



Pre Season Training Programmes

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Pre Season Training Programmes



Aims of workshop

- Give you a better understanding of where Pre Season fits in with the whole season and how it can be broken down for planning purposes
- Develop an appreciation for differentiation and how this affects your planning / sessions
- Why Development Windows should be considered when planning pre season
- What is appropriate for each age group / individual
- What specific thoughts we should be thinking about when planning pre season
- Different focuses / considerations for different age groups
- Key and secondary areas of development within pre season programmes
- Pre Season programme *guidelines*
- Other relevant miscellaneous pre season info such as fitness testing, work rest ratios and positional specific work
- Not to give you a programme to copy but to give you knowledge for you to be able to plan a specific pre season programme for the individuals you work with and your team!
- For you to see and partake in specific practices based on what you would like to see!



Overview of Day



Timetable

10.00am: Introduction

10.10am: What do you know? / Phases

10.20am: Optimal Windows Development

10.40am: Specific age group programmes

(7 / 8 – 11 years)

(12 – 15 years)

(16 +)

11.40am Miscellaneous Pre Season

12.00pm: Lunch

12.45pm: Practical demonstrations within the 3 selected groups

3.45pm: Question & Answer

4.00pm: Finish



Basic housekeeping

- Phones to silent
- Toilets
- Drinks and food
- Interactive both theory and practical
- Any questions?





What do you know? What do you do?



Group Discussion

In pairs or small groups please share your experiences and thoughts on Pre Season Training.





Where does pre season fit in with the rest of the season schedule?



Off Season – Phase 1

Pre Season – Phase 2

Competitive Season – Phase 3 & 4 up to xmas

Competitive Season – Phase 5 & 6 up to end of season

End of season – Phase 7



Season Phases

Key Physical Themes



Off Season – Phase 1: Recovery and maintenance

Pre Season – Phase 2: Development

Competitive Season – Phase 3 & 4 up to xmas:
Maintenance

Competitive Season – Phase 5 & 6 up to end of season:
Maintenance

End of season – Phase 7: Recovery

Is this relevant to all age groups & are there more considerations we should be aware of ???



Pre Season Phases



Can be broken down into 3 simple phases:

1. Introductory Phase

1. Competitive / Game Phase

1. Recovery / Maintenance / Development Phase

Again, is this relevant for all ages, groups etc ???



What's right for one is wrong for another?



