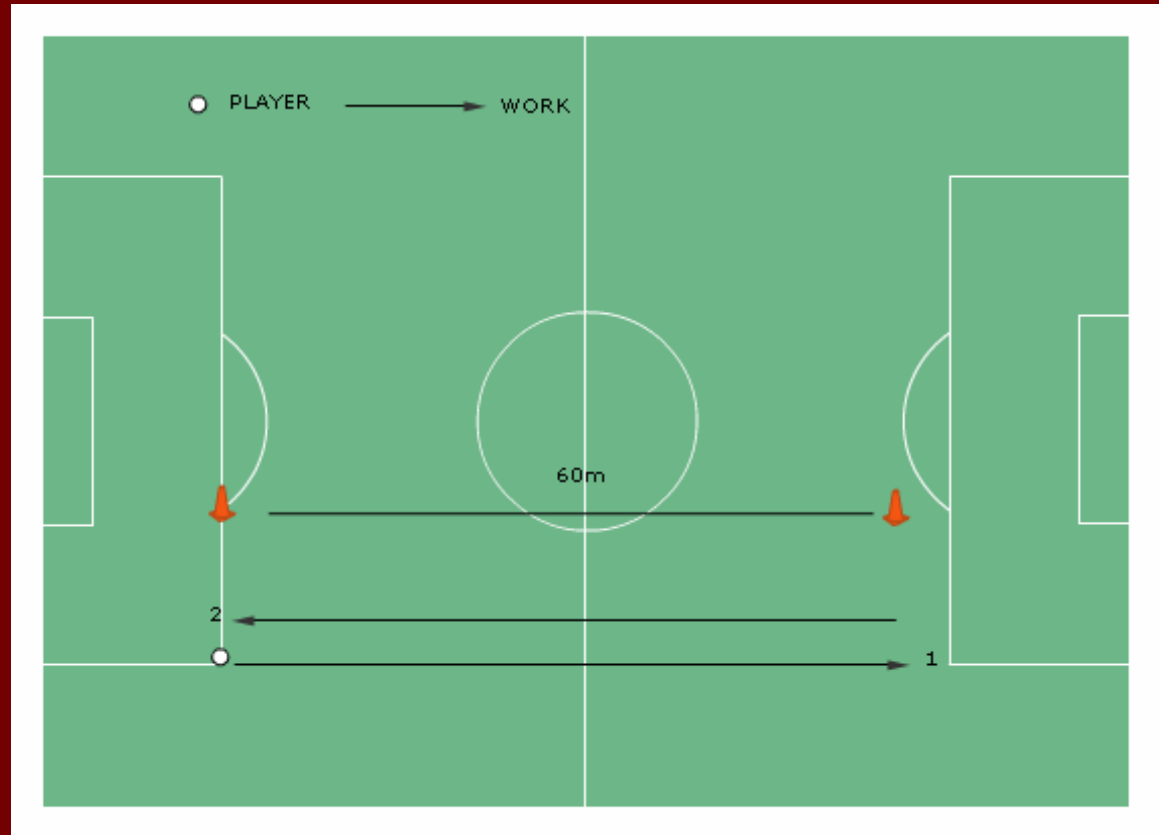


Speed Endurance (2)

- Session: Repeated Sprint Drill (2)
- Intensity: High
- Duration: 14 min
- % of Max HR: 85-95
- Work : Rest: 1 : 5
- Total Work: 2400 m
- Velocity: 5 m/s

Description:

- Perform each run at the appropriate high intensity running speed
- Each high intensity 20m running block should start every 30" (1Rep)
- Each recovery phase should last the remainder of the 30" = cover 100m
- Perform 10 reps. This constitutes 1 set.
- Perform 2 sets with 4 min rest
- Perform 2 sets with 4 min rest in between.
- Total high intensity running distance is 400m
- Total low intensity recovery distance is 2000m

