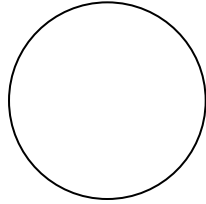


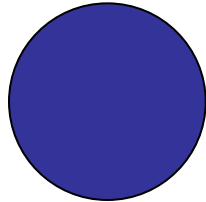
36 WEEK FULL SEASON TRAINING PLAN



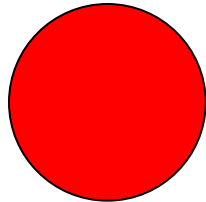
SESSION INTENSITY KEY



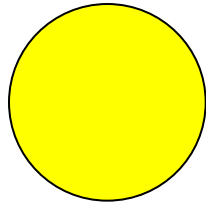
REST DAY / LIGHT GYM WORK



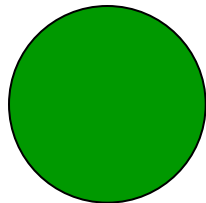
LIGHT SESSION



MODERATE SESSION



INTENSE SESSION



MATCH DAY

PRE-SEASON

MAIN COMPONENTS :

INTENSIVE ENDURANCE

- a) Small-sided games (3 - 6 min duration)
- b) 4 mins continuous runs @ 90-95% maximum heart-rate
(ALL TO INCREASE TO HIGH-INTENSITY “PRESSING”)

EXTENSIVE ENDURANCE

Small sided games (10 - 30 mins duration)
(TO INCREASE CAPACITY TO LAST A FULL GAME)

SPEED & AGILITY SESSIONS

Football specific sessions
Sessions to recreate certain situations in games

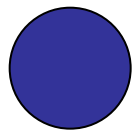
SPEED ENDURANCE SESSIONS

Football specific speed endurance sessions

Pre-Season Training

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up Aerobic intervals (80%) Anaerobic intervals Recovery	Dynamic Warm Up Aerobic intervals (85%) Anaerobic intervals Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Dynamic Warm Up Aerobic intervals (85%) 3 v 3 sessions 6 x 4 mins games	Dynamic Warm Up Aerobic Paarlauf Session Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Bleep Test 3 V 1 4 V 2 Cool Down Recovery	Circuit Possession Cool Down Recovery		Aerobic Endurance Session Cool Down Recovery	Possession Set Plays Cool Down Recovery		



PRE-SEASON WEEK 1 DAY 1

- AEROBIC SESSIONS 1 (2 hours)

Warm Up

5 mins $\frac{1}{4}$ pace jog

Stretch

Interval Running x 5 laps

$\frac{3}{4}$ pace – White

Full pace – Green

Walk - Red

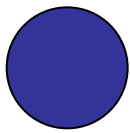
Stretch



2 laps – work hard on lengths, jog widths

2 laps – work hard on 1 length and width, jog diagonal back to start

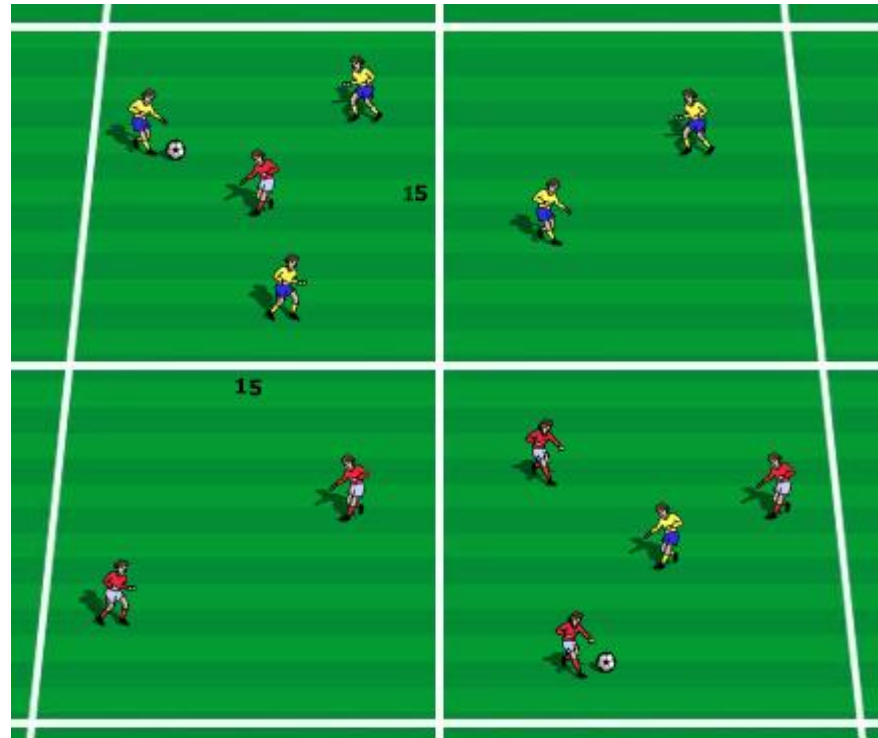
2 laps – work hard on 1 length, width and length (3 sides), jog width



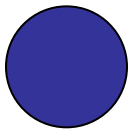
3v1

The 3v1 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.



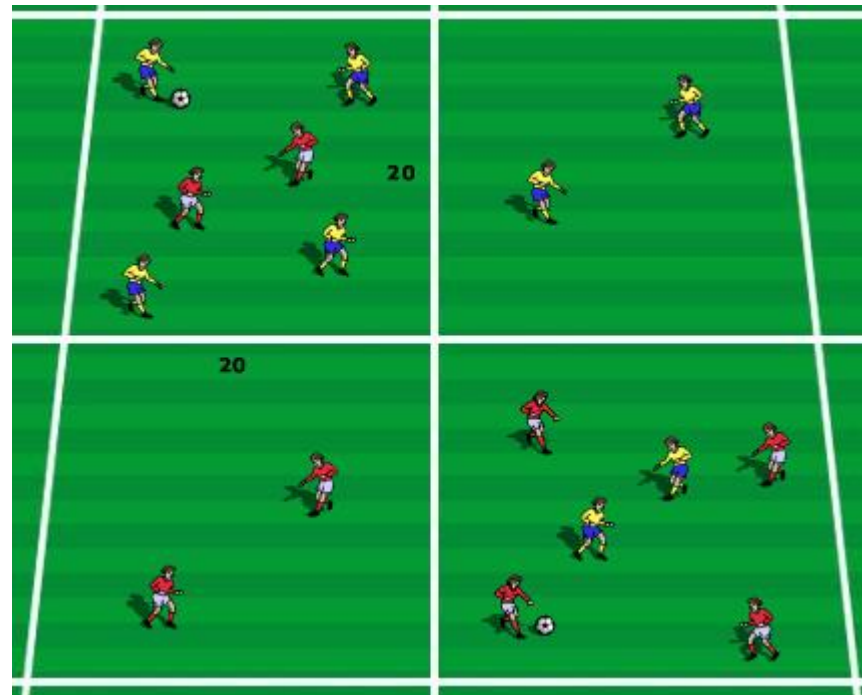
The key element in this exercise is that the player with the ball must always have support on both the left and right. As the ball is rotated around the area the support players must anticipate where the next pass is going to go and move into a supporting angle before the player receives the ball.



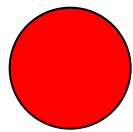
4v2

The next logical progression from 3v1 is 4v2. The organization of the exercise is similar to the 3v1 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 four 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.

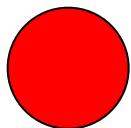


PRE-SEASON WEEK 1 DAY 2

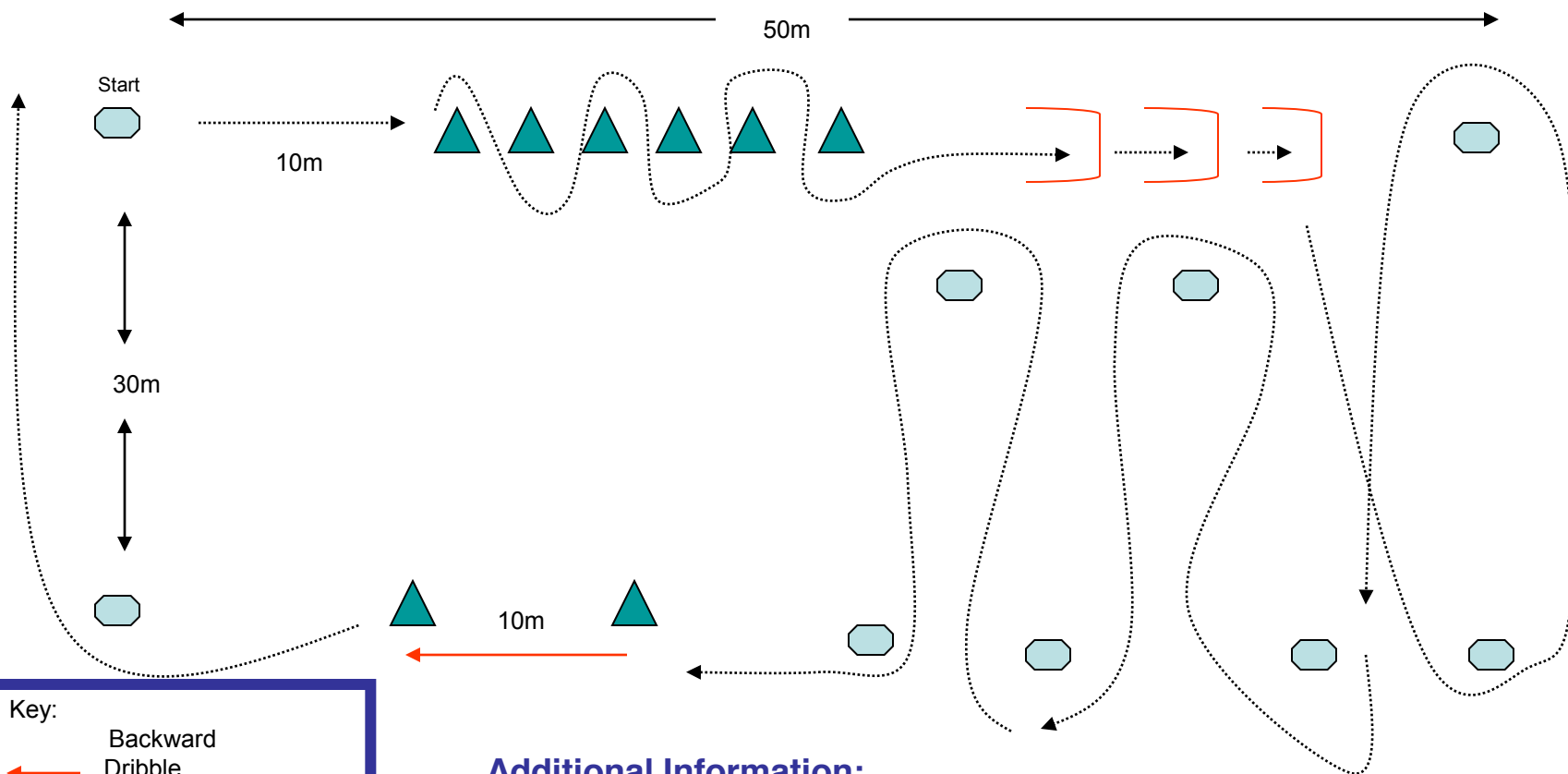
- **AEROBIC SESSIONS 2 (2 hours)**

- **Warm Up**
- **5 mins $\frac{1}{4}$ pace jog**
- **8 laps, work hard on lengths, jog recovery on widths.**
- **Heart rate check**

- **5 mins $\frac{1}{2}$ pace jog**
- **2 laps – work hard on lengths, jog widths**
- **2 laps – work hard on 1 length and width, jog diagonal back to start**
- **2 laps – work hard on 1 length, width and length (3 sides), jog width**
- **Heart rate check**



Practice : A Moderate Intensity Aerobic Session

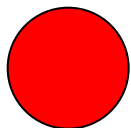


- Key:
- Backward Dribble
 - Hurdle
 - Cones
 - Poles
 - Forward Dribble

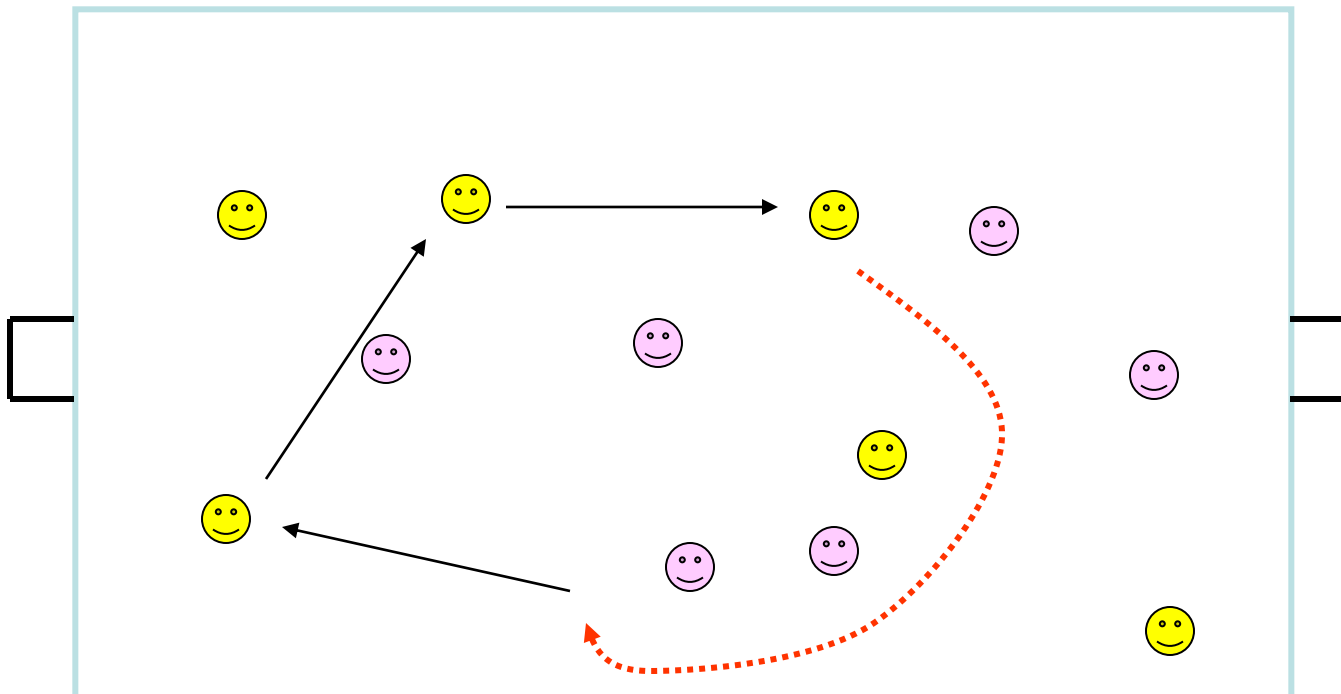
Additional Information:

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.



Practice : A Moderate Intensity Aerobic Session -Conditioned Possession Game – Press & Score



Key:



Attackers



Player Run



Pass



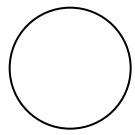
Defenders

Additional Information :

Players play a continuous possession game on a large pitch (40x30m). The aim is for team in possession to score. If they score then, they keep possession until the opposition win possession & score to make game equal. When the game is equal – the team in possession aims to score.

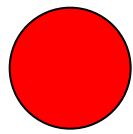
This sequence is followed for the duration of the game.

Duration to equate to >30mins. (e.g. 6x5min games; 5x6min games; 8x4min games; 3x10min games; 4x8min games). This type of game with >3 players per team should have a duration of 10mins to allow players HR to increase & be maintained for at least 4mins.



PRE-SEASON WEEK 1 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 1
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

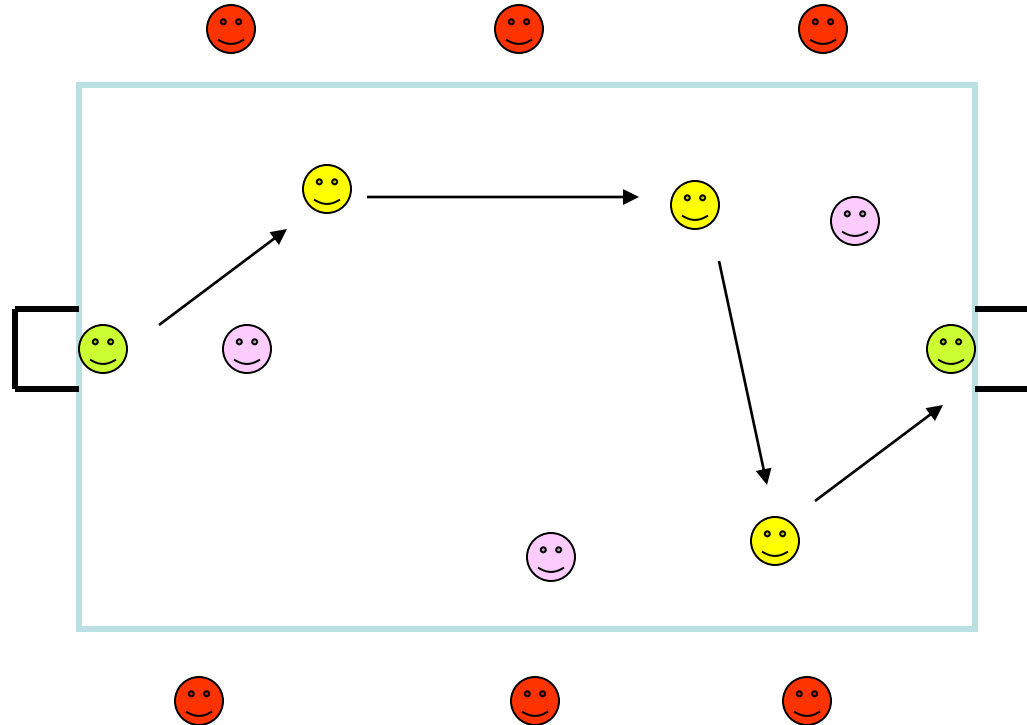
WEEK 1 DAY 4

- AEROBIC SESSIONS 3 (2 hours)

- Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - 8 laps, work hard on lengths, jog recovery on widths.
 - Heart rate check
-
- 5 mins $\frac{1}{2}$ pace jog
 - 2 laps – work hard on lengths, jog widths
 - 2 laps – work hard on 1 length and width, jog diagonal back to start
 - 2 laps – work hard on 1 length, width and length (3 sides), jog width
 - Heart rate check



Practice : A Moderate Intensity Aerobic Session - 3v3 sessions 6x4 mins games



Key:



Goalkeepers



Player Run



Player

Additional Information:

Players play a 3v3 small-sided conditioned game with goalkeepers. Aim is for the players to maintain possession and if possible/ can use the players on the outside to maintain possession. Players on the outside are limited to 1 touch to allow the continuation of the session inside the area. The players on the outside are not allowed to play to other outside players.



AEROBIC ENDURANCE

Position : All

Component : Aerobic Power

Intensity : 85 - 95% of maximum heart rate

Duration : 70 seconds

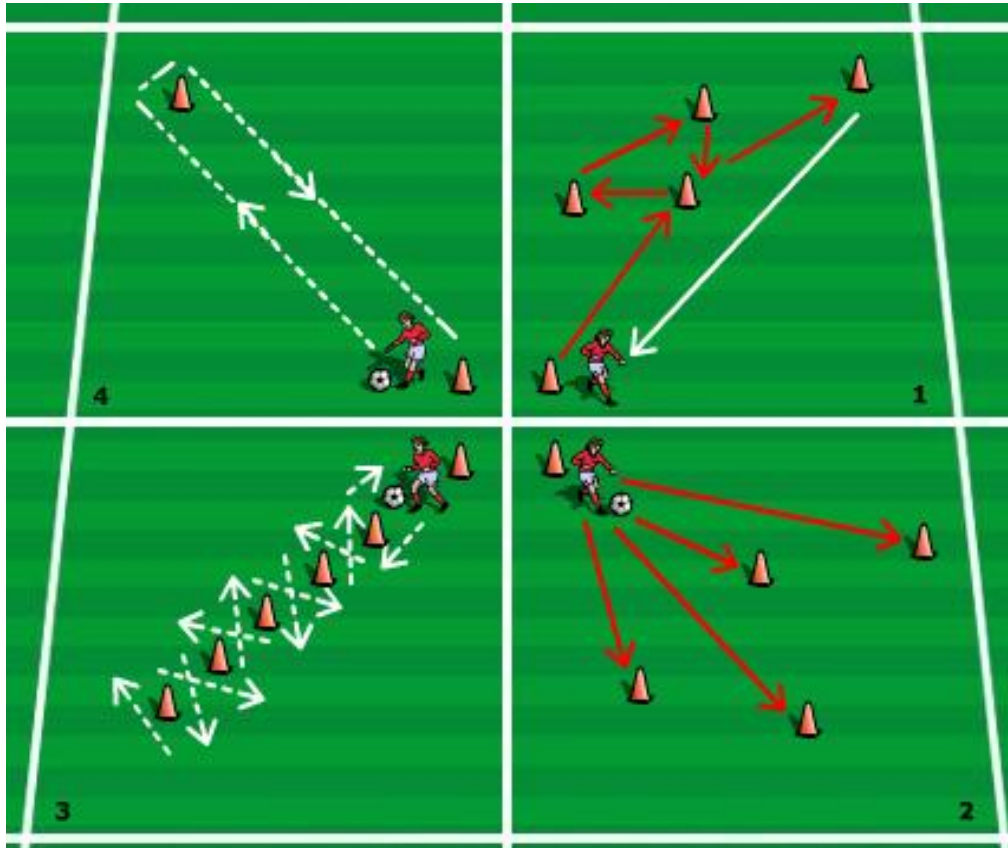
Repetitions : 6

Sets : 1- 3

Work to rest ratio : 1:1

Equipment : 17 Cones, 3 Balls

Players : 8 (4 work 4 rest)



Structure :

A player is positioned with a ball at each corner of the centre square.

Upon command players start at their own corner and move clockwise performing the following activities for 70 seconds :

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.

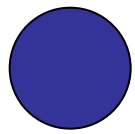
Progression :

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 ?

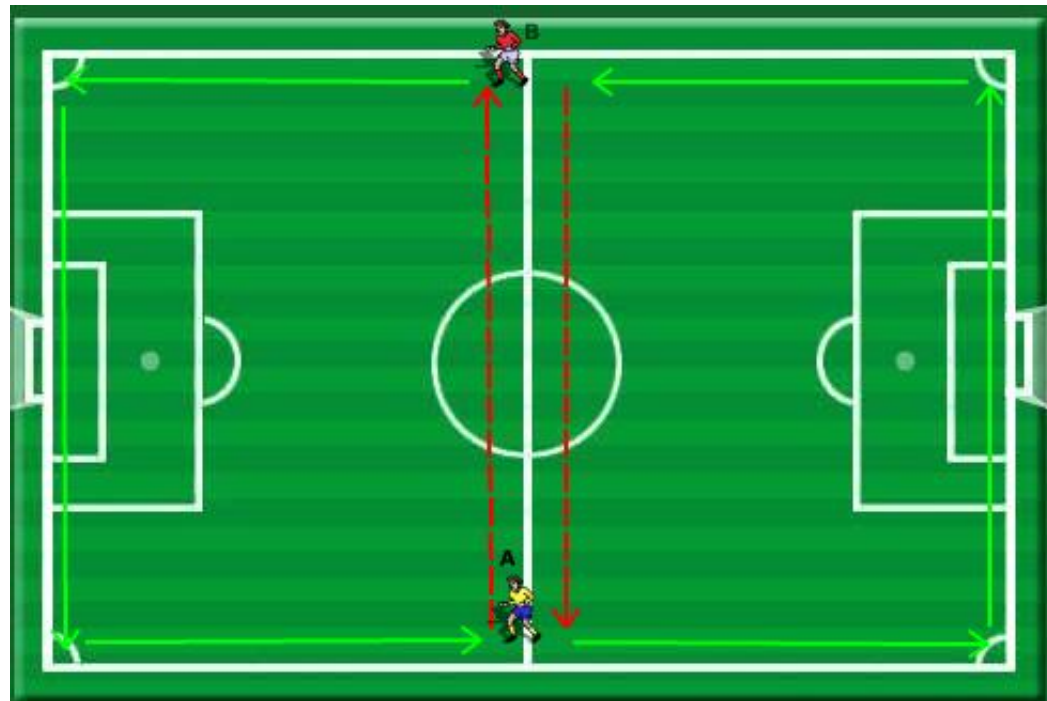


PRE-SEASON WEEK 1 DAY 5

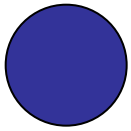
- AEROBIC SESSIONS 4 (1 ½ hours)

- Warm Up
- 5 mins ¼ pace jog
- Stretch
- Heart rate check

Paarlauf – 12 mins



Divide players into groups of 2. Player A (Yellow) runs across the pitch and “handover” (touches) player B (Red). Player B then runs the half of the pitch, while player A jogs across the pitch in time to “handover” with player B.



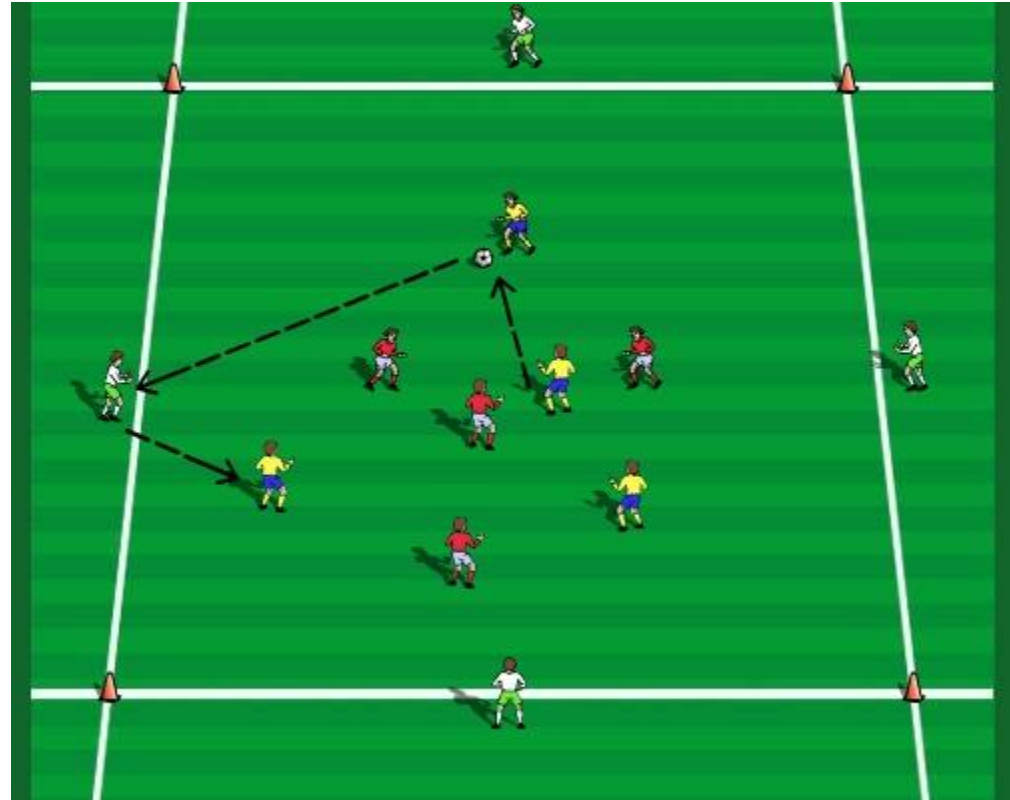
Possession game – three teams of 4 players are organized in a 25x15 yard grid as shown in Diagram (d) below. The white team is positioned around the perimeter of the playing area; the red team acts as defenders and the yellow team are in possession of the ball. The setup is repeated to accommodate the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

Progression :

- Limit touches
- Tempo
- Communication

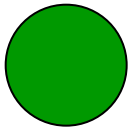
Coaches hints :

- 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 yellow 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. Each team – white, red and yellow has 1 round as the defensive team.



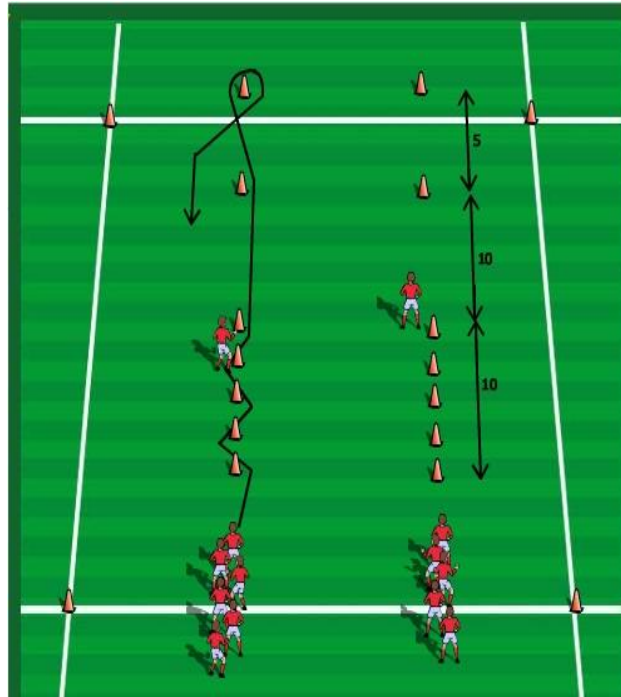
MATCH DAY

Match Day Warm Up



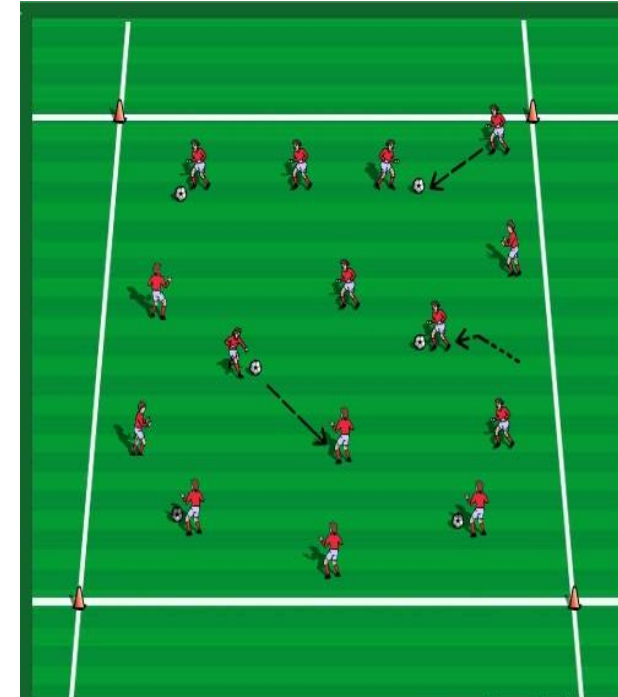
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



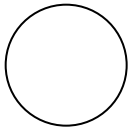
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



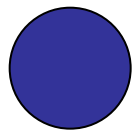
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

Pre-Season Training

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Dynamic Warm Up Aerobic Shuttles Recovery	Dynamic Warm Up Speed Session X 3 Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Aerobic intervals Intensive Endurance 6 x 3 mins 4 x 5 mins	Dynamic Warm Up Aerobic Session Recovery	Tactical Meeting Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Bleep Test Aerobic Session for Full Backs Cool Down Recovery	Speed Endurance for Midfielders Cool Down Recovery		6 x 3 mins 4 x 5 mins 6 x 3 mins 4 x 5 mins Games Cool Down Recovery	4 x 4 x 6 Set Plays Cool Down Recovery		



PRE-SEASON WEEK 2 DAY 1

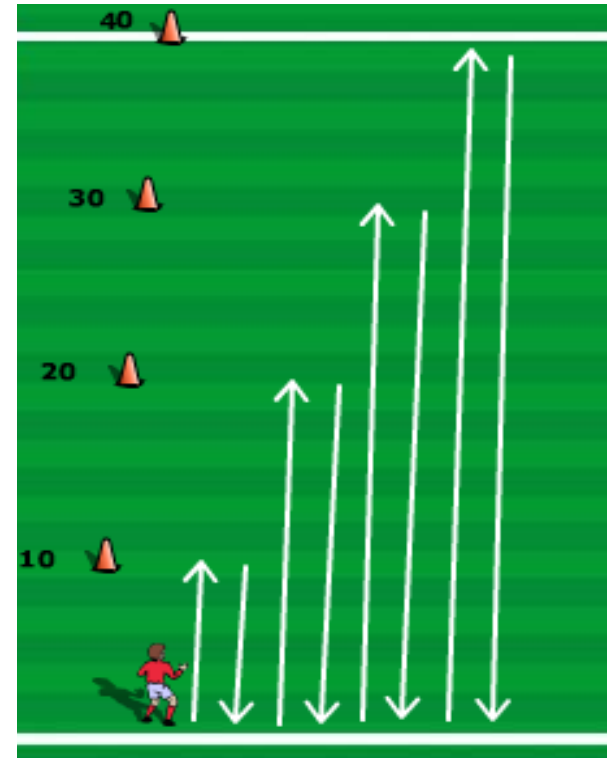
- AEROBIC SESSIONS 5 (2 hours)

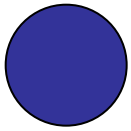
- Shuttle Runs

Place cones at distances of 10, 20, 30, 40 metres
Run to cone 1, turn, run to start, turn, run to cone 2 etc.
At the end cone, walk back.

- Stretch
- 5 mins $\frac{1}{2}$ pace jog

- 2 laps – work hard on lengths, jog widths
- 2 laps – work hard on 1 length and width, jog diagonal back to start
- 2 laps – work hard on 1 length, width and length (3 sides), jog width
- Heart rate check





AEROBIC ENDURANCE

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

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:

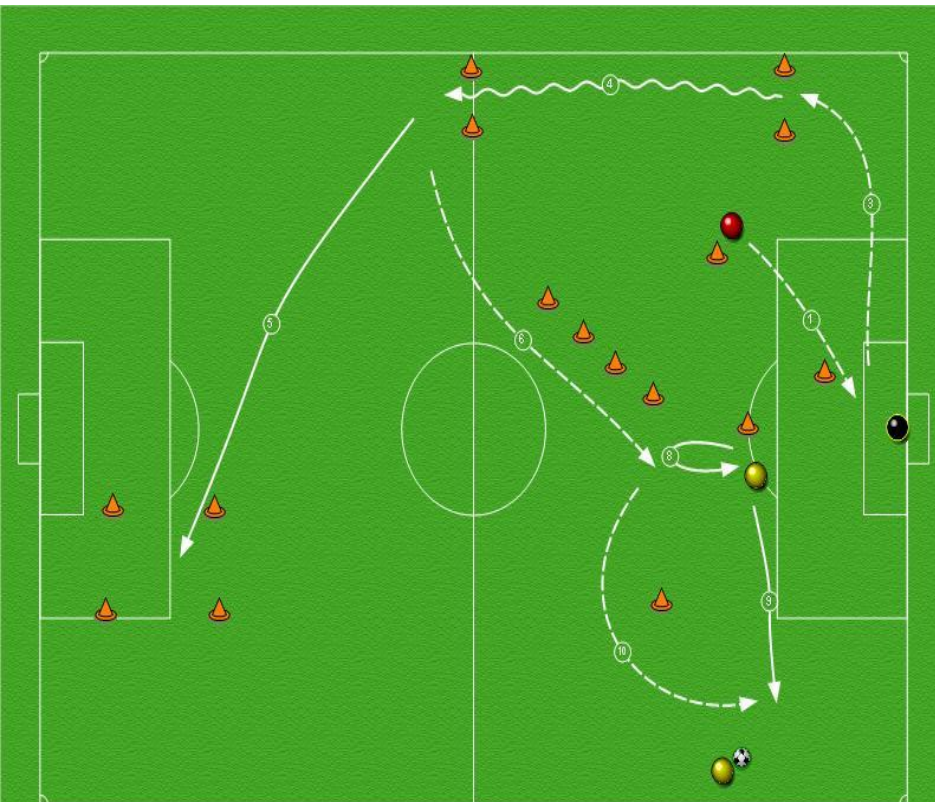
Organise same set up on opposite side for full back to perform same series of activities on opposite side after crossing ball into box.

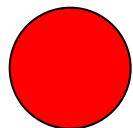
Coaches hints:

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 ?





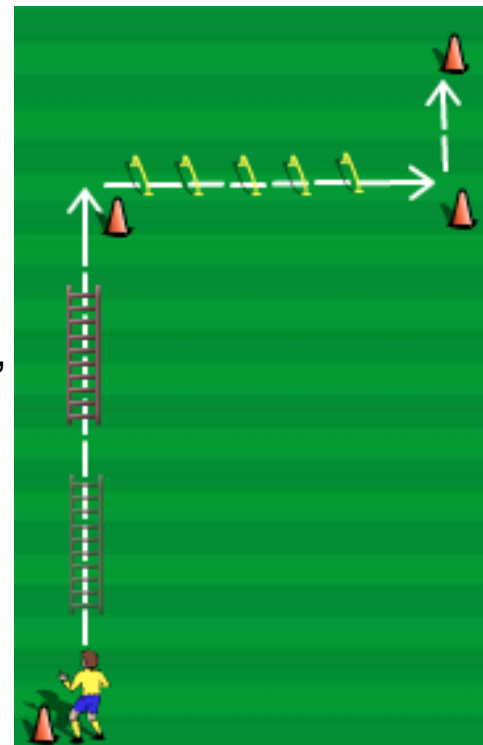
PRE-SEASON WEEK 2 DAY 2

- SPEED SESSIONS 1 (2 hours)

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- 8 laps, work hard on lengths, jog recovery on widths.
- Heart rate check

Use a fast foot ladder technique (eg 2 feet in each rung), then two foot step over each hurdle and sprint to cone.

Early part of speed training phase, do 6-8 runs with a fast walk / jog recover, later in speed training phase, do flat out runs, 2 sets of 4 - 6 runs.



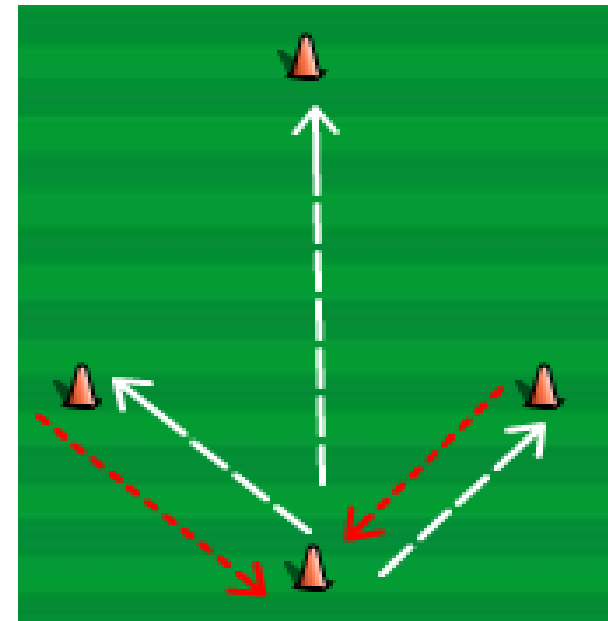
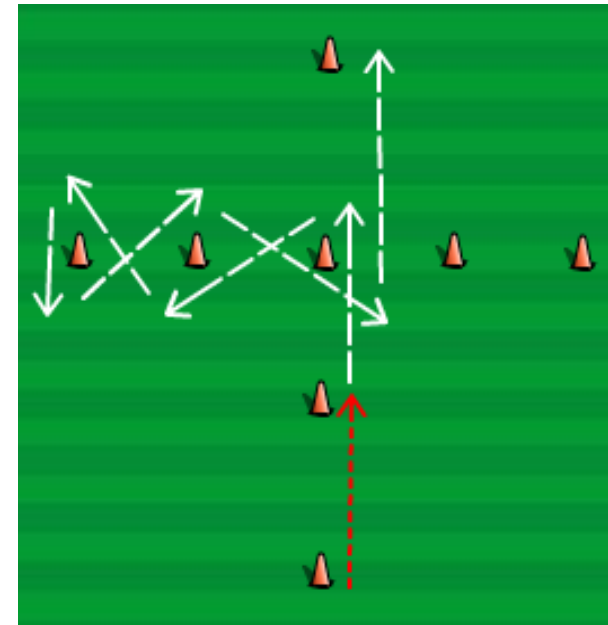


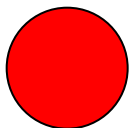
- Start with a backwards run (red), sprint forwards (white) at the 1st cone, at 2nd cone step side to side to left (alternate to right) across to the other cone around and back around the first cone, then sprint to the final cone.

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

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

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.

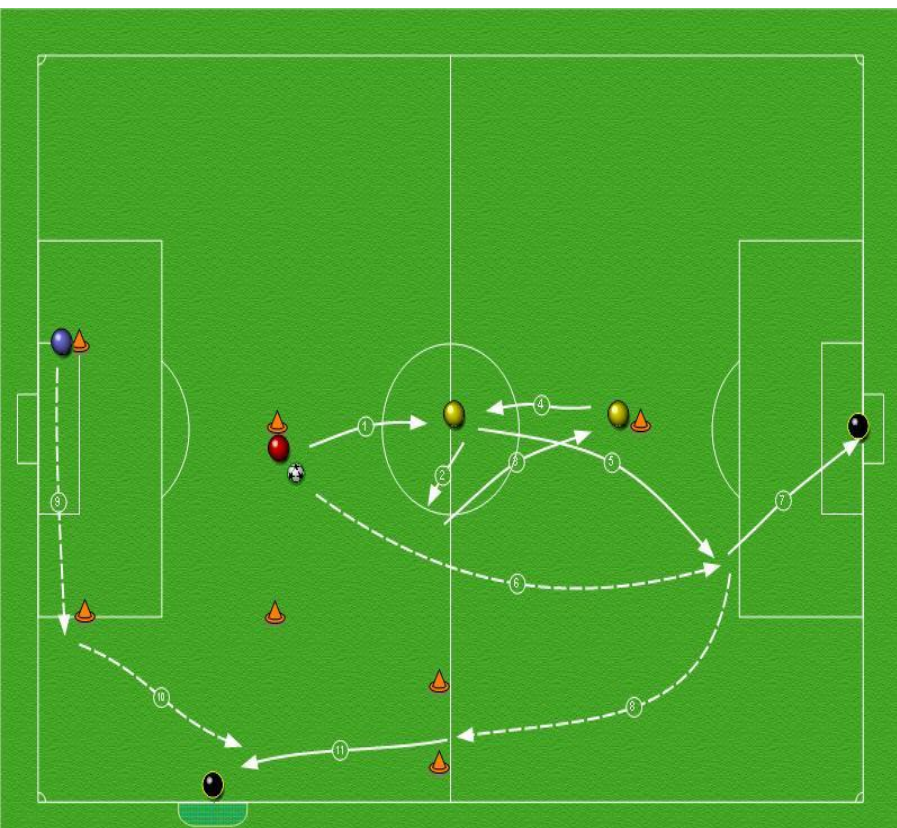
Activity 4, 5, 6: Lay off and forward pass. Attacker lays ball off to coach who passes ball into the path of the on running midfielder.

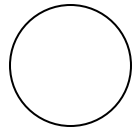
Activity 7 & 8: Shot & high intensity recovery run. Midfield player shoots inside box then recovers back to wide position over half way line as if to prevent counter attack.

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 player 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 ?

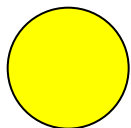
Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives ?





PRE-SEASON WEEK 2 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 2
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

WEEK 2 DAY 4

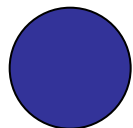
- **INTENSIVE ENDURANCE (2 hours)**
 - Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - 4 laps, $\frac{1}{2}$ pace on lengths, slow jog recovery on widths.
 - Heart rate check

Intensive Endurance (Small-sided games 40 x 20 yds) : 3 v 3 / 4 v 4

Reps x Duration

Total

1) 6 x 3 min games / 3 min recovery	18 mins
2) 4 x 5 min games / 2 min recovery	20 mins
3) 6 x 3 min games / 2.5 min recovery	18 mins
4) 4 X 5 min games / 2.5 min recovery	20 mins
5) 6 X 3 min games / 2 min recovery	18 mins
6) 4 X 5 min games / 2 min recovery	20 mins



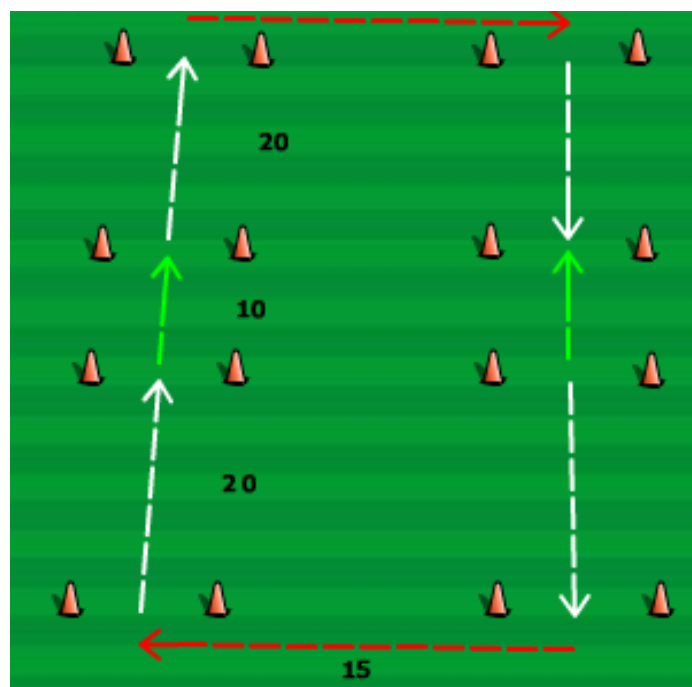
PRE-SEASON WEEK 2 DAY 5

- AEROBIC SESSIONS 6 (2 hours)

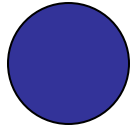
Warm Up
5 mins $\frac{1}{4}$ pace jog
Stretch

Interval Running x 5 laps
 $\frac{3}{4}$ pace – White
Full pace – Green
Walk - Red

Stretch



2 laps – work hard on lengths, jog widths
2 laps – work hard on 1 length and width, jog diagonal back to start
2 laps – work hard on 1 length, width and length (3 sides), jog width



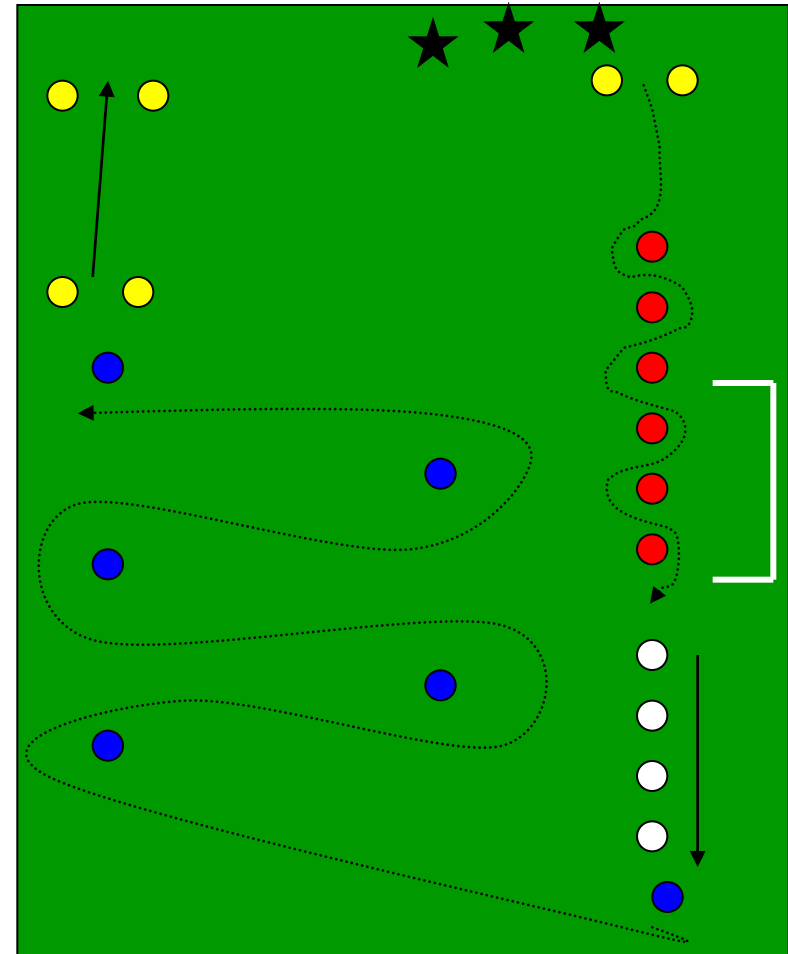
4 Mins Work - 4 Mins Rest X 6 Reps

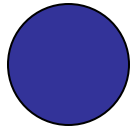
Organisation

- 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.