**Team or
Individual ?**

**Technical or
Physical?**

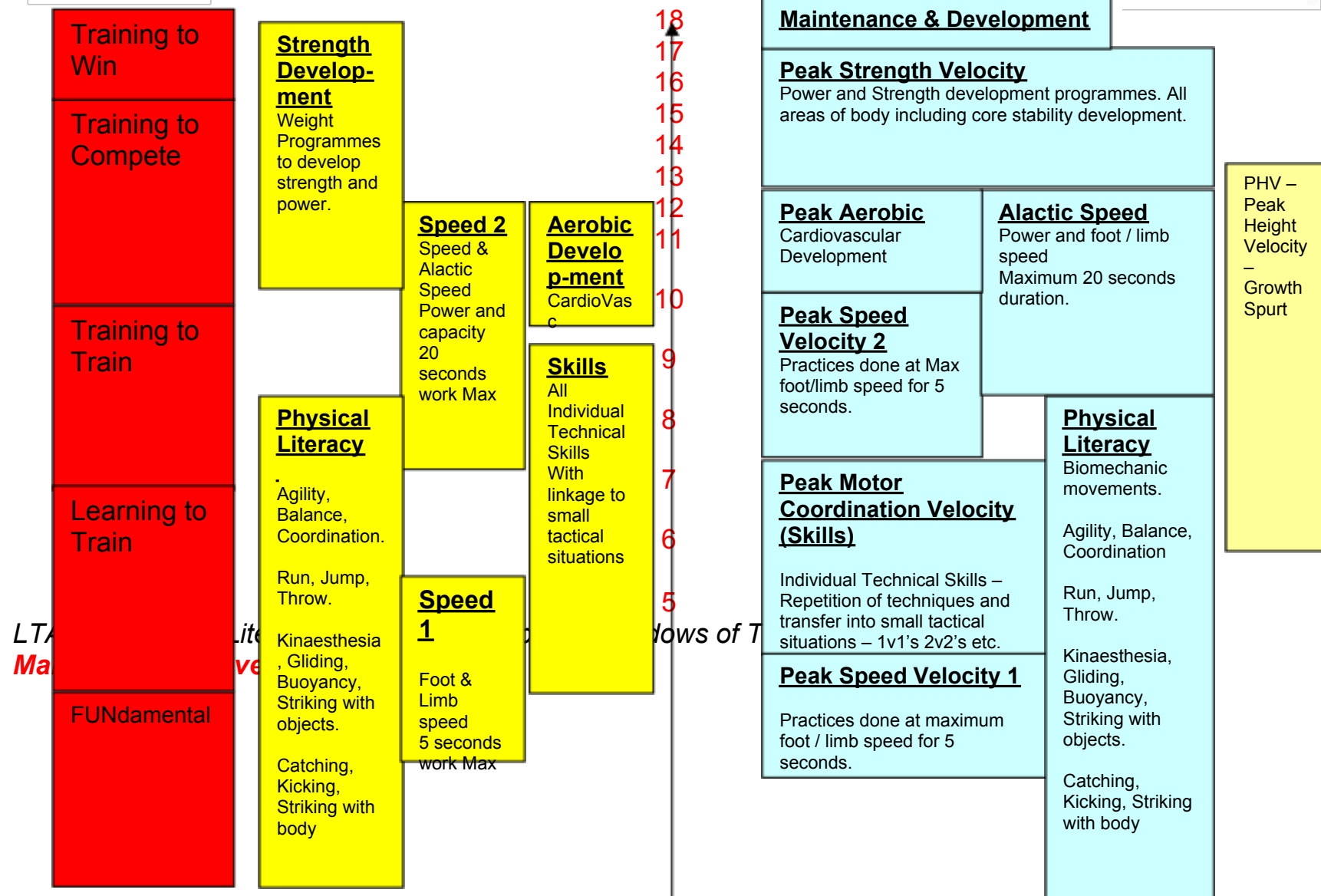




Optimal Training Windows



Literacy Development and Optimal Training Windows





What now ???



Preparation, Preparation, Preparation!

- Specific players we are working with i.e. age, gender, ability, development age, current standard, physical issues and position specific?
- How does this fit into the bigger picture?
- Individual and team targets
- What are we preparing for?
- What have we done in the previous phase and what do we have planned for the next phase?





7 / 8 – 11 years of age



What considerations should we have for this age?

Consider...

- Where are they development wise?
- Individual differentiation?
- What specific development windows?
- Bigger picture
- What have they done in the adjoining phases?
- With all this in mind what should we do / plan / focus on???