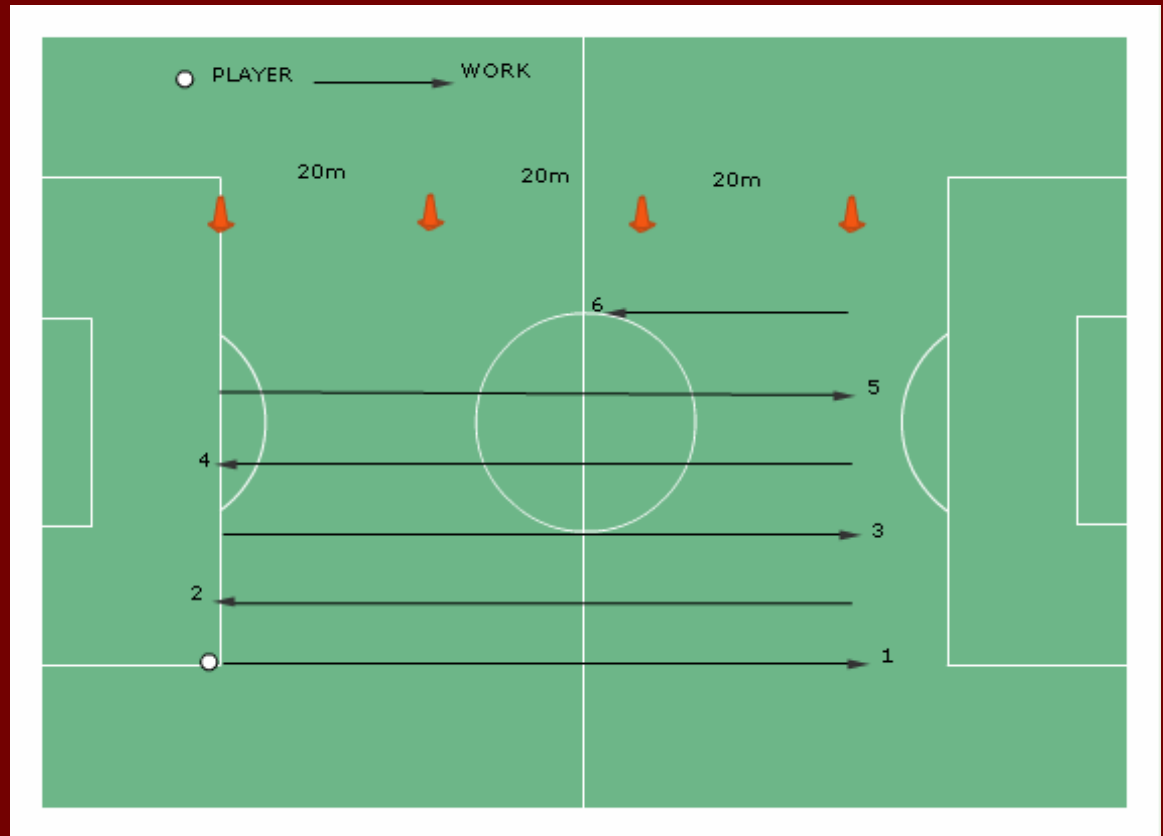


Speed Endurance (3)

- Session: Run with Speed Variation Drill
- Intensity: High
- Duration: 14 min
- % of Max HR: 85-95
- Work : Rest: 1 : 5
- Total Work: 2400 m
- Velocity: 5 m/s

Description:

- Perform each run at the appropriate high intensity running speed
- Each high intensity 20m running block should start every 30"
- Each recovery phase should last the remainder of the 30" and cover 100m
- Perform 10 reps. This is 1 set. Perform 2 sets with 4 min rest in between
- Total high intensity running distance is 400m
- Total low intensity recovery distance is 2000m