Recommendations

- Players should work maximally throughout.
- The work to rest ratio should be 1:1, therefore a player working for 4 minutes should be allowed 4 minutes rest.
- During a session players should complete between 6 and 10 repetitions.
- 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.





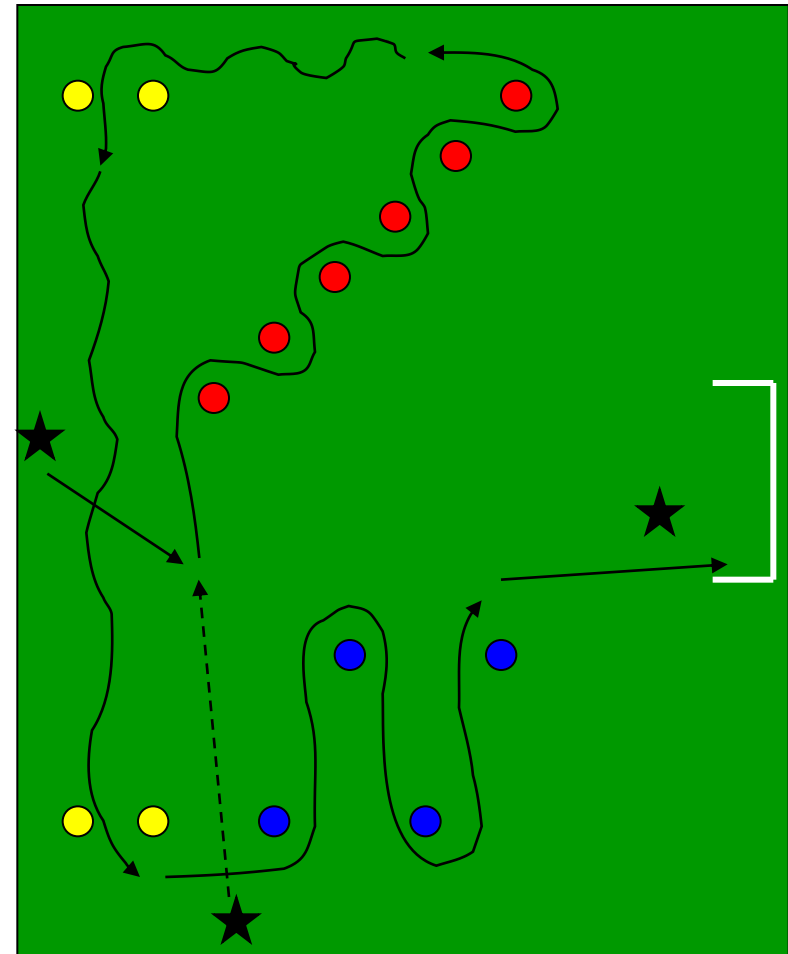
4 Mins Work - 4 Mins Rest X 6 Reps

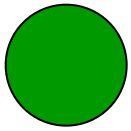
Organisation

- 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 minutes 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.





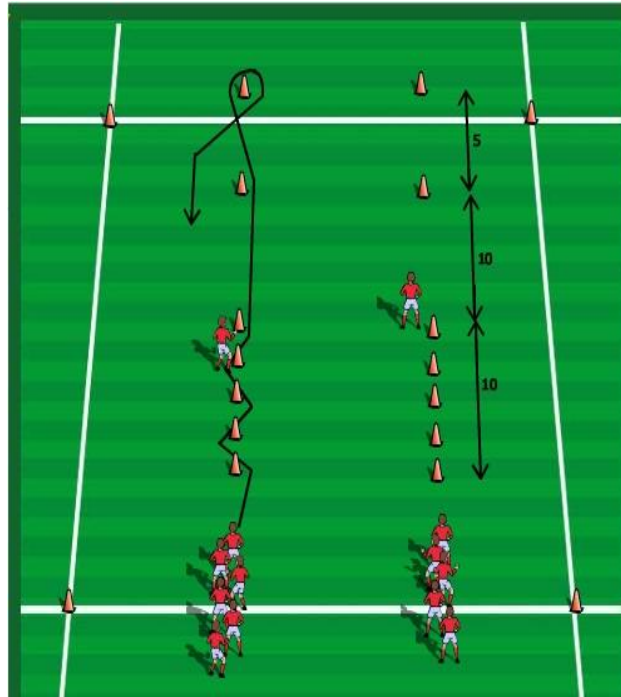
MATCH DAY

Match Day Warm Up



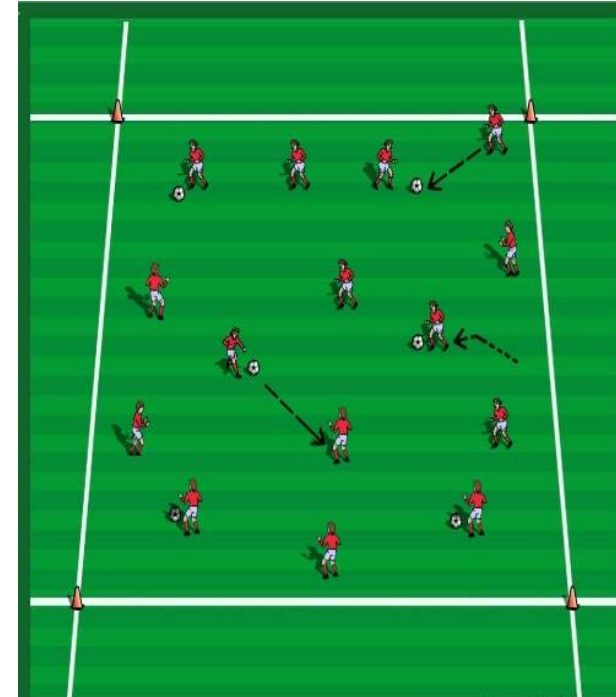
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



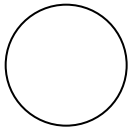
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



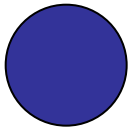
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

Pre-Season Training

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Dynamic Warm Up Aerobic Interval Sessions x 3 Recovery	Dynamic Warm Up 6 Laps Shuttles Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Aerobic intervals Extensive Endurance 2 x 10 mins 2 x 15 mins	Dynamic Warm Up Aerobic Session Speed Session Recovery	 Tactical Meeting Dynamic Football Warm Up MATCH DAY Cool Down Recovery	 Rest & Recovery
PM	Bleep Test Interval Running 10 / 20's 3 – 2 – 1 Football Cool Down Recovery	6 v 6 5 v 5 Cool Down Recovery		3 x 10 mins 3 x 15 mins 3 x 20 mins Games Cool Down Recovery	Speed of Play Tempo Set Plays Cool Down Recovery		



PRE-SEASON WEEK 3 DAY 1

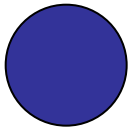
- AEROBIC SESSIONS 7 (2 hours)

Warm Up
5 mins $\frac{1}{4}$ pace jog
Stretch

Interval Running x 5 laps
 $\frac{3}{4}$ pace – White
Full pace – Green
Walk - Red

Stretch

2 laps – work hard on lengths, jog widths
2 laps – work hard on 1 length and width, jog diagonal back to start
2 laps – work hard on 1 length, width and length (3 sides), jog width



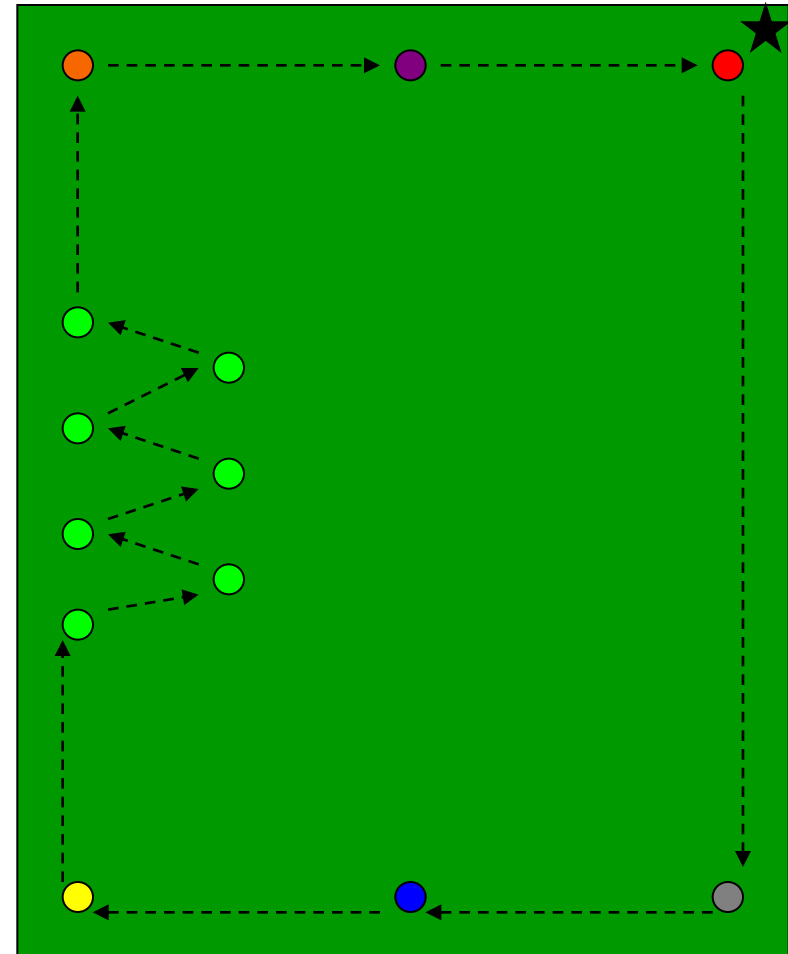
Interval run – 10s / 20s recovery

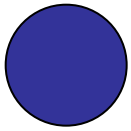
Organisation

- Player 1 starts at the red cone and sprints to the grey cone.
- Player 1 then runs backwards to the blue cone.
- Player 1 then turns and sprints around the yellow cone to the initial green cone.
- Player 1 must sprint in a zig-zag manner through the green cones and up to the orange cone.
- Player 1 then side-steps travelling right to the purple cone.
- Player 1 then side-steps travelling left to the red cone.

Recommendations

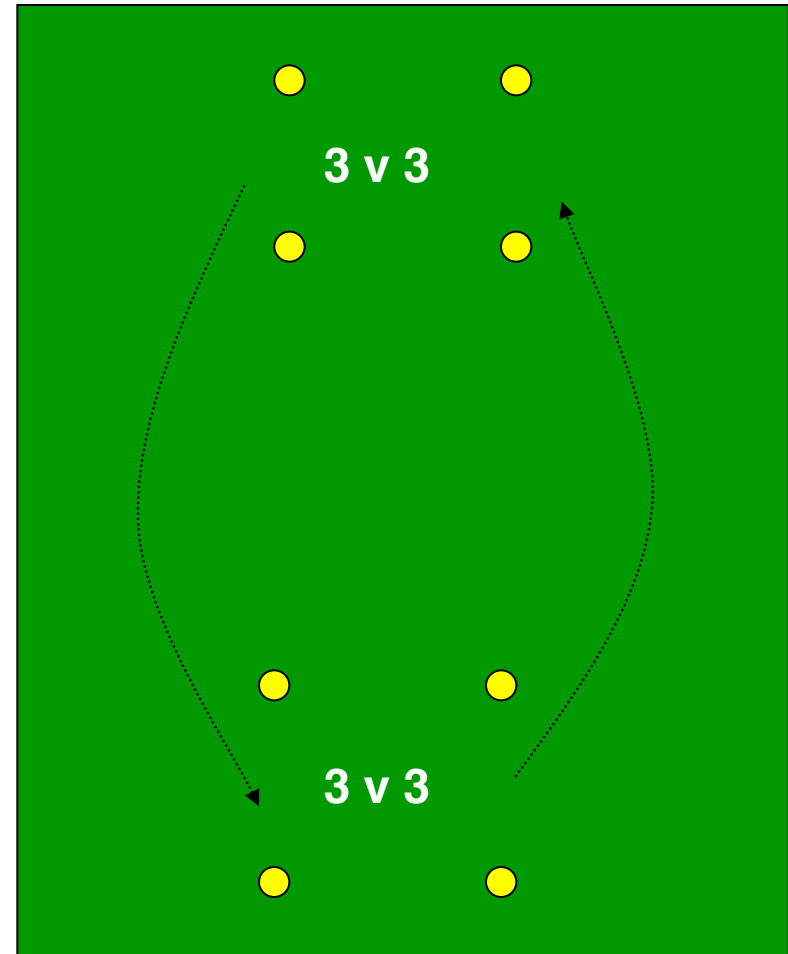
- For interval run purposes players should perform 10 seconds at high intensity, 20 seconds at low intensity for 10 – 20 minutes.
- For speed endurance purposes, players should work maximally for between 40 seconds and 2 minutes.
- The work to rest ratio is 1:1, therefore a player working for 1 minute should be allowed 1 minutes rest before continuing.
- During a session a player should complete between 4 and 8 repetitions and repeat the session 2-3 sessions per week.
- To further improve speed endurance capacity, increase time worked or number of repetitions.
- While player 1 rests, player 2 should work. This places the players in a competitive environment while developing specific fitness components.

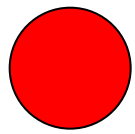




3-2-1 football

- **Organistaion:**
- **Place 2 30 X 30 metre grids 40 metres apart with balls scattered around squares.**
- **Players perform a 3 v 3 “high tempo” possession in both squares**
- **On signal players sprint to opposite square and repeat.**
- **Recommendations:**
- **Duration of possession begins with 3 minutes followed by 2 minutes rest.**
- **This is followed by 2 minutes of possession and 30 seconds rest.**
- **This is then followed by 1 minute possession and 90 seconds rest.**
- **This should be repeated 3 times.**
- **By ensuring that balls are scattered around outside of square players are constantly working, without getting any rest period. This will ultimately develop aerobic power.**
- **Players should be encouraged to reach 90-95% of heart rate max throughout each activity of possession**





PRE-SEASON WEEK 3 DAY 2

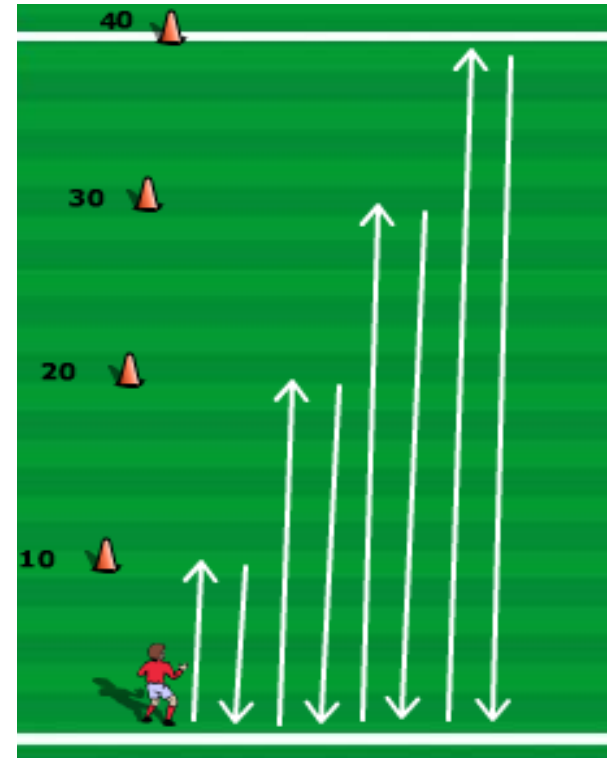
- AEROBIC SESSIONS 8 (2 hours)

- Shuttle Runs

Place cones at distances of 10, 20, 30, 40 metres
Run to cone 1, turn, run to start, turn, run to cone 2 etc.
At the end cone, walk back.

- Stretch
- 5 mins $\frac{1}{2}$ pace jog

- 2 laps – work hard on lengths, jog widths
- 2 laps – work hard on 1 length and width, jog diagonal back to start
- 2 laps – work hard on 1 length, width and length (3 sides), jog width
- Heart rate check





A 6v6 is organized in a 44 x 25 yard grid as shown in Diagram above. Target players (A) are positioned at each end of the grid.

Objective :

Both teams compete for possession of the ball. Points are awarded for 10 consecutive passes or for successfully passing to a target player on the end of the grid. Players are encouraged to create penetrating opportunities through sharp movement and quick ball movement. Play is continuous for a designated period of time.

Coaching Points :

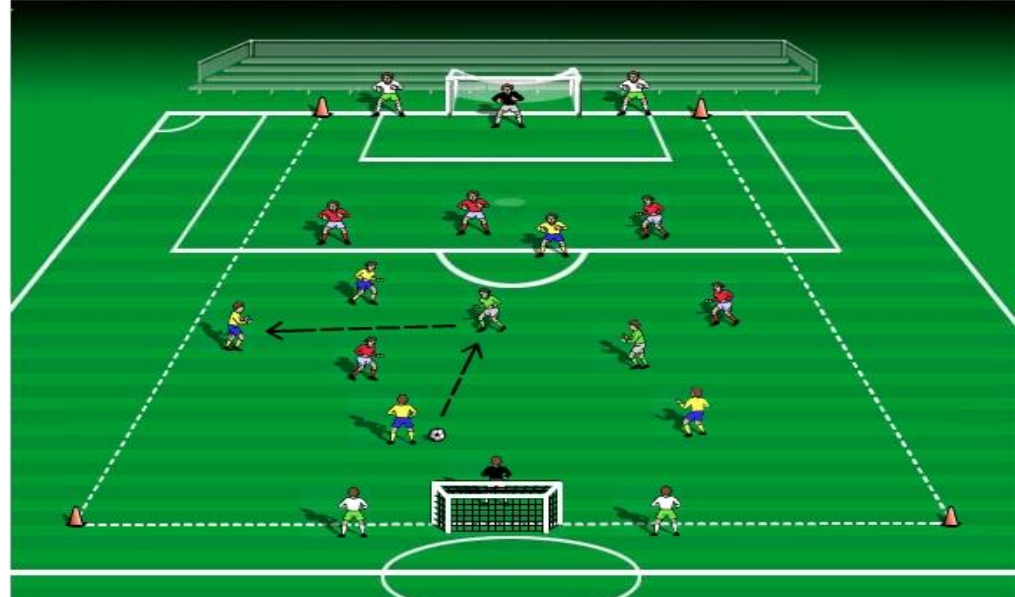
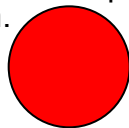
Keep the ball moving to unbalance opponents and create space.

Angles and distance of support in relation to ball.

Penetrate at the earliest opportunity.

Find the target players early and often.

Encourage defensive pressure to put a greater demand on the team in possession.



A 5v5 plus two neutral players (green) are positioned inside a 50 x 30 yard grid. Goalkeepers are in each goal. Two target players (white) are positioned approximately 3-4 yards from each goalpost.

Objective:

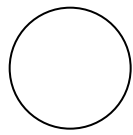
Both teams attempt to maintain possession of the ball. The neutral players create a number- up situation for the team in possession of the ball. The attacking team can also utilize the target players next to the goalposts. The team in possession can use the neutral players as well as the target players thereby creating a 9v5 situation inside the grid. Players are encouraged to look for penetrating passes to the target players. Target players are limited to one touch therefore support players must arrive quickly to receive a return pass. Play is continuous for a designated period of time.

Coaching Points:

Decisions by players – when to penetrate and when to simply maintain possession. Angles and distance of support players.

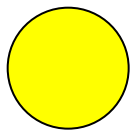
Quickly support the target players as the ball is travelling – not after the fact.

Create space through constant movement, forward runs and sharp ball movement. Quality of finishing.



PRE-SEASON WEEK 3 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 3
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

WEEK 3 DAY 4

- **INTENSIVE ENDURANCE (2 hours)**

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- 4 laps, $\frac{1}{2}$ pace on lengths, slow jog recovery on widths.
- Heart rate check

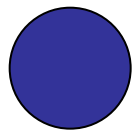
Extensive Endurance (Small-sided games): 7 v 7 – 11 v 11

Reps x Duration

- 1) 2 x 10min games
- 2) 2 x 15min games
- 3) 3 x 10min games
- 4) 3 x 15min games
- 5) 3 x 20min games

Total

20mins
30mins
30mins
45mins
60mins

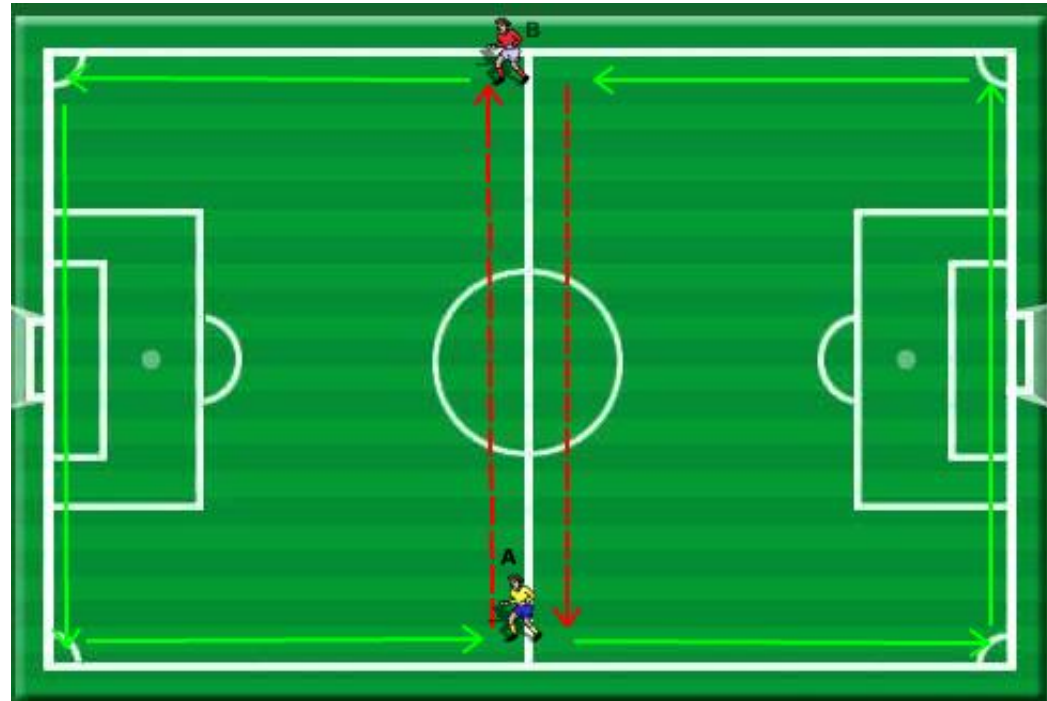


PRE-SEASON WEEK 3 DAY 5

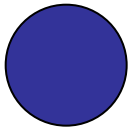
- AEROBIC SESSIONS 9 (1 ½ hours)

- Warm Up
- 5 mins ¼ pace jog
- Stretch
- Heart rate check

Paarlauf – 12 mins



Divide players into groups of 2. Player A (Yellow) runs across the pitch and “handover” (touches) player B (Red). Player B then runs the half of the pitch, while player A jogs across the pitch in time to “handover” with player B.



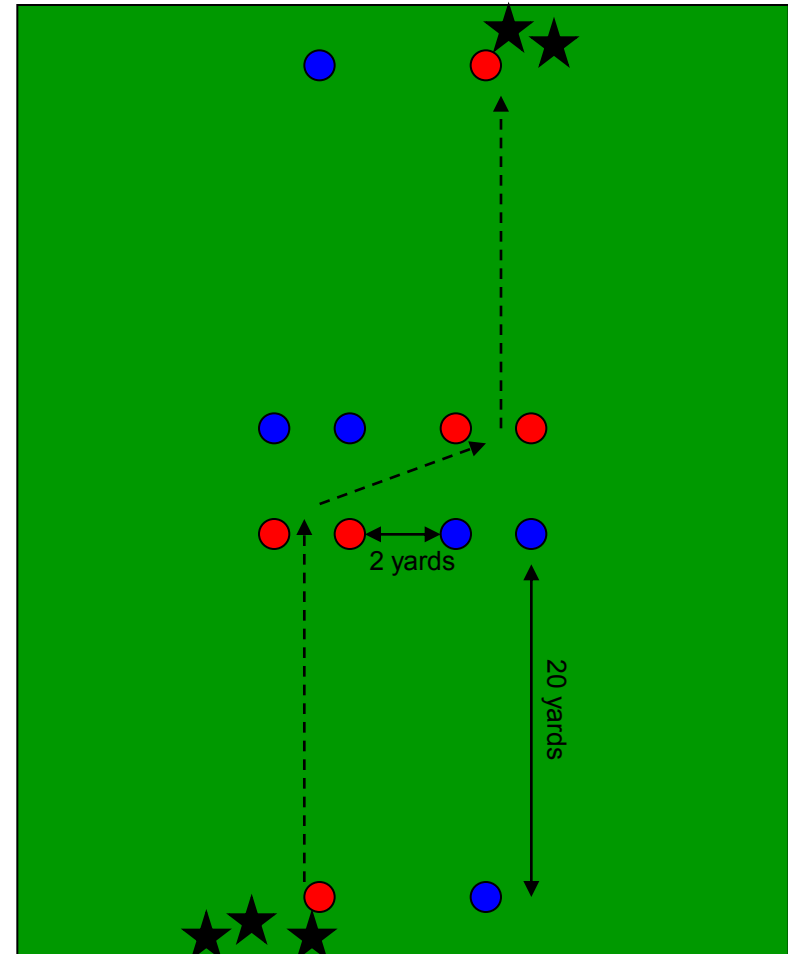
Speed

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 OF PLAY - TEMPO

Set Up :

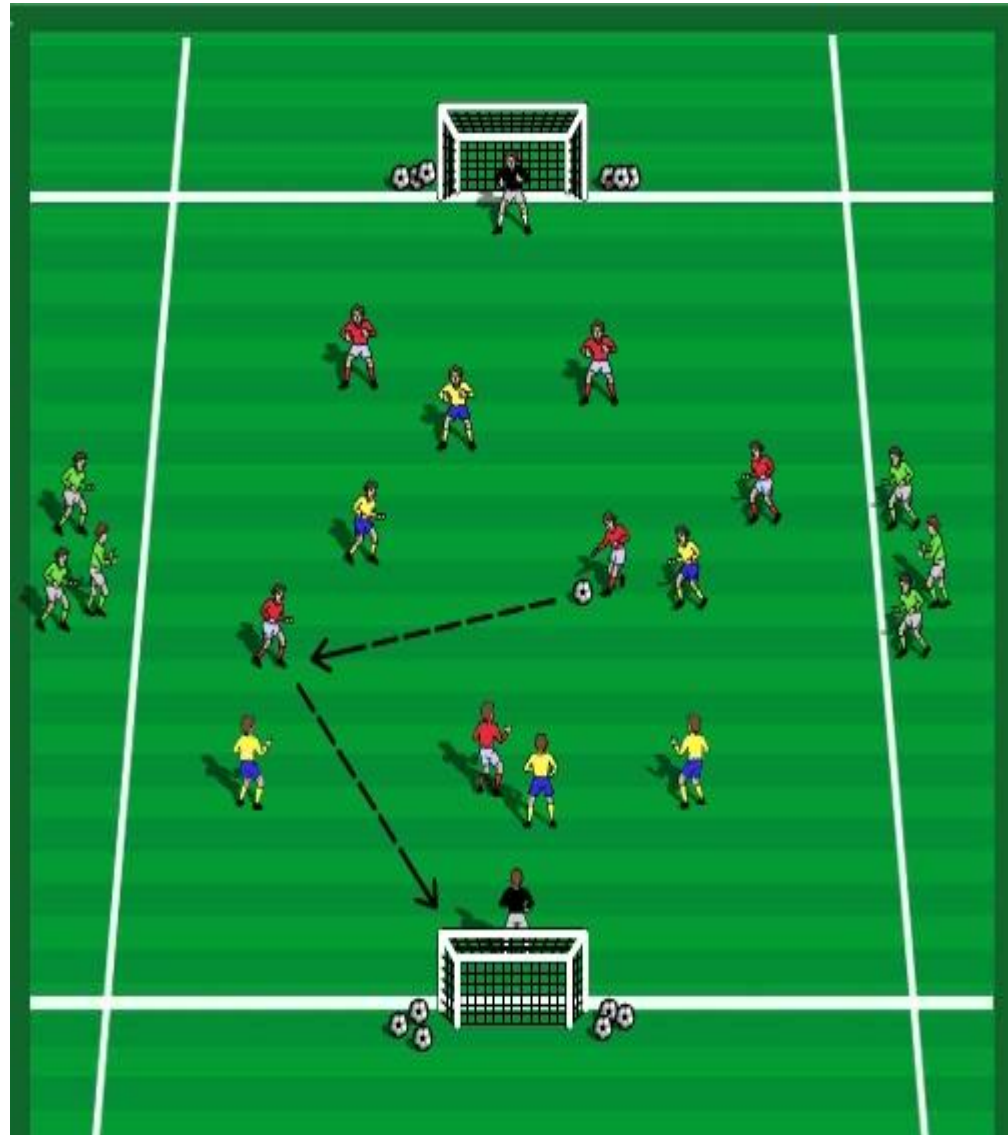
- 30 x 30 yard field with full-sized goals placed at opposite ends as shown in Diagram (c) below. Goalkeepers are positioned in each goal with a supply of balls. Two teams (yellow and red) are positioned inside the playing area: the third team is positioned at the side of the field as shown.

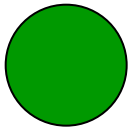
Objective :

- Both teams compete for possession of the ball and attempt to score in their opponents goal. Games last for 1 goal – winner stays on. The perimeter team enters the field to play the next game as soon as a goal is scored
- NOTE: Immediately after a goal is scored the next ball is put in play from the goalkeeper for the team that scored. The team entering the field must get organized quickly otherwise the attacking team will score again. This activity forces players to stay “switched on” and sharp at all times – even if they are on the perimeter.

Coaching Points :

- Tight playing area must promote 1 and 2 touch play.
- The team waiting to play on the sideline must stay “switched on” at all times.
- Activity must be competitive with a high tempo.





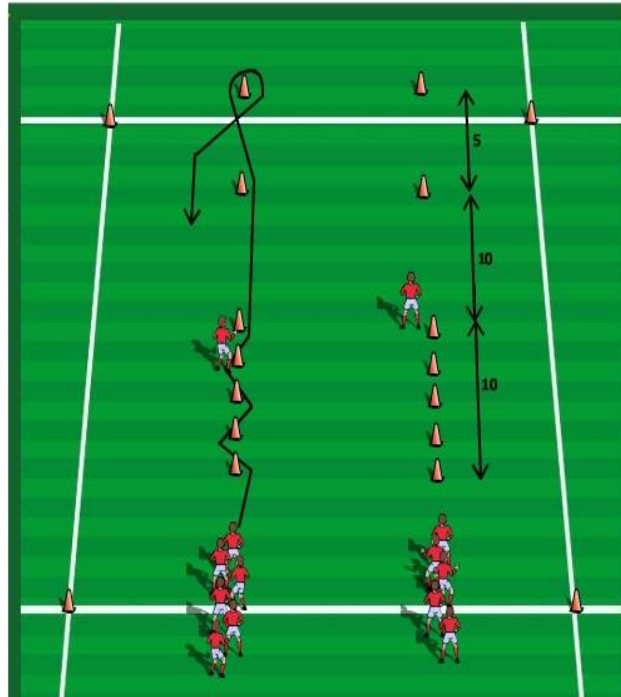
MATCH DAY

Match Day Warm Up



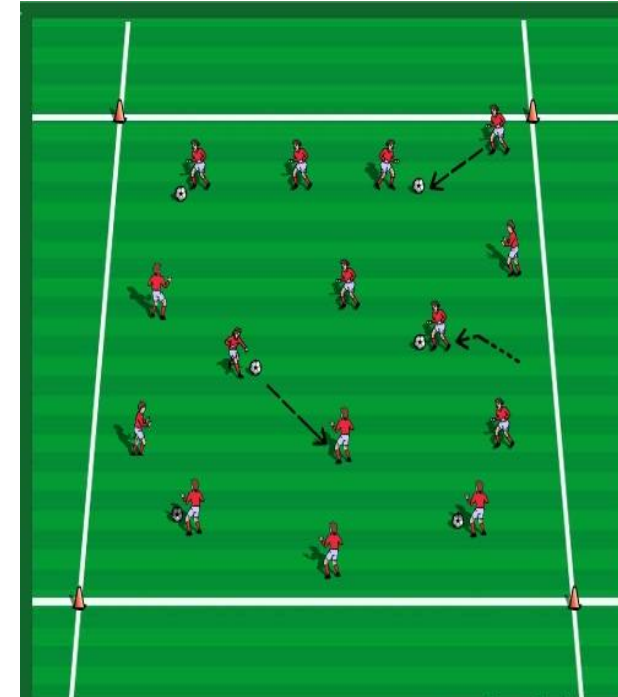
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



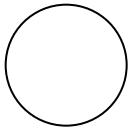
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



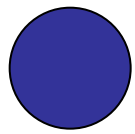
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

Pre-Season Training

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Dynamic Warm Up Speed & Agility Recovery	Dynamic Warm Up Aerobic / Speed Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Aerobic intervals Intensive Endurance 6 x 3 mins 4 x 5 mins	Dynamic Warm Up Aerobic Session Speed Circuit Recovery	Tactical Meeting Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Bleep Test Speed Endurance Session Wide Forward Cool Down Recovery	Speed Endurance CF / Mid Cool Down Recovery		6 x 3 mins 4 x 5 mins 6 x 3 mins 4 x 5 mins Games Cool Down Recovery	Speed Endurance CF Set Plays Cool Down Recovery		



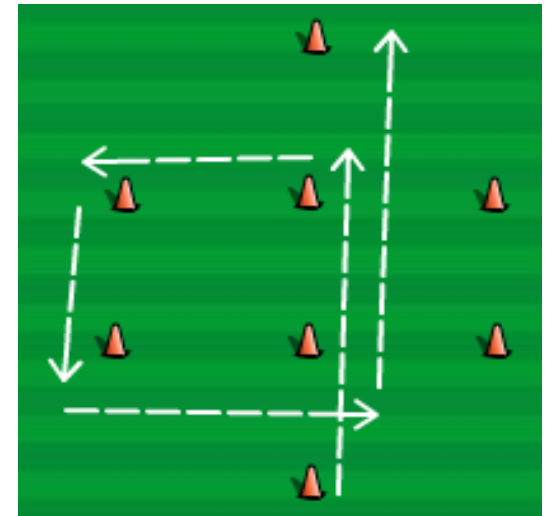
PRE-SEASON WEEK 4 DAY 1

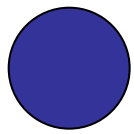
- AEROBIC SESSIONS 10 (2 hours)
 - Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - Stretch
 - Interval Running x 5
 - Heart rate check

Speed and Agility

Start on first cone, sprint forwards to third cone, side to side left, run backwards, side to side right, then sprint to last cone. Should be facing forwards at all times.

Place start cone 5 metres away from cone square and place all other cones approximately 5 metres apart. Alternate by going right at 3rd 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

- 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.

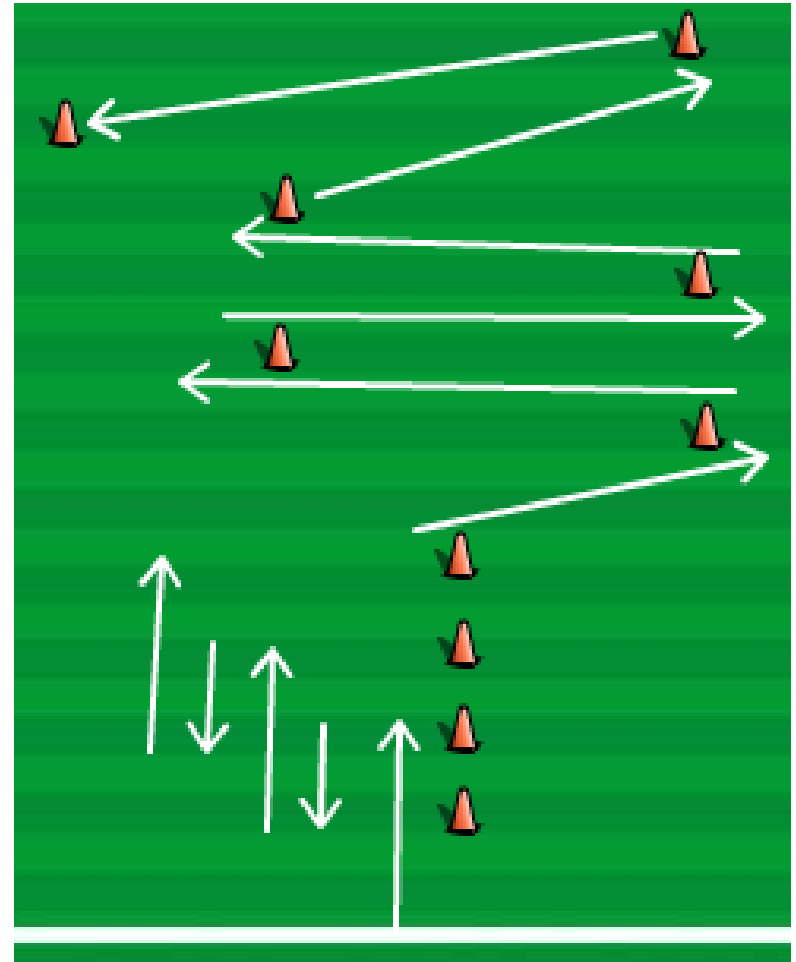
6 repetitions with cones 10m
apart with jog recovery

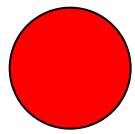
2 x 50%, 2 x 75%, 2 x 100%

or

9 repetitions with cones 5m apart
with jog recovery

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





PRE-SEASON WEEK 4 DAY 2

• AEROBIC SESSIONS 11 (2 hours)

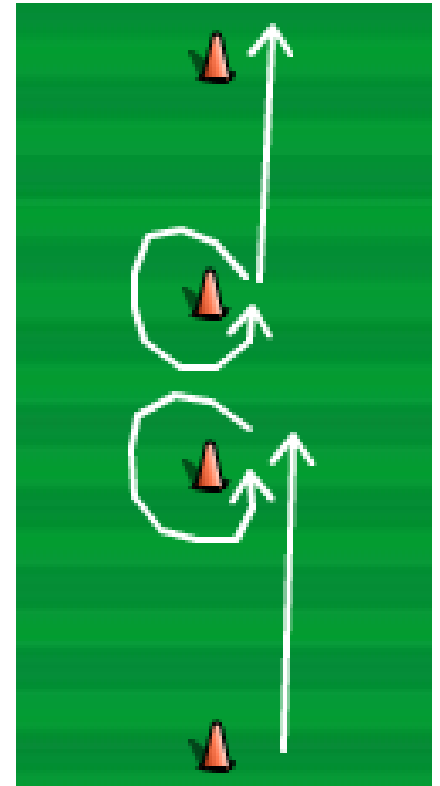
Warm Up

- 5 mins $\frac{1}{4}$ pace jog
- 8 laps, work hard on lengths, jog recovery on widths.
- Heart rate check

Speed and Agility

Start on first cone, sprint forwards to middle cone, go round the cone (facing forwards all the time), sprint to next cone, go round the cone accelerate to 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

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

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)

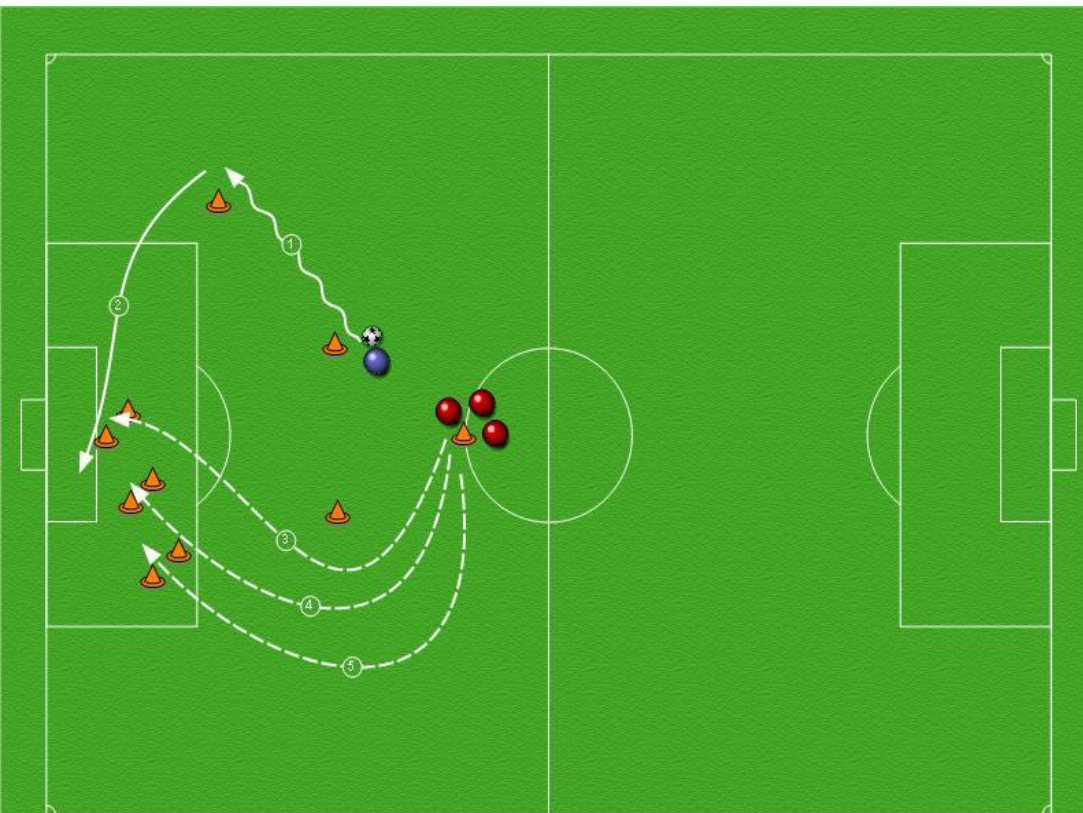
Progression :

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 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

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 midfield player.

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:

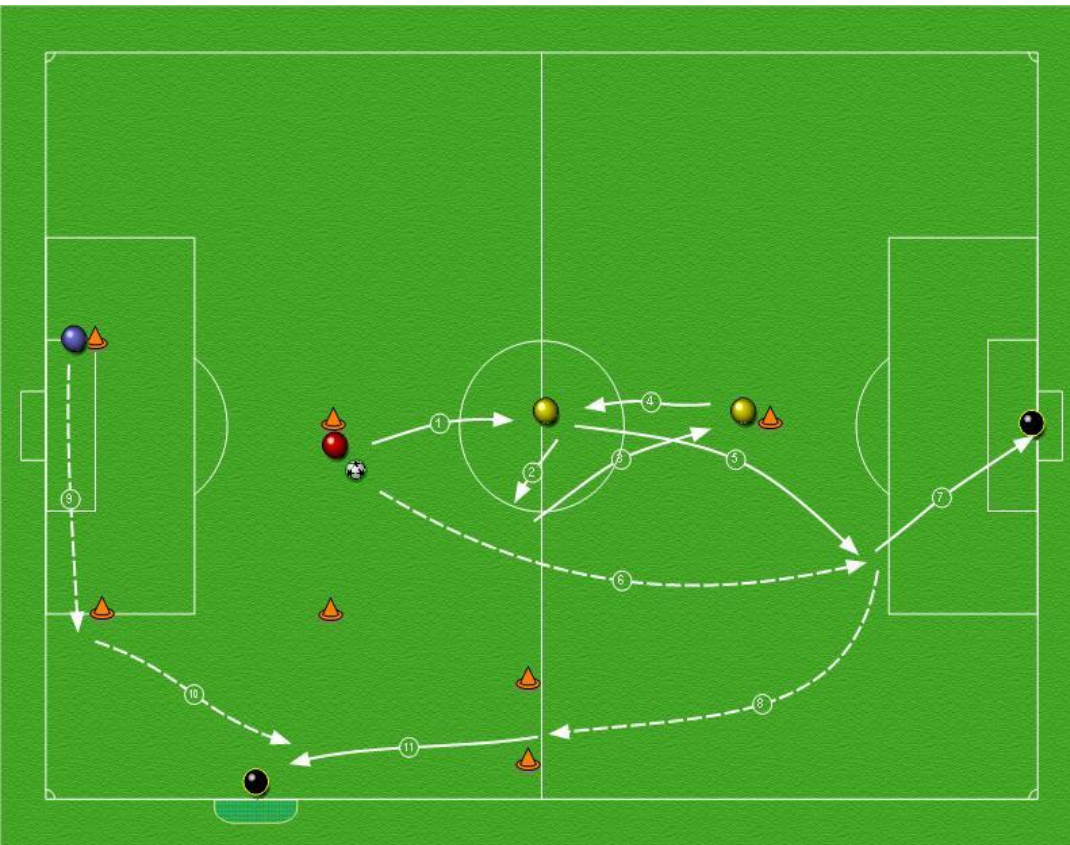
On return to half way line midfielder crosses ball to attacker who sprints from position in six yard box.

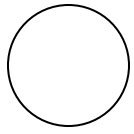
After laying ball off to coach attacker/attacking midfielder player runs to six yard box and then attacks cross from midfield player.

Coaches hints:

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

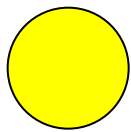
Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives ?