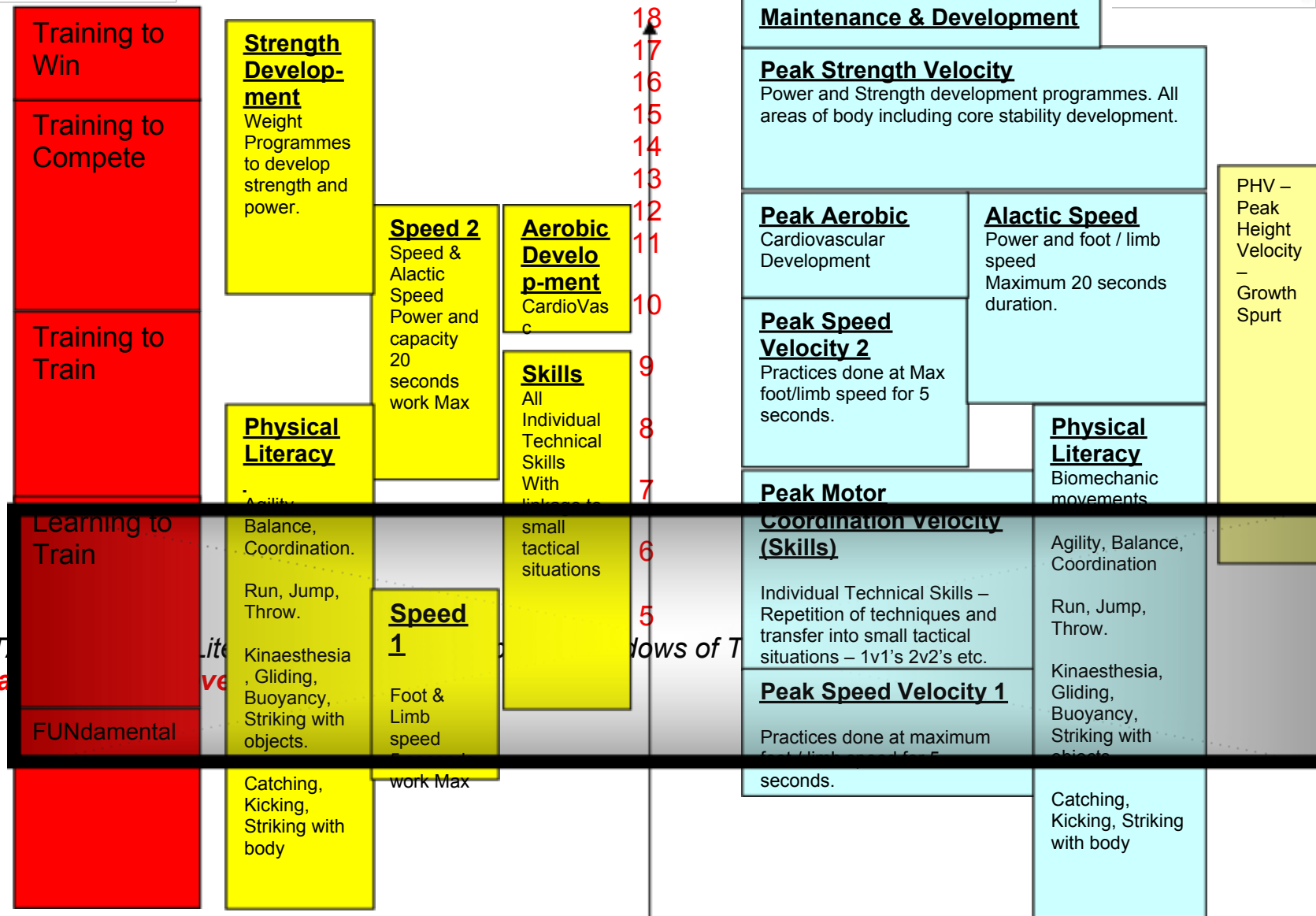


Optimal Training Windows



LEARNING

Literacy Development and Optimal Training Windows





Where are they development wise and what specific windows of trainability?



- Fundamental and Learning to train
- Physical literacy, skills and speed 1
- Physical literacy, PSV 1 and PMCV
- Start of PHV (male / female)

What is the bigger picture at this age?

What would you focus on?





Key areas and secondary areas for development



Key Areas

- Enjoyable and fun!
- ABC's and all physical literacy (SAQ's)
- Motor speed movements
- Individual techniques and small skills
- SSG's (4v4 max)
- Stretching and recovery – especially if in PHV
- Positional Specific? GK etc?

Secondary Areas

- Aerobic development?
- Small tactical situations?
- Physical Development?

Any others???



8 week programme guidelines



- Week 1: Intro phase – Tech / skill / Phys lit / SSG
- Week 2: Intro phase – Tech / skill / Phys lit / SSG
- Week 3: Intro phase – Tech / skill / Phys lit / SSG

- Week 4: Games phase – As above / 4 v 4 SSG
- Week 5: Games phase – As above / 4 v 4 SSG
- Week 6: Games phase – As above / 4 v 4 SSG

- Week 7: MRD phase – Focus on areas for development
- Week 8: MRD phase – Focus on areas for development

- Week 9: Season starts

All practices within these themes can be adjusted or conditioned for different outcomes.

What do you want to see practically???



12 – 15 years of age



What considerations should we have for this age?

Consider...