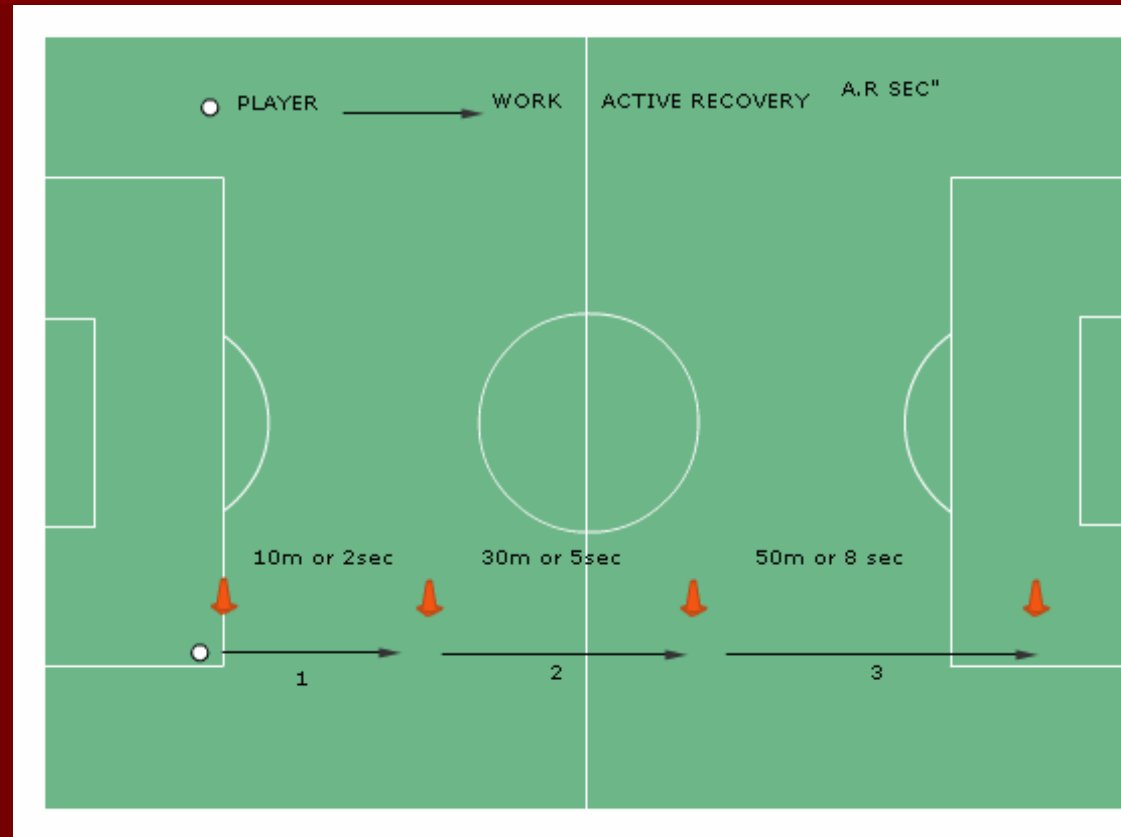


Anaerobic Interval Running Drill (1)

- Session: **Anaerobic Interval Running Drill (1)**
- Intensity: **High**
- Duration: **11 min**
- % of Max HR: **85-95%**
- Work : Rest: **1 : 3**
- Total Work: **960 m**
- Velocity: **6 m/s**

Description:

- Perform each run at appropriate high intensity running speed
- Each high intensity 120m running block should be completed in 20"
- Each recovery phase should last 60"
- Perform 8 sets
- Total high intensity running distance is 960 m
- Total low intensity running distance is 0m



Speed Endurance

Shuttle runs through first set of cones (place approx. 10 metres apart). Then side to side round cones, jog to cone, sprint to last cone, then sharp turn and sprint to final cone.

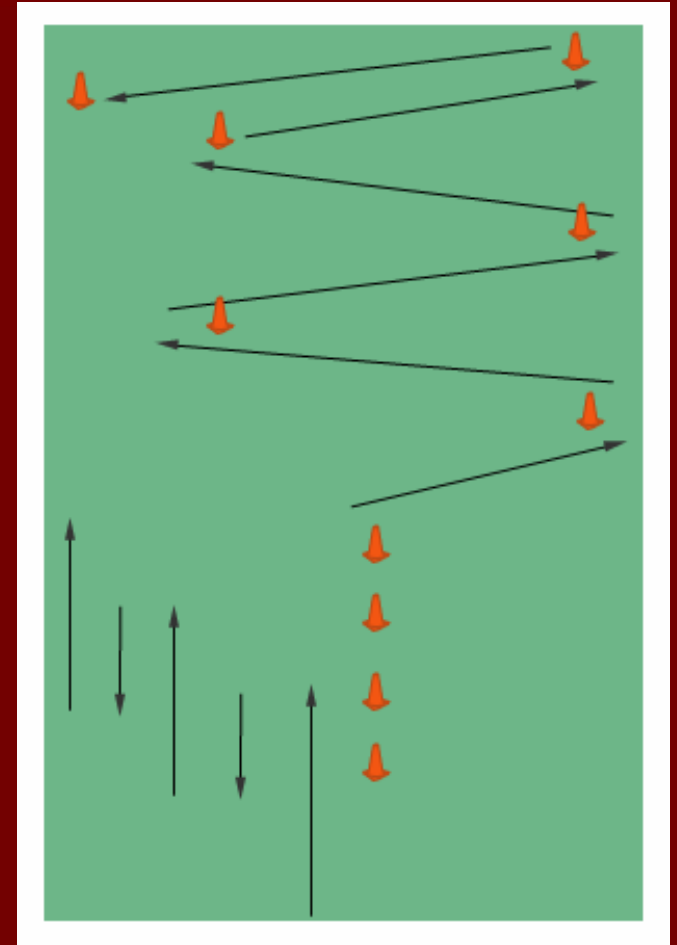
6 repetitions with cones 10m apart with jog recovery