PRE-SEASON WEEK 4 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 4
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

WEEK 4 DAY 4

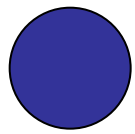
- **INTENSIVE ENDURANCE (2 hours)**
 - Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - 4 laps, $\frac{1}{2}$ pace on lengths, slow jog recovery on widths.
 - Heart rate check

Intensive Endurance (Small-sided games 40 x 20 yds) : 3 v 3 / 4 v 4

Reps x Duration

Total

1) 6 x 3 min games / 3 min recovery	18 mins
2) 4 x 5 min games / 2 min recovery	20 mins
3) 6 x 3 min games / 2.5 min recovery	18 mins
4) 4 X 5 min games / 2.5 min recovery	20 mins
5) 6 X 3 min games / 2 min recovery	18 mins
6) 4 X 5 min games / 2 min recovery	20 mins

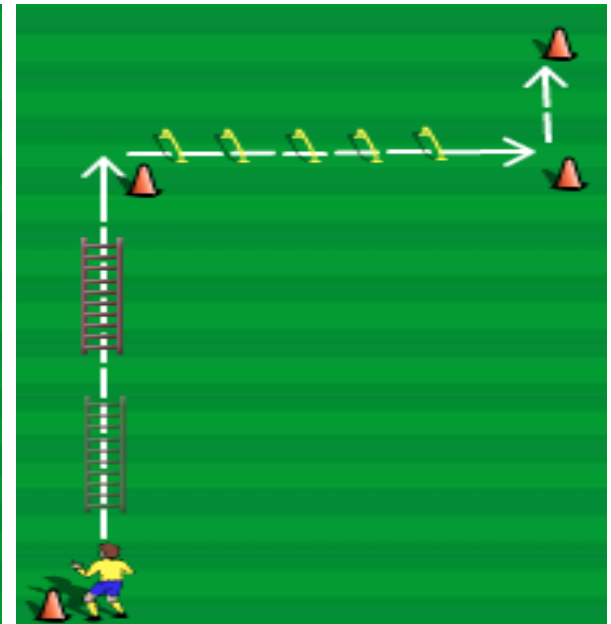
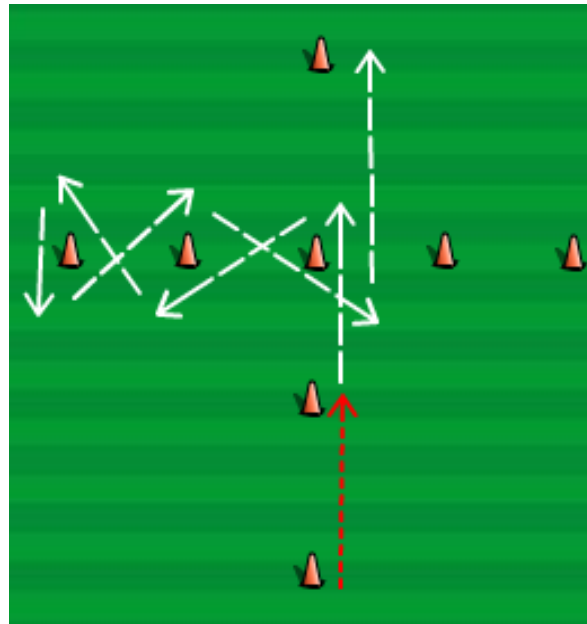


PRE-SEASON WEEK 4 DAY 5

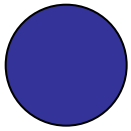
- AEROBIC SESSIONS 12 (2 hours)

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- Stretch
- Heart rate check

- Stretch
- 5 mins $\frac{1}{2}$ pace jog

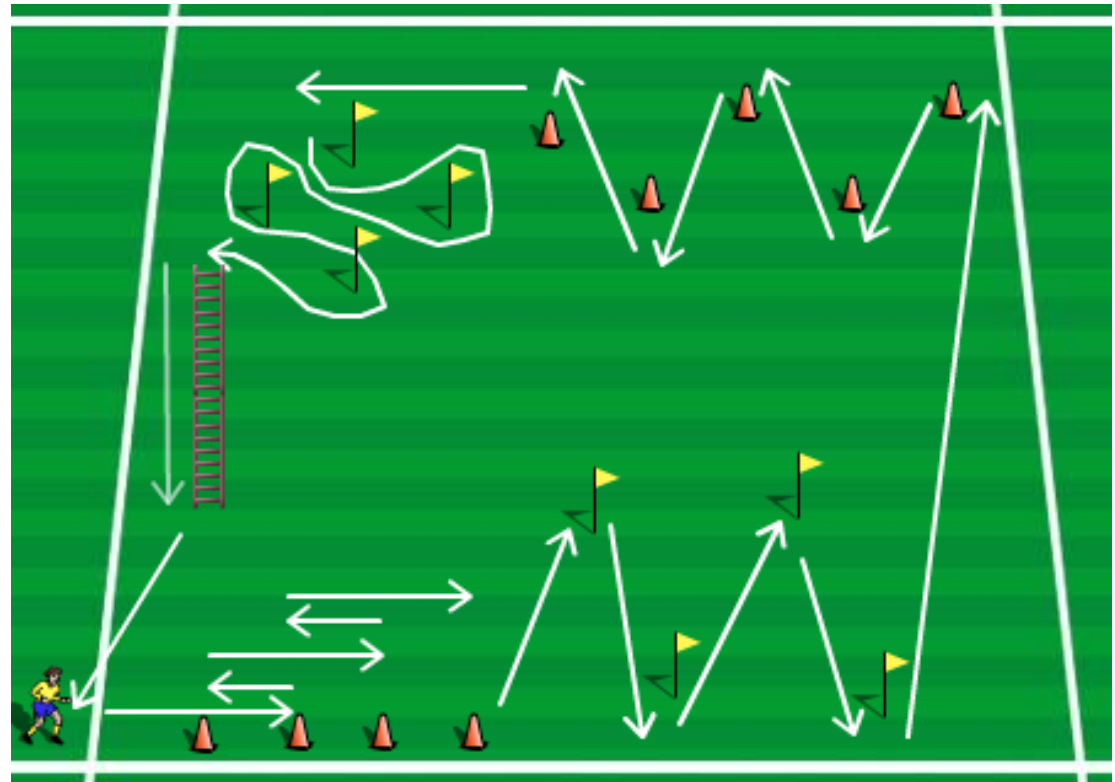


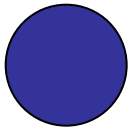
- 2 laps – work hard on lengths, jog widths
- 2 laps – work hard on 1 length and width, jog diagonal back to start
- 2 laps – work hard on 1 length, width and length (3 sides), jog width
- Heart rate check



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.





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

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:

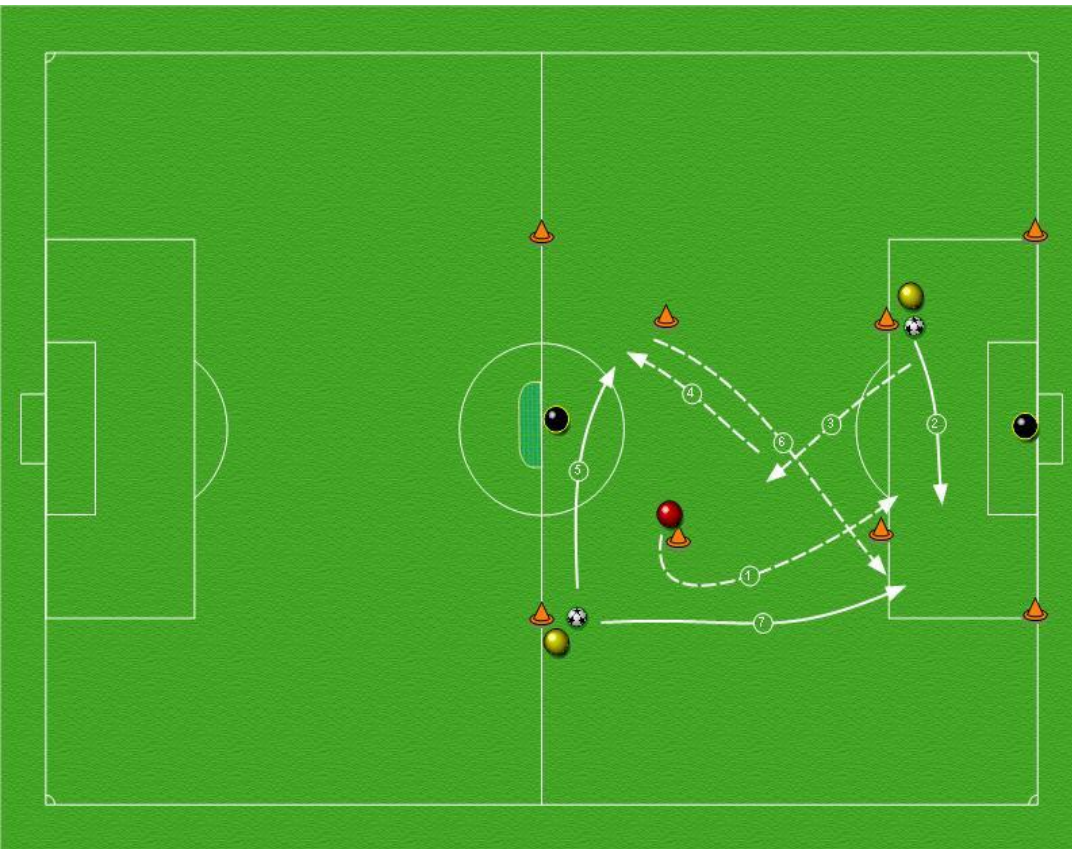
Does the attacker identify where the movements apply in a game situation:

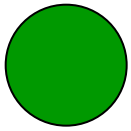
Run 1: fast spin off to receive a ball that has gone past him

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

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

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





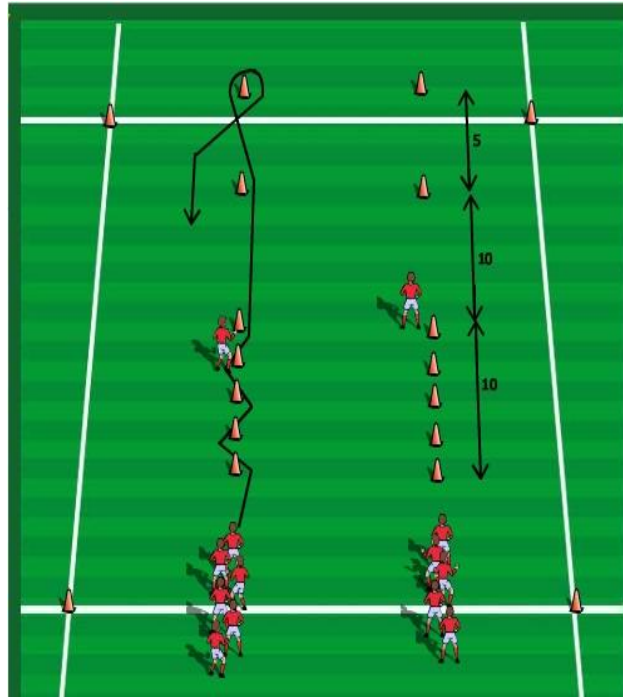
MATCH DAY

Match Day Warm Up



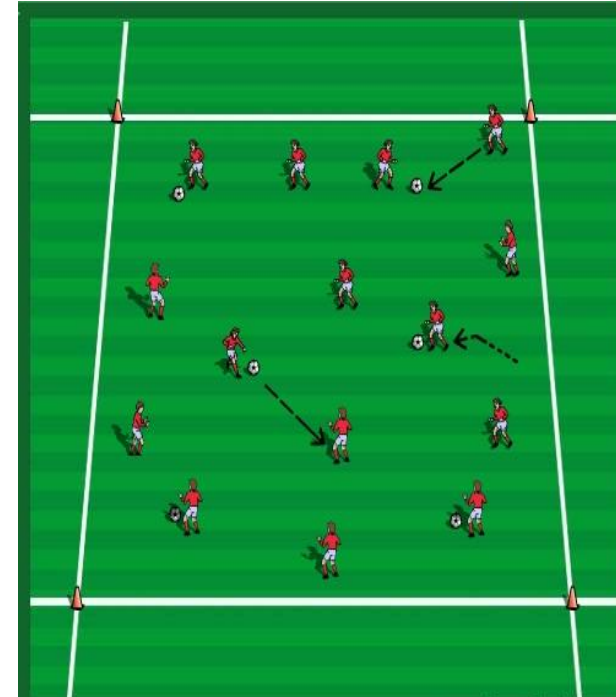
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



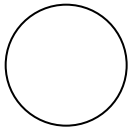
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



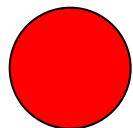
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

Pre-Season Training

Week 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Dynamic Warm Up Speed Test 'T' Test Recovery	Dynamic Warm Up Aerobic intervals Anaerobic intervals Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Aerobic intervals Extensive Endurance 2 x 10 mins 2 x 15 mins	Dynamic Warm Up Aerobic Session 3 v 3 Possession Recovery	Tactical Meeting Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	High Intensity 4 x 4 min Possession Cool Down Recovery	Circuit Possession Cool Down Recovery		3 x 10 mins 3 x 15 mins 3 x 20 mins Games Cool Down Recovery	6 v 6 Possession Set Plays Cool Down Recovery		



PRE-SEASON WEEK 5 DAY 1

- **FITNESS TESTING SESSION**
- **10m / 30m Sprint Test**

- **Purpose**

To measure 10m and 30m sprint times. This test is relevant for all positions and reflects players' acceleration performance for football. Sprint tests are also useful for measuring reconditioning after rehabilitation of an injury. If a player's sprint times are significantly slower than they were originally (by 15 percent or more), the player should continue reconditioning rather than returning to competition.

- **Equipment and Area : Measured track or 50 meters of flat running surface**

- **Procedure**

1. Warm up thoroughly. 2. Start with one hand and the opposite foot on the start line. If using a touch pad, your lead hand must be on the pad. Start when you are ready. 3. Sprint as quickly as possible for 30 meters. During the sprint, the time taken to cover 10 meters is recorded; the 30-meter time is also recorded. 4. Perform three trials, taking time for a full recovery between each trial. Your best times are your scores.



- **FITNESS TESTING SESSION**
- **'T' Test (Arrow 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 :

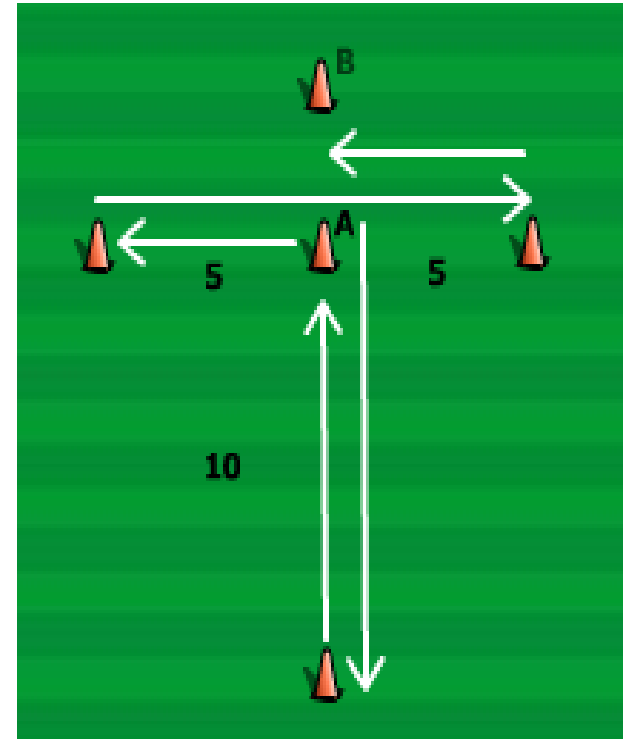
- Grass or indoor surface of 10 square meters
- Two coaches
- Four cones
- Stopwatch or electronic sprint timing gates

Procedure :

1. Warm up thoroughly.
2. Start with one hand and the opposite foot on the start line.
3. From start cone, sprint forward to cone A and touch the base of it with your right hand.
4. Facing forward and not crossing your feet, shuffle left to cone and touch its base with your left hand.
5. Shuffle 10 meters to cone and touch its base with your right hand.
6. Shuffle back to cone A and touch it with your left hand.
7. Run backward as quickly as possible past start cone , the finish.
8. The test score is the best time of three trials.

Alternative : Arrow Test – Take out Cone A and use Cone B

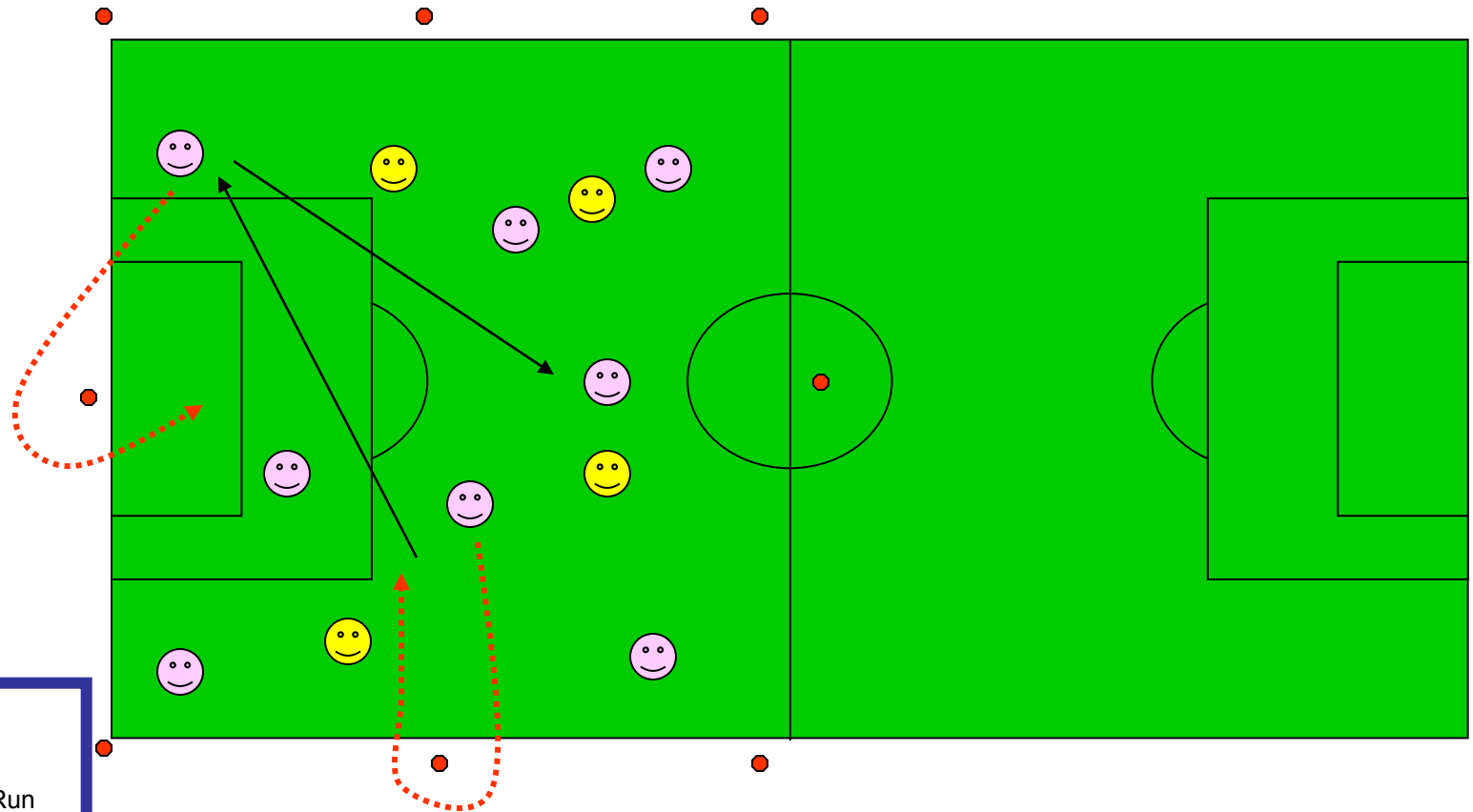
(more specific to football movement)





A High Intensity Aerobic Session

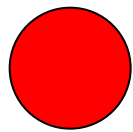
4 x 4 min – Overloaded Aerobic Power (OAP) possession game



- Key:
-▶ Pass
 -▶ Player Run
 - Wall Players
 - ▲ Cones
 - 😊 Player

Additional Information :

Coaches must stress that the players are constantly moving on the pitch for the 4 mins duration. Having made a pass or any other involvement with the ball then the players must move around the wall players on the outside. This may become slightly unrealistic, however the session is designed to be for specific conditioning. It is the ability of the players to constantly be on the move which leads to an increased VO₂max level which correlates to a greater work output when in competitive matches. Heart Rate Zone: >90% HRM for optimum levels of improvements.

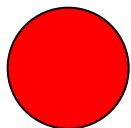


PRE-SEASON WEEK 5 DAY 2

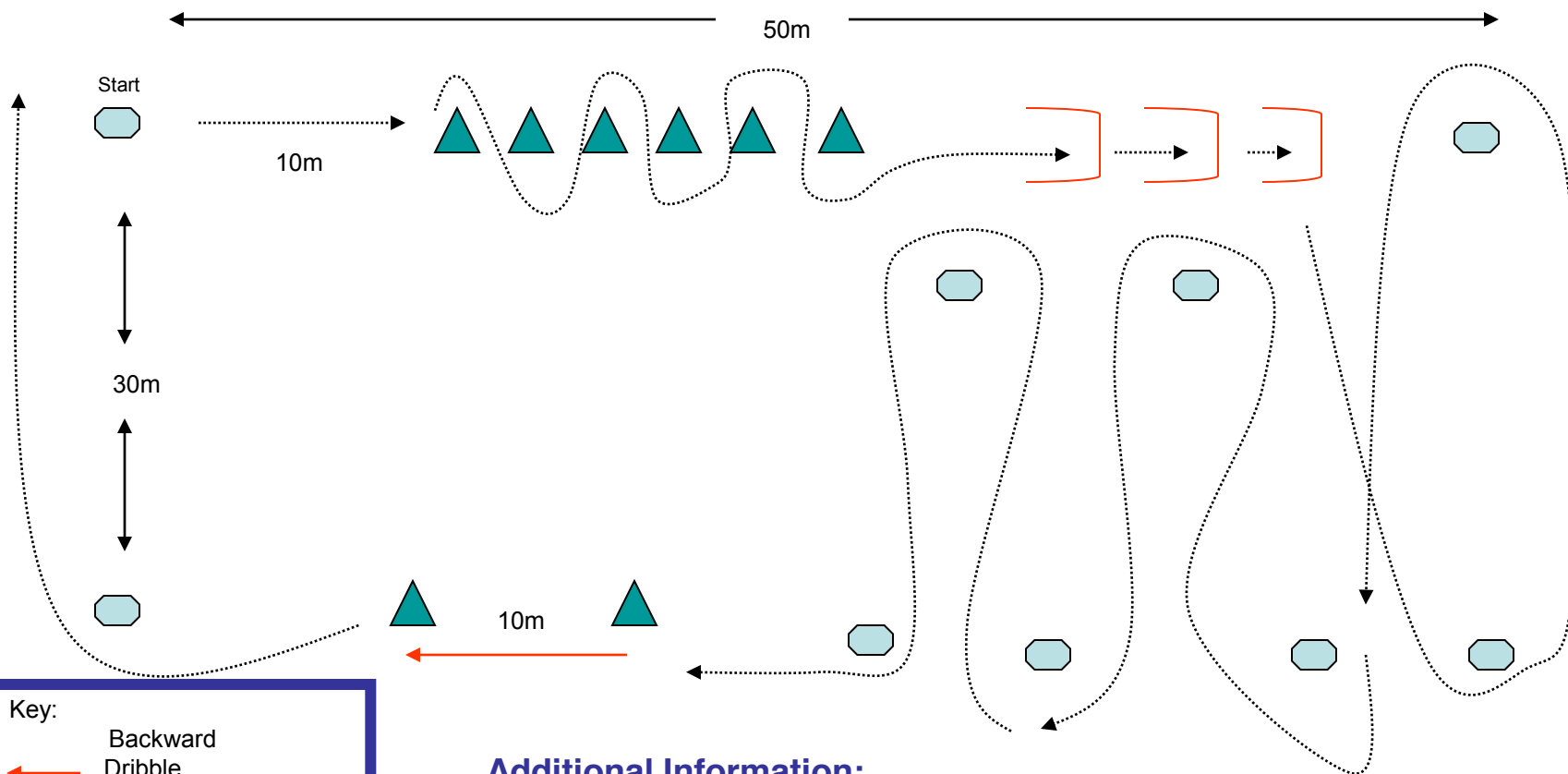
- **AEROBIC SESSIONS 13 (2 hours)**

- **Warm Up**
- **5 mins $\frac{1}{4}$ pace jog**
- **8 laps, work hard on lengths, jog recovery on widths.**
- **Heart rate check**

- **5 mins $\frac{1}{2}$ pace jog**
- **2 laps – work hard on lengths, jog widths**
- **2 laps – work hard on 1 length and width, jog diagonal back to start**
- **2 laps – work hard on 1 length, width and length (3 sides), jog width**
- **Heart rate check**



Practice : A Moderate Intensity Aerobic Session

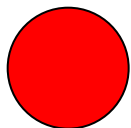


- Key:
- Backward Dribble
 - Hurdle
 - Cones
 - Poles
 - Forward Dribble

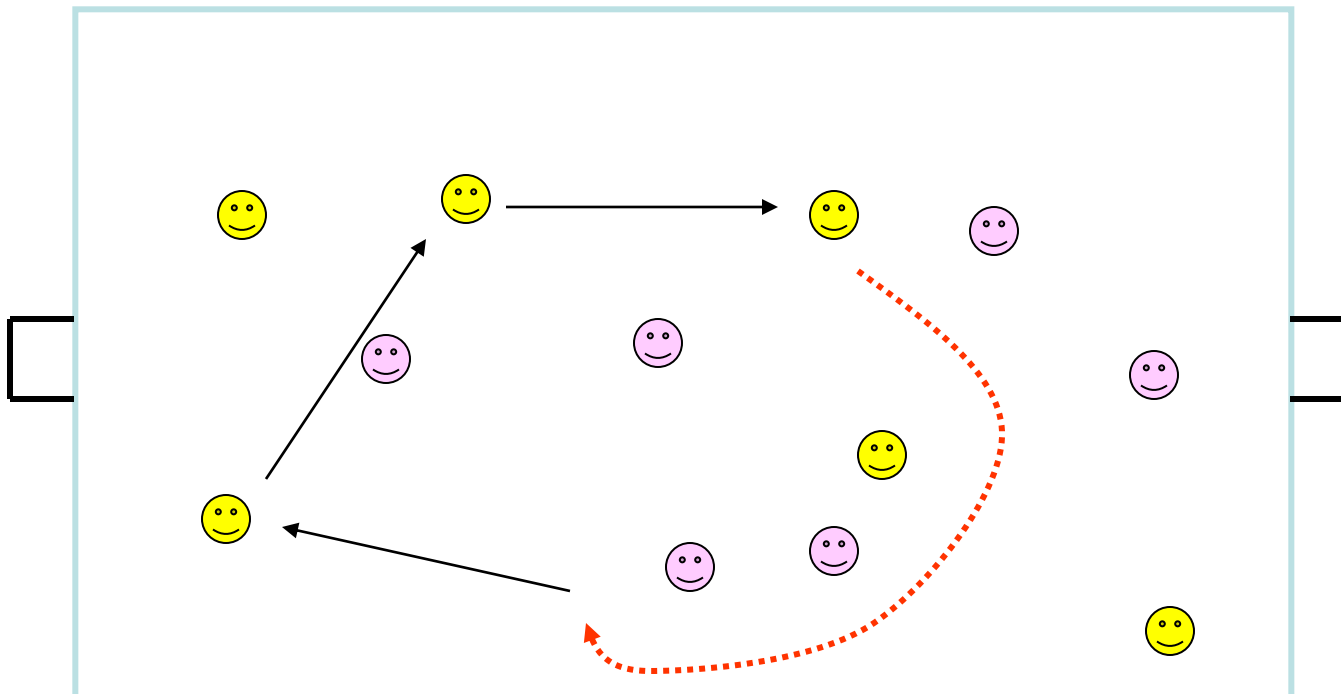
Additional Information:

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.



Practice : A Moderate Intensity Aerobic Session -Conditioned Possession Game – Press & Score



Key:



Attackers



Player Run



Pass



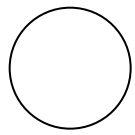
Defenders

Additional Information :

Players play a continuous possession game on a large pitch (40x30m). The aim is for team in possession to score. If they score then, they keep possession until the opposition win possession & score to make game equal. When the game is equal – the team in possession aims to score.

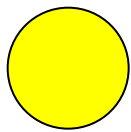
This sequence is followed for the duration of the game.

Duration to equate to >30mins. (e.g. 6x5min games; 5x6min games; 8x4min games; 3x10min games; 4x8min games). This type of game with >3 players per team should have a duration of 10mins to allow players HR to increase & be maintained for at least 4mins.



PRE-SEASON WEEK 5 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 5
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

WEEK 5 DAY 4

- **EXTENSIVE ENDURANCE (2 hours)**

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- 4 laps, $\frac{1}{2}$ pace on lengths, slow jog recovery on widths.
- Heart rate check

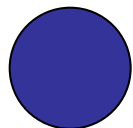
Extensive Endurance (Small-sided games): 7 v 7 – 11 v 11

Reps x Duration

- 1) 2 x 10min games
- 2) 2 x 15min games
- 3) 3 x 10min games
- 4) 3 x 15min games
- 5) 3 x 20min games

Total

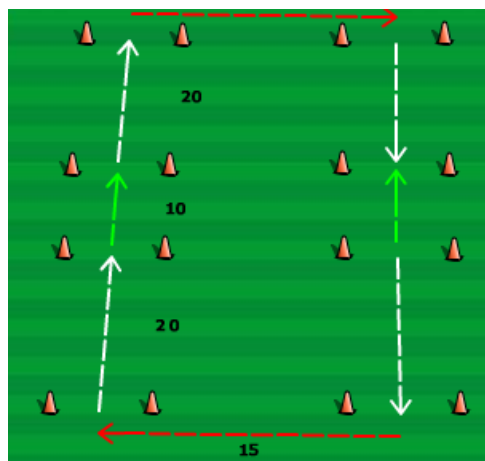
20mins
30mins
30mins
45mins
60mins



PRE-SEASON WEEK 5 DAY 5

- AEROBIC SESSIONS 14 (2 hours)

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- Stretch
- Interval Running x 5
- Heart rate check

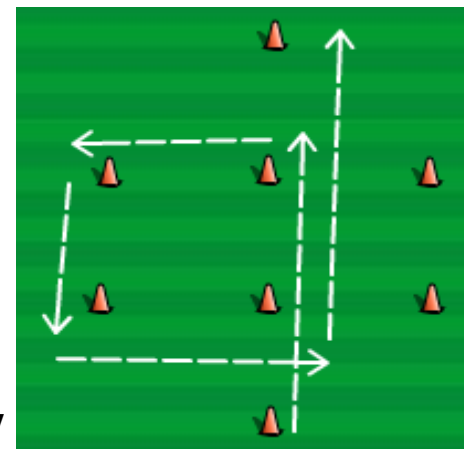


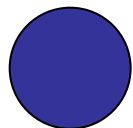
Speed and Agility

Start on first cone, sprint forwards to third cone, side to side left, run backwards, side to side right, then sprint to last cone. Should be facing forwards at all times. Aim is to keep close to cones and not run too wide, move quickly at all times.

Place start cone 2 to 3 metres away from cone square and place all other cones approximately 5 metres apart.

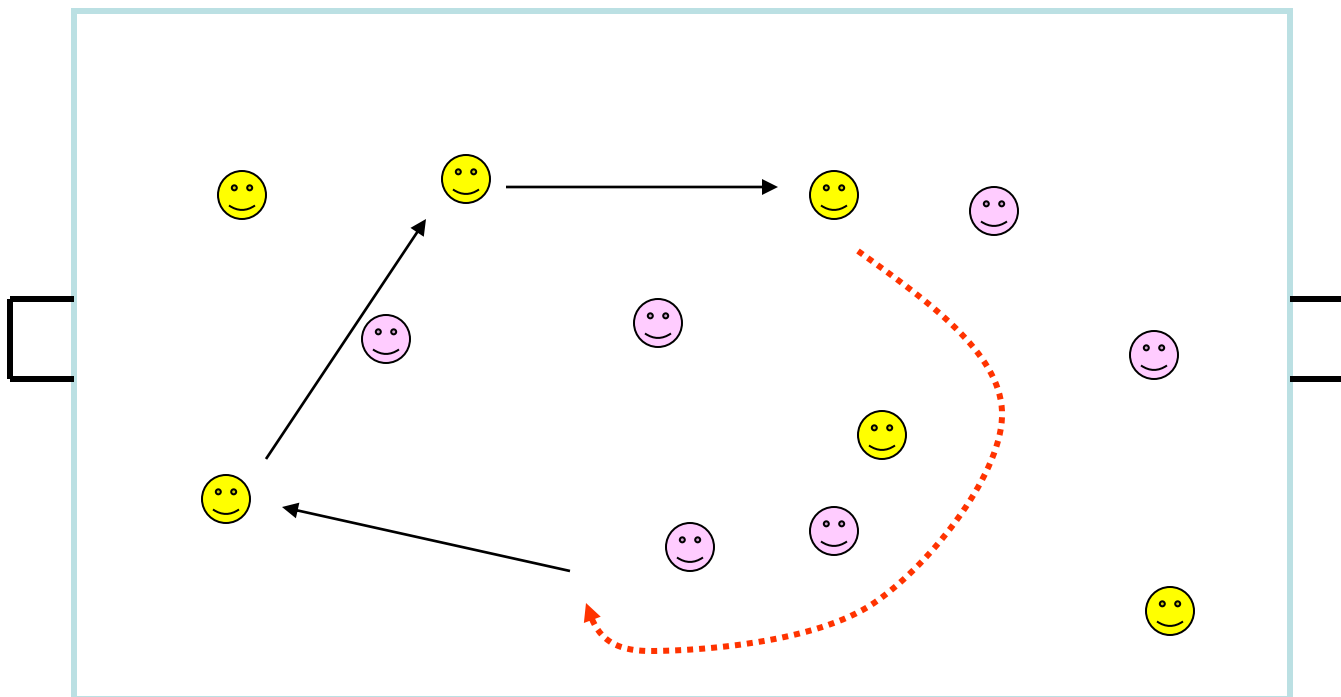
Early part of speed training phase, do 6-8 runs with a fast walk/jog recover, later in speed training phase, do flat out runs, 2 sets of 4 - 6 runs with a very slow jog recovery.





Aerobic Session

-Conditioned Possession Game – Press & Score 6 v 6



Key:



Attackers



Player Run



Pass



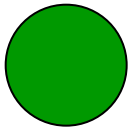
Defenders

Additional Information :

Players play a continuous possession game on a large pitch (40x30m). The aim is for team in possession to score. If they score then, they keep possession until the opposition win possession & score to make game equal. When the game is equal – the team in possession aims to score.

This sequence is followed for the duration of the game.

Duration to equate to >30mins. (e.g. 6x5min games; 5x6min games; 8x4min games; 3x10min games; 4x8min games). This type of game with >3 players per team should have a duration of 10mins to allow players HR to increase & be maintained for at least 4mins.



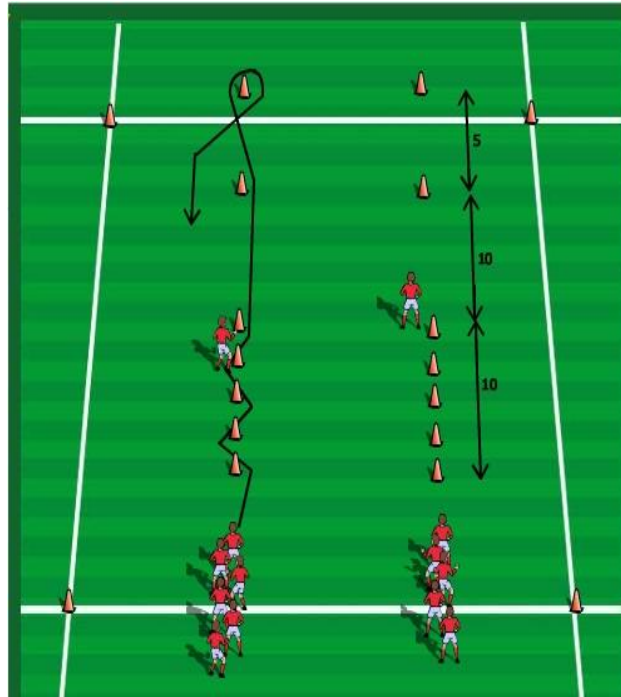
MATCH DAY

Match Day Warm Up



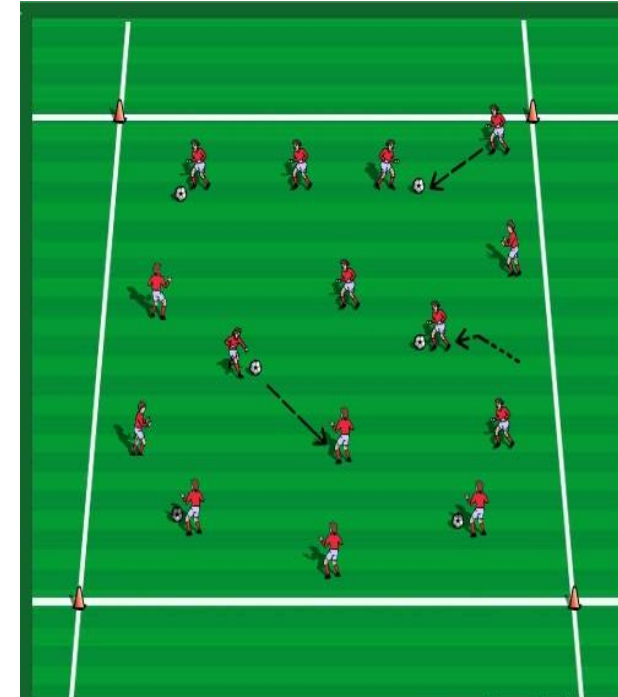
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



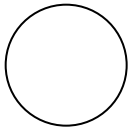
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



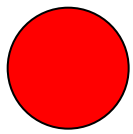
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

Pre-Season Training

Week 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Dynamic Warm Up Speed Test 'T' Test Recovery	Dynamic Warm Up Speed Sessions x 3 Set Plays Corners Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Aerobic intervals Intensive Endurance 6 x 3 mins 4 x 5 mins	Dynamic Warm Up Aerobic Session Set Plays Free Kicks Recovery	Tactical Meeting Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	High Intensity 4 x 4 min Possession Cool Down Recovery	Set Plays Corners Cool Down Recovery		6 x 3 mins 4 x 5 mins 6 x 3 mins 4 x 5 mins Games Cool Down Recovery	Set Plays Free Kicks Cool Down Recovery		



PRE-SEASON WEEK 6 DAY 1

- **FITNESS TESTING SESSION**
- **10m / 30m Sprint Test**

- **Purpose**

To measure 10m and 30m sprint times. This test is relevant for all positions and reflects players' acceleration performance for football. Sprint tests are also useful for measuring reconditioning after rehabilitation of an injury. If a player's sprint times are significantly slower than they were originally (by 15 percent or more), the player should continue reconditioning rather than returning to competition.

- **Equipment and Area : Measured track or 50 meters of flat running surface**

- **Procedure**

1. Warm up thoroughly. 2. Start with one hand and the opposite foot on the start line. If using a touch pad, your lead hand must be on the pad. Start when you are ready. 3. Sprint as quickly as possible for 30 meters. During the sprint, the time taken to cover 10 meters is recorded; the 30-meter time is also recorded. 4. Perform three trials, taking time for a full recovery between each trial. Your best times are your scores.



- **FITNESS TESTING SESSION**
- **'T' Test (Arrow 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 :

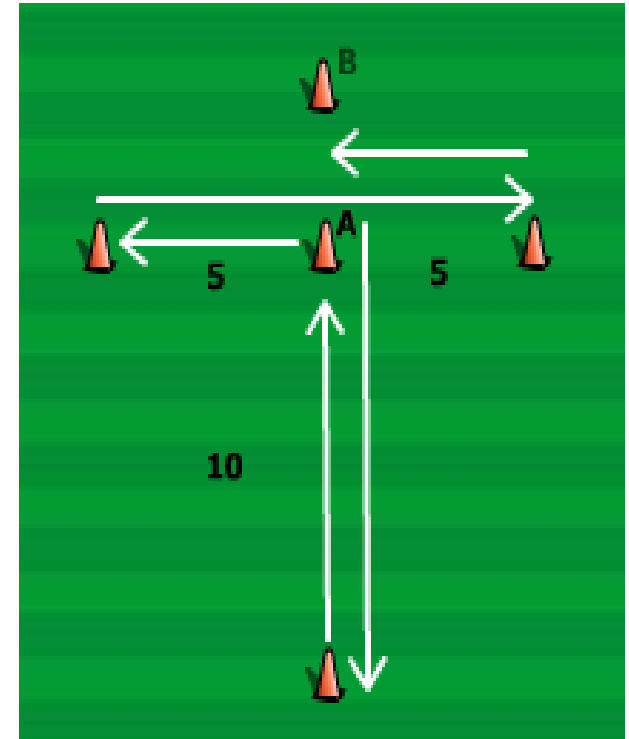
- Grass or indoor surface of 10 square meters
- Two coaches
- Four cones
- Stopwatch or electronic sprint timing gates

Procedure :

1. Warm up thoroughly.
2. Start with one hand and the opposite foot on the start line.
3. From start cone, sprint forward to cone A and touch the base of it with your right hand.
4. Facing forward and not crossing your feet, shuffle left to cone and touch its base with your left hand.
5. Shuffle 10 meters to cone and touch its base with your right hand.
6. Shuffle back to cone A and touch it with your left hand.
7. Run backward as quickly as possible past start cone , the finish.
8. The test score is the best time of three trials.

Alternative : Arrow Test – Take out Cone A and use Cone B

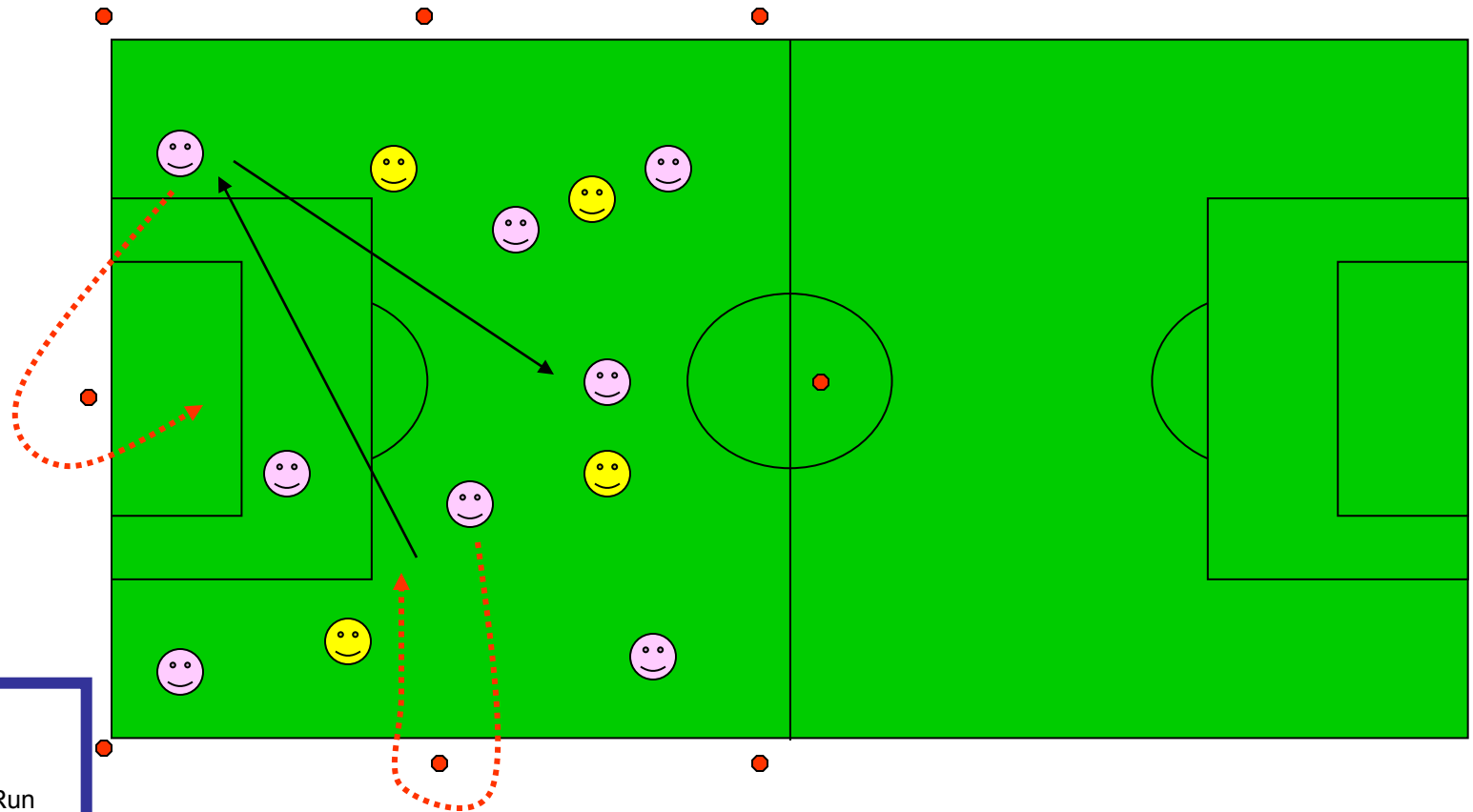
(more specific to football movement)





A High Intensity Aerobic Session

4 x 4 min – Overloaded Aerobic Power (OAP) possession game

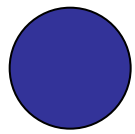


- Key:
-▶ Pass
 -▶ Player Run
 - Wall Players
 - ▲ Cones
 - 😊 Player

Additional Information :

Coaches must stress that the players are constantly moving on the pitch for the 4 mins duration. Having made a pass or any other involvement with the ball then the players must move around the wall players on the outside. This may become slightly unrealistic, however the session is designed to be for specific conditioning. It is the ability of the players to constantly be on the move which leads to an increased VO₂max level which correlates to a greater work output when in competitive matches.

Heart Rate Zone: >90% HRM for optimum levels of improvements.



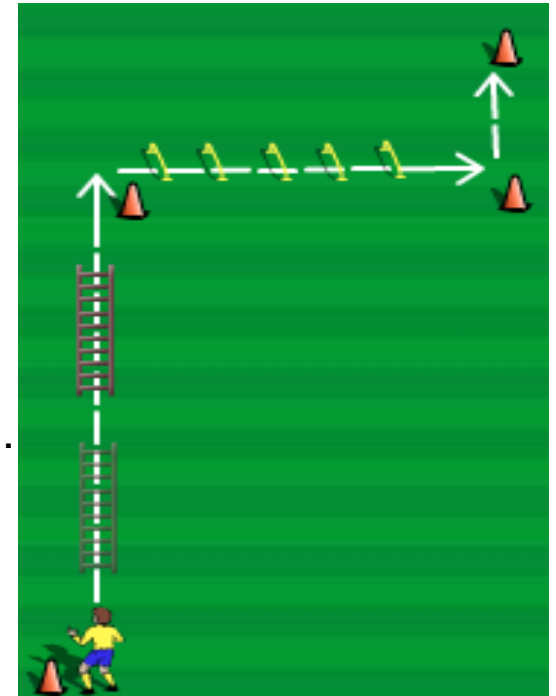
PRE-SEASON WEEK 6 DAY 2

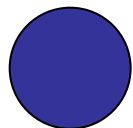
- SPEED SESSIONS (2 hours)

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- 8 laps, work hard on lengths, jog recovery on widths.
- Heart rate check

Use a fast foot ladder technique (eg 2 feet in each rung),
then two foot step over each hurdle and sprint to cone.

Early part of speed training phase, do 6-8 runs with a fast walk / jog recover, later in speed training phase, do flat out runs, 2 sets of 4 - 6 runs.



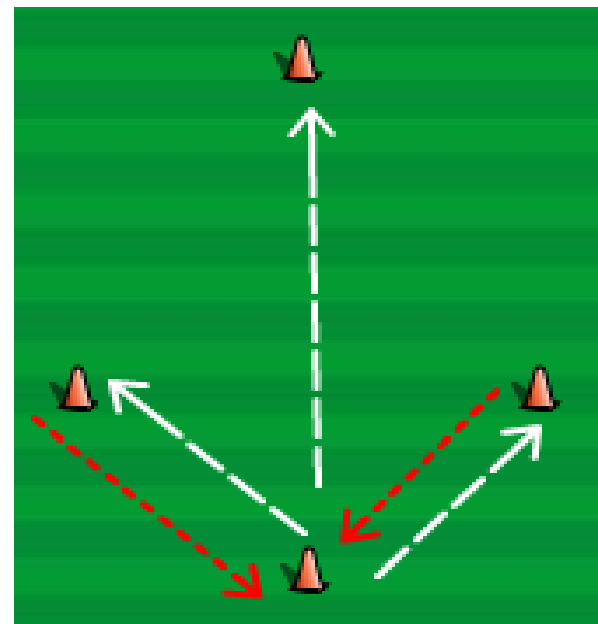
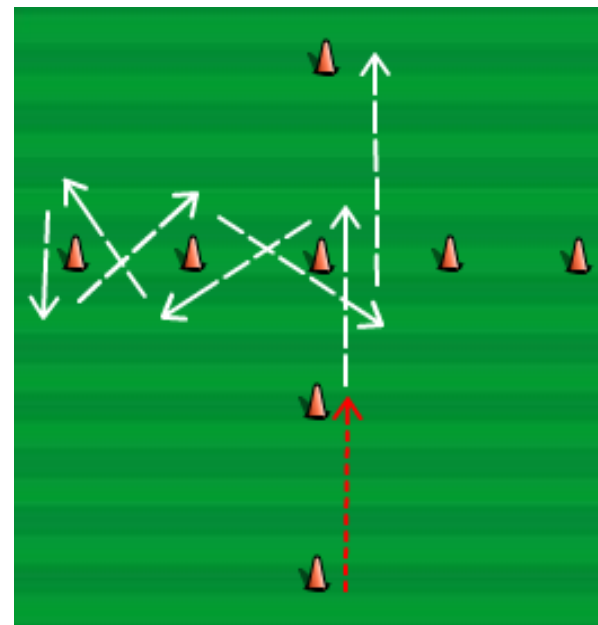


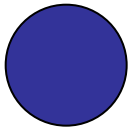
- Start with a backwards run (red), sprint forwards (white) at the 1st cone, at 2nd cone step side to side to left (alternate to right) across to the other cone around and back around the first cone, then sprint to the final cone.