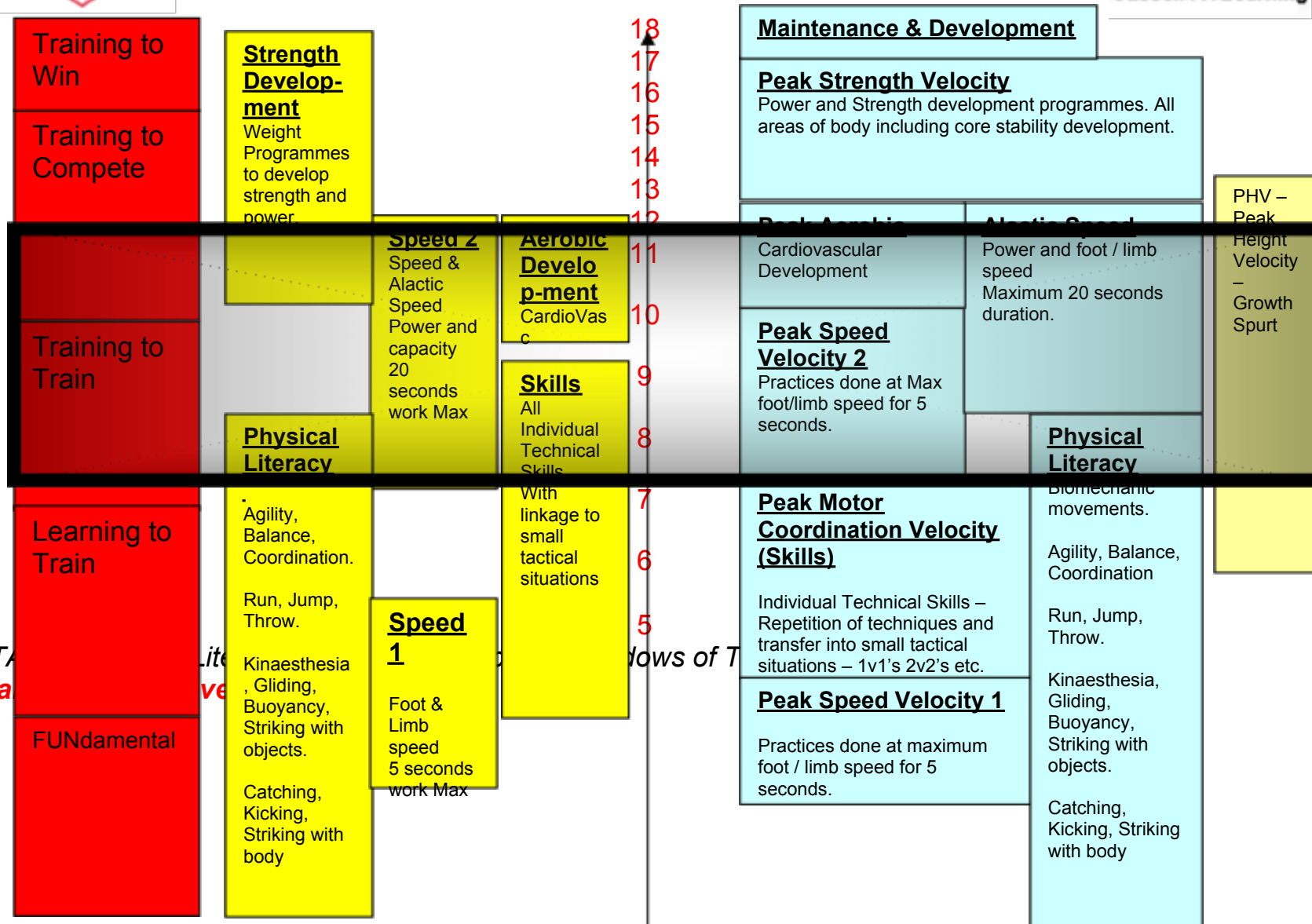
- Where are they development wise?
- Individual differentiation?
- Technical / Skill development / maintenance?
- What specific development windows?
- Bigger picture
- Larger scale games / competitive phase?
- What have they done in the adjoining phases?
- With all this in mind what should we do / plan / focus on???



Optimal Training Windows



Literacy Development and Optimal Training Windows





Where are they development wise and what specific windows of trainability?



- Training to train and training to compete
- Physical literacy, skills, speed 2, aerobic development and strength development
- Physical literacy, PMCV, PSV2, Alactic Speed and Peak Aerobic
- Main PHV spurt (male / female)

What is the bigger picture at this age?

What would you focus on?



Key areas and secondary areas for development



Key Areas

- Enjoyable but challenging
- ABC's and all physical literacy (SAQ's) but more progressive
- Motor speed movements
- Speed endurance work
- Individual techniques, skills and group / team situations
- Aerobic development
- SSG's into 11 v 11
- Stretching and recovery within PHV
- Positional specific?