2 x 50%, 2 x 75%, 2 x 100%

or

9 repetitions with cones 5m apart with jog recovery

3 x 50%, 3 x 75%, 3 x 100%



RECOVERY

Recovery

- Recovery is often the most overlooked aspect of a training program. According to the fitness fatigue theory, any training bout will result in an increase in fitness, but also a certain degree of fatigue. Only after a period of recovery will preparedness rise, and recovery is therefore crucial to consistent gains in performance.
- Maximizing recovery needs to be an integral part of any training program. Given the complex nature of stress, an effective recovery and regeneration program needs to work on the following levels:
 - Physical – physiological, neural and tissue damage
 - Psychological - feel like they aren't playing well
 - Emotional – travel, work, relationships all create stress

Recovery

- Physical Recovery Strategies

- Hydrotherapy

Hydrotherapy can be a very useful passive-recovery tool and can be used at any time.

- Active Recovery

swimming, jogging, stretching

Hydrotherapy Method	Guidelines
Contrast shower	<ul style="list-style-type: none">• Use anytime• Alternate one minute of hot with 30 seconds cold• Repeat three times
Hot tub/ice plunge	<ul style="list-style-type: none">• Use at end of training day• Alternate 2 mins in hot tub with 30 seconds cold plunge• Repeat $\frac{3}{4}$ times

Putting the Program Together

- The previous slides have outlined how to develop key fitness attributes required for high-level football performance. Understanding the various training methods is fundamental to setting up effective workout sessions.
However, with the wide range of fitness parameters requiring attention, effective planning of the training program is vital if the players are to achieve optimal returns.
- The following pages outline a full 12 week program involving all the previous information/sessions.
- This is a Professional Program where players train/play every day. However, this can easily be adapted to suit a typical amateur team who train twice a week.

12 WEEK PROGRAMME

Week 1 (Testing)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	Dynamic Warm Up	Dynamic Warm Up	Day Off	Dynamic Warm Up		Dynamic Warm Up	Rest & Recovery	
	Testing Sprint Test,	Testing Sprint Fatigue Test		Testing Bleep Test	Testing Agility Testing			
	Cool Down	Cool Down		Cool Down		Cool Down		
PM						Dynamic Warm Up		
						Testing MHR Assessment		
						Cool Down		

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up	Dynamic Warm Up	Day Off	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Rest & Recovery
	Testing Sprint Test,	Testing Sprint Fatigue Test		Testing Bleep Test	Testing MHR Assessment	Testing Agility Testing	
PM							

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up	Dynamic Warm Up	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Dynamic Warm Up	Dynamic Warm Up		Rest & Recovery
	S5G's – 4 v 2 then progress to 8 v 2	Aerobic intervals (85%) Anaerobic intervals		Aerobic intervals (85%)			
				3 v 3 sessions 6 x 4 mins games			
	Lunch / Recovery	Lunch / Recovery		Lunch / Recovery	Lunch / Recovery	Lunch / Recovery	
PM	Aerobic Running Drill (1)	Aerobic Running Drill (1)		Aerobic Running Drill (2)	Aerobic Running Drill (2)	11 v 11 Game (75 mins)	
	Cool Down	Cool Down		Cool Down	Cool Down	Cool Down	
	Recovery	Recovery		Recovery	Recovery	Recovery	