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.





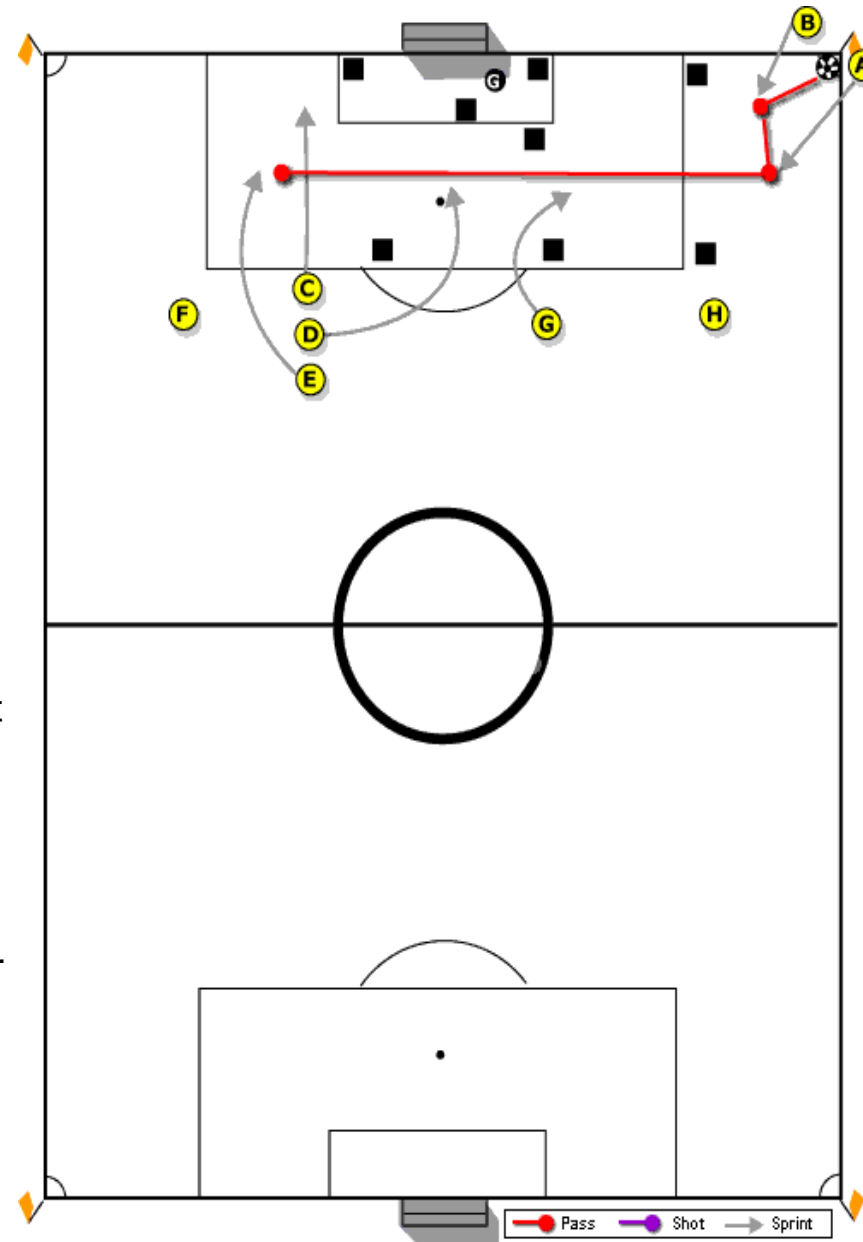
Set Pieces - Corner Kicks

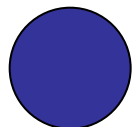
Bending Into The Box

- The idea here is to create diversion away from the ball, then deliver a short ball, which can then be served to an attacking player in the middle of the box.
- The attack on the far post has to begin just before the short corner kick. The player taking the kick should look ready to centre a ball into the goal, raise his hand or shout out a number or colour. That's when the attack occurs, before the ball is kicked, distracting the defenders on the far post and possibly distracting the defenders on the near post momentarily.
- This is a play suitable for 14 and up, since they most likely can't accurately serve a ball on the frame for a possible header or volley.

Offense :

- Players A and B line up to take the kick. Players C,D,E stand in a line just off to the far post of middle. Players F, G and H are just outside the box, probably 3 to 5 yards. Player A gives a signal, and C, D and E begin looping runs into the box. Simultaneously A passes short to B, who one-touches the ball into open space for A to make a crisp pass into the box to the attacking players. Players F, G and H delay momentarily then attack looking for rebounds or balls in the air.





Set Pieces - Corner Kicks

Short Give 'n Go

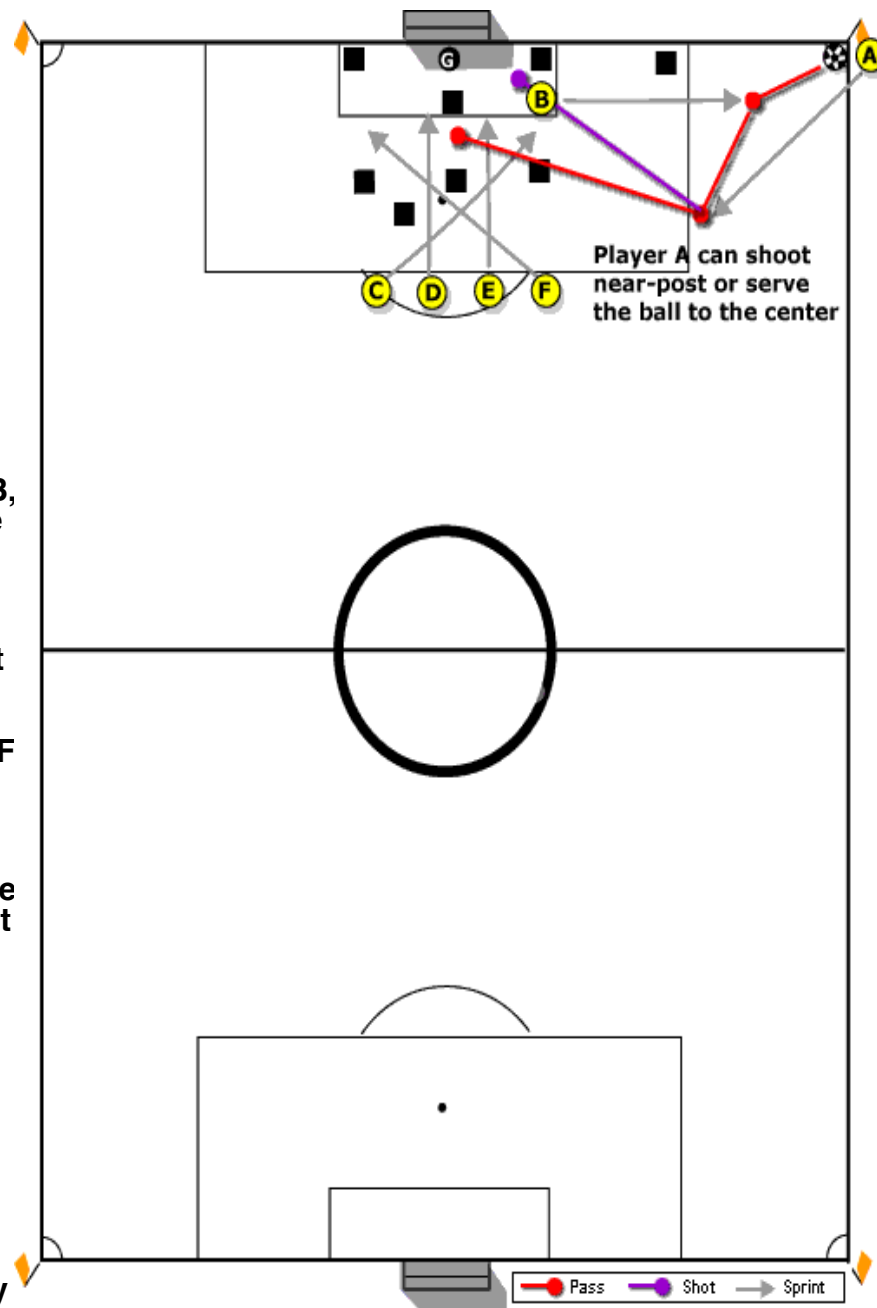
This one requires two strong ball handlers and diagonal runs on the part of the supporting attackers to fool the defence.

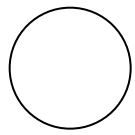
Offence :

- Player A is in position to put the ball in play. Player B is near the near post. Players C, D, E and F are positioned along the middle of the box, about 3 yards apart, just outside the box. 1 initiates play with some predetermined signal. B shows for the ball and A delivers a crisp pass to B, who then makes a one-touch pass into open grass near the near-point of the penalty box.
- Player A uses his momentum to sprint to the corner of the box to take a shot on goal or serve to an unmarked support player. Players C and F should make diagonal runs, using their bodies to screen the defenders for players D and E who are making runs straight onto the goal. Players C and F should be just outside the posts looking for any trash the goalie throws out.
- It is important that the runs and passes of player A and B be crisp and accurate or the defence will have time to intercept the pass to the open grass.

Defence :

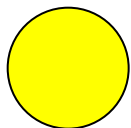
- The key to breaking up this play is to disrupt B's ability to make a quick accurate one-touch pass. If a defender stays with him as he shows, it will be difficult for him to leave a soft ball back for A. There should be a defender on each post protecting against the players making diagonal runs from finding any rebounds. The central defenders have to beat D and E to any balls that might be served and certainly stay goal-side of the them.





PRE-SEASON WEEK 6 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 6
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

WEEK 6 DAY 4

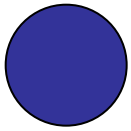
- **INTENSIVE ENDURANCE (2 hours)**
 - Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - 4 laps, $\frac{1}{2}$ pace on lengths, slow jog recovery on widths.
 - Heart rate check

Intensive Endurance (Small-sided games 40 x 20 yds) : 3 v 3 / 4 v 4

Reps x Duration

Total

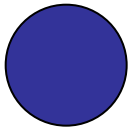
1) 6 x 3 min games / 3 min recovery	18 mins
2) 4 x 5 min games / 2 min recovery	20 mins
3) 6 x 3 min games / 2.5 min recovery	18 mins
4) 4 X 5 min games / 2.5 min recovery	20 mins
5) 6 X 3 min games / 2 min recovery	18 mins
6) 4 X 5 min games / 2 min recovery	20 mins



PRE-SEASON WEEK 6 DAY 5

- AEROBIC SESSIONS 15 (2 hours)

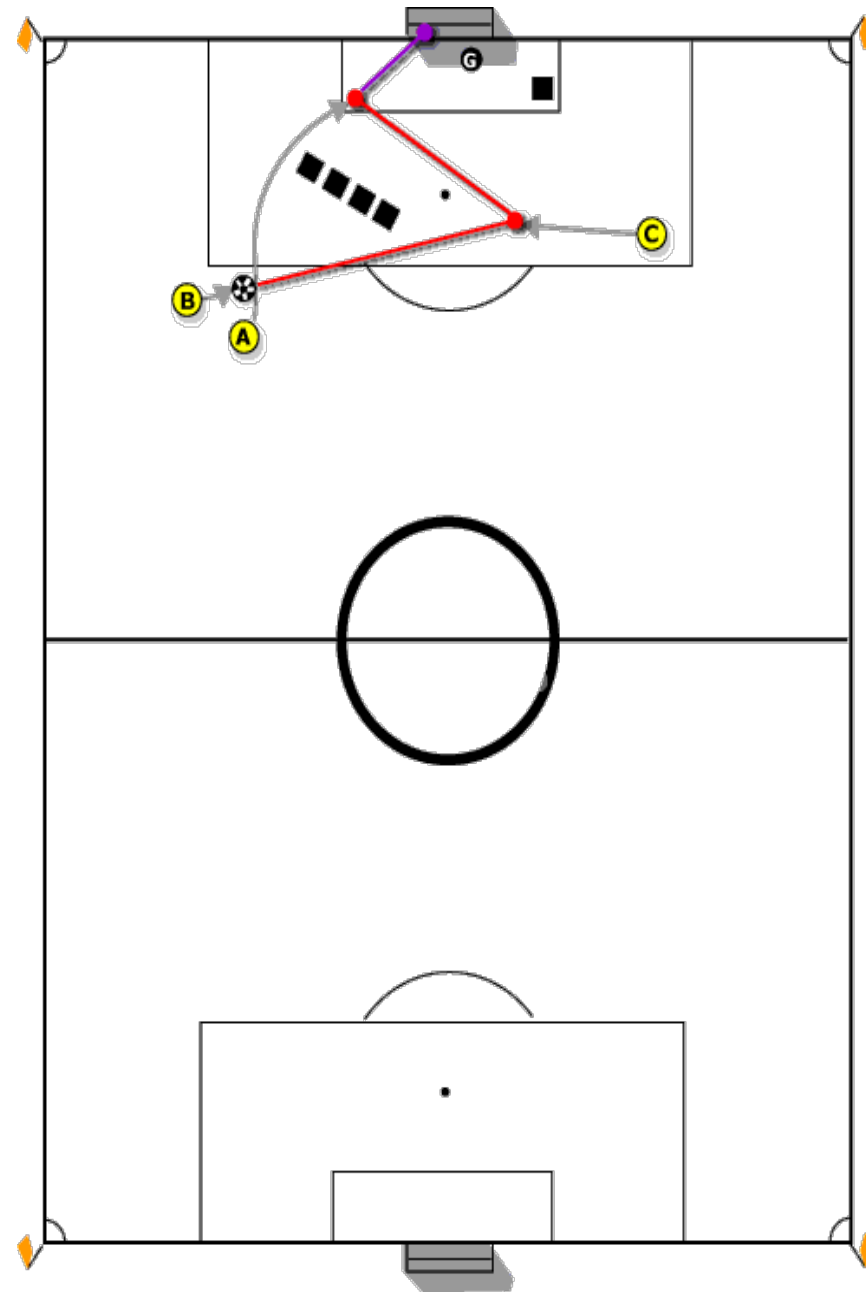
- Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - Stretch
 - Heart rate check
- Stretch
 - 5 mins $\frac{1}{2}$ pace jog
- 2 laps – work hard on lengths, jog widths
- 2 laps – work hard on 1 length and width, jog diagonal back to start
- 2 laps – work hard on 1 length, width and length (3 sides), jog width
 - Heart rate check

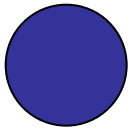


Set Pieces - Free Kicks

Going Around the Wall

- This set piece involves 3 players with other midfielders and forwards present looking for rebounds. It is intended primarily for Indirect kicks (but works just as well for Direct kicks) in or near the penalty box.
- Offence: Players A and B line up as if both are ready to take the kick. Player C is near the far corner of the box. On a set cue, either raising a hand or yelling out a number, A moves to the ball as if taking the shot but instead steps over the ball and continues to the near post side of the wall. At the same time, C begins a sprint toward the far-post end of the wall. B approaches the ball and makes a firm pass to B who then one-touches it to A, who by this time is just behind the wall and takes a one-touch shot on goal.
- Note: B also has the choice of shooting on goal if the wall 'falls-apart' by the deception of A.
- B also has the option of turning and shooting if there is a viable lane, but the centre of the box will most likely be clogged with defenders. The real trick to this piece is the firm, controllable passes. They must be quick and on-target. This is a game-winning piece that works well with practice, practice, practice.
- Defence: The trick to defending this piece is getting the wall in place very quickly and not letting the initial fake pull the wall apart. The near-post defender will have a tendency to peel off to mark A, thus shortening the wall and leaving a possible near-post shot on goal by B.

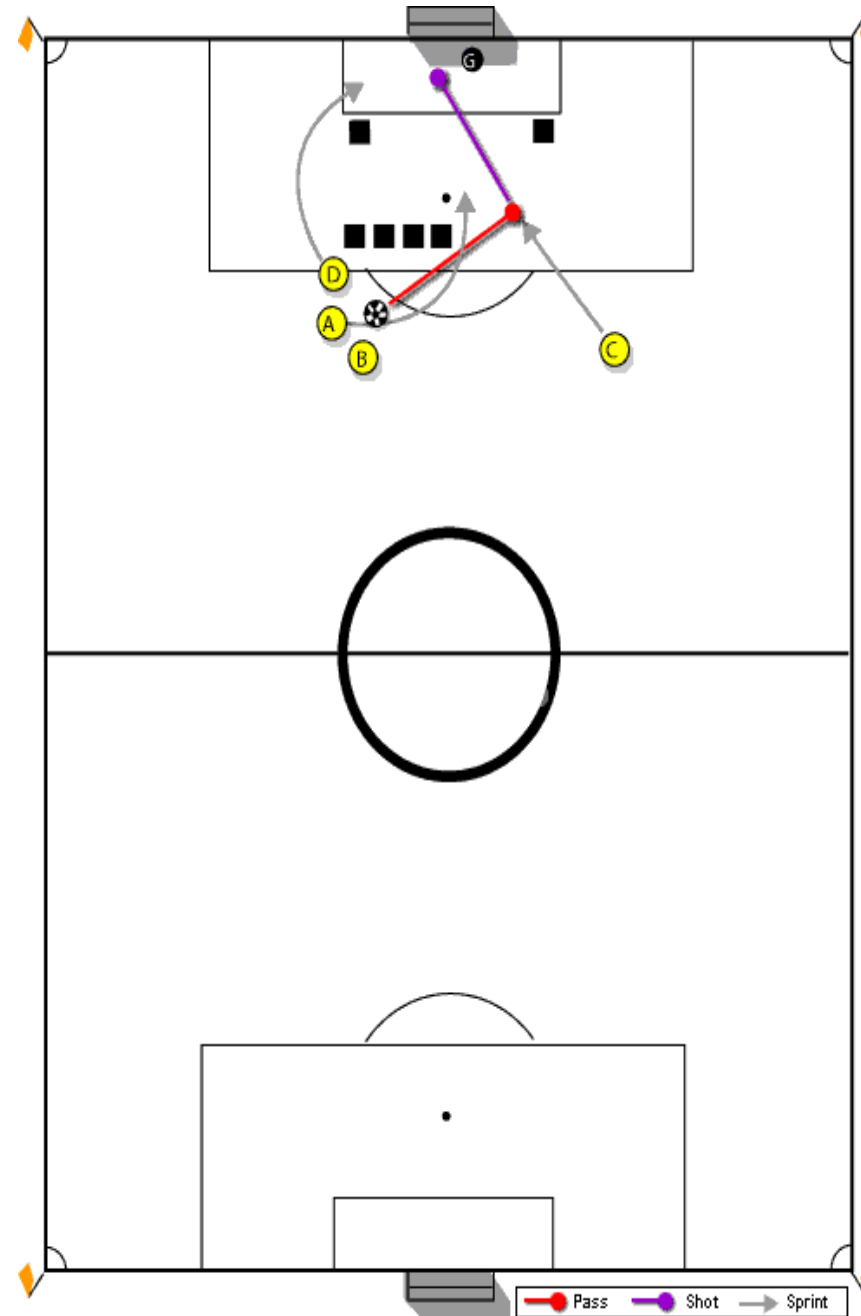




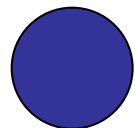
Set Pieces - Free Kicks

Angles on the Wall

- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- Offence :** Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- Defence :** Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.



Set Pieces - Free Kicks



Tee It Up !

This play is designed specifically for a Direct kick in or near the penalty box. It requires 3 or 4 players and is simple enough to be executed by almost any team. You will need one accurate passer, one player with a good 1st touch and one that can spank it in the net !

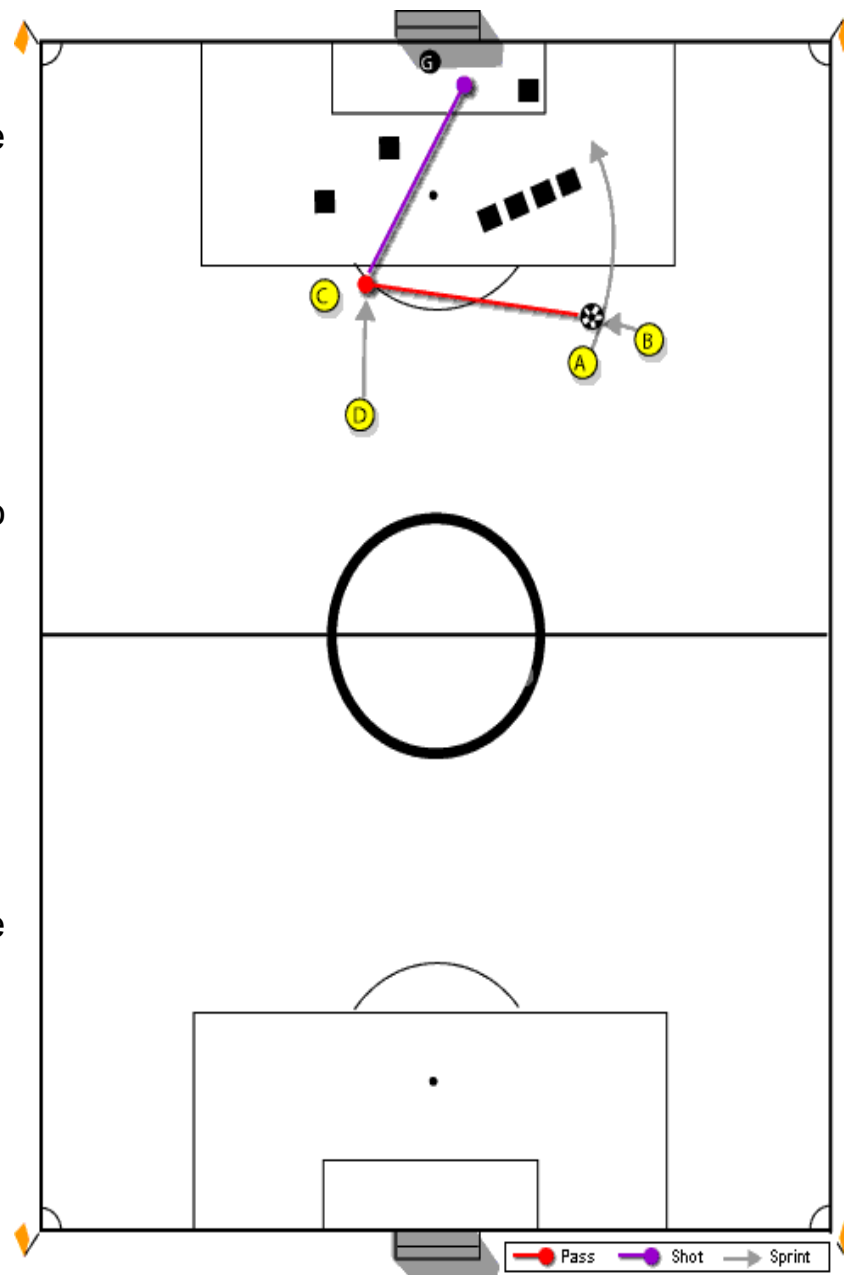
Deception and speed is the key !

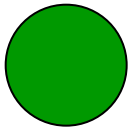
Offence : Players A and B are near the ball in position to take the free kick. C is near the middle of the field, as unmarked as possible. Player D is 5 -7 yards behind C. One a cue, A runs to take the kick, but instead fakes the shot and moves up field, near-post of the wall. Player B follows quickly and makes a sharp, accurate pass square to C whose only job is to trap the ball leaving it motionless for D. Player D, who was timing the pass, takes the shot on goal. Player A is now in position to look for any near-post rebounds and D will follow up to look for rebounds on the far-post.

Variation : A variation of this, especially if D moves too soon and the Defence realizes the play, is for C to make a quick one touch pass back to A on the near post.

Variation : If your playing small-sided youth games and can't commit 4 players that far up field, you can opt not to use the initial fake by player A. Instead have B move to the near-post after the pass.

Defence : Tallest players should be near-post of the ball. Getting the wall set up quickly is key. The wall should cover the near post while the goalie sets up far post. Don't let the wall crumble by the deception of player A !





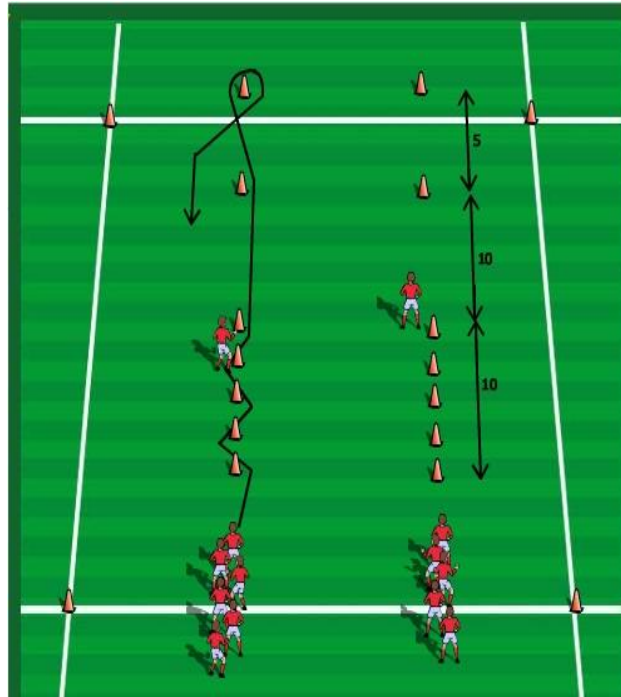
MATCH DAY

Match Day Warm Up



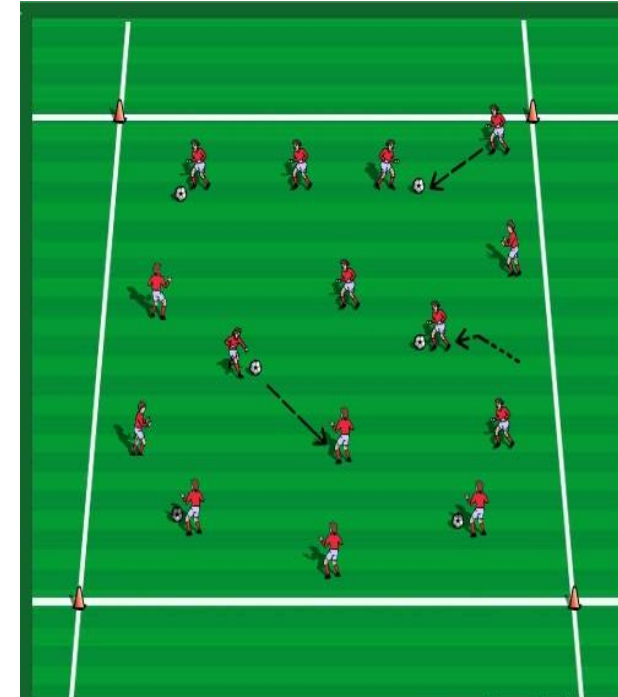
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



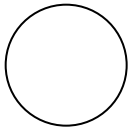
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 7

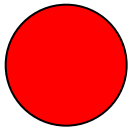
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Develop the effectiveness of defending with a Sweeper	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Develop the effectiveness of defending with a Sweeper Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Recovery	



IN-SEASON

WEEK 7 DAY 1

**Develop the Effectiveness of
Defending with a Sweeper**

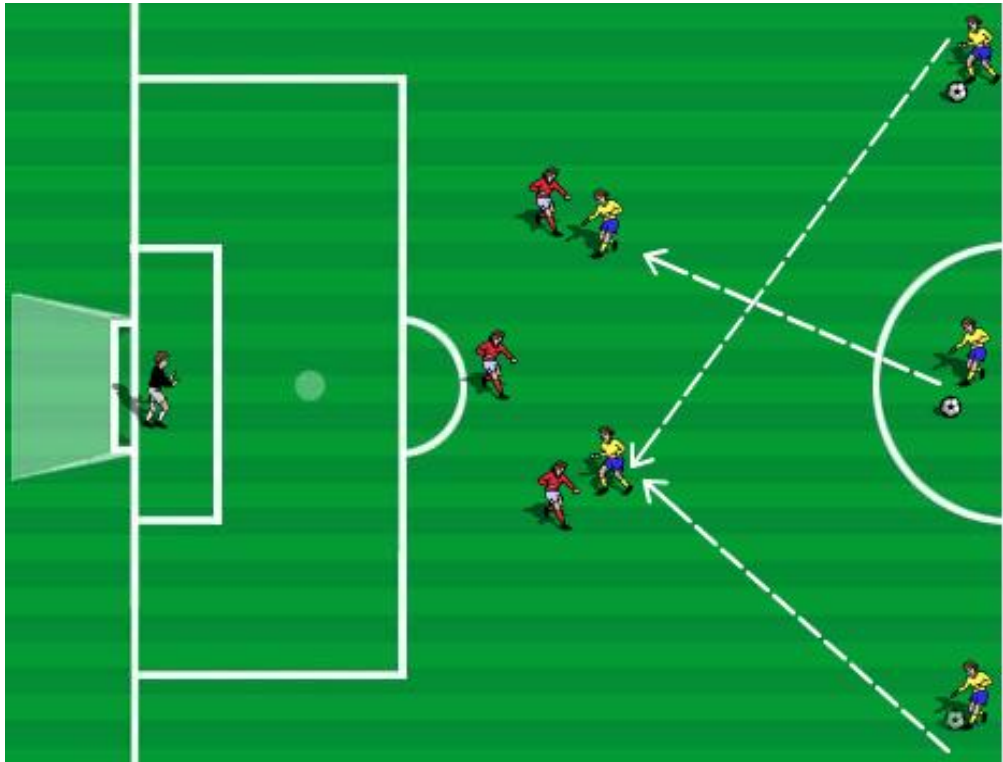


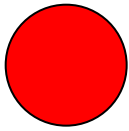
Develop the effectiveness of defending with a Sweeper

- Organisation : 2 v 3 + GK
- Servers feed strikers, defending team attempt to get the ball to target
- Playing Area : $\frac{1}{2}$ pitch

Focus on :

- Starting position of Sweeper
- Markers to mark outside
- Communication
- Decision making





Develop the effectiveness of defending with a Sweeper

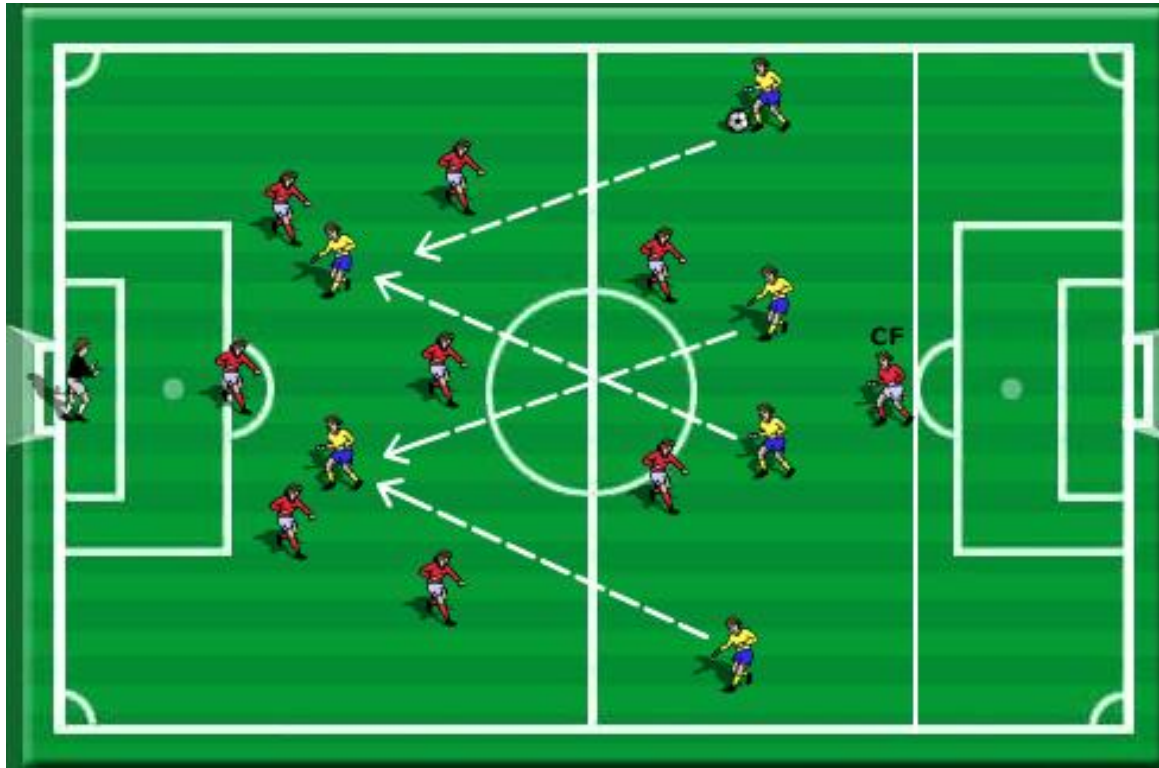
- Organisation : 10 v 6
- Defending team attempt to win ball and pass to target striker (CF)
- Playing Area : $\frac{3}{4}$ pitch

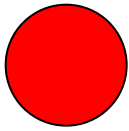
Focus on :

Wing Backs to force the ball inside

MF Sweeper - to be between ball and goal / provide cover to MF

MF to make play predictable



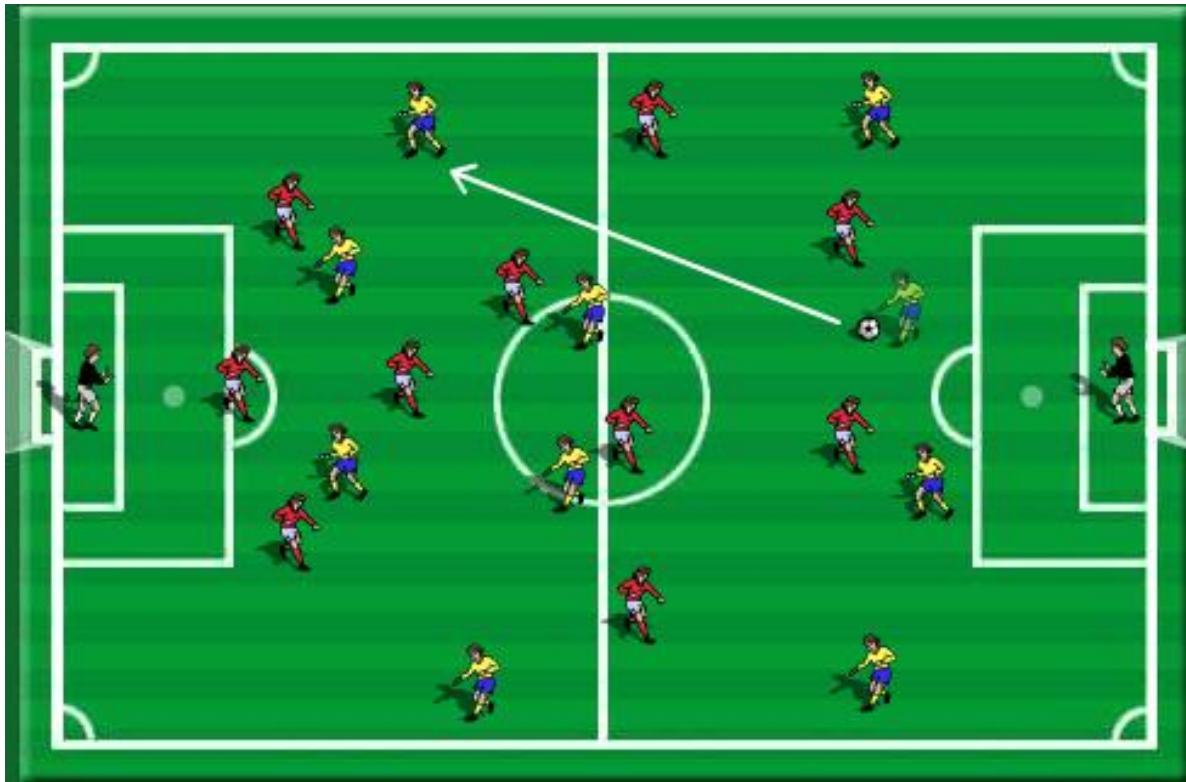


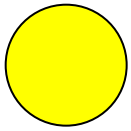
Develop the effectiveness of defending with a Sweeper

- Organisation : 11 v 11
- Playing Area : Full pitch

Focus on :

- 1st Striker forcing play one side
- 2nd Striker drop into MF
- Attempt to force attacking team to play long

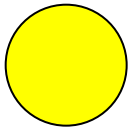




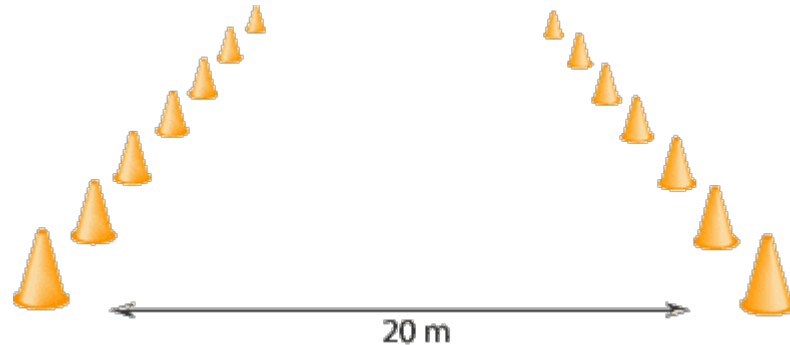
IN-SEASON

WEEK 7 DAY 2

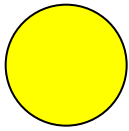
FITNESS TESTING



BLEEP TEST



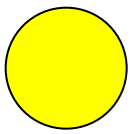
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'bleep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



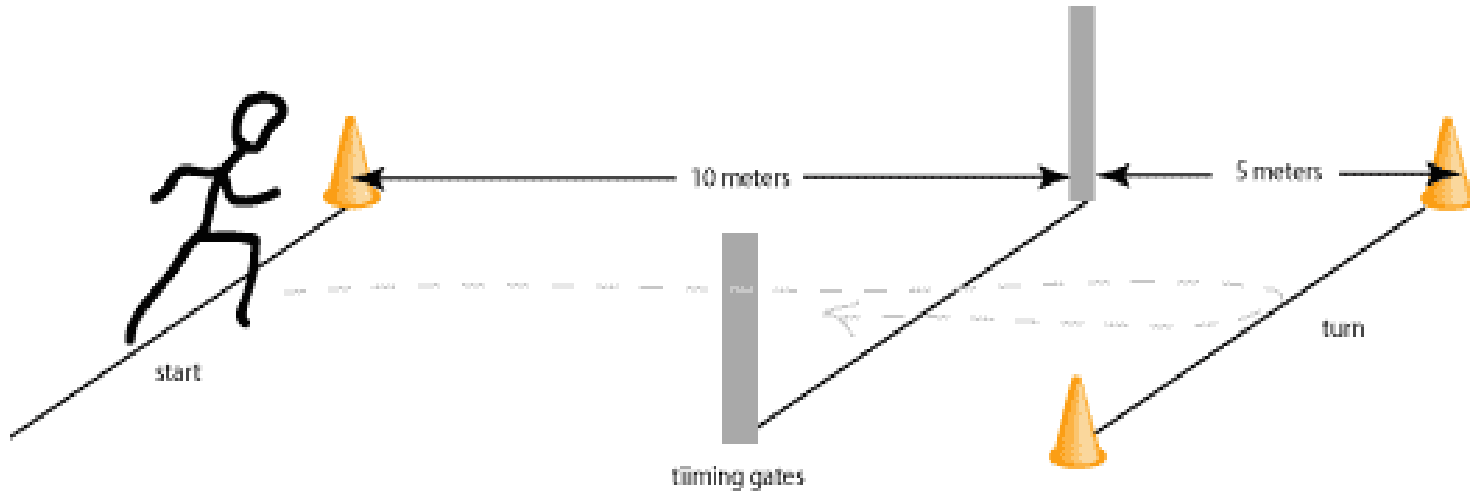
SPRINT TEST



- **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.



505 AGILITY TEST



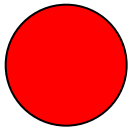
- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded 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



IN-SEASON

WEEK 7 DAY 3

**Develop the Effectiveness of
Defending with a Sweeper (2)**

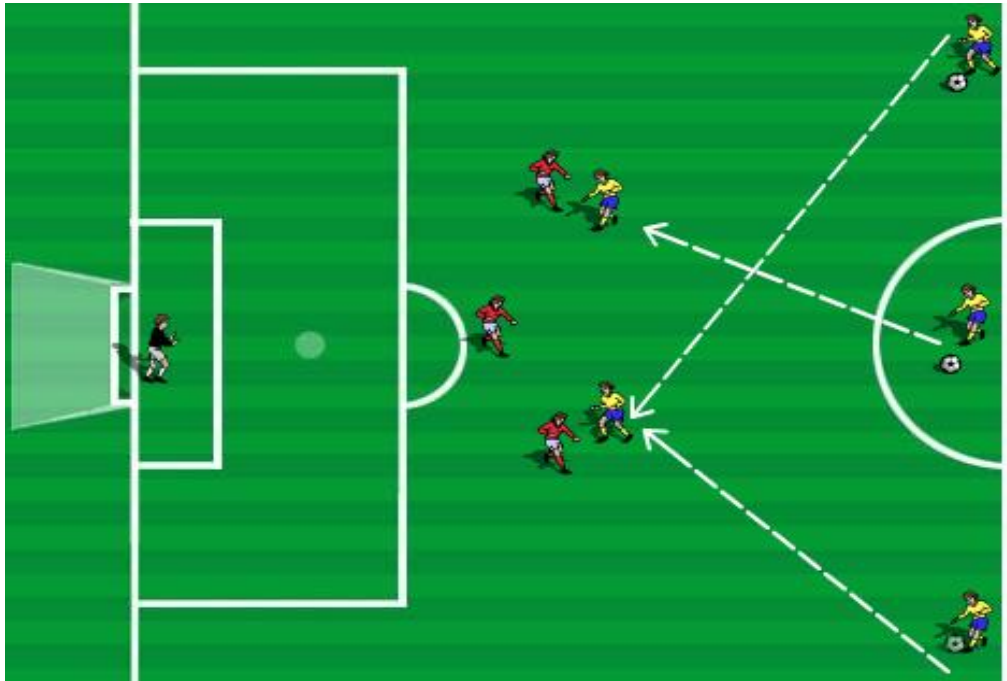


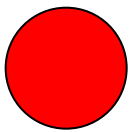
Develop the effectiveness of defending with a Sweeper (2)

- Organisation : 2 v 3 + GK (Use different players than Day 1)
- Servers feed strikers, defending team attempt to get the ball to target
- Rotate back 3 so each players experiences sweeper role
- Playing Area : $\frac{1}{2}$ pitch

Focus on :

- Starting position of Sweeper
- Markers to mark outside, make opposition play in field towards extra player
- Communication
- Decision making
- Tempo





Develop the effectiveness of defending with a Sweeper (2)

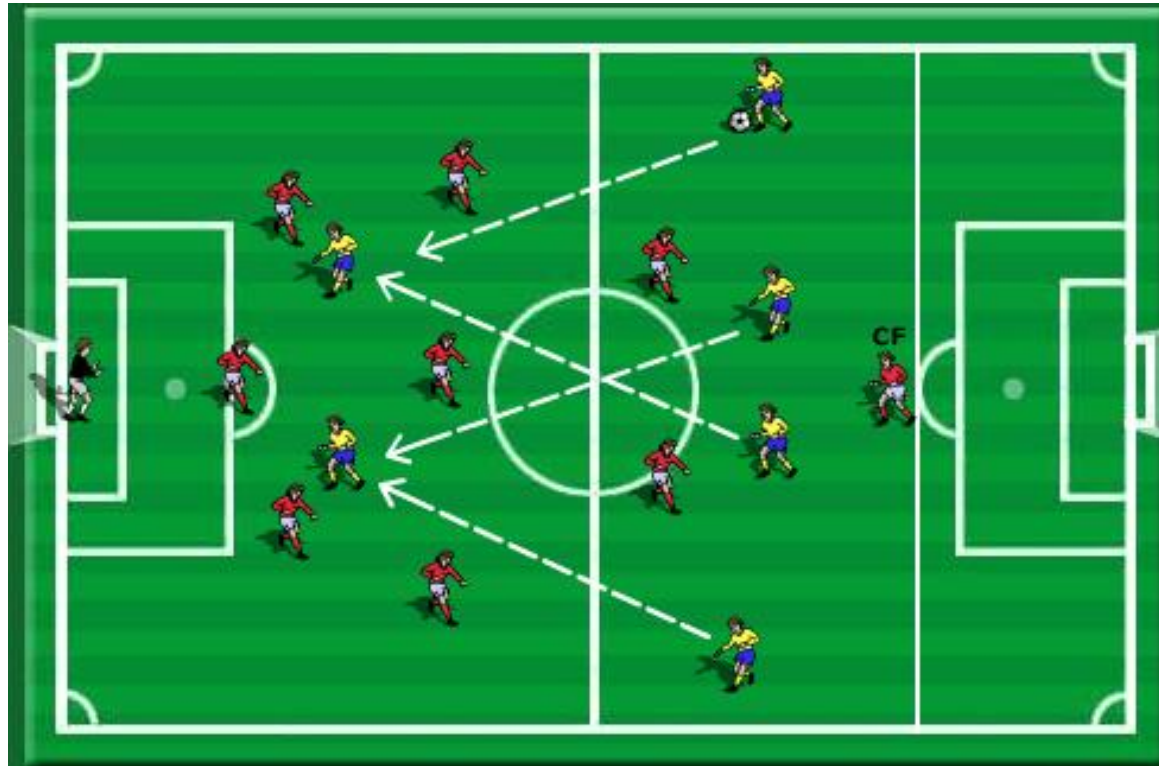
- Organisation : 10 v 6
- Defending team attempt to win ball and pass to target striker (CF)
- Playing Area : $\frac{3}{4}$ pitch

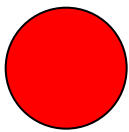
Focus on :

Wing Backs to force the ball inside

If Yellow CF is allowed to play on the outside of a CB the Sweeper is taken out of play.
Force play towards the Sweeper