Secondary Areas

- Aerobic development for 12 / 13 years?
- Skills maintenance?
- Larger tactical and game situations?
- Physical Development / strength?

Any others???



8 week programme guidelines



- Week 1: Intro phase – Tech / skill / Phys lit / Aerobic / SSG
- Week 2: Intro phase – Tech / skill / Phys lit / Aerobic / SSG / Speed End
- Week 3: Intro phase – Tech / skill / Phys lit / Aerobic / Game / Pos / Speed End
- Week 4: Games phase – As above but change according to game etc
- Week 5: Games phase – As above but change according to game etc
- Week 6: Games phase – As above but change according to game etc
- Week 7: MRD phase – Tech / skill / phys lit / Game / Speed End / Ind prog / SSG
- Week 8: MRD phase – Tech / skill / phys lit / Game / Speed End / Ind prog / SSG
- Week 9: Season starts

Again, all practices within these themes can be adjusted or conditioned for different outcomes.

What do you want to see practically???



16 + years of age



What considerations should we have for this age?

Consider...

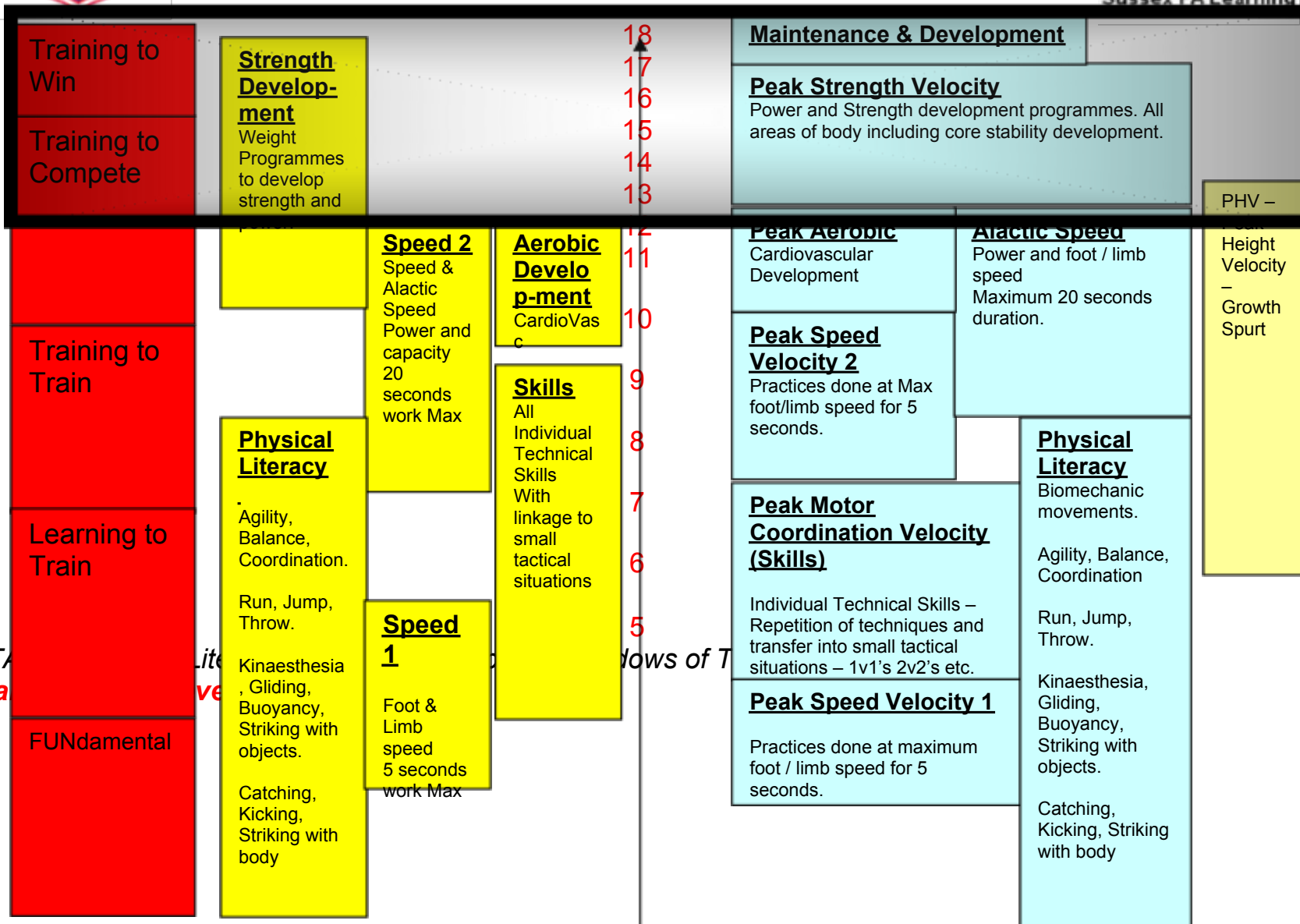
- Where are they development wise?
- Individual differentiation?
- Technical / Skill maintenance / development?
- What specific development windows?
- Results or Development?
- Team or Individual Targets?
- Larger scale games / competitive phase?
- What have they done in the adjoining phases?
- With all this in mind what should we do / plan / focus on???