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up	Dynamic Warm Up	Gym Session	Dynamic Warm Up			Rest & Recovery
	SSG's – 4 v 2 then progress to 8 v 2	Speed & Agility		Speed & Agility			
	Lunch / Recovery	Lunch / Recovery		Lower Body Workout	Lunch / Recovery	Lunch / Recovery	
PM	Speed Endurance (1)	Speed Endurance (1)	Flexibility	Speed Endurance (2)	Speed Endurance (3)	11 v 11 Game (75 mins)	
	Cool Down	Cool Down	Swimming	Cool Down	Cool Down	Cool Down	
	Recovery	Recovery	Rest & Recovery	Recovery	Recovery	Recovery	

Week 5 (re-test)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up	Dynamic Warm Up	Day Off	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Rest & Recovery
	Testing Sprint Test,	Testing Sprint Fatigue Test		Testing Bleep Test	Testing MHR Assessment	Testing Agility Testing	
	Cool Down	Cool Down		Cool Down	Cool Down	Cool Down	
PM	Lunch / Recovery	Lunch / Recovery		Lunch / Recovery	Lunch / Recovery	Lunch / Recovery	
	Speed & Agility Session			Speed & Agility Session		Speed & Agility Session	

Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up	Dynamic Warm Up	Day Off	Dynamic Warm Up		Dynamic Warm Up	Rest & Recovery
	4 v 2 SSG 8 v 2 SSG	Intensive Endurance Training – (7 v 7) 5 x 8 min games with 2 min rest between games		Extensive Endurance training (11 v 11) 3 x 10 min Game with 2 min rest between games	Extensive Endurance training (11 v 11) 4 x 10 min Game with 2 min rest between games	Extensive Endurance training (11 v 11) 5 x 10 min Game with 2 min rest between games	
Lunch	Cool Down	Lunch		Lunch	Lunch		
PM	Extensive Endurance training (11 v 11) 3 x 10 min Game with 2 min rest between games	Sprinting Speed – 8 reps x 2 sets		4 v 2 SSG 8 v 2 SSG	Possession Drill 1	Possession drill 2	
	Cool Down			Cool Down	Cool Down	Cool Down	

Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up	Day Off	Dynamic Warm Up Speed / Agility		Dynamic Warm Up Speed / Agility	Rest & Recovery
	4 v 2 SSG 8 v 2 SSG	Possession Drill 3		Extensive Endurance training (11 v 11) 6 x 10 min Game with 2 min rest between games	Extensive Endurance training (11 v 11) 7 x 10 min Game with 2 min rest between games	Extensive Endurance training (11 v 11) 7 x 10 min Game with 2 min rest between games	
	Lunch	Cool Down					
PM	Extensive Endurance training (11 v 11) 6 x 10 min Game with 2 min rest between games			4 v 2 SSG 8 v 2 SSG	Sprinting Speed – 9 reps x 2 sets	4 v 2 SSG 8 v 2 SSG	

Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up Sprinting Speed – 8 reps x 3 sets	Day Off	Dynamic Warm Up Speed / Agility		Dynamic Warm Up Sprinting Speed – 10 reps x 2 sets	Rest & Recovery	
	4 v 2 SSG 8 v 2 SSG	Possession Drill 3		Extensive Endurance training (11 v 11) 8 x 10 min Game with 2 min rest between games	Extensive Endurance training (11 v 11) 9 x 10 min Game with 2 min rest between games	Extensive Endurance training (11 v 11) 9 x 10 min Game with 2 min rest between games		
	Lunch	Cool Down		Lunch	Lunch	Lunch		
PM	Extensive Endurance training (11 v 11) 8 x 10 min Game with 2 min rest between games				Possession Drill 1			4 v 2 SSG 8 v 2 SSG
	Cool Down				Cool Down	Cool Down		Cool Down

Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up Sprinting Speed – 9 reps x 3 sets	Day Off	Dynamic Warm Up Speed / Agility	Sprinting Speed – 10 reps x 2 sets	Dynamic Warm Up Speed / Agility	Rest & Recovery	
	4 v 2 SSG 8 v 2 SSG	Possession Drill 3		INTENSIVE Endurance training (7 v 7) 6 x 8 min Game with 2 min rest between games	INTENSIVE Endurance training (7 v 7) 7 x 8 min Game with 2 min rest between games	INTENSIVE Endurance training (7 v 7) 8 x 8 min Game with 2 min rest between games		
	Lunch	Cool Down		Lunch	Lunch	Lunch		
PM	INTENSIVE Endurance training (7 v 7) 6 x 8 min Game with 2 min rest between games				4 v 2 SSG 8 v 2 SSG			Possession Drill 1
	Cool Down				Cool Down	Cool Down		Cool Down

Week 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up	Day Off	Dynamic Warm Up Speed / Agility	Sprinting Speed – 8 reps x 4 sets	Dynamic Warm Up Speed / Agility	Rest & Recovery
	Possession Drill 1	4 v 2 SSG 8 v 2 SSG		Extensive Interval training (3 v 3) 6 x 3 min games with 3 min rest, 2 sets	Extensive Interval Training (3 v 3) 6 x 3 min games with 2.5 min rest, 2 sets	Extensive Interval training (3 v 3) 7 x 3 min games with 2 min rest, 2 sets	
	Lunch	Cool Down		Lunch	Lunch	Lunch	
PM	INTENSIVE Endurance training (7 v 7) 9 x 8 min Game with 2 min rest between games			4 v 2 SSG 8 v 2 SSG		Possession Drill 1	
	Cool Down			Cool Down	Cool Down	Cool Down	

Week 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up	Day Off	Dynamic Warm Up Speed / Agility	Dynamic Warm Up Sprinting Speed – 9 reps x 4 sets	Dynamic Warm Up Speed / Agility	Rest & Recovery
	Extensive Interval training (3 v 3) 6 x 3 min games with 1.5 min rest, 2 sets	4 v 2 SSG 8 v 2 SSG		4 v 2 SSG 8 v 2 SSG	Extensive Interval Training (3 v 3) 7 x 3 min games with 1 min rest, 2 sets	Possession Drill 2	
	Lunch	Cool Down		Lunch	Lunch	Lunch	
PM	Possession Drill 1			Extensive Interval training (3 v 3) 6 x 3 min games with 1 min rest, 2 sets	Cool Down	Extensive Interval training (3 v 3) 8 x 3 min games with 1 min rest, 2 sets	
	Cool Down			Cool Down	Cool Down	Cool Down	

Week 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up	Day Off	Dynamic Warm Up Speed / Agility	Dynamic Warm Up Sprinting Speed – 10 reps x 4 sets	Dynamic Warm Up Speed / Agility	Rest & Recovery
	Extensive Interval training (3 v 3) 10 x 3 min games with 1 min rest, 2 sets	4 v 2 SSG 8 v 2 SSG		4 v 2 SSG 8 v 2 SSG	Repeated Short Sprinting – 8 reps x 2 sets (4 min rest between sets)	Possession Drill 2	
	Lunch	Cool Down		Lunch	Lunch	Lunch	
	PM	Possession Drill 1		Repeated Short Sprinting – 6 reps x 2 sets (4 min rest between sets)	Repeated Short Sprinting – 7 reps x 2 sets (4 min rest between sets)	Cool Down	
Cool Down			Cool Down	Cool Down	Cool Down		

Week 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Dynamic Warm Up – Speed / Agility	Dynamic Warm Up	Day Off	Dynamic Warm Up Speed / Agility	Dynamic Warm Up	Dynamic Warm Up Speed / Agility	Rest & Recovery
	Repeated Short Sprinting – 10 reps x 2 sets (4 min rest between sets)	4 v 2 SSG 8 v 2 SSG		4 v 2 SSG 8 v 2 SSG	Repeated Short Sprinting – 8 reps x 2 sets (4 min rest between sets)	Possession Drill 2	
	Lunch	Cool Down		Lunch	Lunch	Lunch	
PM	Possession Drill 1	Repeated Short Sprinting – 10 reps x 2 sets (4 min rest between sets)		Repeated Short Sprinting – 10 reps x 3 sets (4 min rest between sets)	Cool Down	Repeated Short Sprinting – 10 reps x 4 sets (4 min rest between sets)	
	Cool Down			Cool Down	Cool Down	Cool Down	