MF to make play predictable, passive pressure



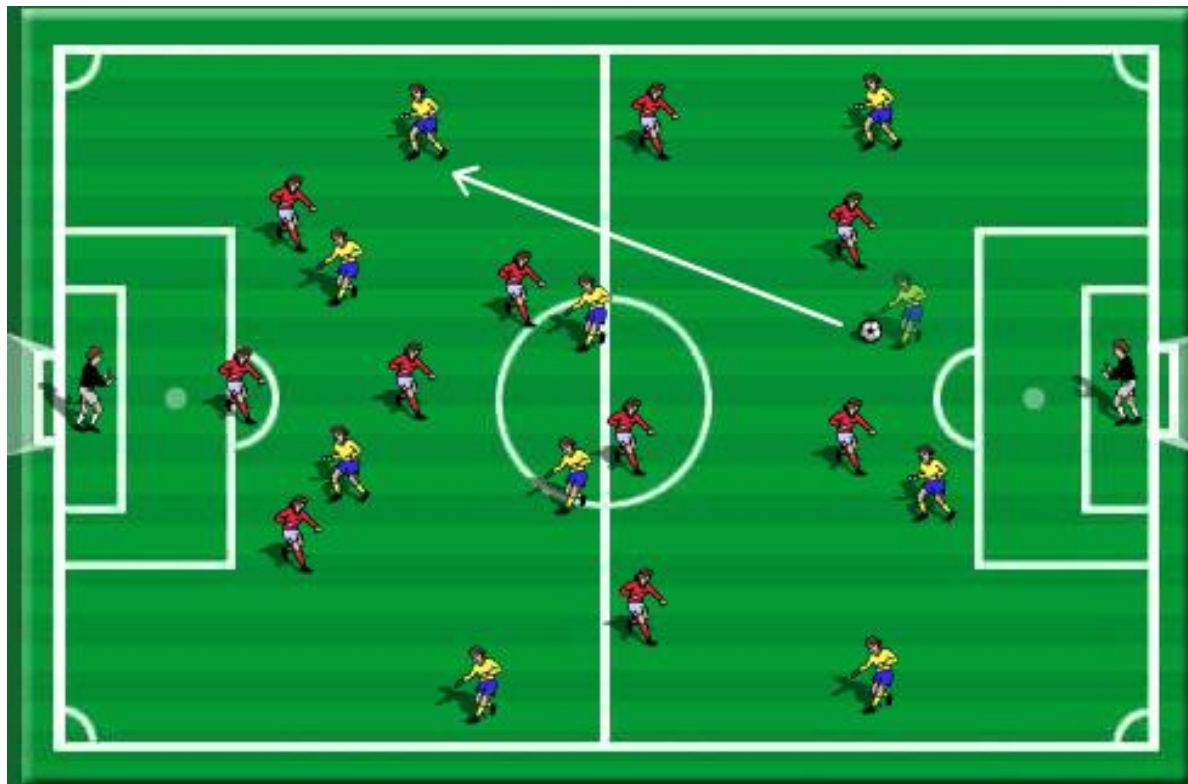


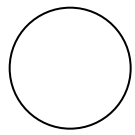
Develop the effectiveness of defending with a Sweeper (2)

- Organisation : 11 v 11
- Both teams could play with Sweeper
- High Tempo game
- Playing Area : Full pitch

Focus on :

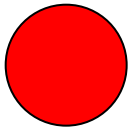
- Quality of pass to CF's
- Sweeper position to player and ball
- Communication between Sweeper, CB's and GK





IN-SEASON WEEK 7 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 7
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 7 DAY 5

Tactical Training Game



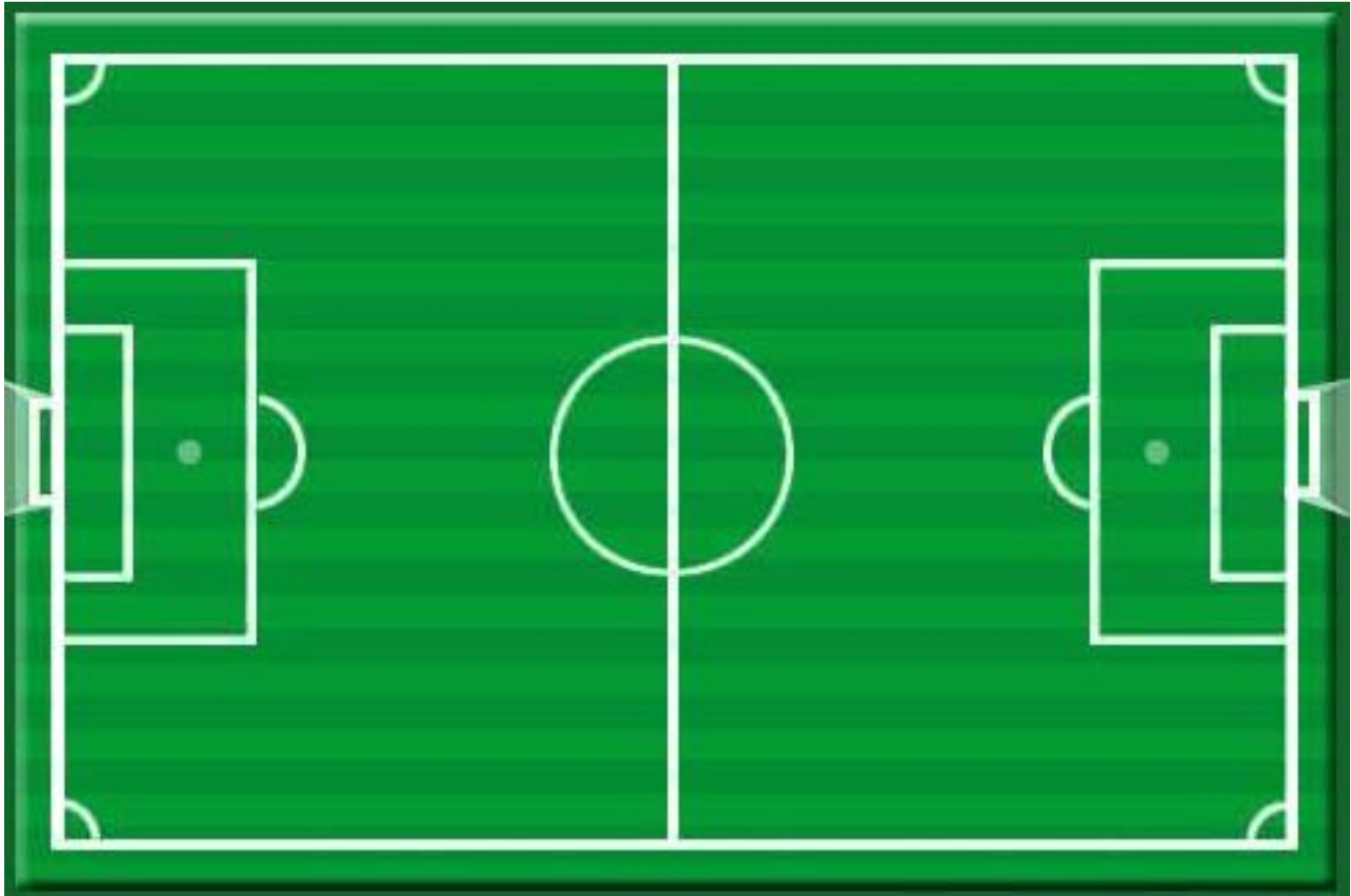
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





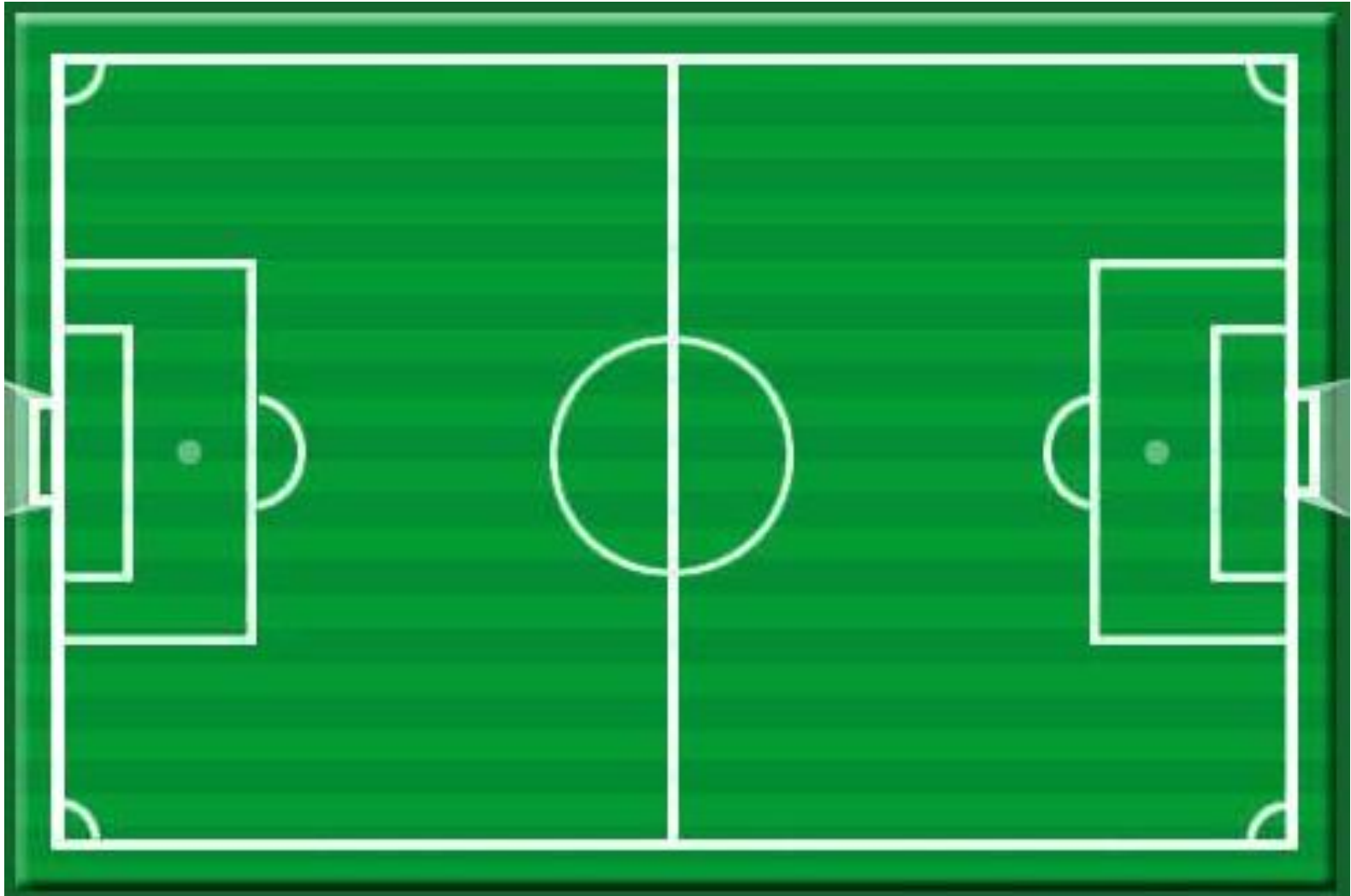
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





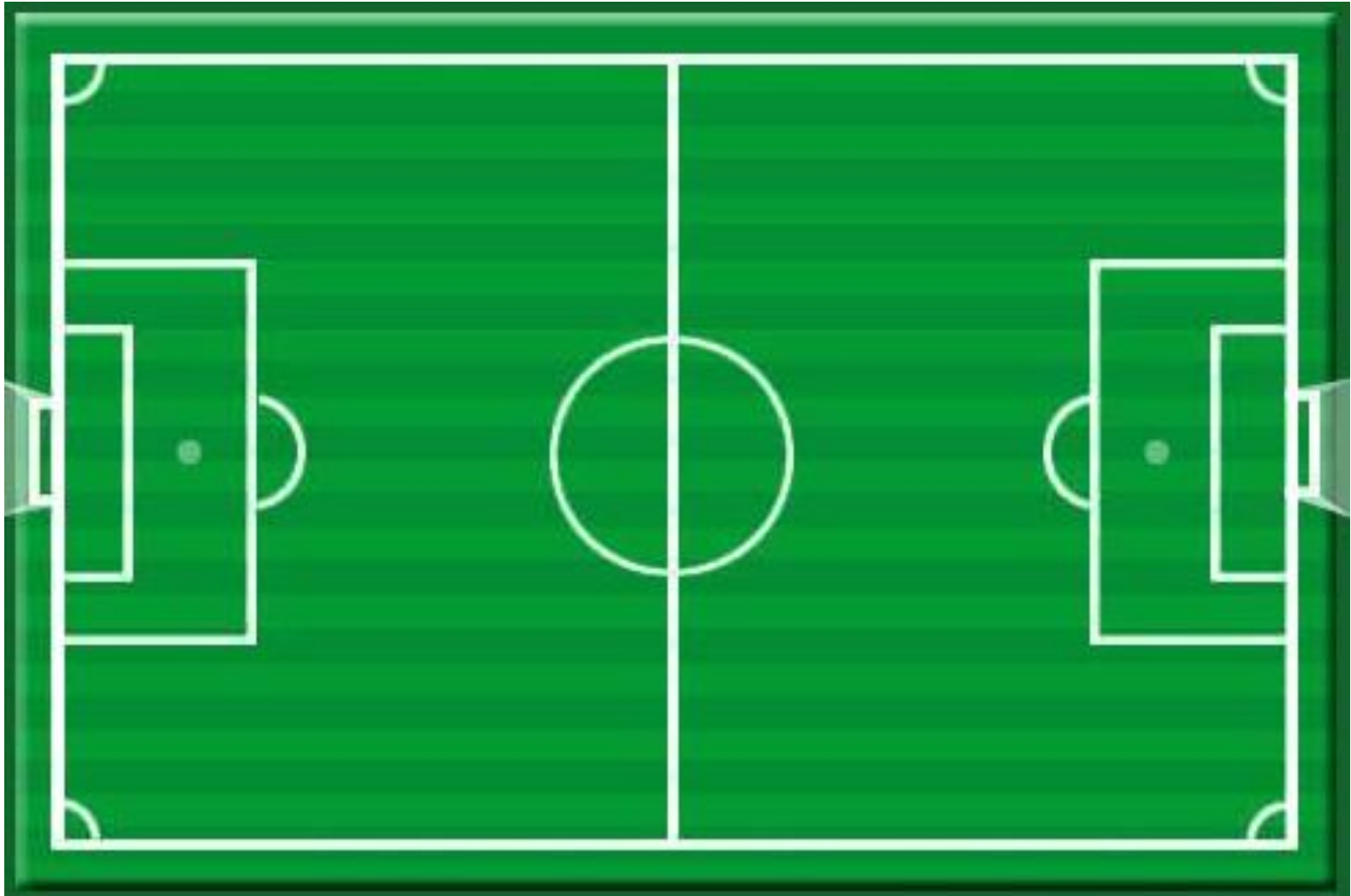
Tactical Training Game

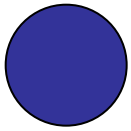
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

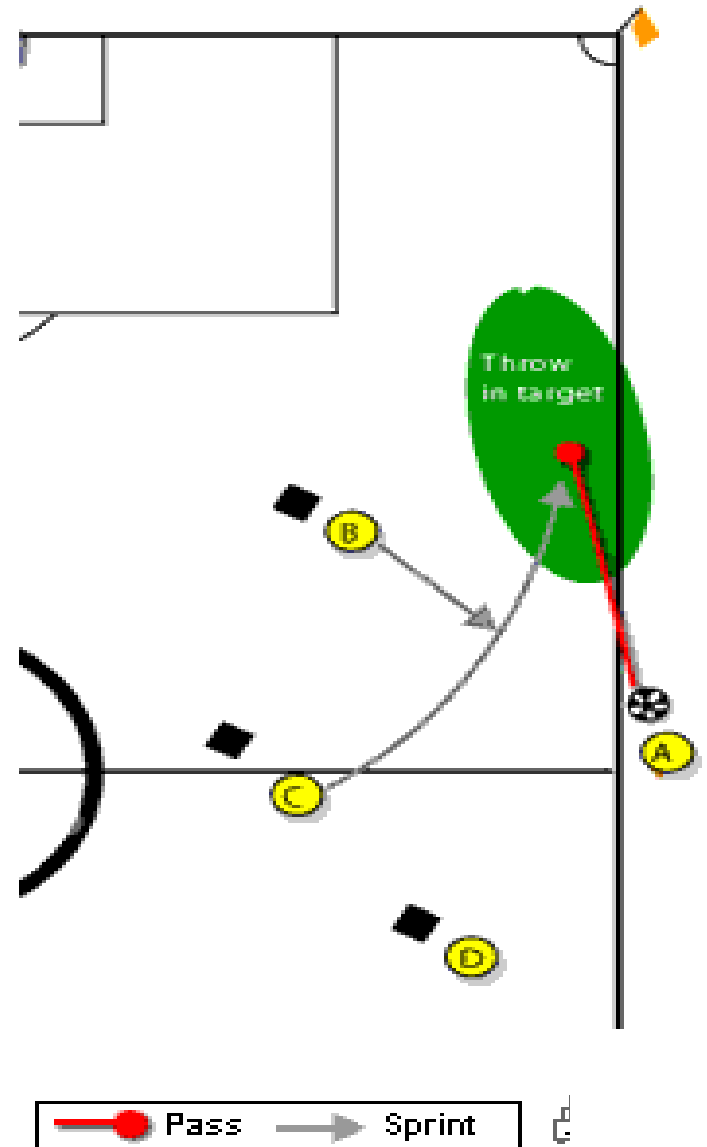
Focus on :

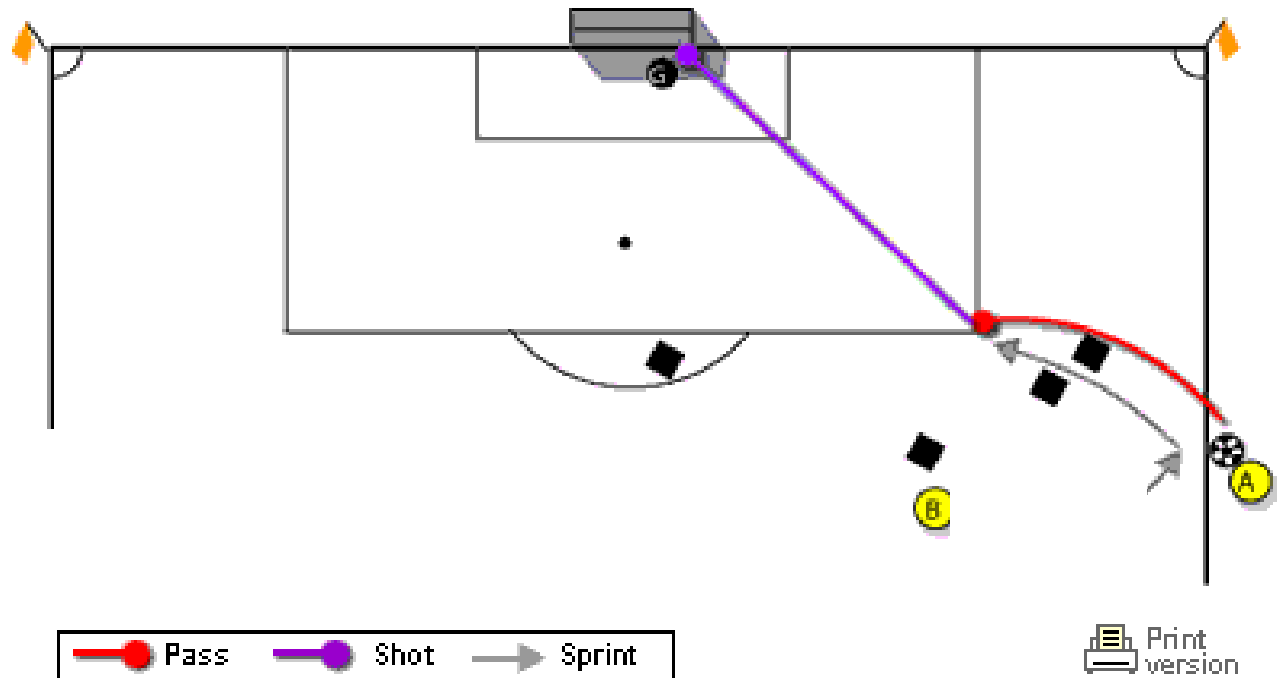
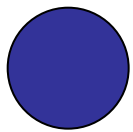




Set Pieces – Throw In

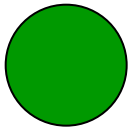
- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Full Back A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.





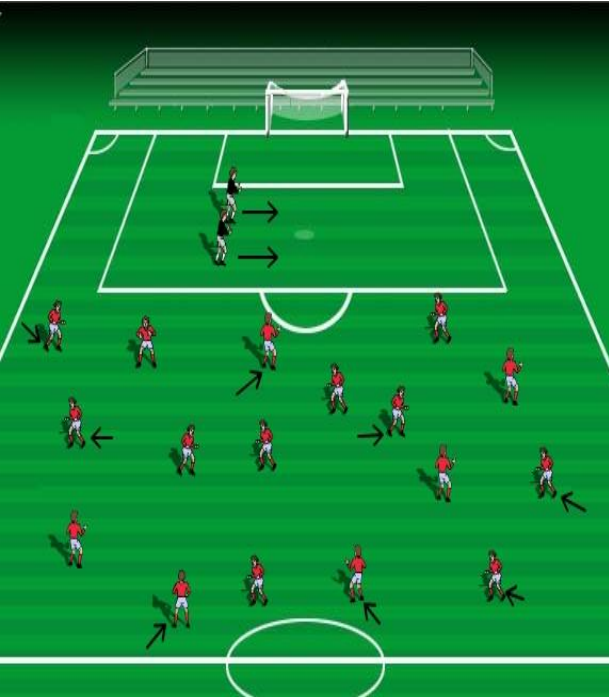
Set Pieces – Throw In

- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball.
- Full Back A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to switch off. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B.



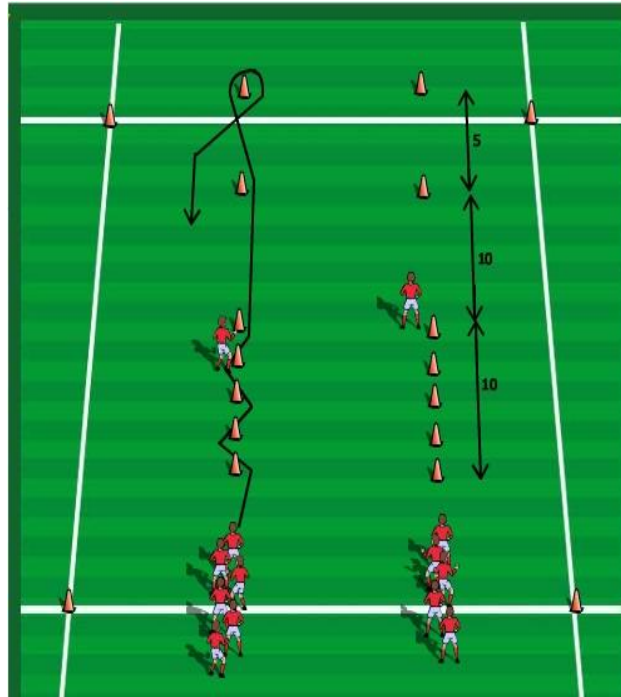
MATCH DAY

Match Day Warm Up



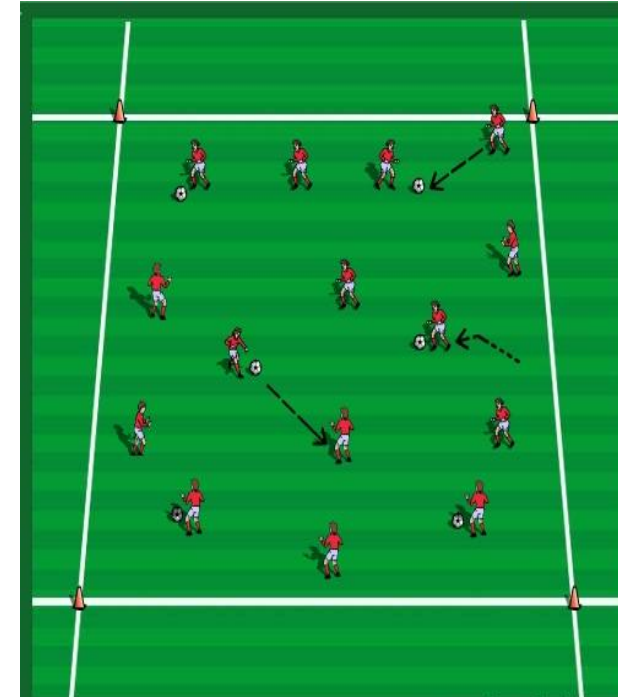
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



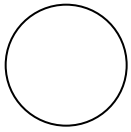
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Coach Attackers as First Line of Defence	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinios Test 30m Sprint Fatigue	Warm Up Static & Dynamic Coach Attackers as First Line of Defence	Gym Session Upper Body Workout Flexibility	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Swimming Rest & Recovery	Set Plays Free kicks Cool Down Recovery		



IN-SEASON

WEEK 8 DAY 1

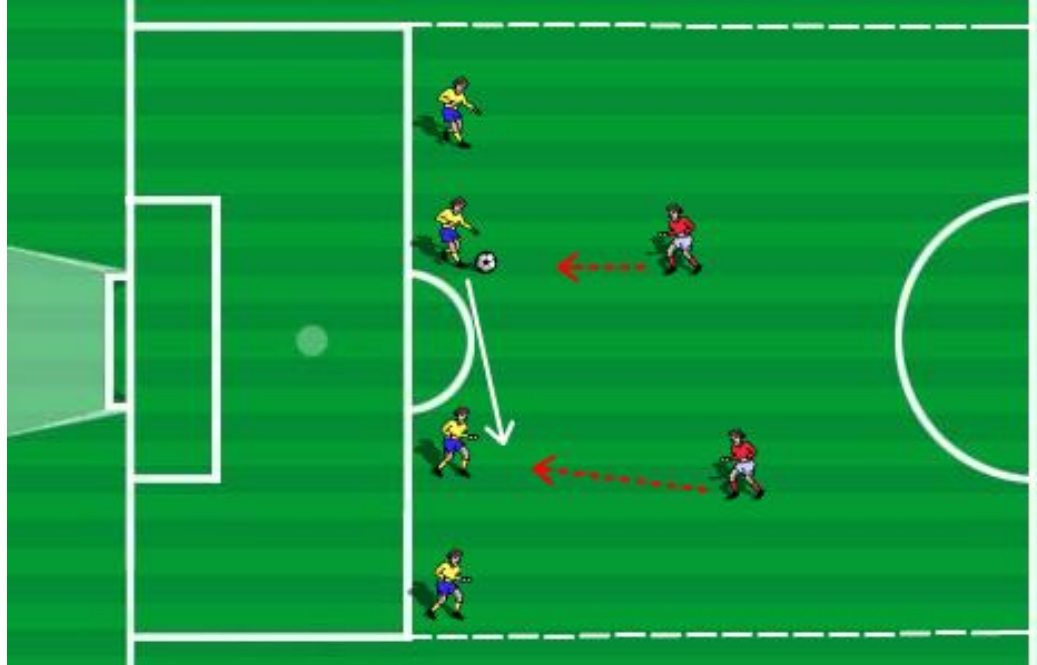
**Coach Attackers as First
Line of Defence**

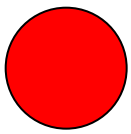
Coach Attackers as First Line of Defence

- Organisation 18yd box to half way line
- Playing Area : Pitch is organised to aid transfer to 11 v 11
- 4 defenders attempt to move the ball to far end of the line and score by breaking through centrally
- 2 attackers work together to regain possession
- Allow attackers to score by forcing defenders outside of box
- Allow attackers to shoot at goal if possession is regained

Focus on :

- Starting position
- Pressure on the ball
- Angle and distance of support
- Body position
- Decision
- Work as a unit
- Communication





Coach Attackers as First Line of Defence

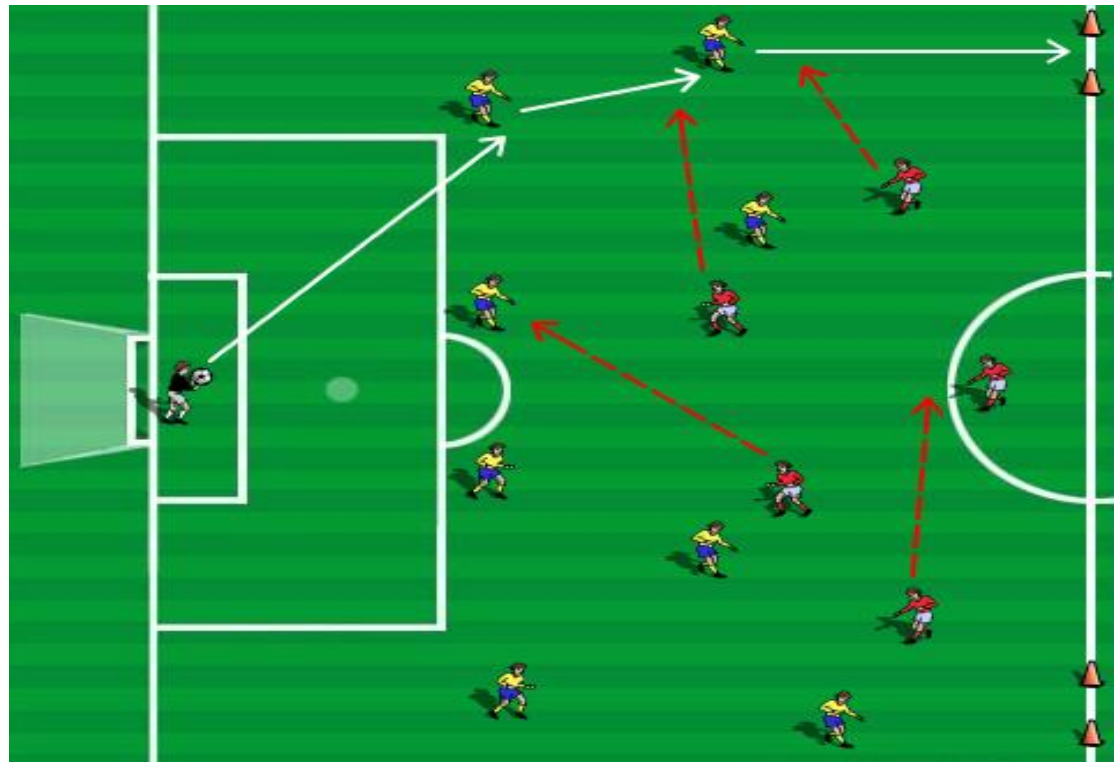
- Organisation : Half Pitch
- GK, 4 defenders & 4 midfield attempt to move the ball to goal gates on half way line.
- 2 attackers & 3 midfielders work together to regain possession or force ball inside towards midfield
- Inside midfield player to cover and pressures ball
- Win ball and counter quickly

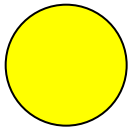
- Practice can be mirrored at other end of pitch, progress to 11 v 11 to incorporate all players
- High tempo pressure
- It is vital that midfield back up Attackers pressure
- Think about when to pressure the ball (set traps)

•

Focus on :

- Starting position
- Pressure on the ball
- Angle and distance of support
- Body position
- Decision

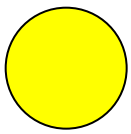




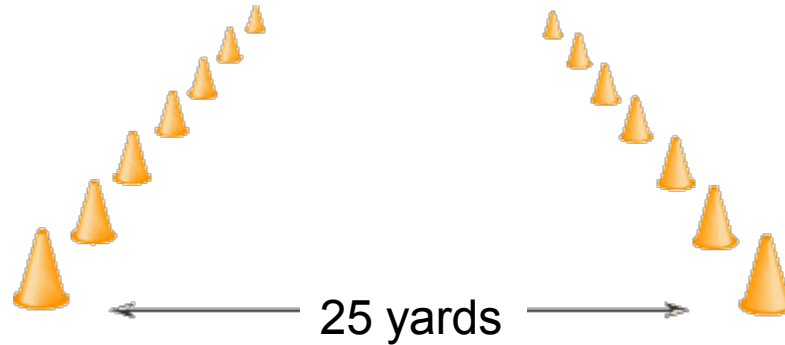
IN-SEASON

WEEK 8 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

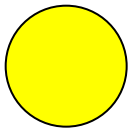
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

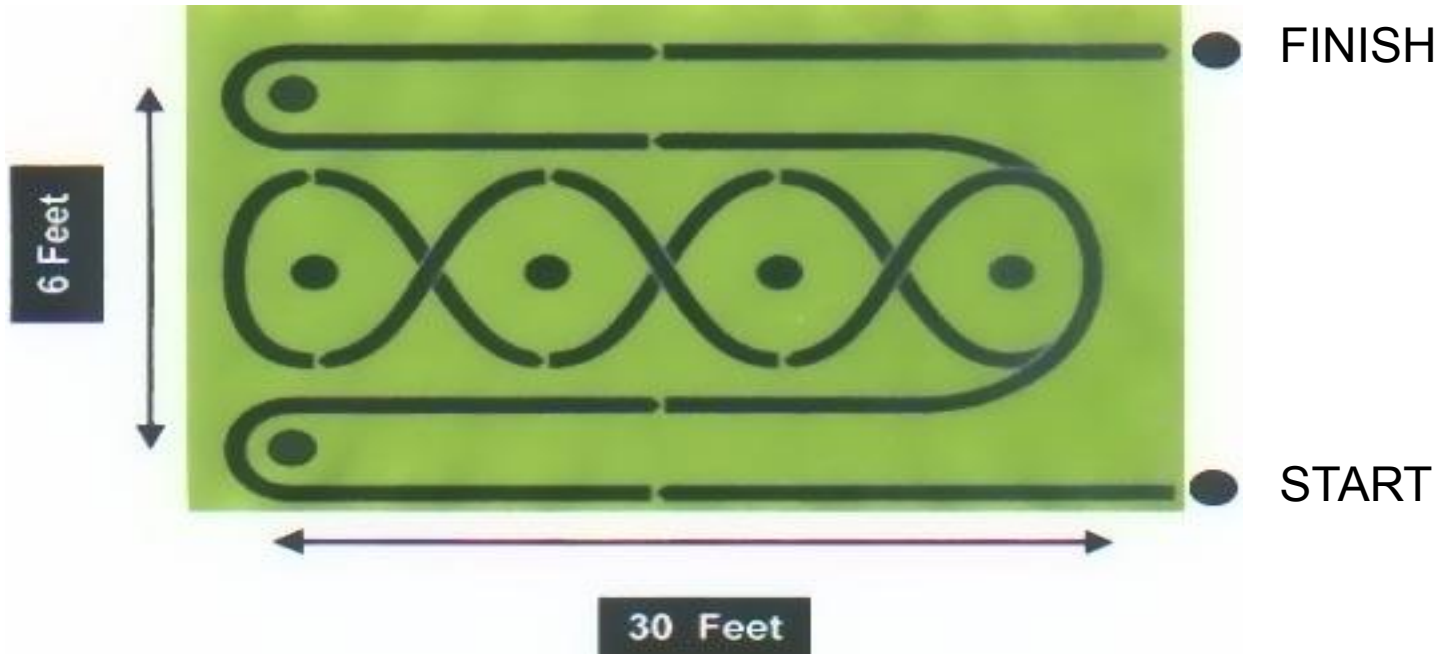
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



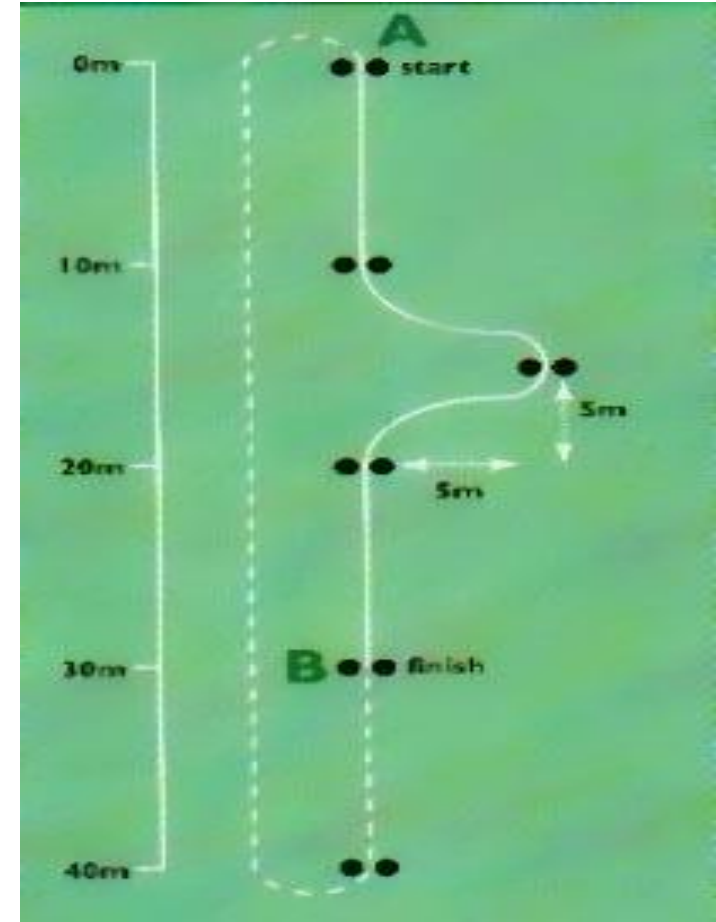
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

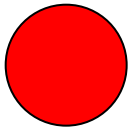
30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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).



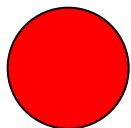
Power Maintenance		
Level	Category	% Top Speed Maintained
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%



IN-SEASON

WEEK 8 DAY 3

**Coach Attackers as First
Line of Defence (2)**

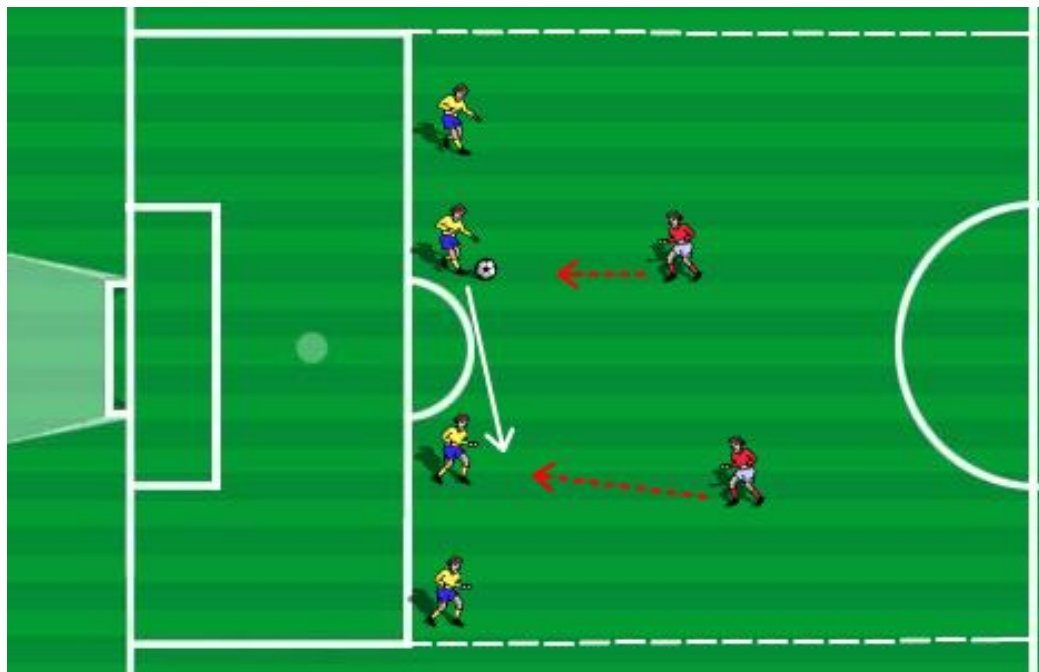


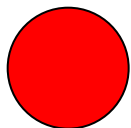
Coach Attackers as First Line of Defence (2)

- Organisation 18yd box to half way line
- Playing Area : Pitch is organised to aid transfer to 11 v 11
- 4 defenders attempt to move the ball to far end of the line and score by breaking through centrally
- 2 attackers work together to regain possession
- Allow attackers to score by forcing defenders outside of box
- Allow attackers to shoot at goal if possession is regained

Focus on :

- Starting position
- Pressure on the ball
- Angle and distance of support
- Body position
- Decision
- Work as a unit
- Communication





Coach Attackers as First Line of Defence (2)

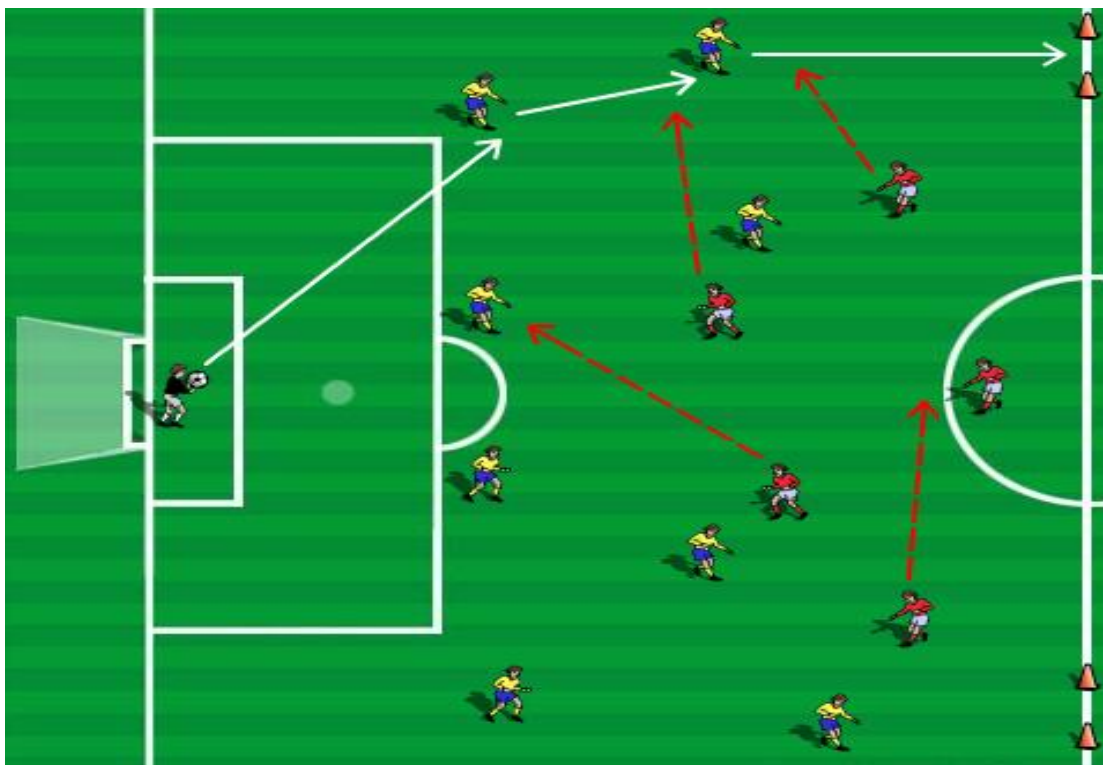
- Organisation : Half Pitch
- GK, 4 defenders & 4 midfield attempt to move the ball to goal gates on half way line.
- 2 attackers & 3 midfielders work together to regain possession or force ball inside towards midfield
- Inside midfield player to cover and pressures ball
- Win ball and counter quickly

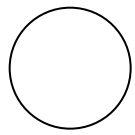
- Practice can be mirrored at other end of pitch, progress to 11 v 11 to incorporate all players
- High tempo pressure
- It is vital that midfield back up Attackers pressure
- Think about when to pressure the ball (set traps)

•

Focus on :

- Starting position
- Pressure on the ball
- Angle and distance of support
- Body position
- Decision





IN-SEASON WEEK 8 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 8
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 8 DAY 5

Tactical Training Game



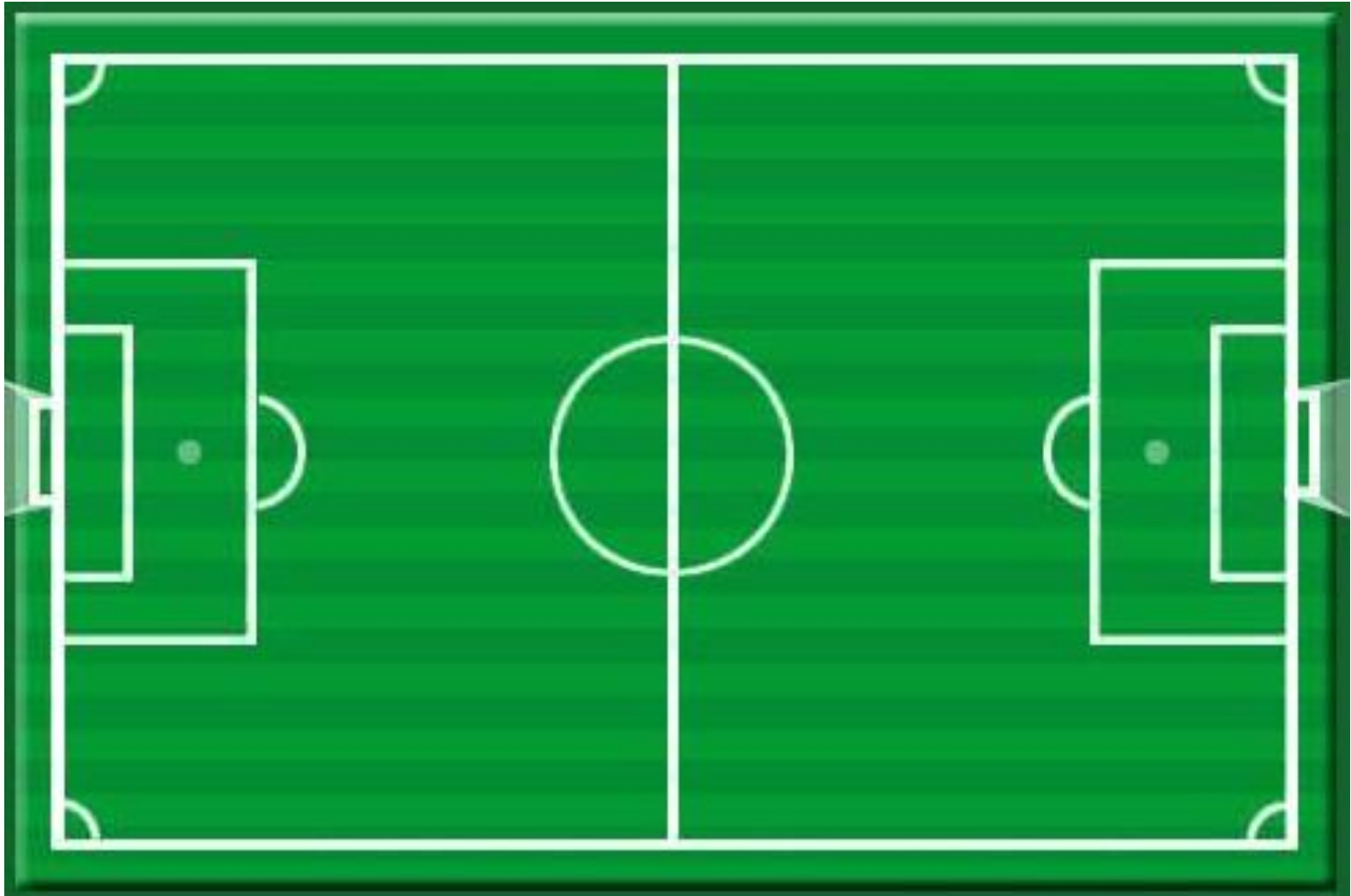
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