Optimal Training Windows



LEARNING

Literacy Development and Optimal Training Windows





Where are they development wise and what specific windows of trainability?



- Training to compete and training to win
- Speed 2, aerobic development and strength / resistance development
- Alactic Speed, Peak Aerobic, PStV and maintenance / development of areas
- End of PHV spurt (male / female)

What is the bigger picture at this age?

What would you focus on?



Key areas and secondary areas for development



Key Areas

- Enjoyable, challenging and progressive
- Progressive ABC's and all physical literacy (SAQ's)
- Strength and resistance work
- Motor speed movements
- Speed endurance work
- Individual techniques, skills and group / team situations
- Aerobic development
- Individualised and group programmes
- SSG's into 11 v 11
- Game rehearsal
- Stretching and recovery within PHV
- Positional specific?

Secondary Areas

- Base aerobic development?
- Base anaerobic strength / power development?
- Tech / Skills maintenance?
- Tactical and game situations?

Any others???



8 week programme guidelines



- Week 1: Intro phase – Tech / skill / Phys lit / Aerobic / SSG / Strength
- Week 2: Intro phase – Tech / skill / Phys lit / Aerobic / SSG / Speed End / Strength
- Week 3: Intro phase – Tech / skill / Phys lit / Aerobic / Game / Ind Prog / Speed End / Strength
- Week 4: Games phase – As above but change according to game etc
- Week 5: Games phase – As above but change according to game etc
- Week 6: Games phase – As above but change according to game etc
- Week 7: MRD phase – Tech / skill / phys lit / Game / Speed End / Ind prog / SSG / Strength
- Week 8: MRD phase – Tech / skill / phys lit / Game / Speed End / Ind prog / SSG / Strength
- Week 9: Season starts

Again, all practices within these themes can be adjusted or conditioned for different outcomes.

What do you want to see practically???



Miscellaneous Pre Season



LEARNING

Fitness Testing

- For testing to be used productively, periodic testing in exact conditions must occur during the season.
- Normally start of pre season, first 4-6 weeks of season, xmas, towards end of season and at end of season.
- Multiple tests such as VO2, Bleep, speed gates etc.
- Heart rate monitors also used for individual monitoring.
- Normally sports scientist led.

Positional Specific work

- This can be for both technical and physical dev.
- Normally used for speed endurance or aerobic conditioning.
- Can allow specific gains in specific areas linked to that position.
- Allows technical / skill / game based development.
- Can also be used for whole team i.e. patterns etc with specific tech detail and fitness focus.



Miscellaneous Pre Season



Factors to consider

- Rest and recovery is just as important as the sessions themselves
- Nutrition is also vitally important – rehydration and carbohydrates / proteins used specifically for strength and aerobic work
- Try to be specific with timings

Work to rest ratios & info

- Motor Speed work is 1-5/6
For effective MS, work should be done at 100% speed for 5 secs
- Speed Endurance is 1-5
For effective SE, duration should be min 15-20 secs with timed recovery of 1-5
- Aerobic dev work should be carried out at 75 – 80% MHR
- Endurance / aerobic dev will override anaerobic dev so plan accordingly



Anything else you would like to see /
know ?

Any Questions???