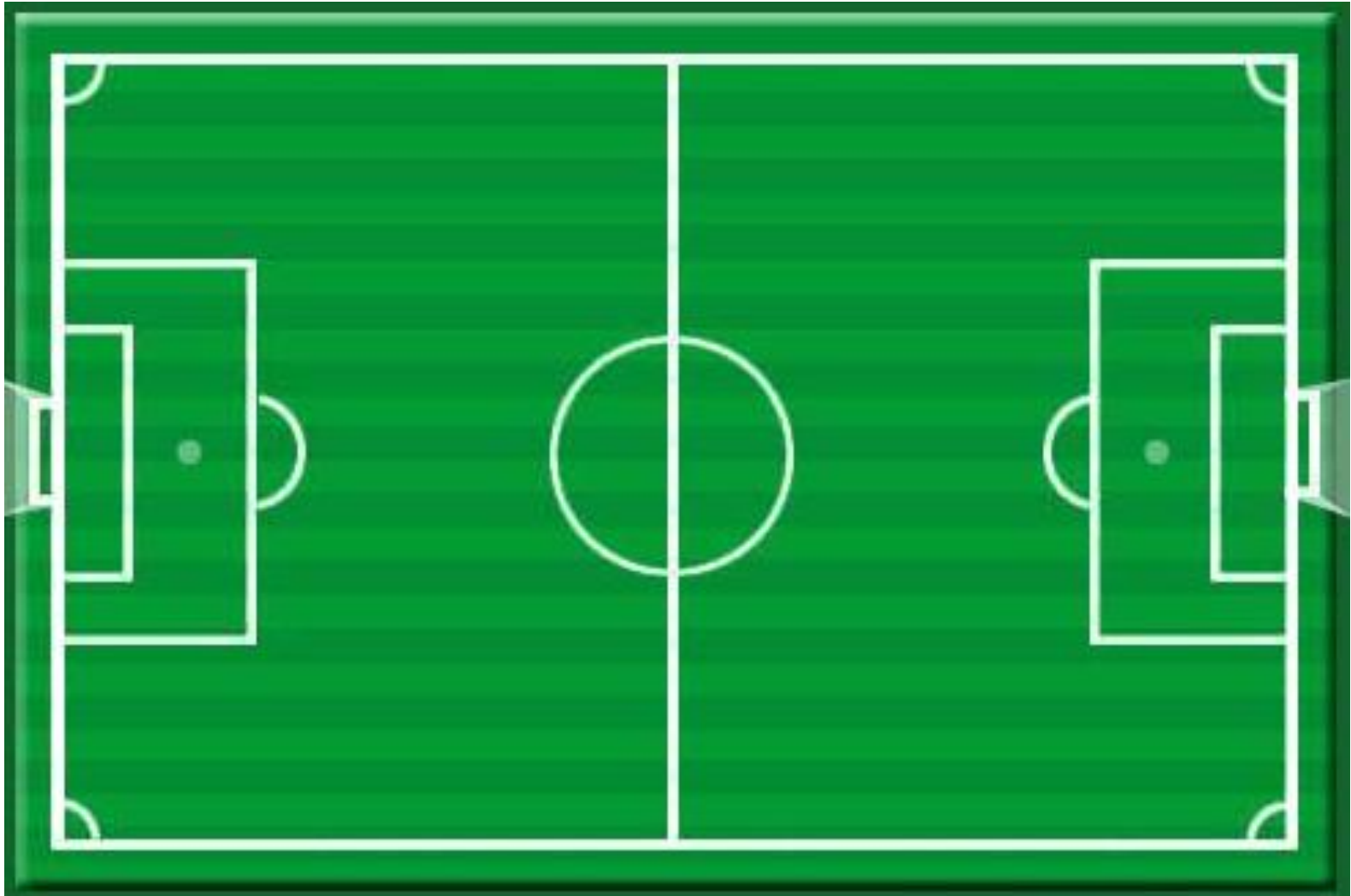
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





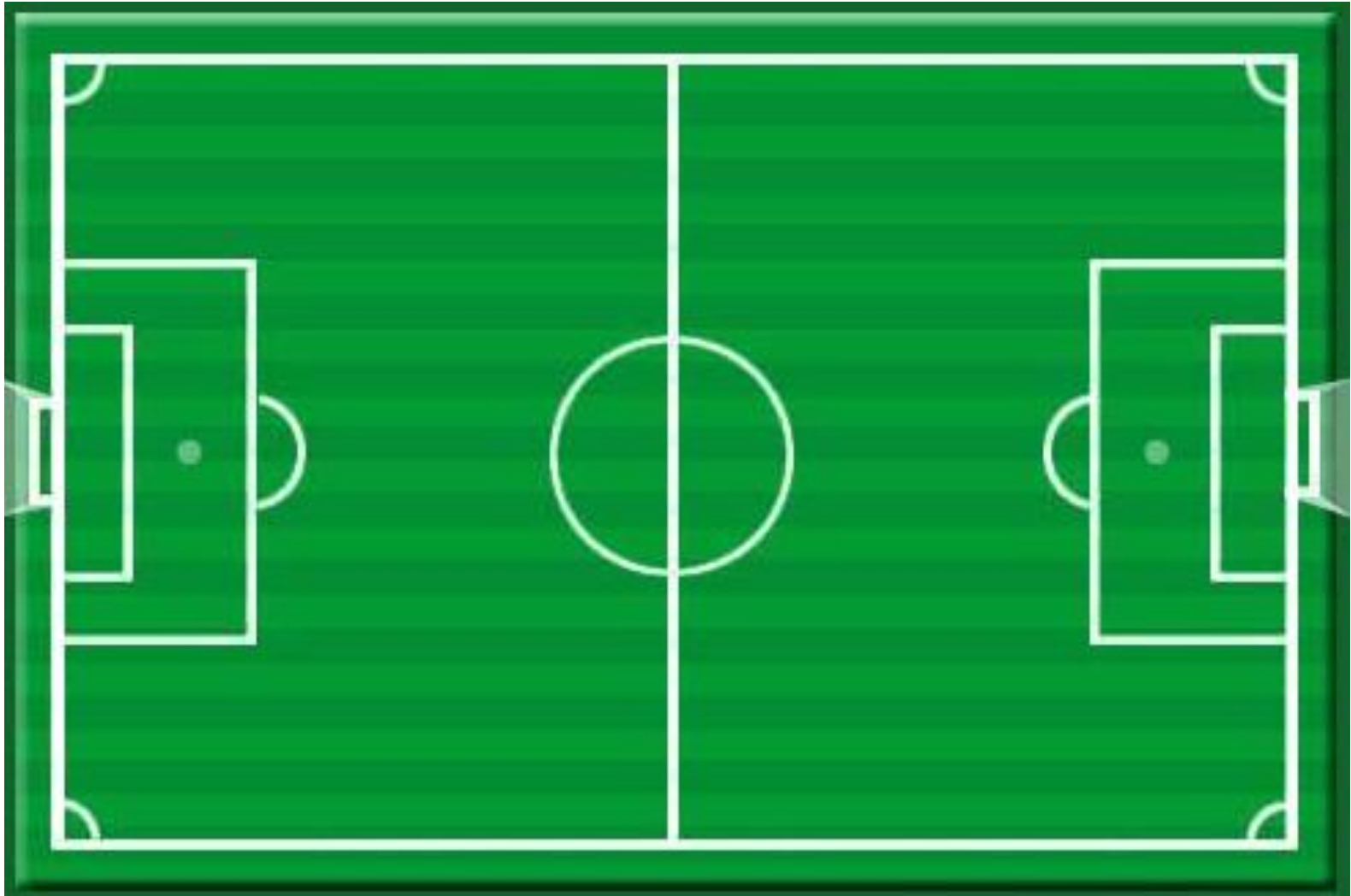
Tactical Training Game

•Organisation :

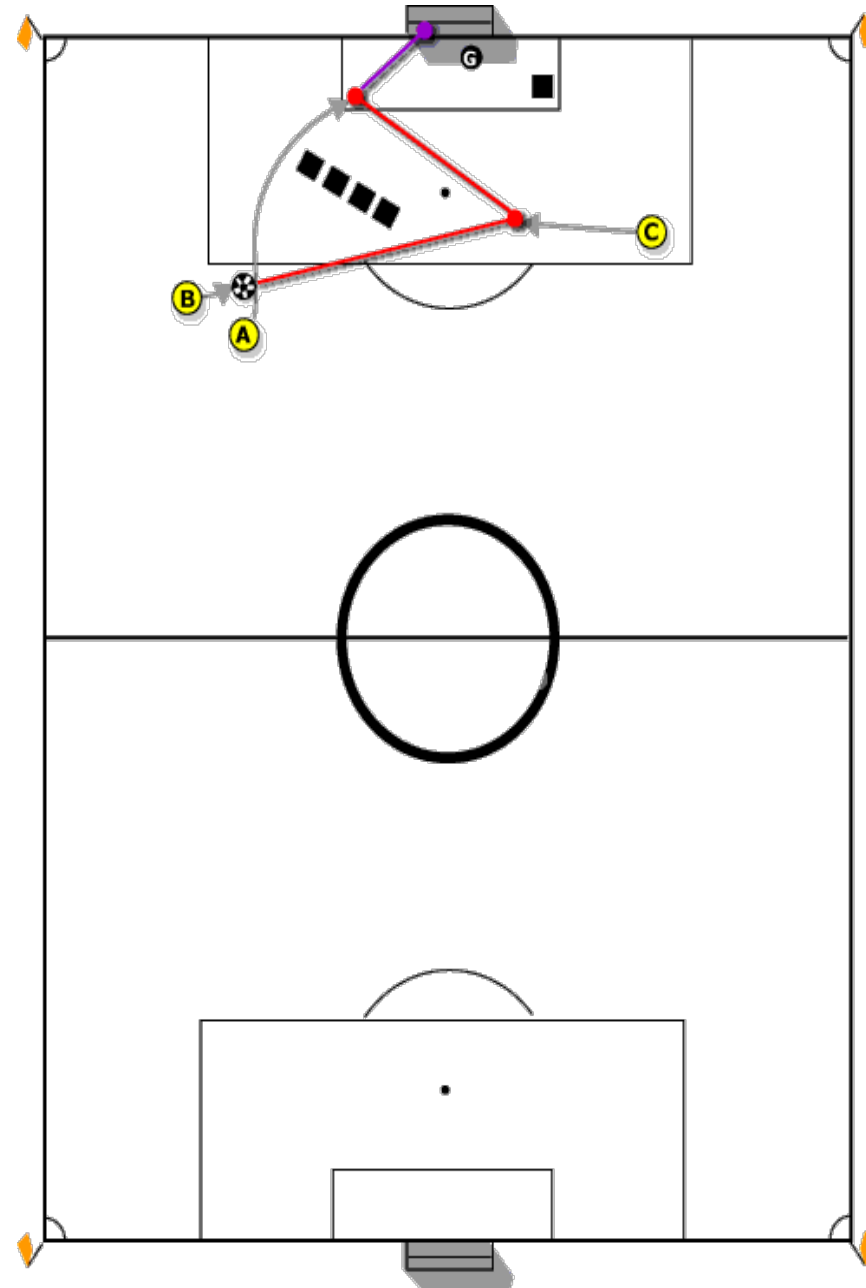
Opposition :

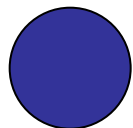
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



-

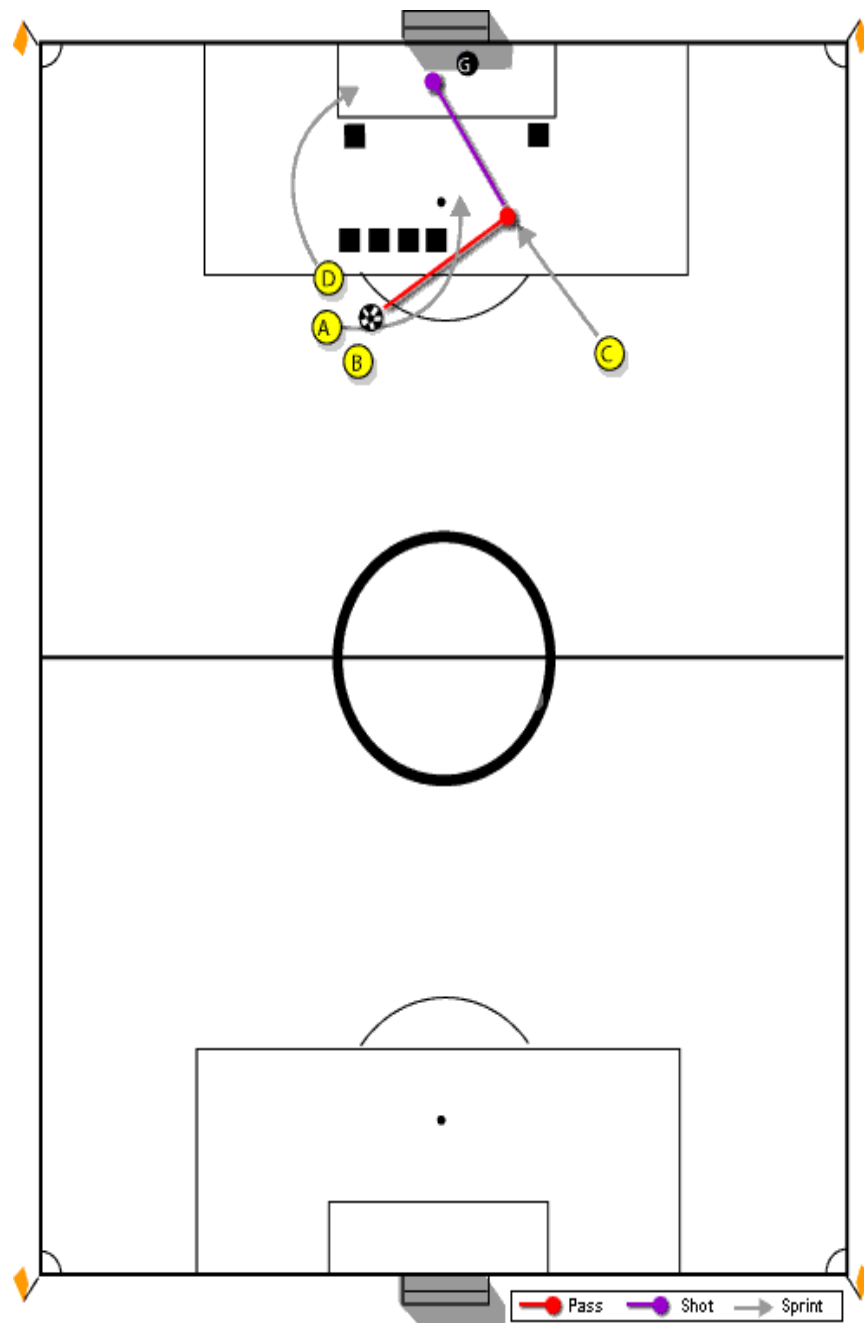


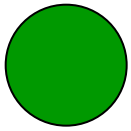


Set Pieces - Free Kicks

Angles on the Wall

- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- Offence : Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- Defence : Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.





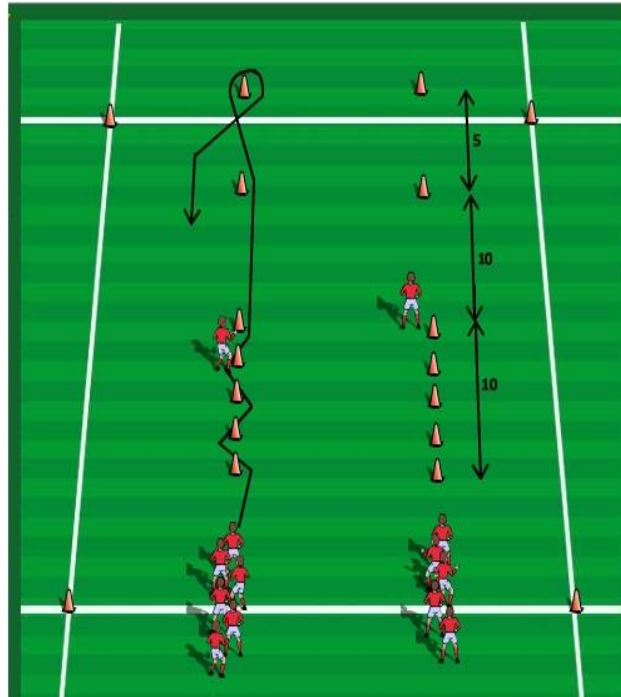
MATCH DAY

Match Day Warm Up



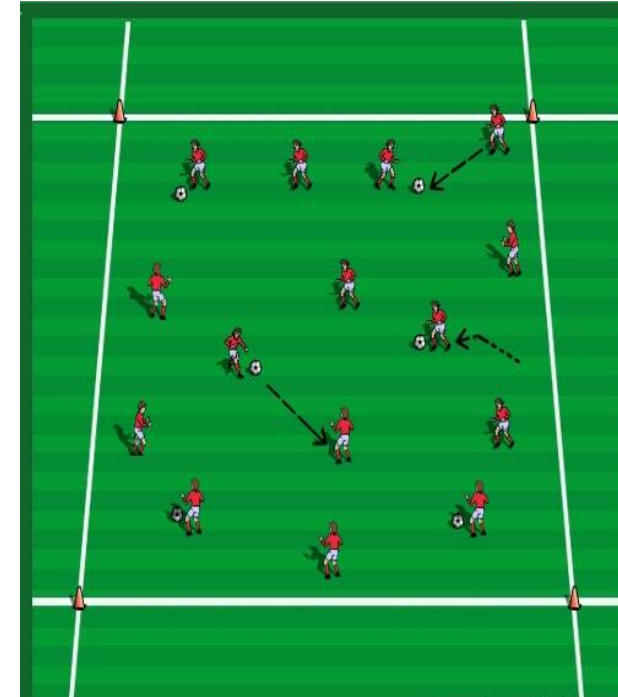
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



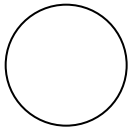
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 9

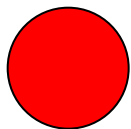
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Improve Build Up Play within a Team	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic Improve Build Up Play within a Team Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 9 DAY 1

**Improve Build Up Play
within a Team**



Improve Build Up Play within a Team

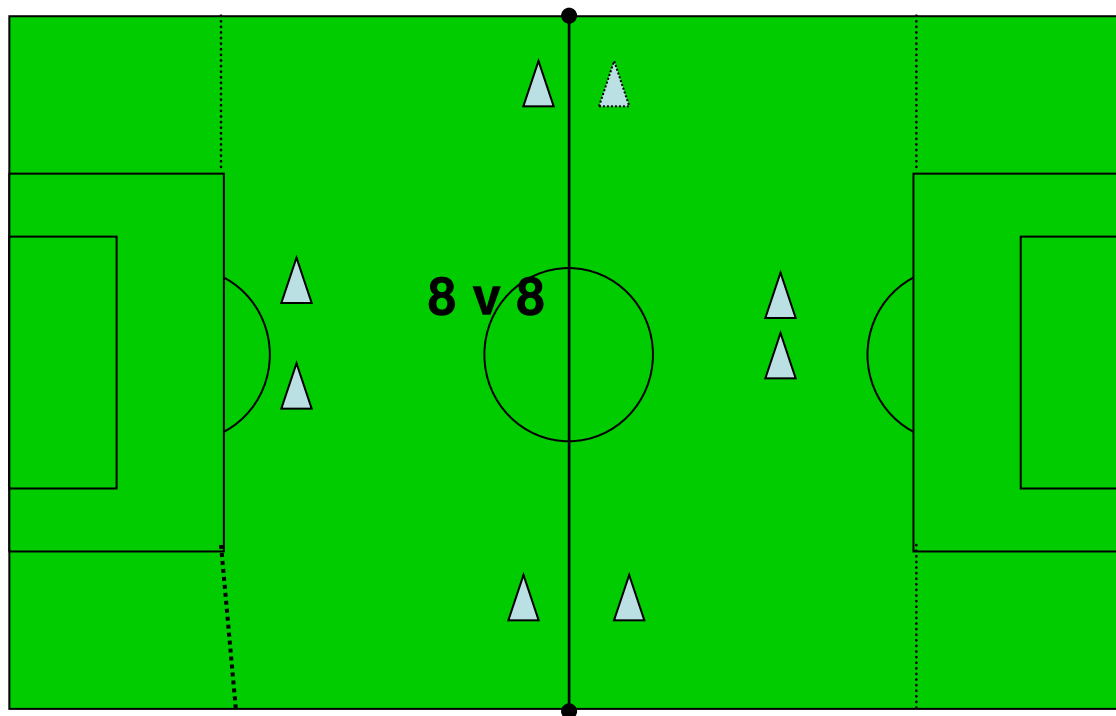
- Organisation : 18 – 18 yard box
- 8 v 8
- 4 - goal - game

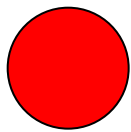
Focus on :

Possession

Identify opportunities to score goals

Decision making





Improve Build Up Play within a Team

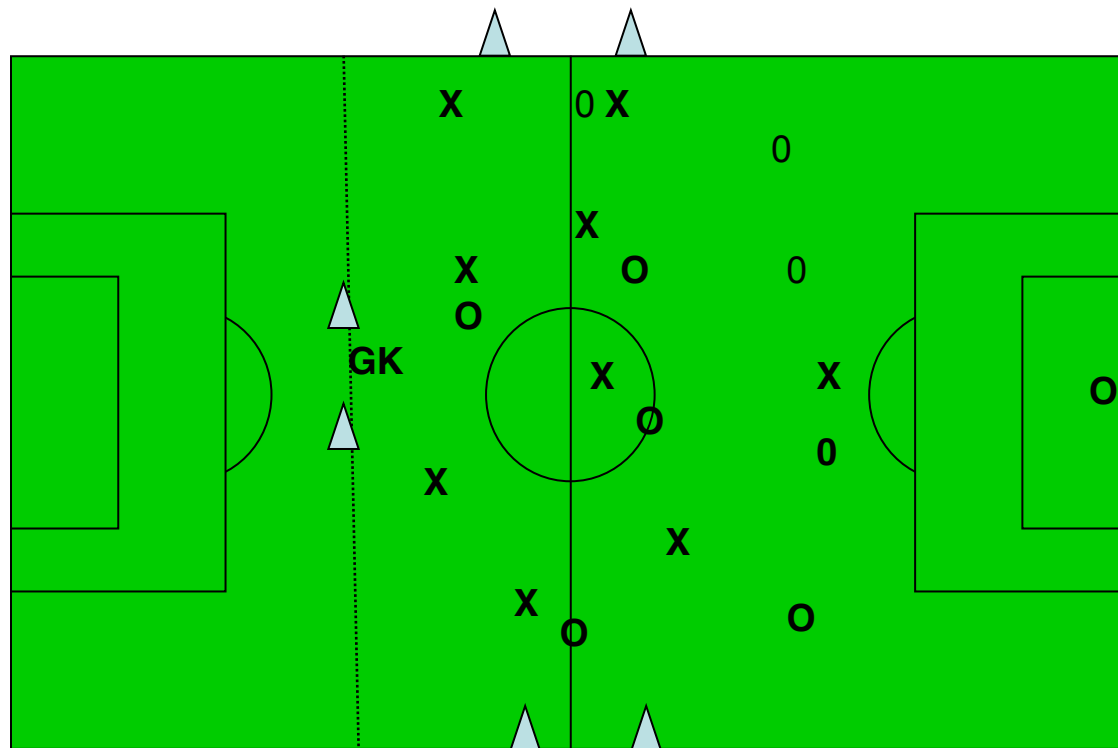
- Organisation : Practice involving 10 V 10
- Playing Area : Half Pitch
- Score in either end goal or side goal

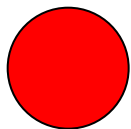
Focus on :

Keeping possession

When to forward / when to go sideways / back wards

Width / depth





Improve Build Up Play within a Team

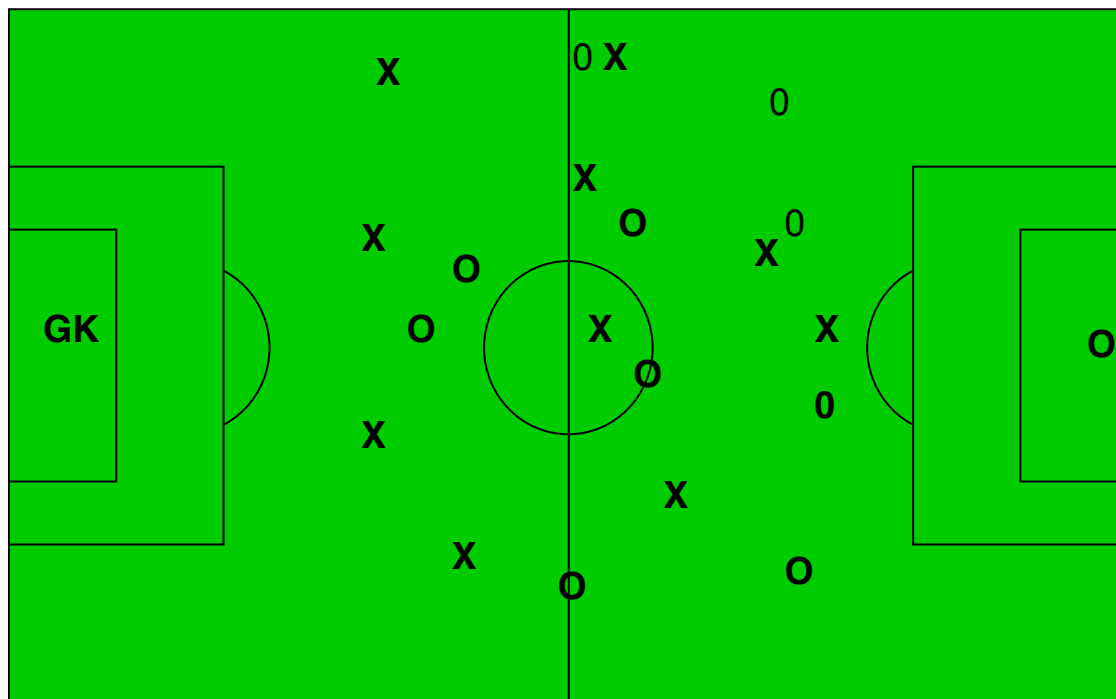
- Organisation : 11 V 11
- Playing Area : Full Pitch

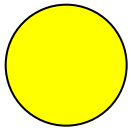
Focus on :

Keeping possession

When to forward / when to go sideways / back wards

Width / depth

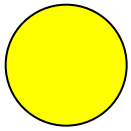




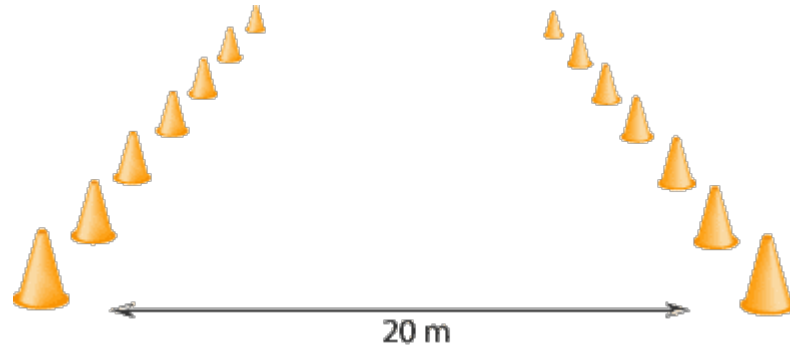
IN-SEASON

WEEK 9 DAY 2

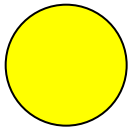
FITNESS TESTING



BLEEP TEST



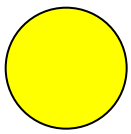
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



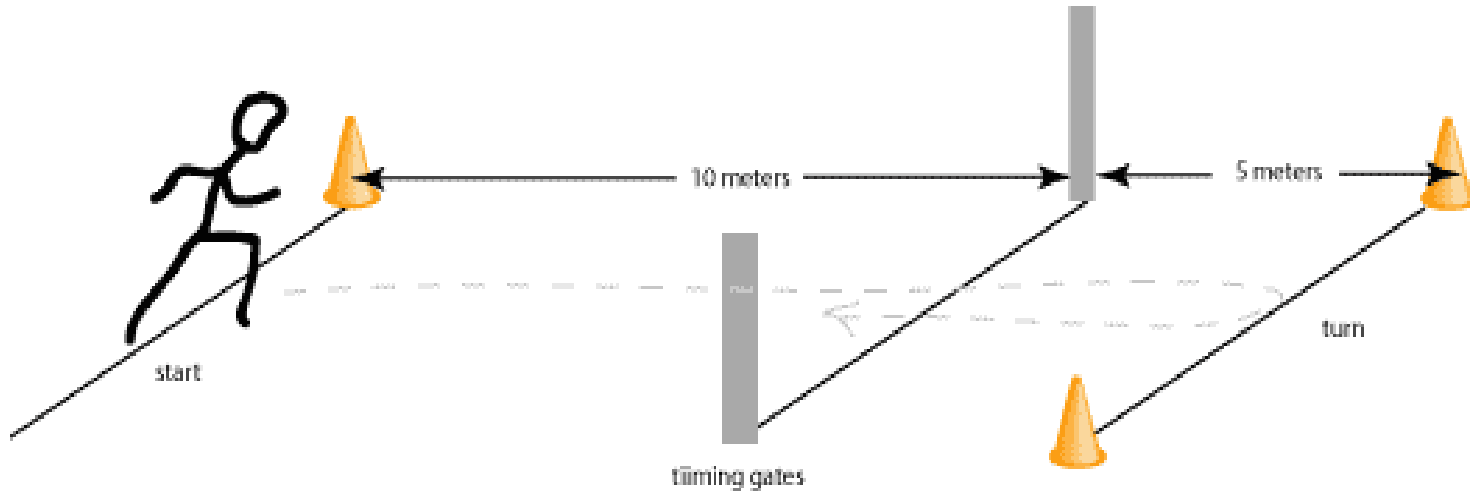
SPRINT TEST



- **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.



505 AGILITY TEST



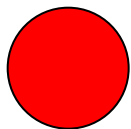
- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded 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



IN-SEASON

WEEK 9 DAY 3

**Improve Build Up Play
within a Team**



Improve Build Up Play within a Team

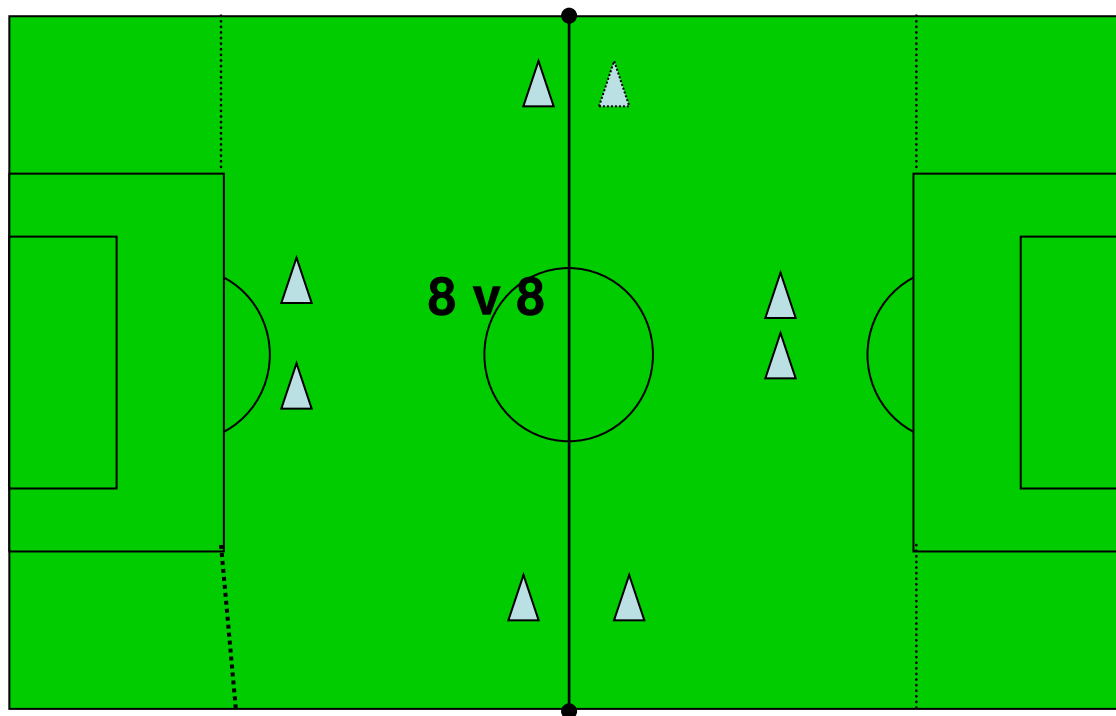
- Organisation : 18 – 18 yard box
- 8 v 8
- 4 - goal - game

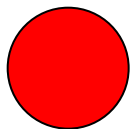
Focus on :

Possession

Identify opportunities to score goals

Decision making





Improve Build Up Play within a Team

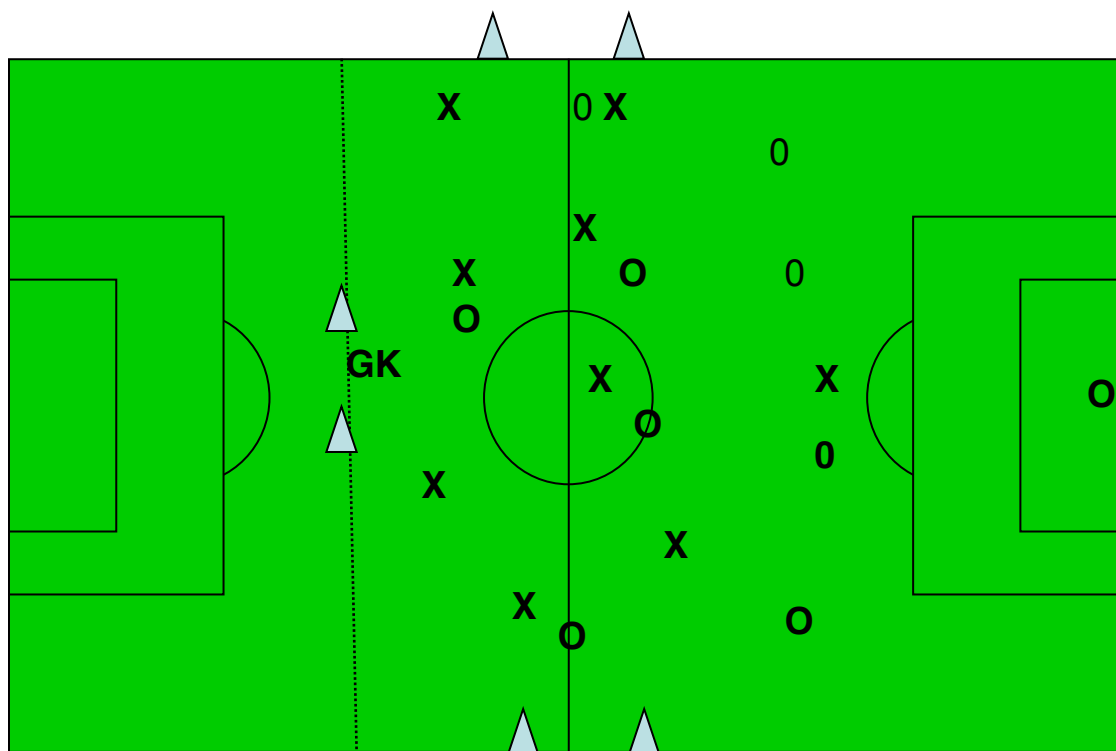
- Organisation : Practice involving 10 V 10
- Playing Area : Half Pitch
- Score in either end goal or side goal

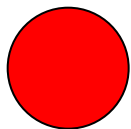
Focus on :

Keeping possession

When to forward / when to go sideways / back wards

Width / depth





Improve Build Up Play within a Team

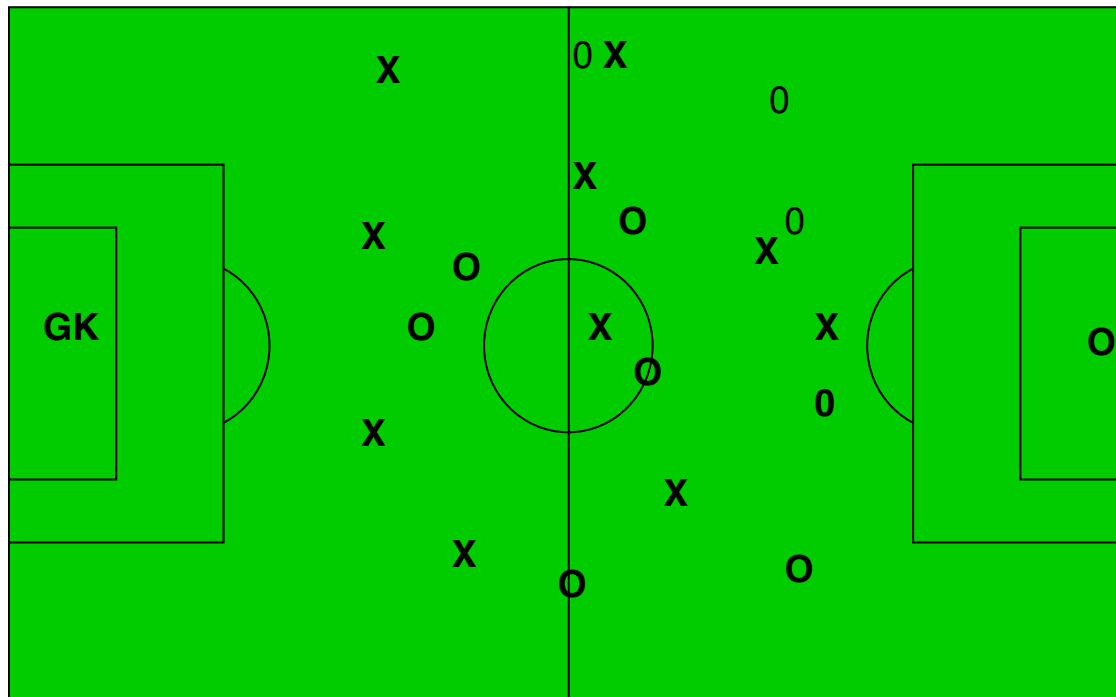
- Organisation : 11 V 11
- Playing Area : Full Pitch

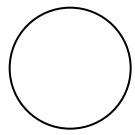
Focus on :

Keeping possession

When to forward / when to go sideways / back wards

Width / depth





IN-SEASON WEEK 9 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 9
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 9 DAY 5

Tactical Training Game



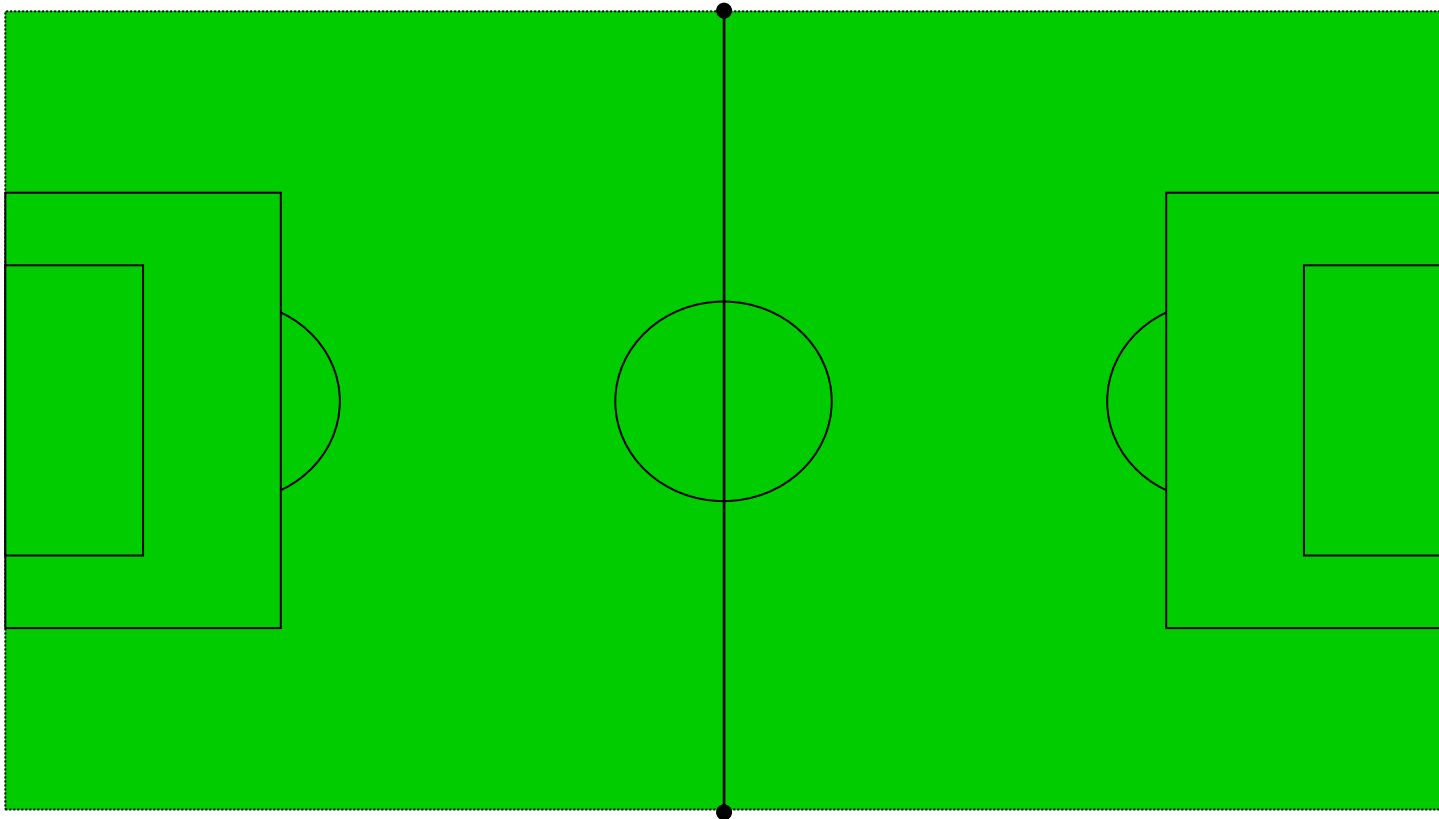
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





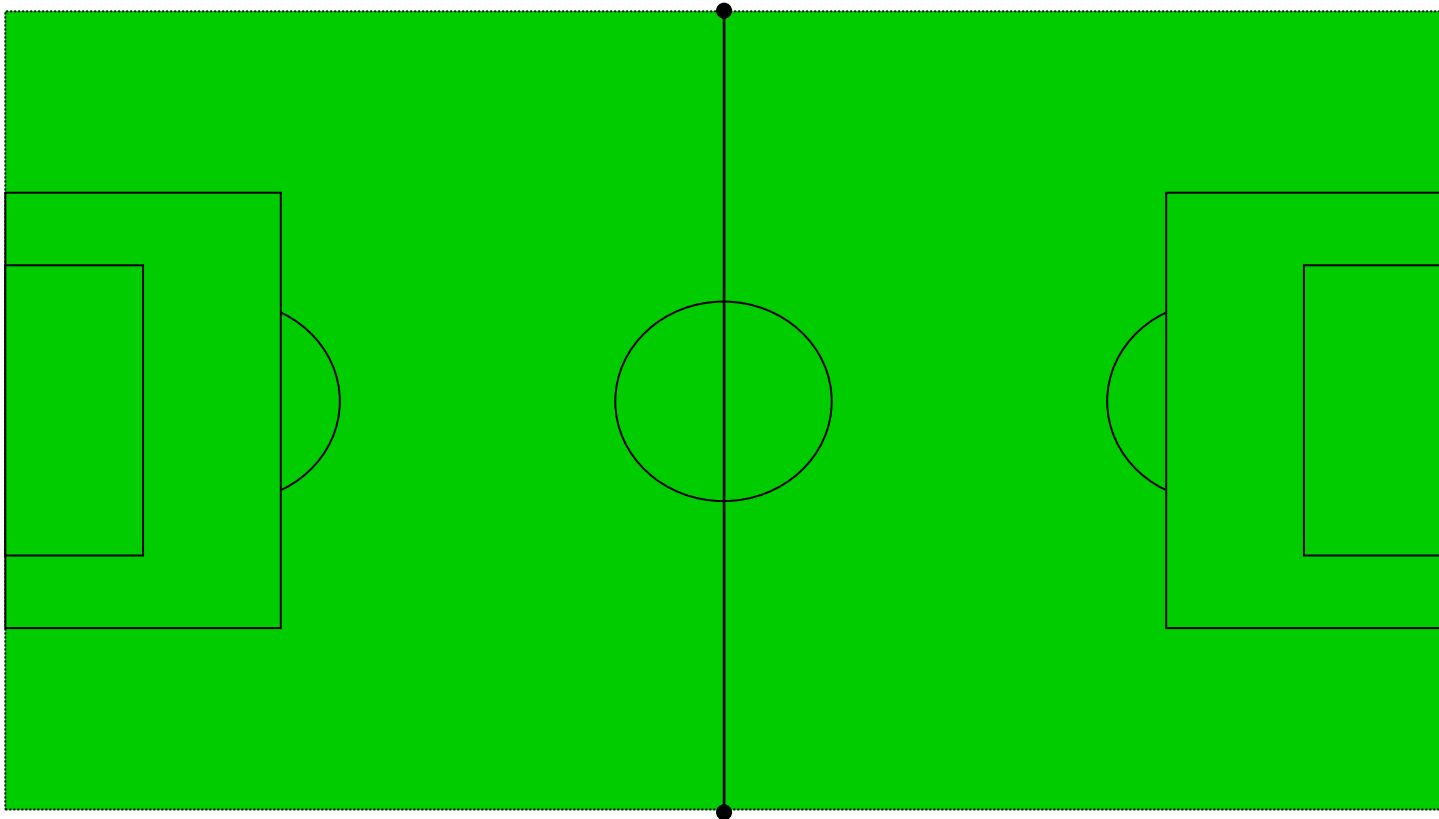
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





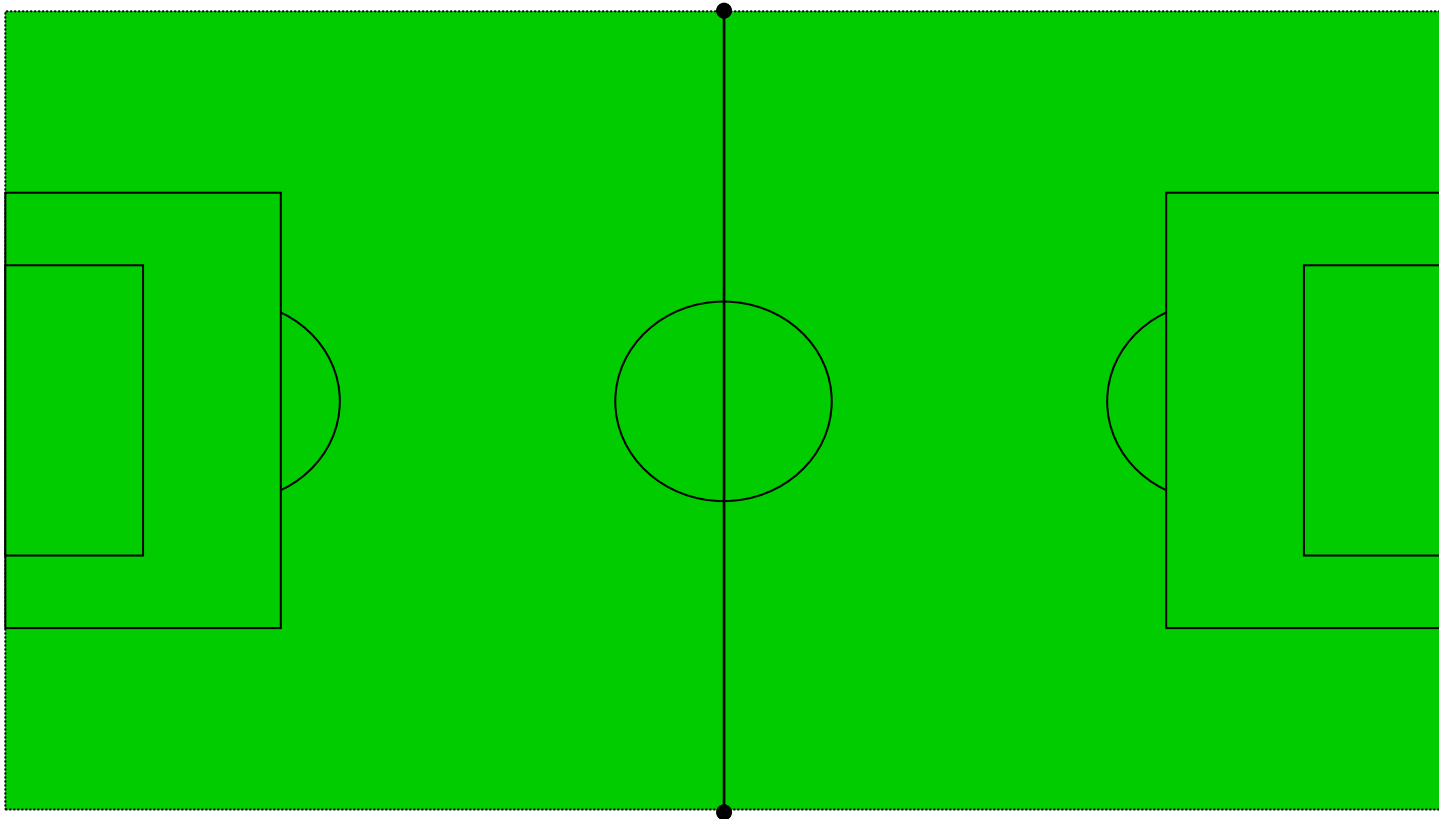
Tactical Training Game

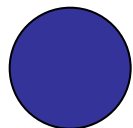
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

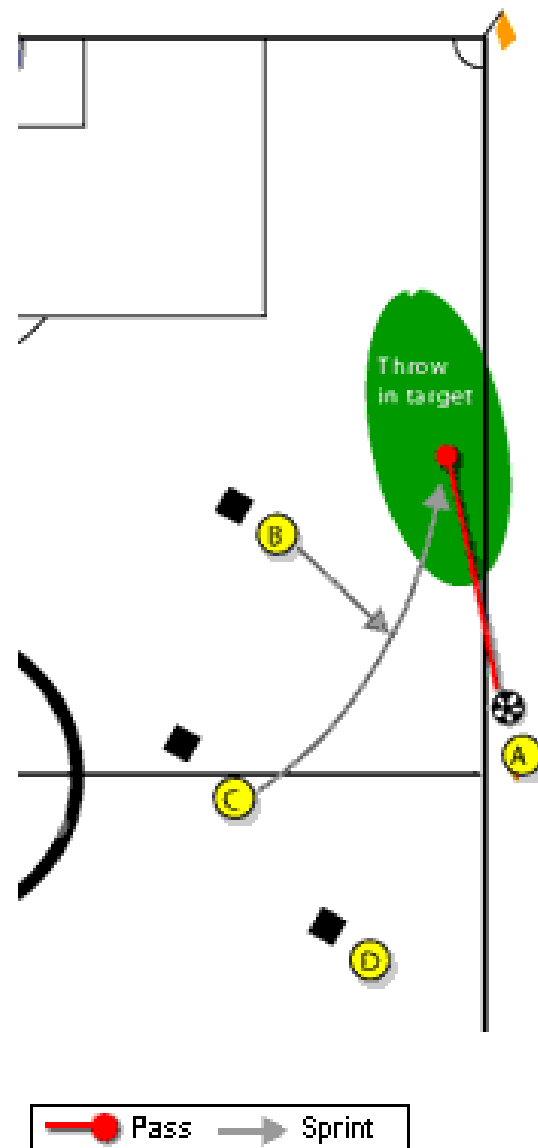


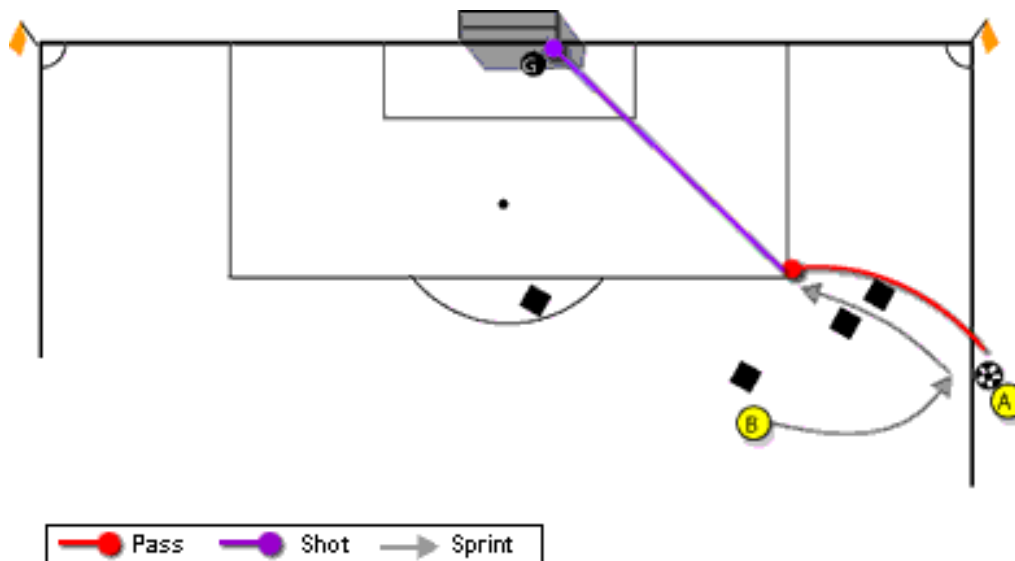
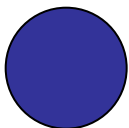


Set Pieces – Throw In

Clearing Some Grass

- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !

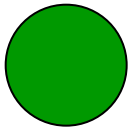




Set Pieces – Throw In

Fake Out

- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.



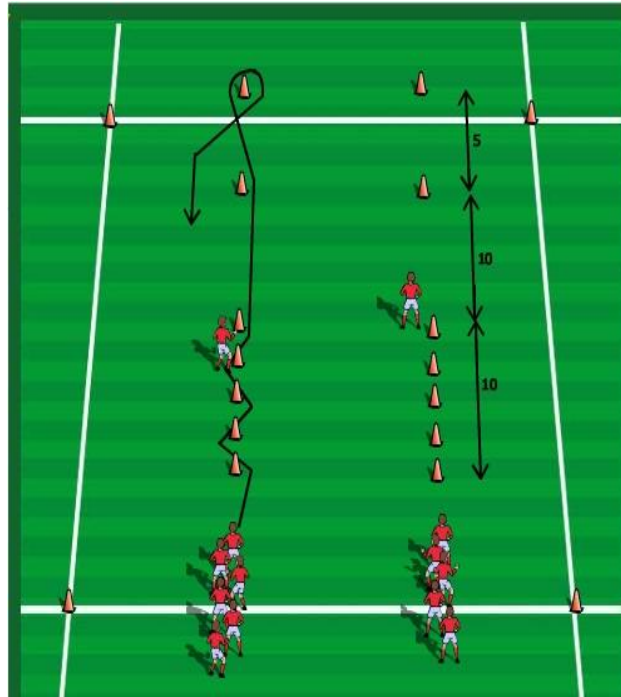
MATCH DAY

Match Day Warm Up



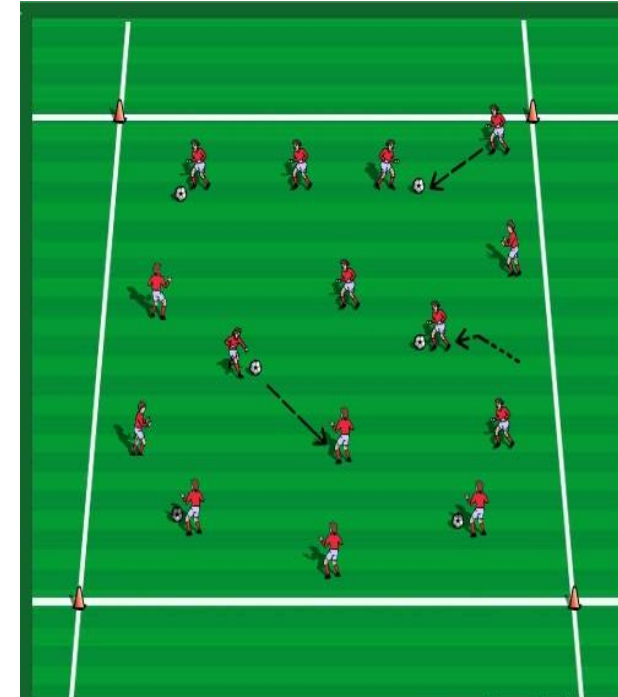
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



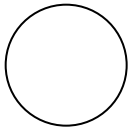
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Improve Direct Play within a Team	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinios Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Improve Direct Play within a Team Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery			Set Plays Free kicks Cool Down Recovery		



IN-SEASON

WEEK 10 DAY 1

**Improve Direct Play
within a Team**



Improve Direct Play within a Team

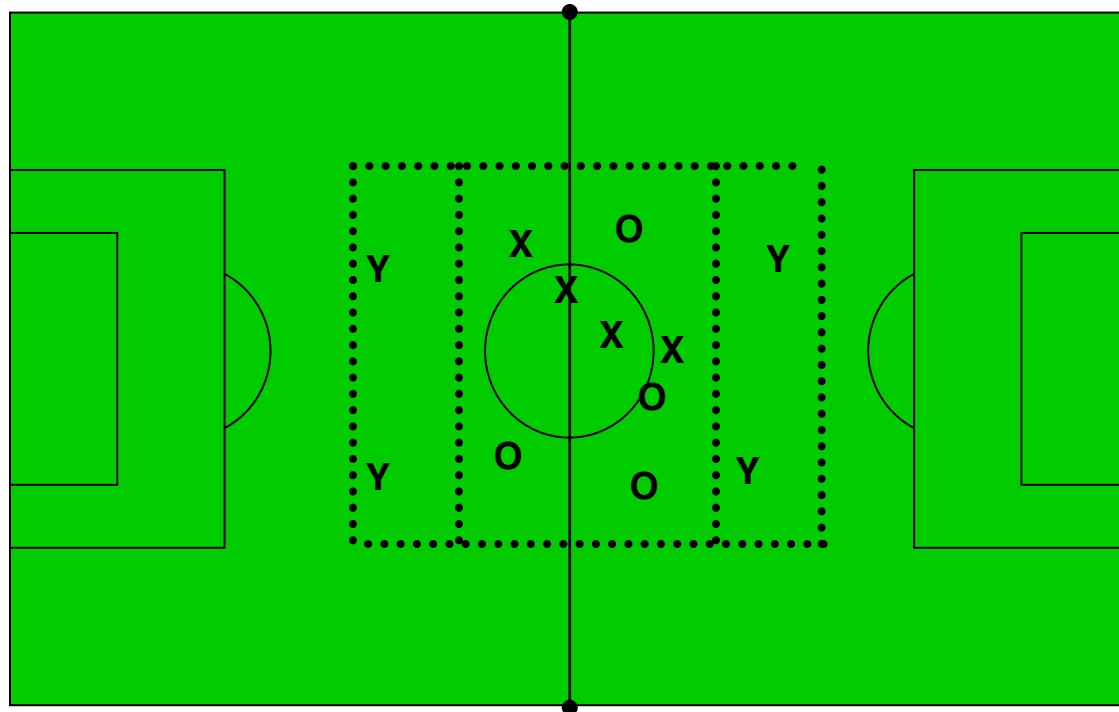
- Organisation : 4 v 4 in central zone, neutral players on ends
- Playing Area : 60 x 40 area split into 3 zones

Focus on :

Playing ball from one zone to another

Play direct

Body positions / mentality





Improve Direct Play within a Team

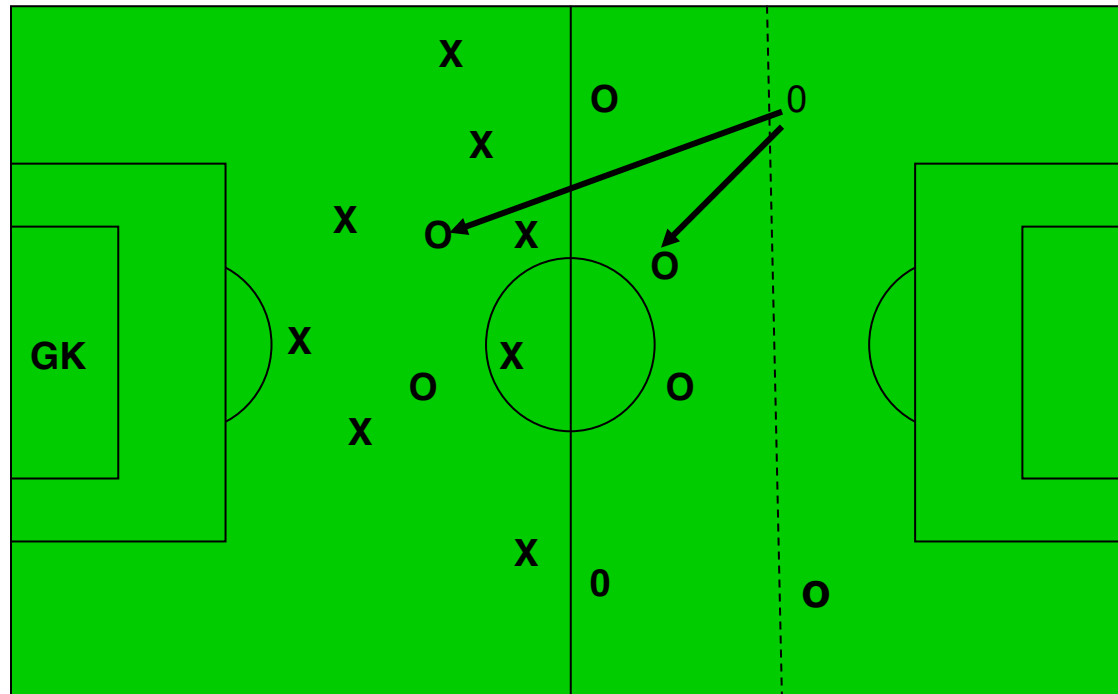
- Organisation : 2 / 3 Pitch Practice
- 9 v 8

Focus on :

Direct play

When to play short / long

Angles/ distance / support





Improve Direct Play within a Team

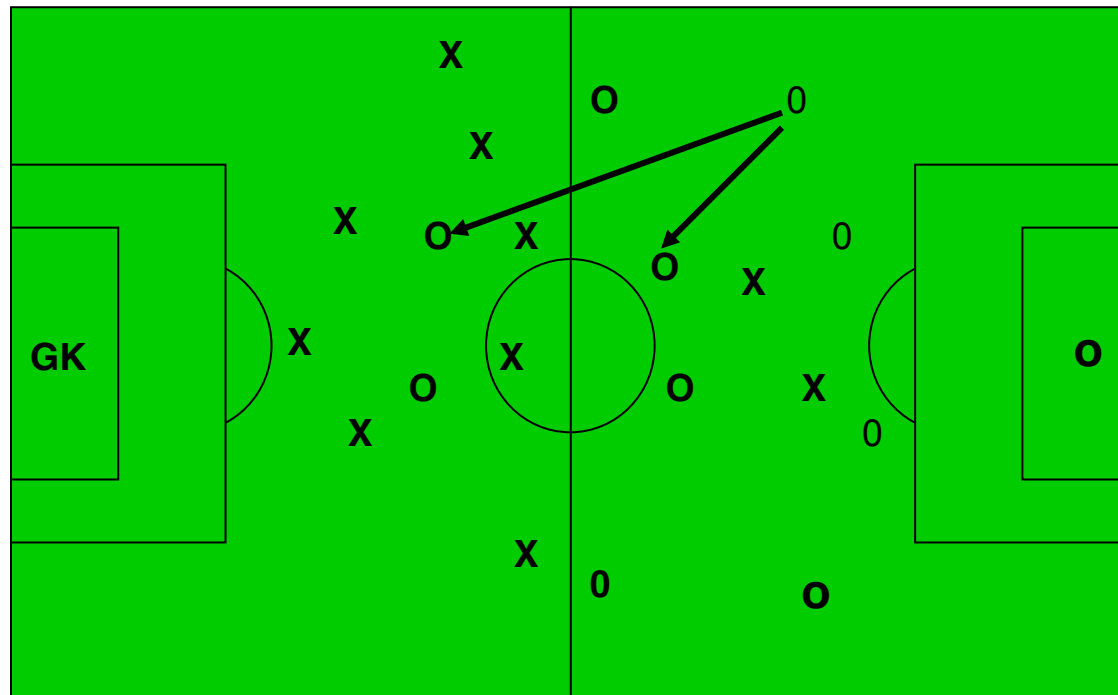
•Organisation : Full Pitch Practice 11 v 11

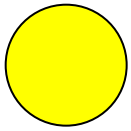
Focus on :

Direct play

When to play short / long

Angles/ distance / support

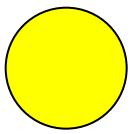




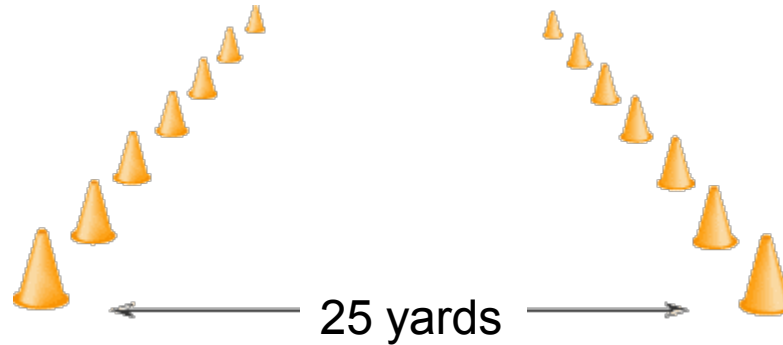
IN-SEASON

WEEK 10 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

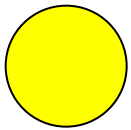
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

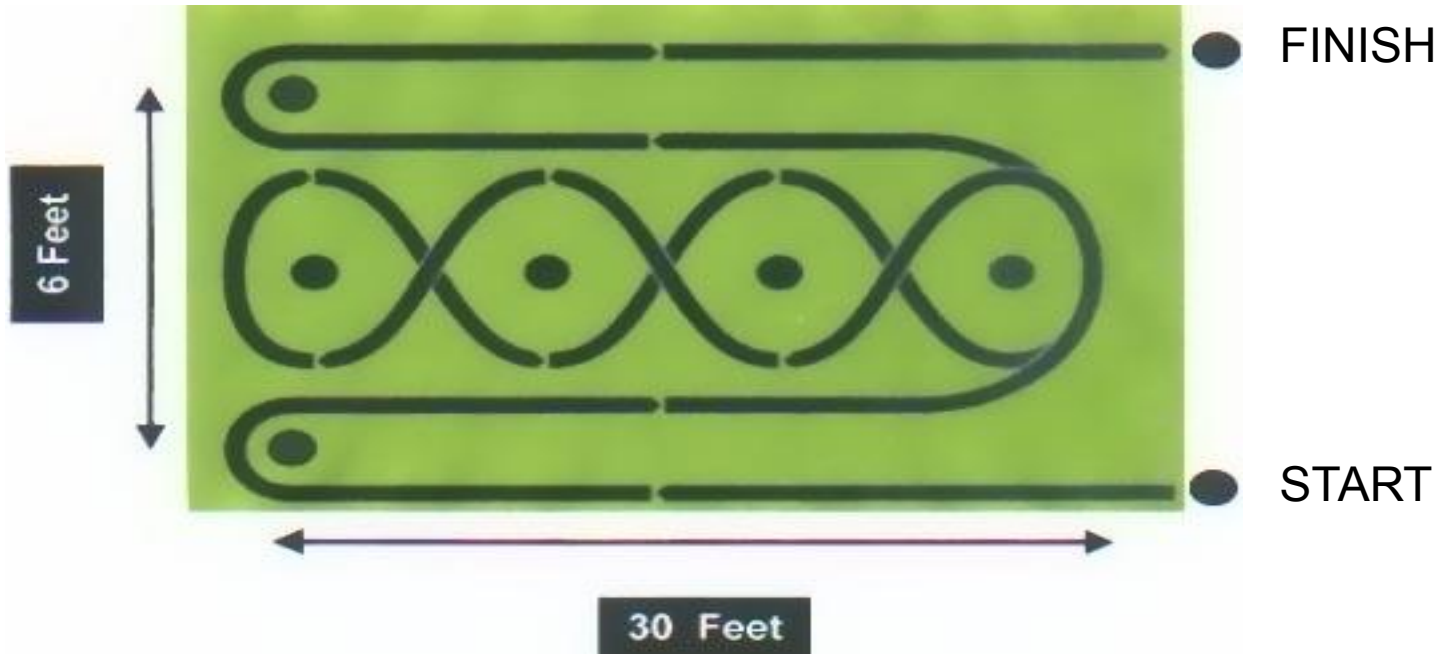
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



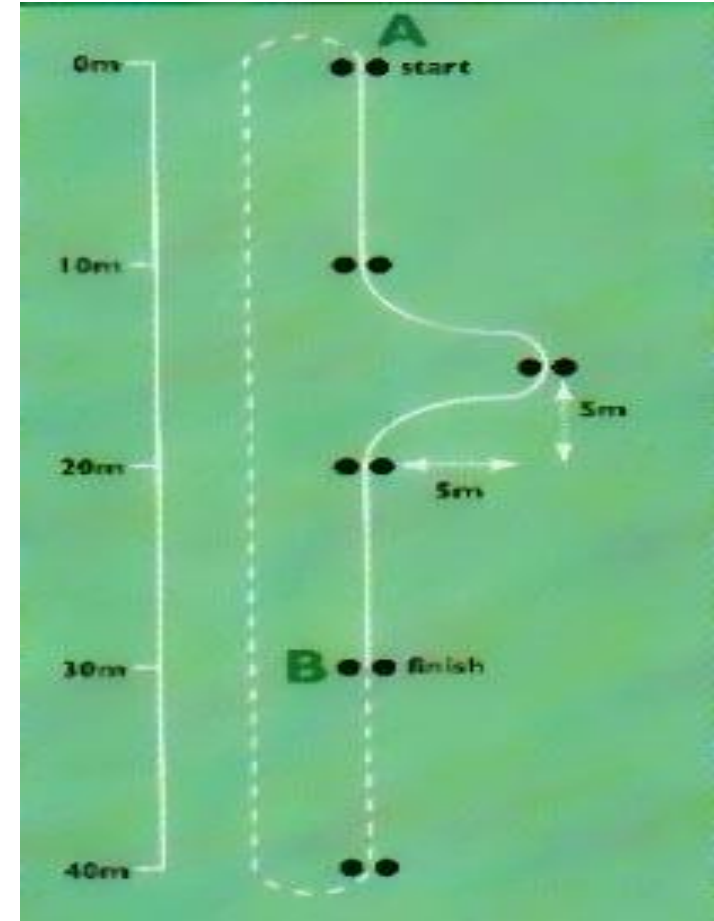
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 10 DAY 3

**Improve Direct Play
within a Team**



Improve Direct Play within a Team

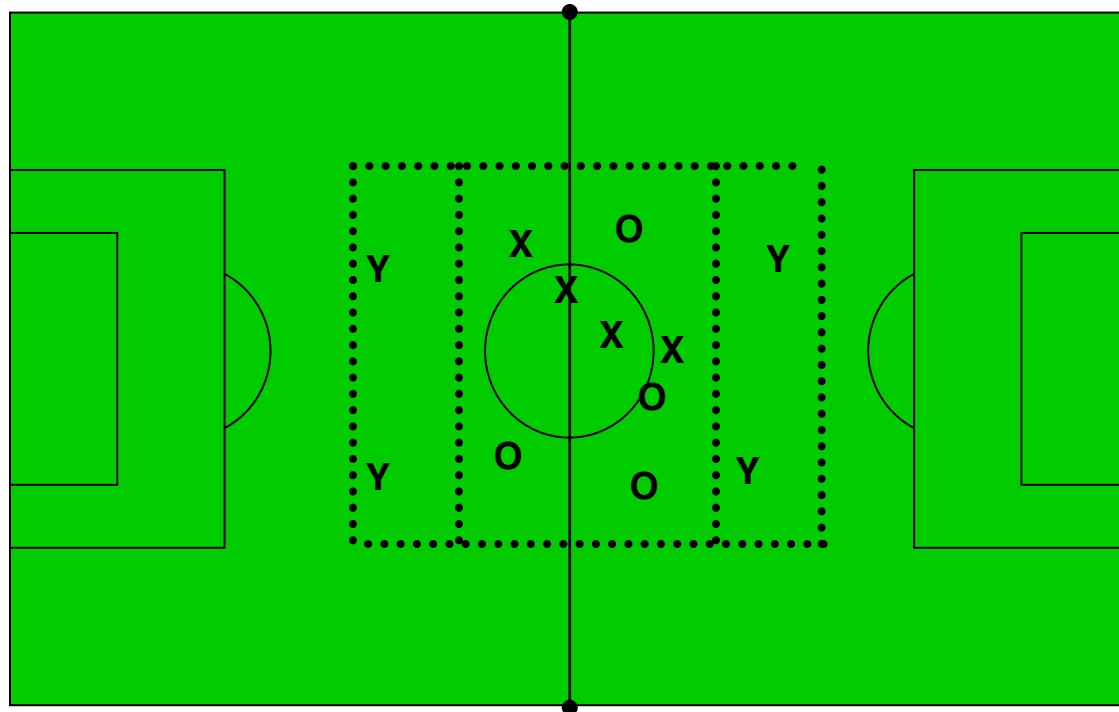
- Organisation : 4 v 4 in central zone, neutral players on ends
- Playing Area : 60 x 40 area split into 3 zones

Focus on :

Playing ball from one zone to another

Play direct

Body positions / mentality





Improve Direct Play within a Team

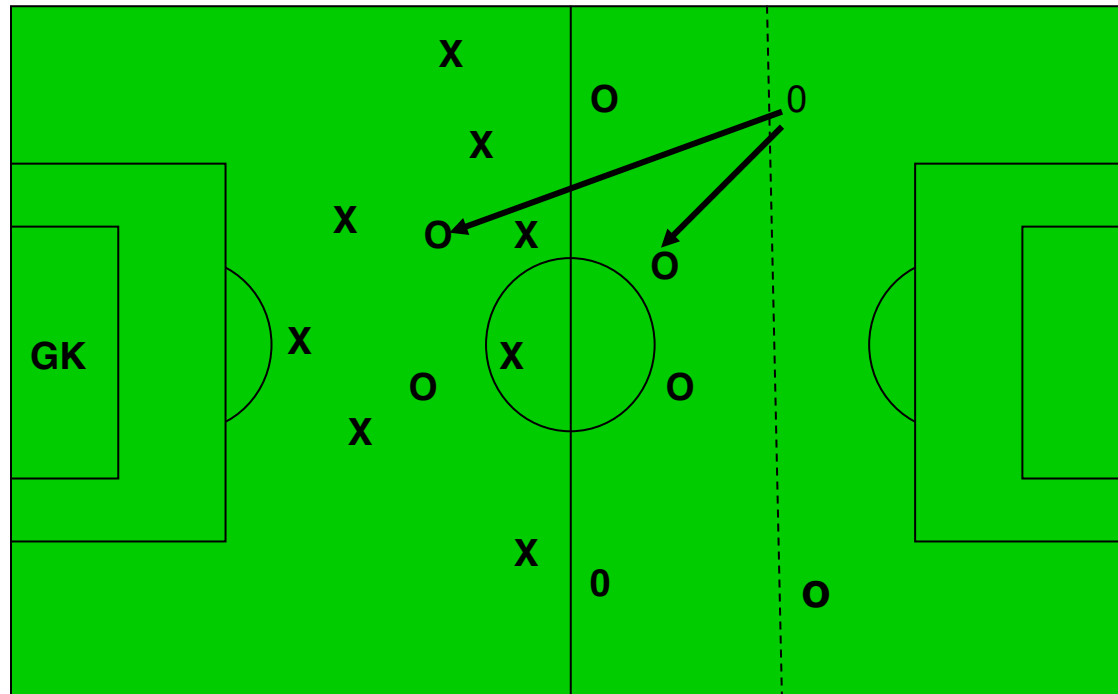
- Organisation : 2 / 3 Pitch Practice
- 9 v 8

Focus on :

Direct play

When to play short / long

Angles/ distance / support





Improve Direct Play within a Team

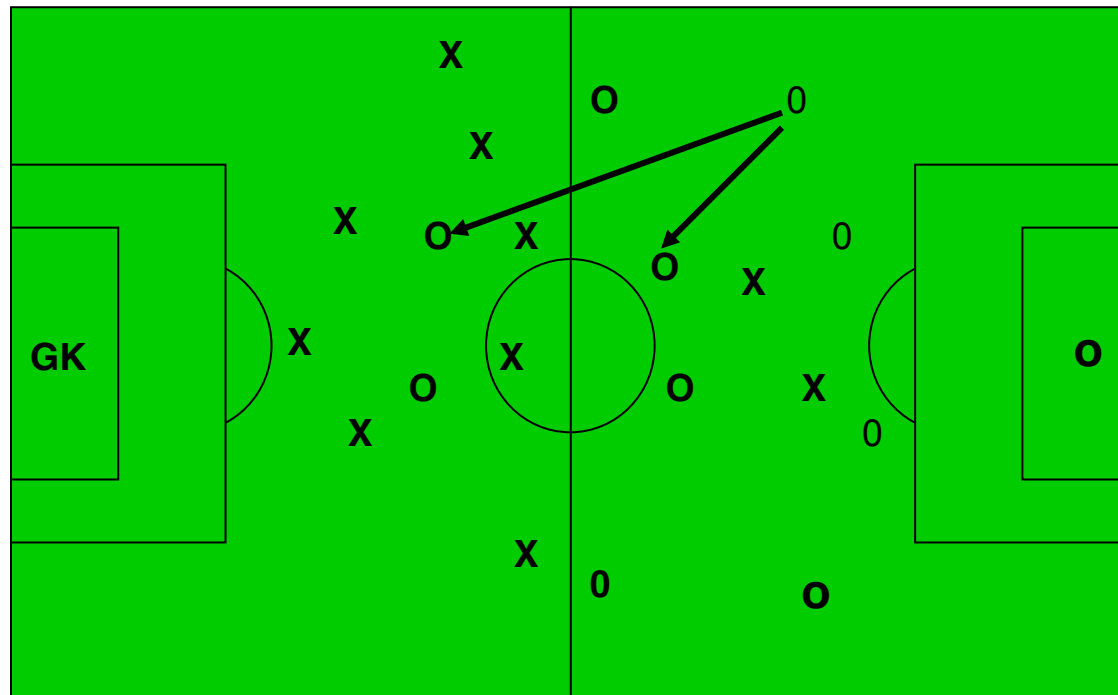
•Organisation : Full Pitch Practice 11 v 11

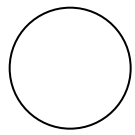
Focus on :

Direct play

When to play short / long

Angles/ distance / support

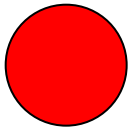




IN-SEASON

WEEK 10 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 10
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 10 DAY 5

Tactical Training Game



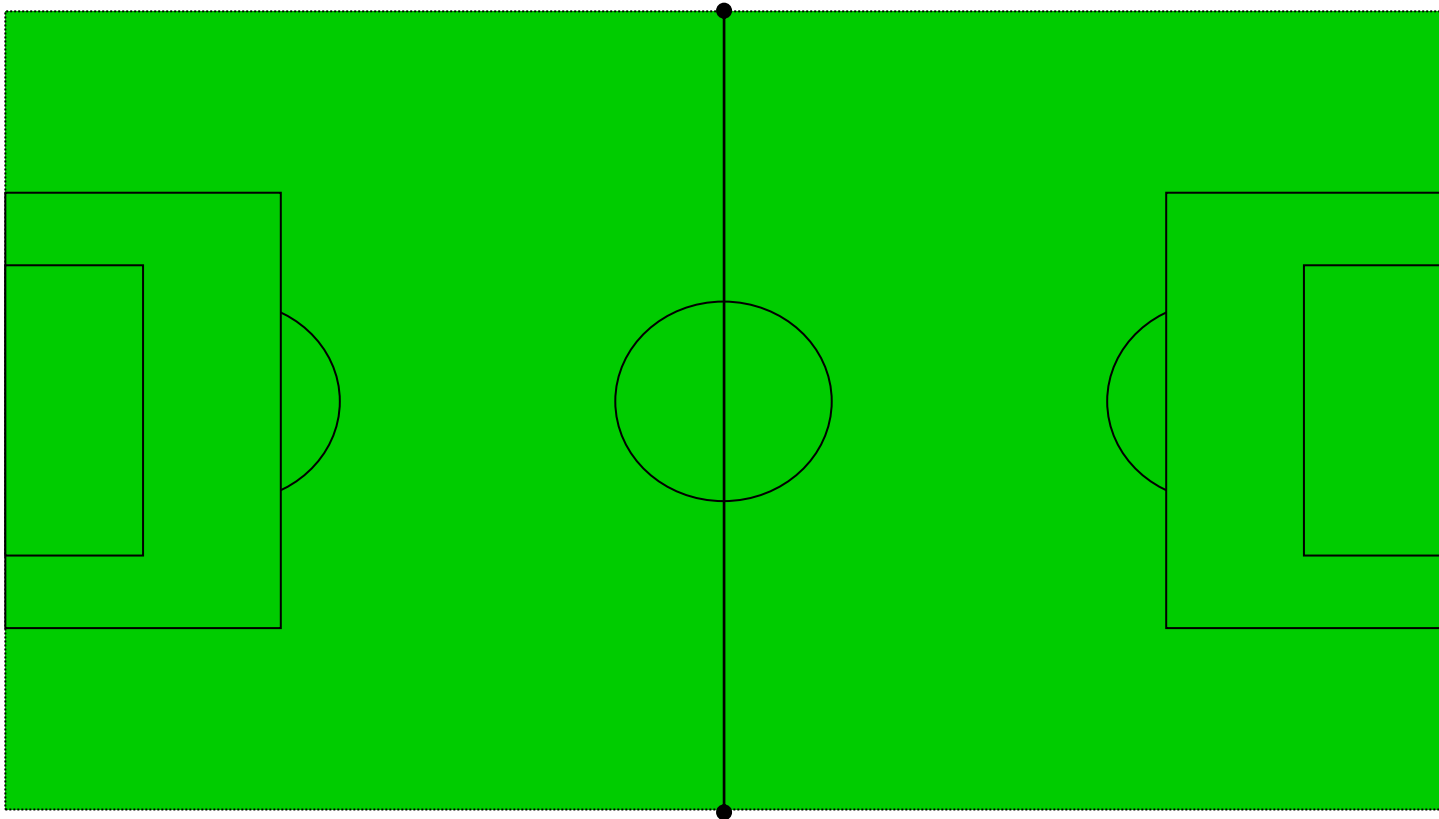
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





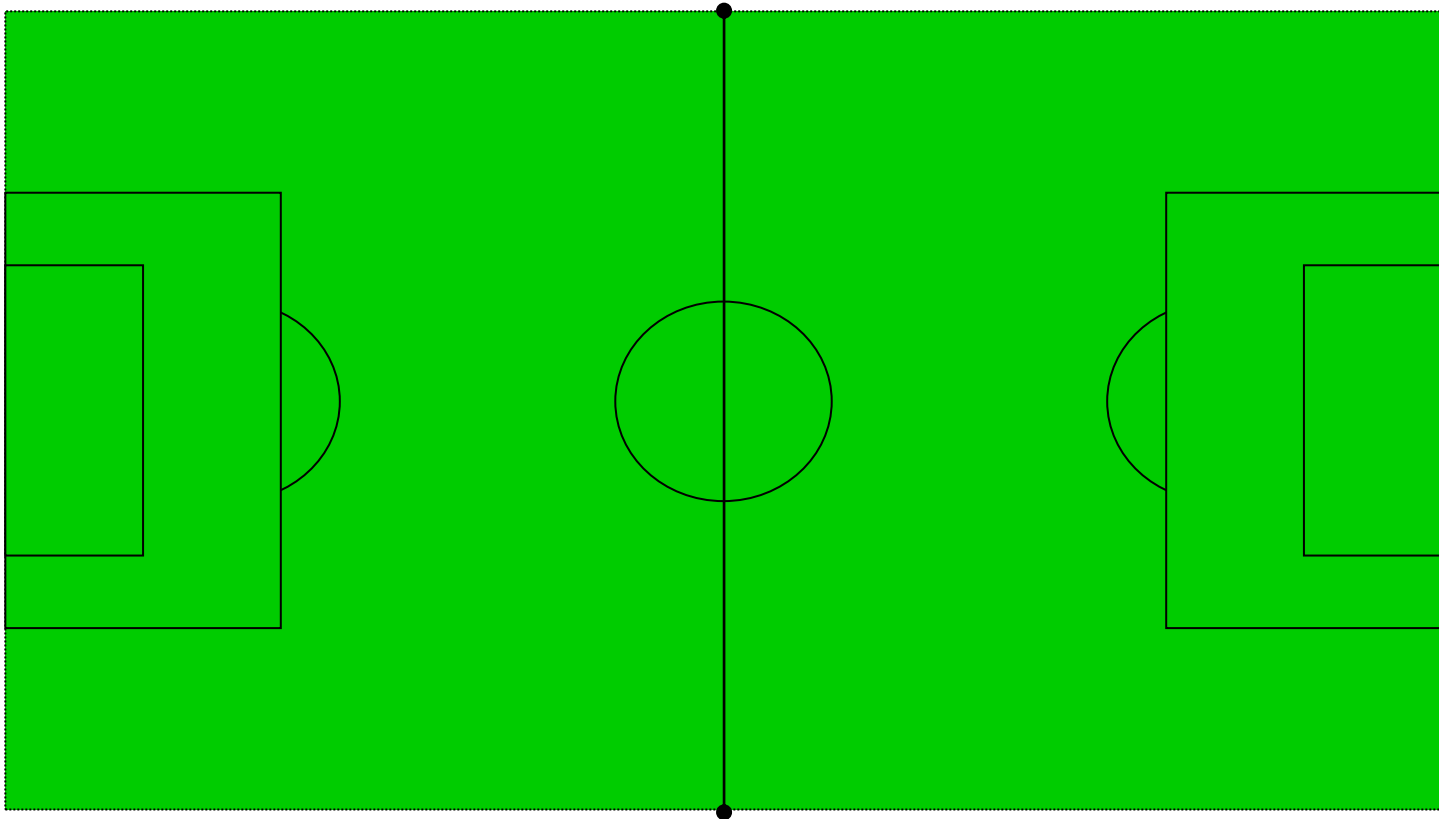
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





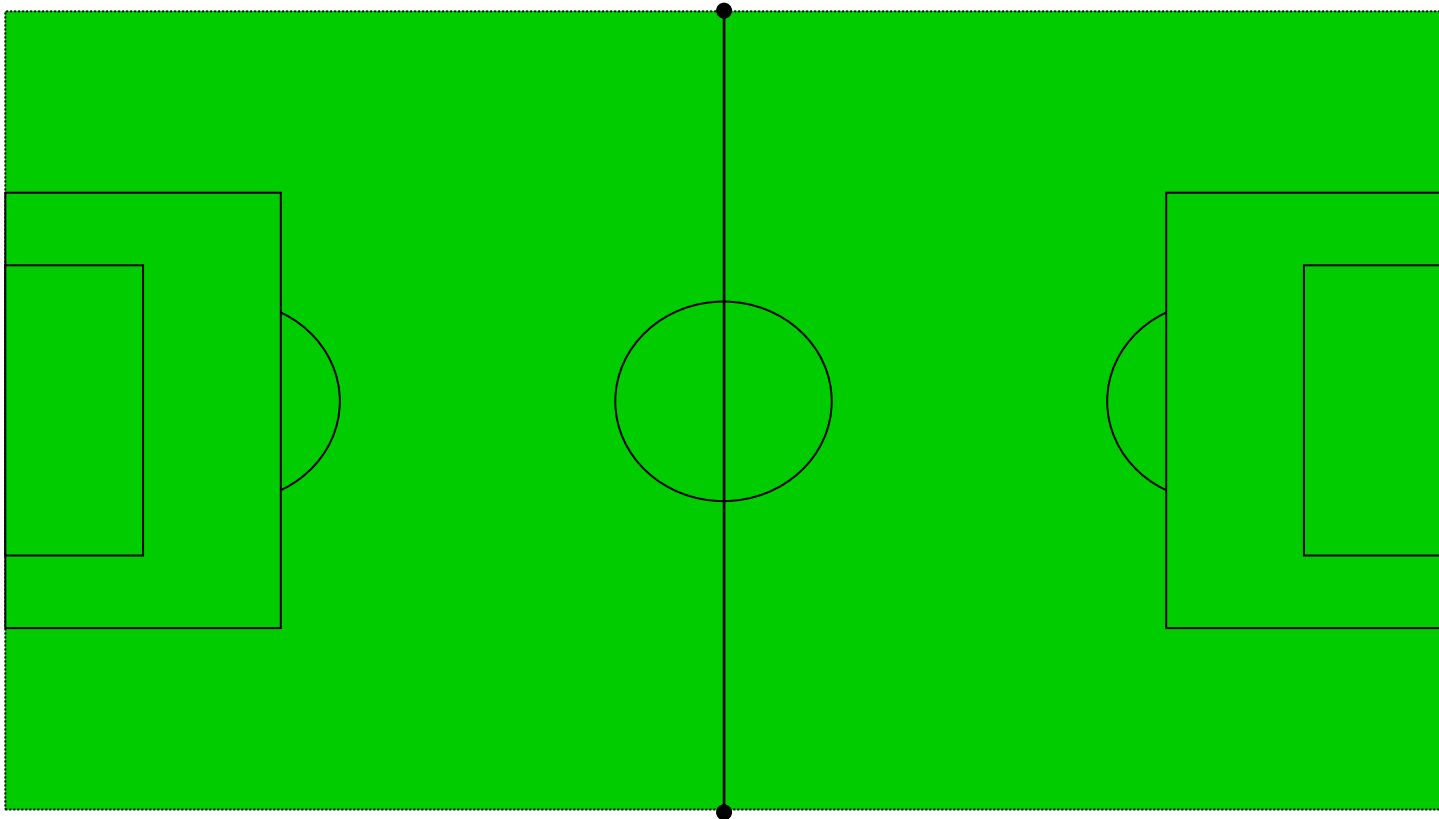
Tactical Training Game

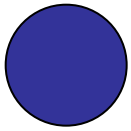
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

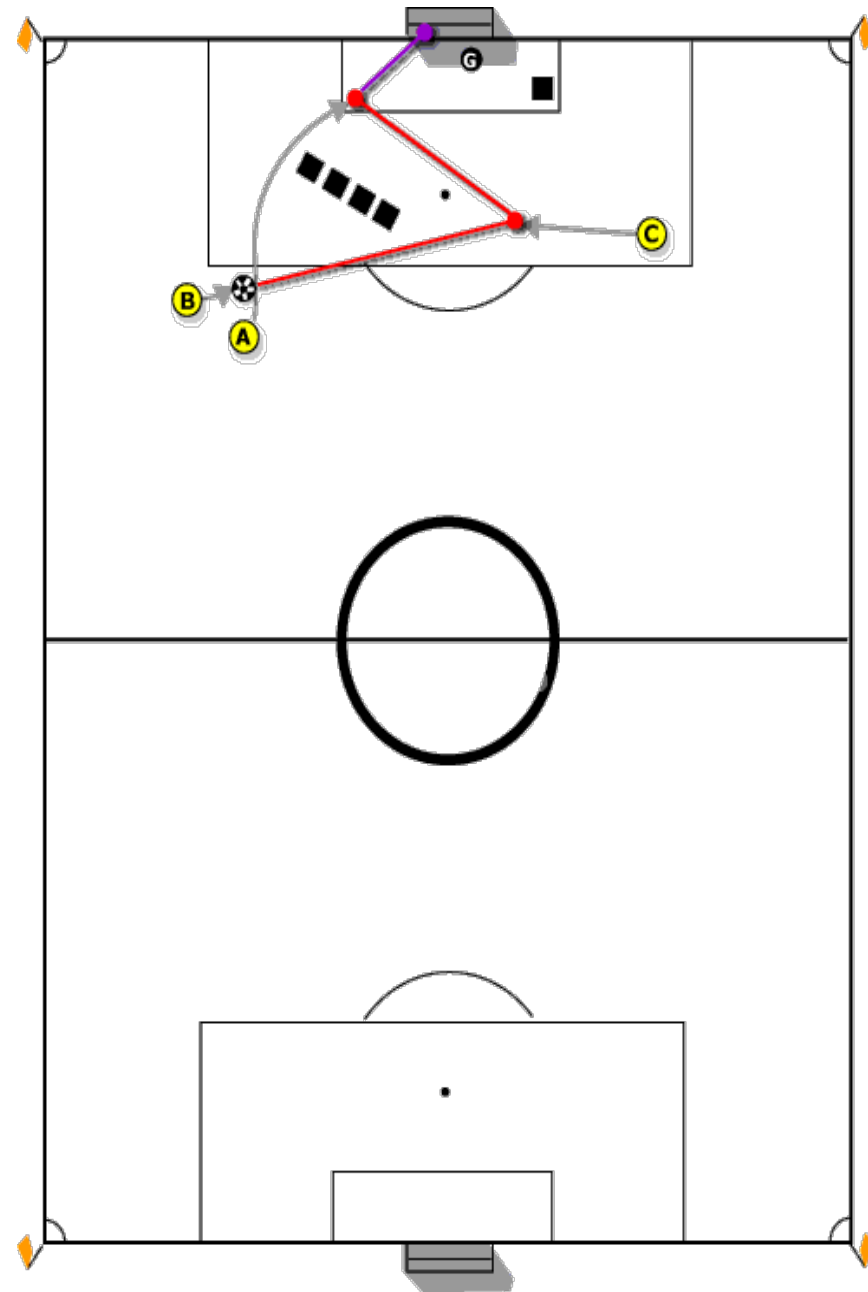


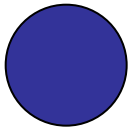


Set Pieces - Free Kicks

Going Around the Wall

- This set piece involves 3 players with other midfielders and forwards present looking for rebounds. It is intended primarily for Indirect kicks (but works just as well for Direct kicks) in or near the penalty box.
- Offence: Players A and B line up as if both are ready to take the kick. Player C is near the far corner of the box. On a set cue, either raising a hand or yelling out a number, A moves to the ball as if taking the shot but instead steps over the ball and continues to the near post side of the wall. At the same time, C begins a sprint toward the far-post end of the wall. B approaches the ball and makes a firm pass to B who then one-touches it to A, who by this time is just behind the wall and takes a one-touch shot on goal.
- Note: B also has the choice of shooting on goal if the wall 'falls-apart' by the deception of A.
- B also has the option of turning and shooting if there is a viable lane, but the centre of the box will most likely be clogged with defenders. The real trick to this piece is the firm, controllable passes. They must be quick and on-target. This is a game-winning piece that works well with practice, practice, practice.
- Defence: The trick to defending this piece is getting the wall in place very quickly and not letting the initial fake pull the wall apart. The near-post defender will have a tendency to peel off to mark A, thus shortening the wall and leaving a possible near-post shot on goal by B.

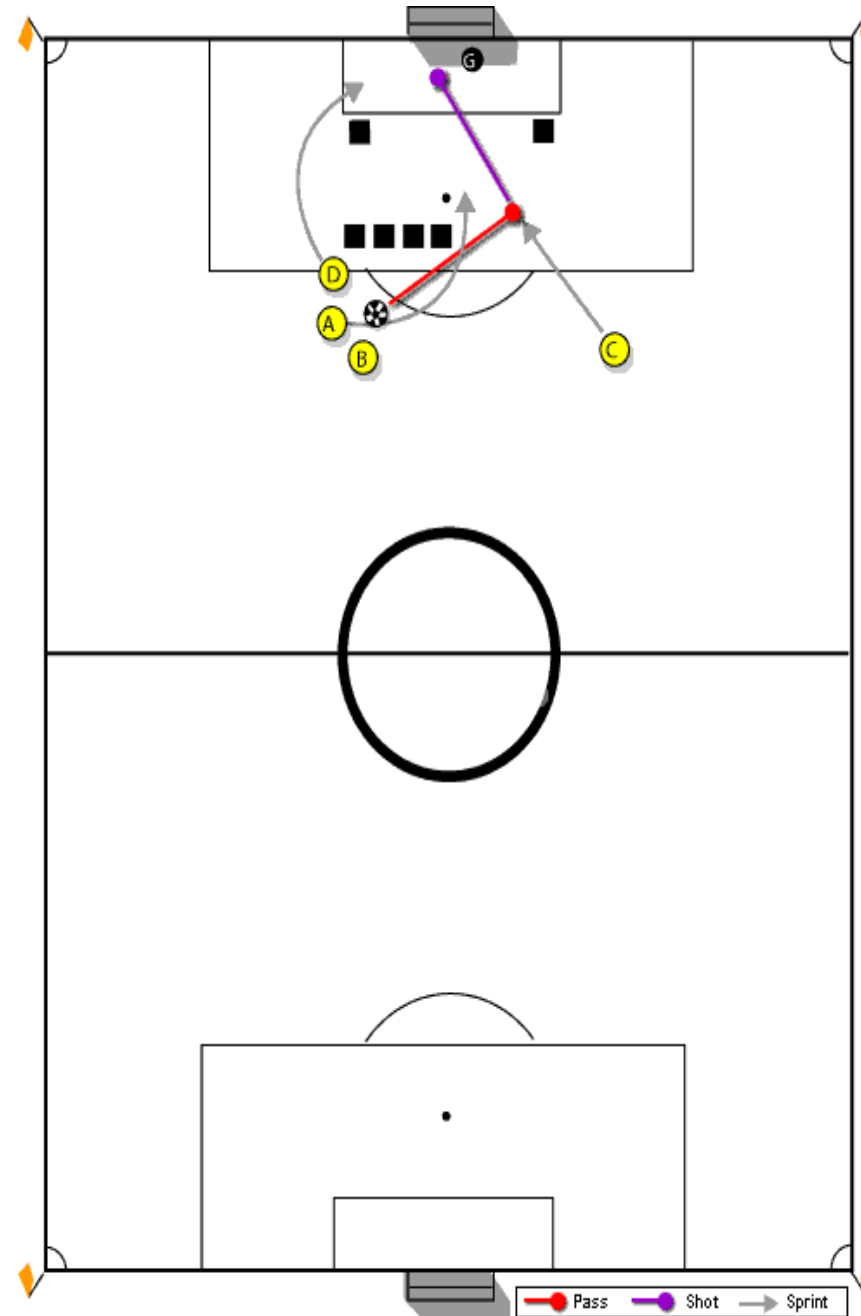


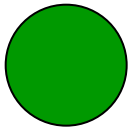


Set Pieces - Free Kicks

Angles on the Wall

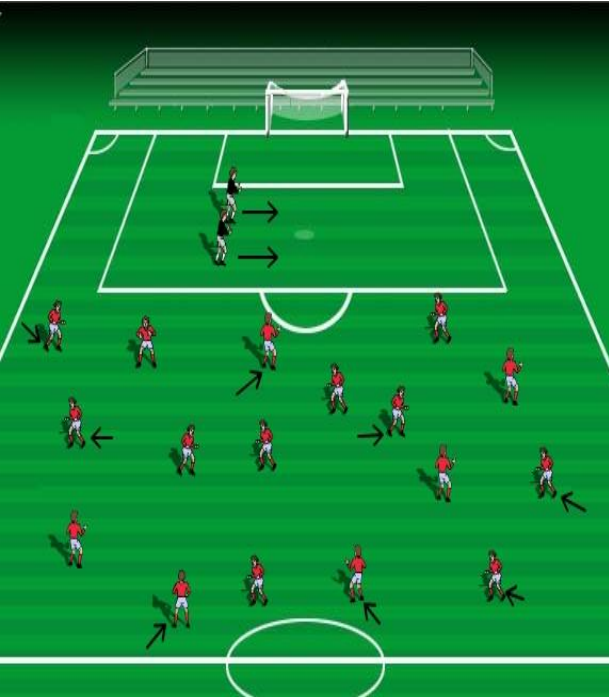
- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- Offence :** Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- Defence :** Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.





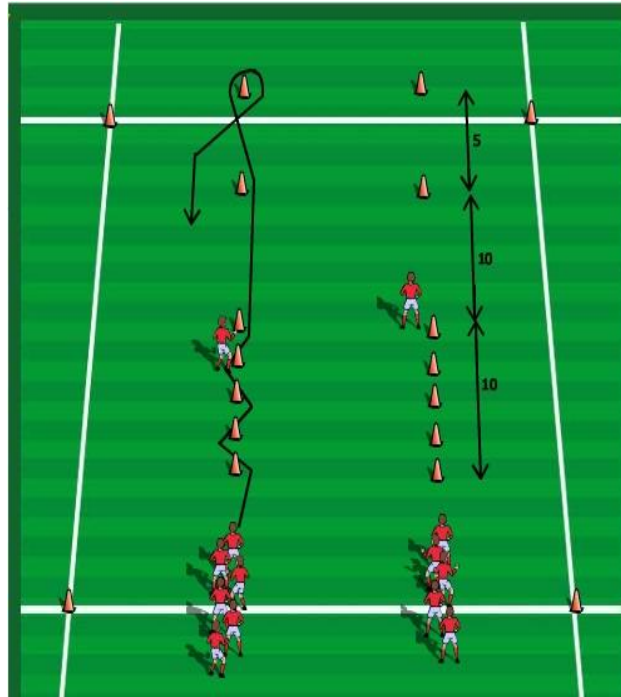
MATCH DAY

Match Day Warm Up



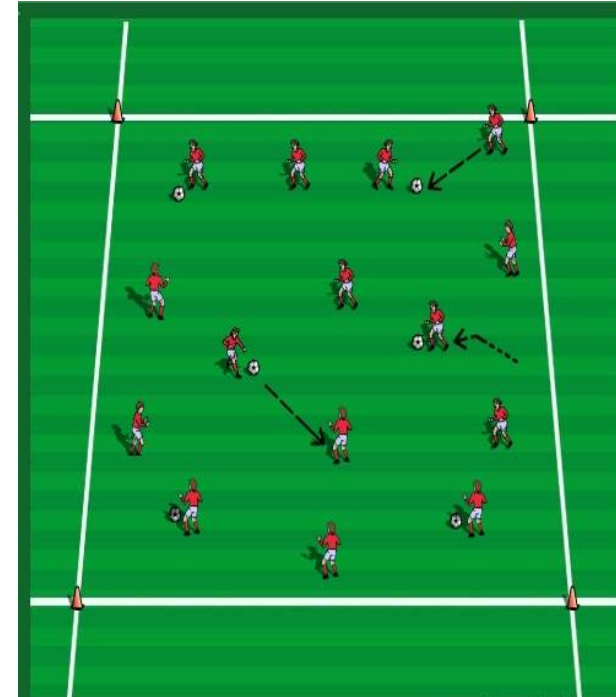
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



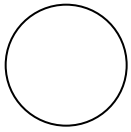
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Attacking Free Kicks & Defending Attacking Free Kicks	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Attacking Free Kicks & Defending Attacking Free Kicks Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Cool Down Recovery	Rest & Recovery



IN-SEASON

WEEK 11 DAY 1

**Attacking Free Kicks
&
Defending Attacking
Free Kicks**



Attacking Free Kicks

- Organisation :
- 1 Goalkeeper - 10 players
- Direct and Indirect Plays
- Delivery
- Starting Positions
- Movement
- Balance

Mental Qualities

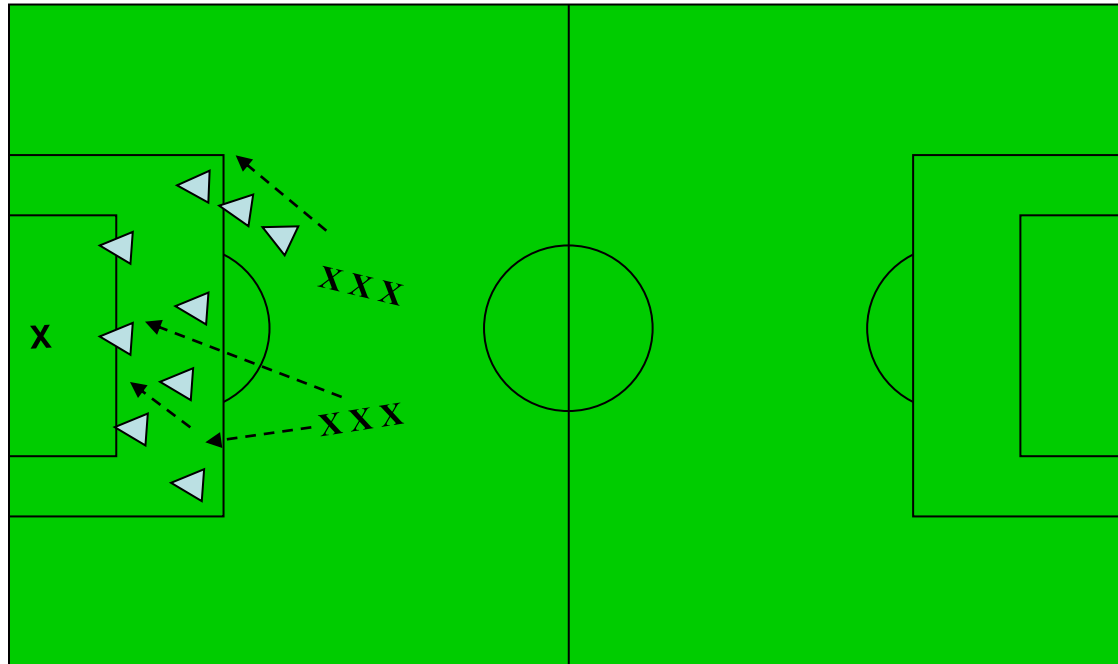
Discipline - Concentration-Alertness-Determination-
Read the Delivery-Anticipate
Movements/Deflections.

When does attacking commence

Where does attacking commence

How does attacking commence

What is involved in attacking





Defending Attacking Free Kicks

- Organisation :
- 1 Goalkeeper - 10 players
- Direct and Indirect Plays
- Organisation
- Marking space marking men
- Walls
- Second contact / Covering / Balance

Mental Qualities

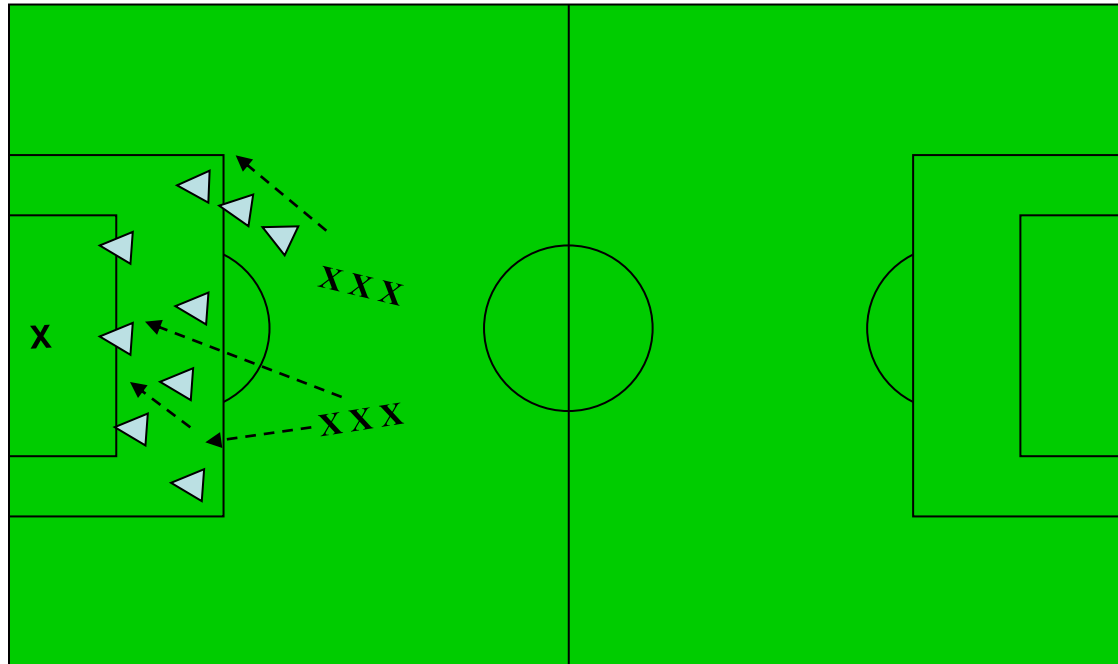
Discipline - Concentration - Alertness - Determination -
Read the Delivery - Anticipate
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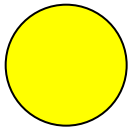
Marking Space

Marking Men

Balance

First Contact

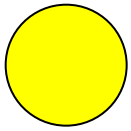




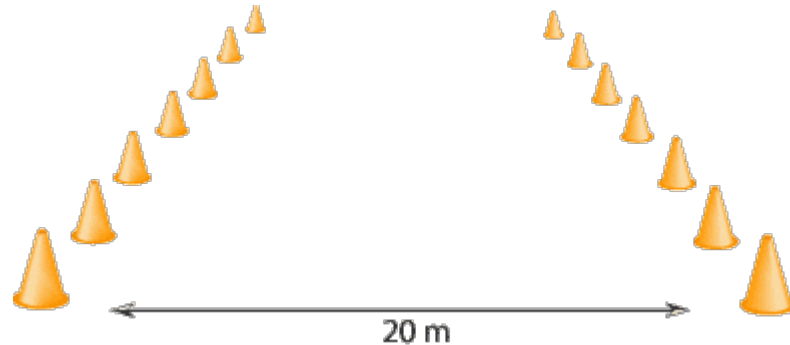
IN-SEASON

WEEK 11 DAY 2

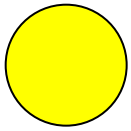
FITNESS TESTING



BLEEP TEST



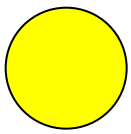
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



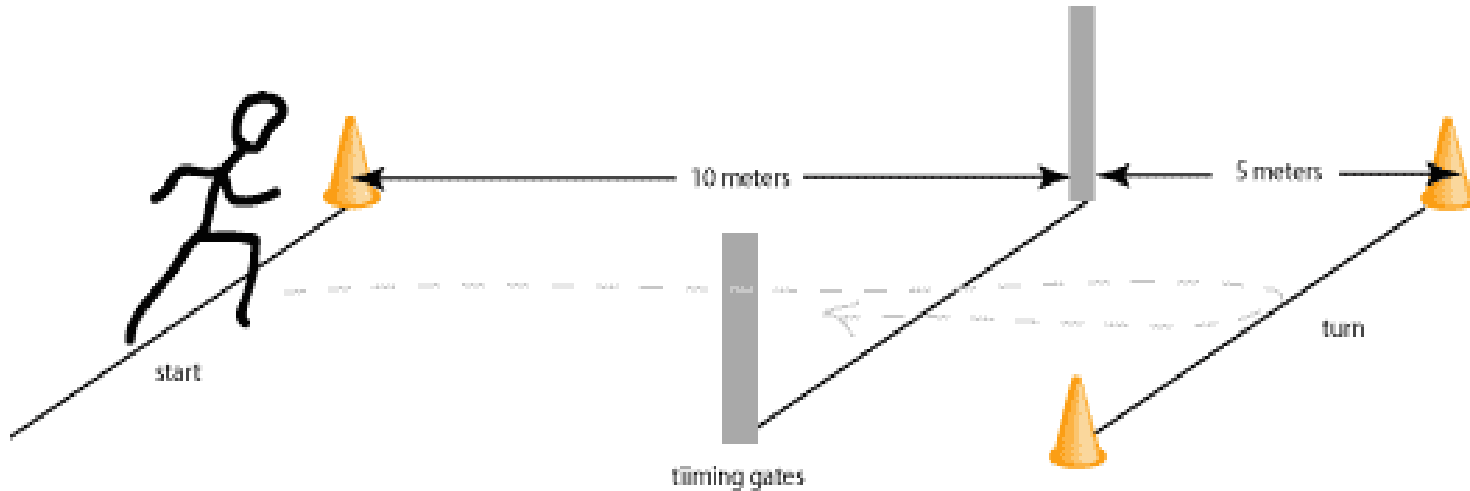
SPRINT TEST



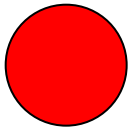
- **Description / Procedure :** The purpose of this test is to determine maximum running speed. It involves running a single maximum sprint over a set distance, with time recorded. The test is conducted over different distances, such as 10, 20, 40 and/or 50 meters or yards, depending on the sport and 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.



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



IN-SEASON

WEEK 11 DAY 3

**Attacking Free Kicks
&
Defending Attacking
Free Kicks**



Attacking Free Kicks

- Organisation :
- 1 Goalkeeper - 10 players
- Direct and Indirect Plays
- Delivery
- Starting Positions
- Movement
- Balance

Mental Qualities

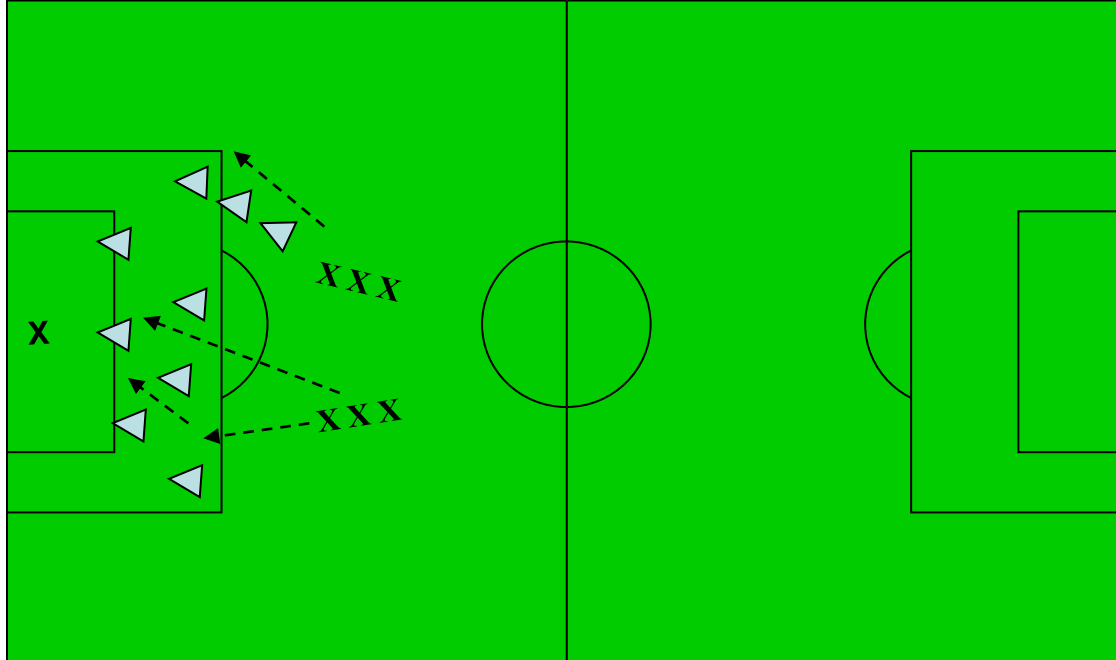
Discipline - Concentration-Alertness-Determination-
Read the Delivery-Anticipate
Movements/Deflections.

When does attacking commence

Where does attacking commence

How does attacking commence

What is involved in attacking





Defending Attacking Free Kicks

- Organisation :
- 1 Goalkeeper - 10 players
- Direct and Indirect Plays
- Organisation
- Marking space marking men
- Walls
- Second contact / Covering / Balance

Mental Qualities

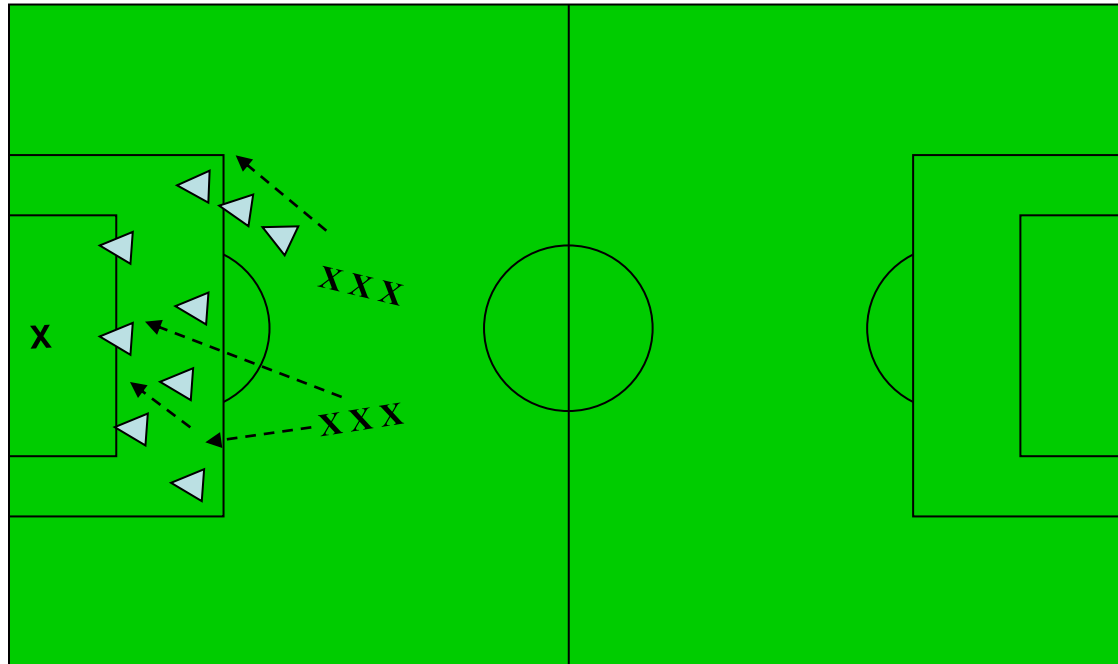
Discipline - Concentration - Alertness - Determination -
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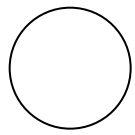
Marking Space

Marking Men

Balance

First Contact





IN-SEASON

WEEK 11 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 11
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 11 DAY 5

Tactical Training Game



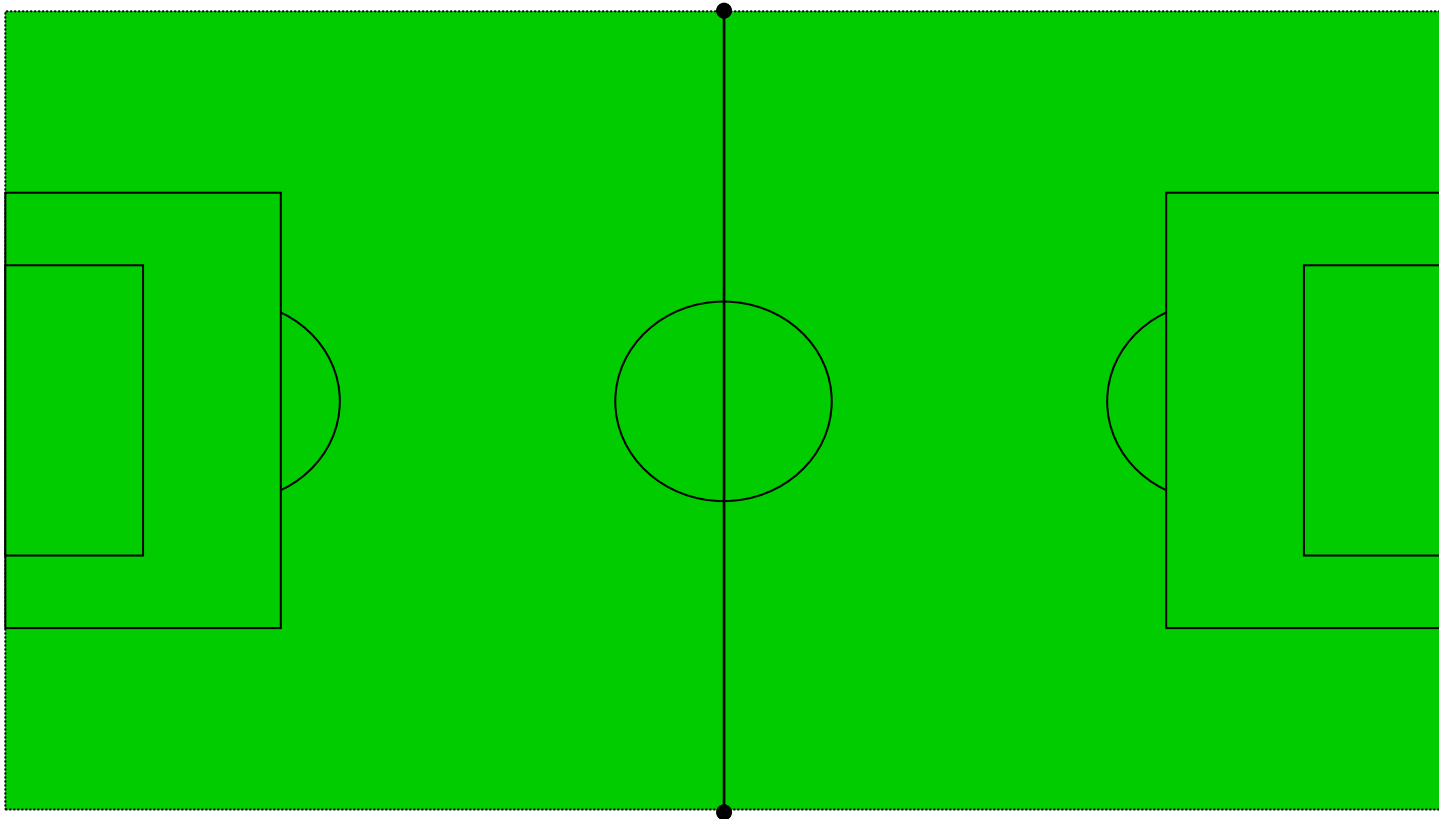
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





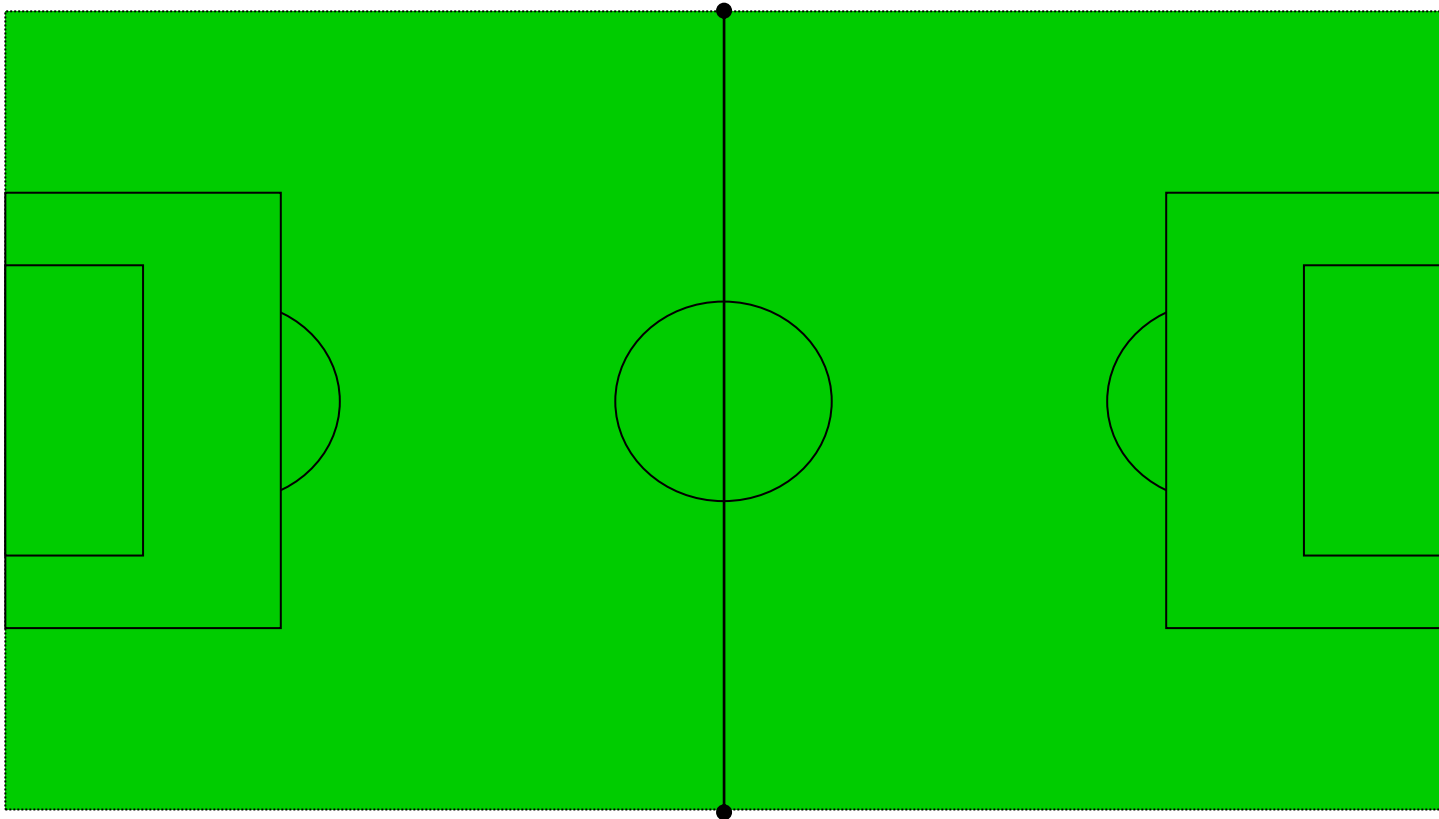
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





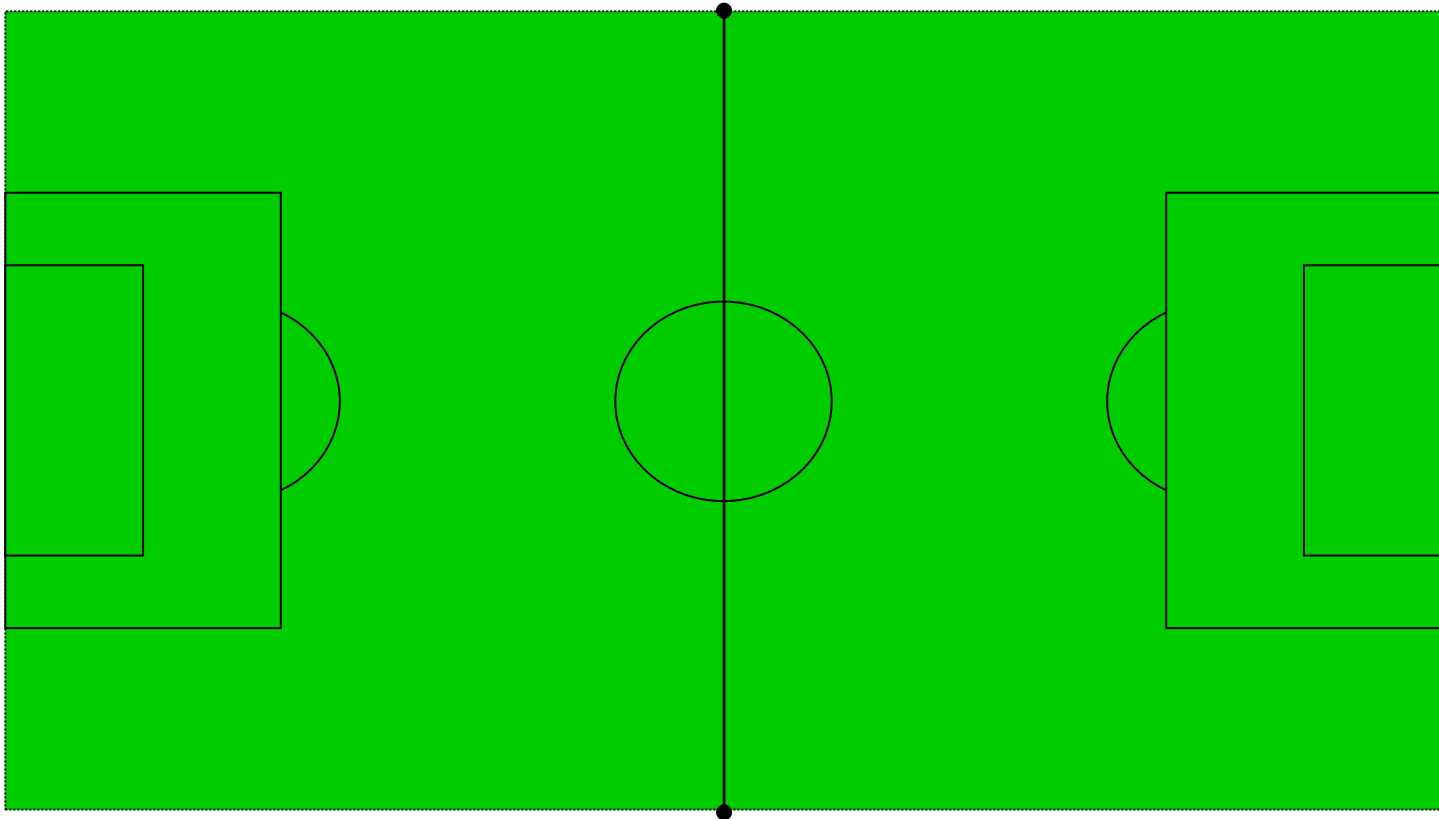
Tactical Training Game

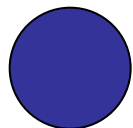
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

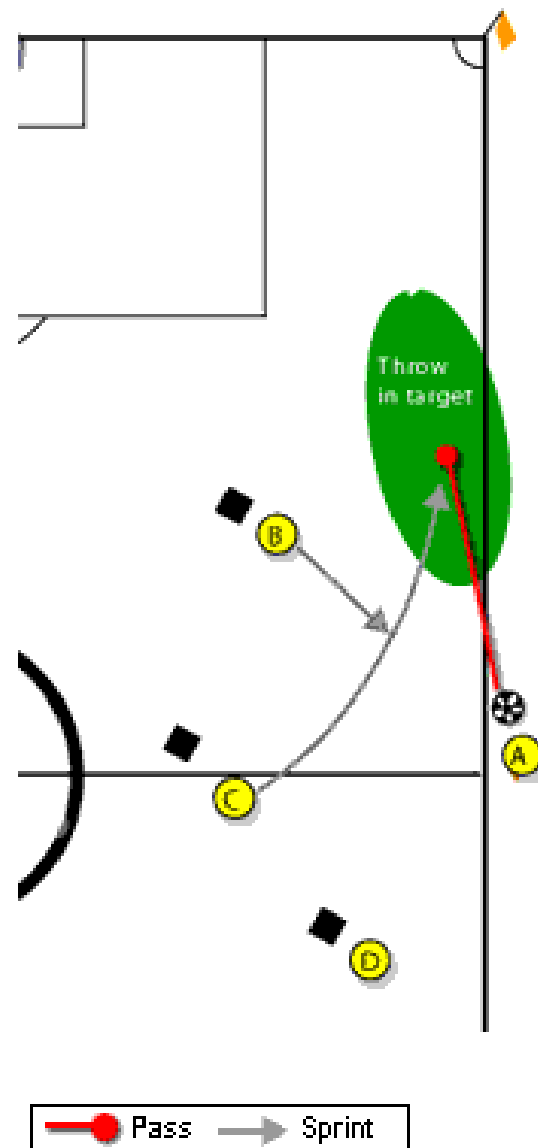


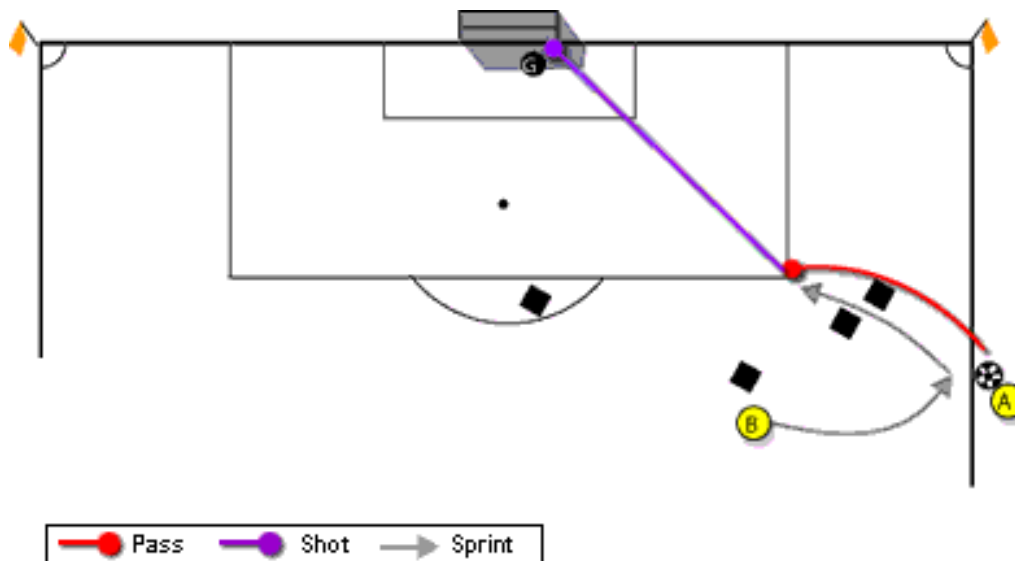
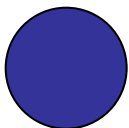


Set Pieces – Throw In

Clearing Some Grass

- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !

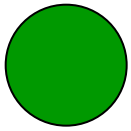




Set Pieces – Throw In

Fake Out

- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.



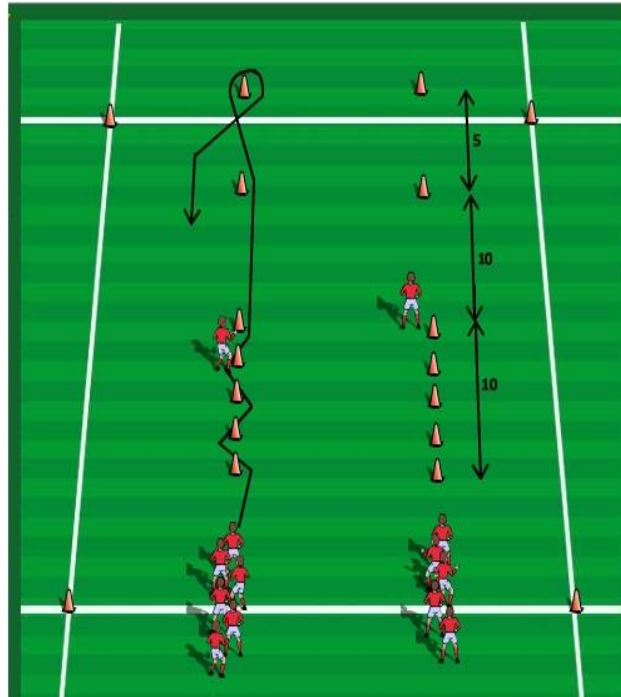
MATCH DAY

Match Day Warm Up



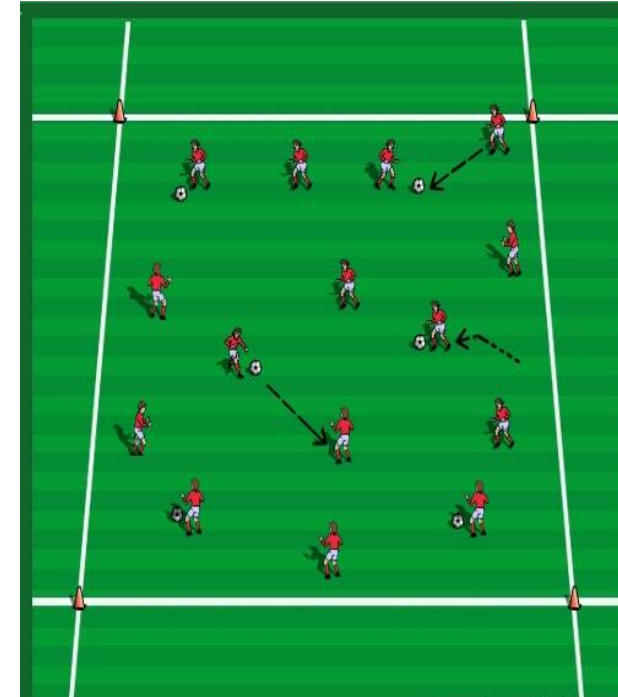
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



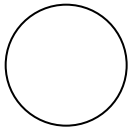
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 12

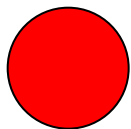
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Coach Switching the Point of Attack	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Coach Switching the Point of Attack Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Free kicks Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 12 DAY 1

**Coach Switching the
Point of Attack**



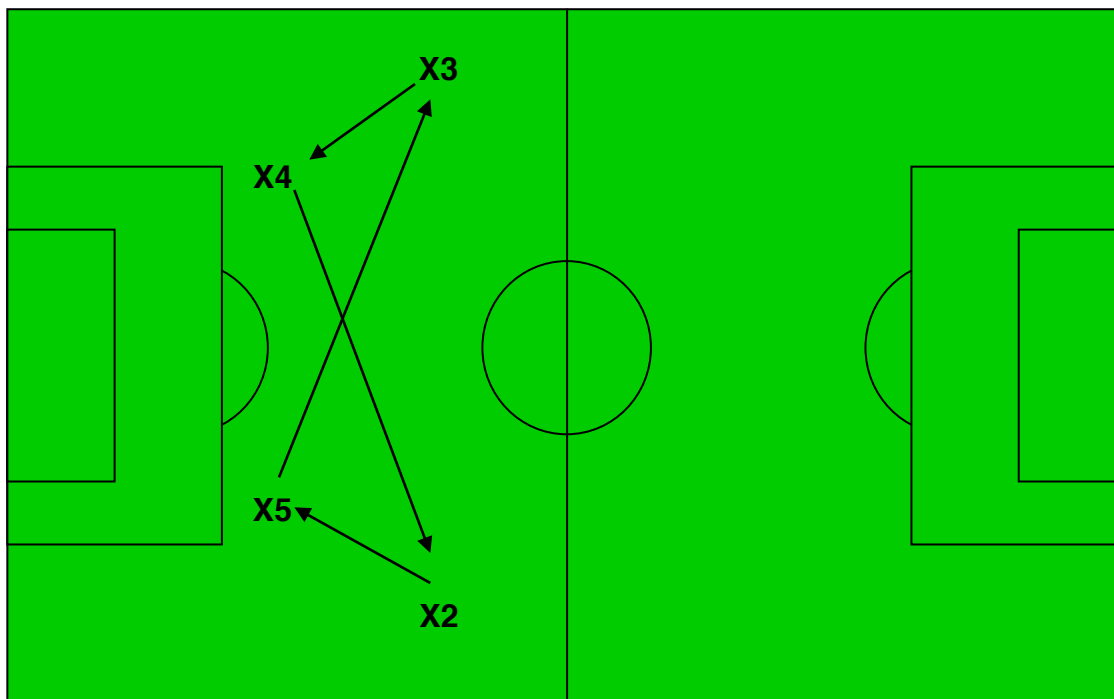
Coach Switching the Point of Attack

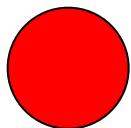
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- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

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Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball.





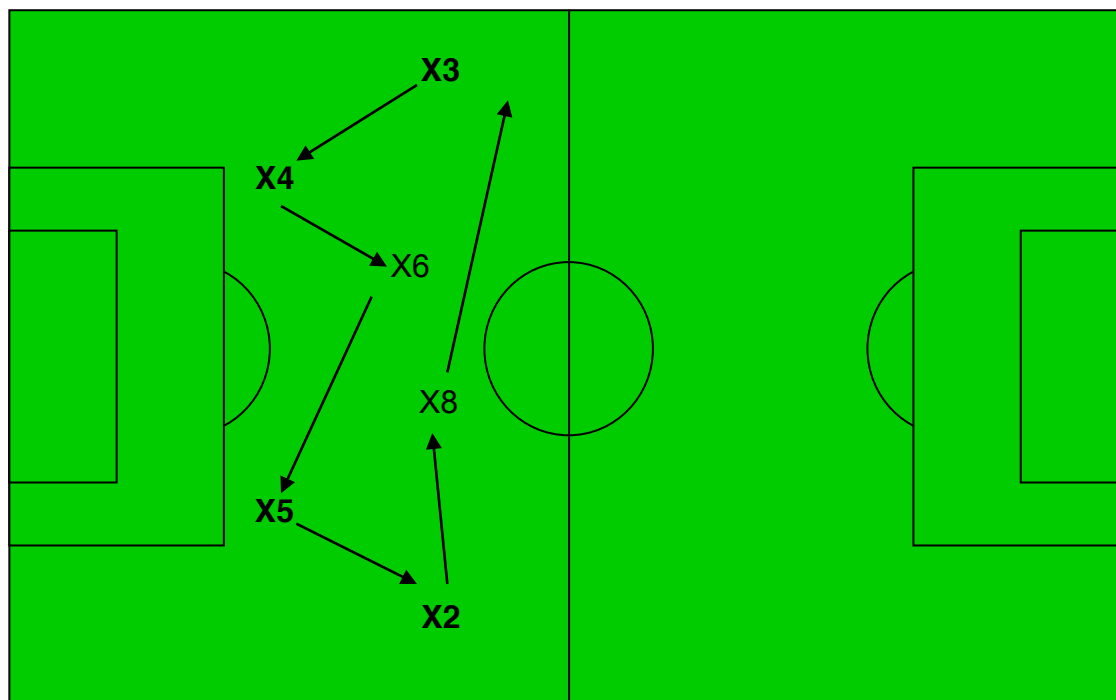
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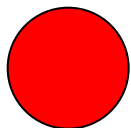
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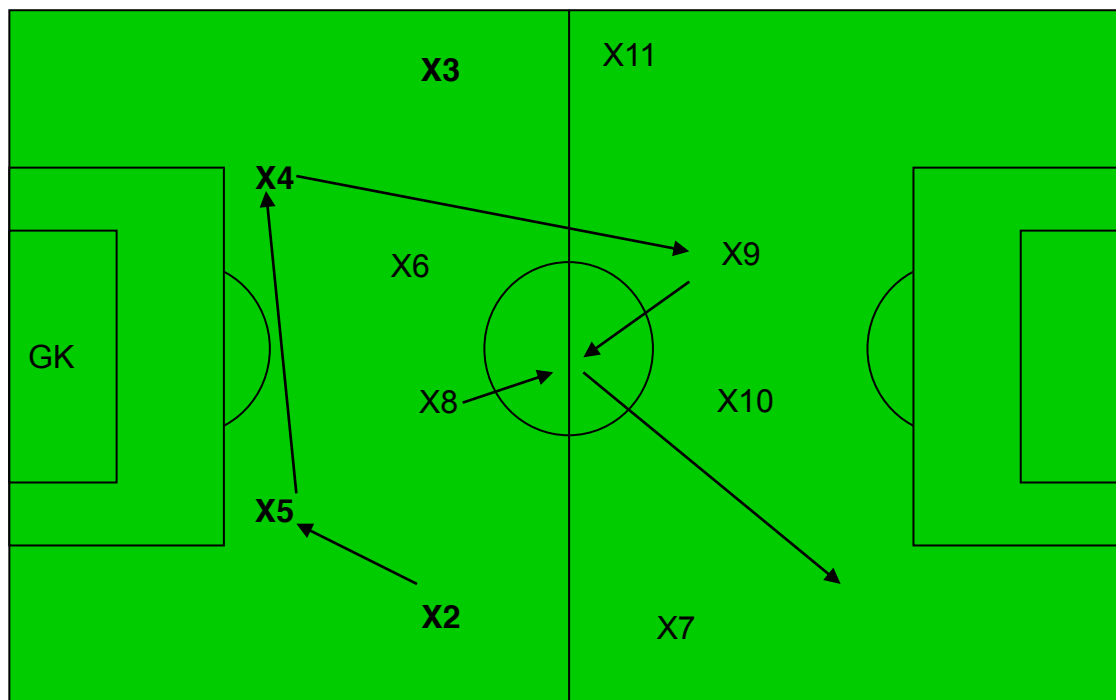
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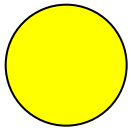
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Progress to 11 Vs 11.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.

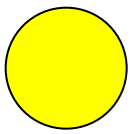




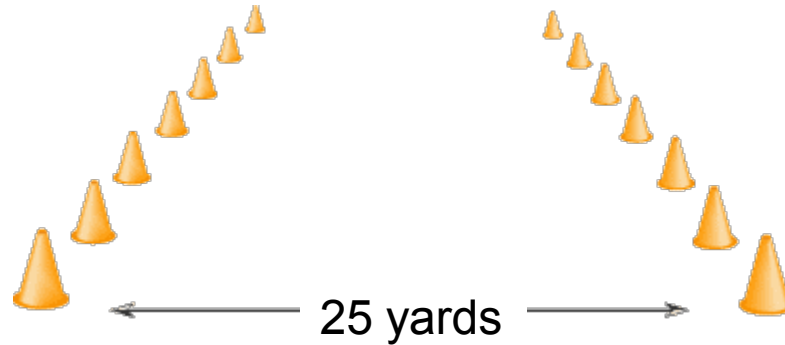
IN-SEASON

WEEK 12 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

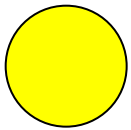
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

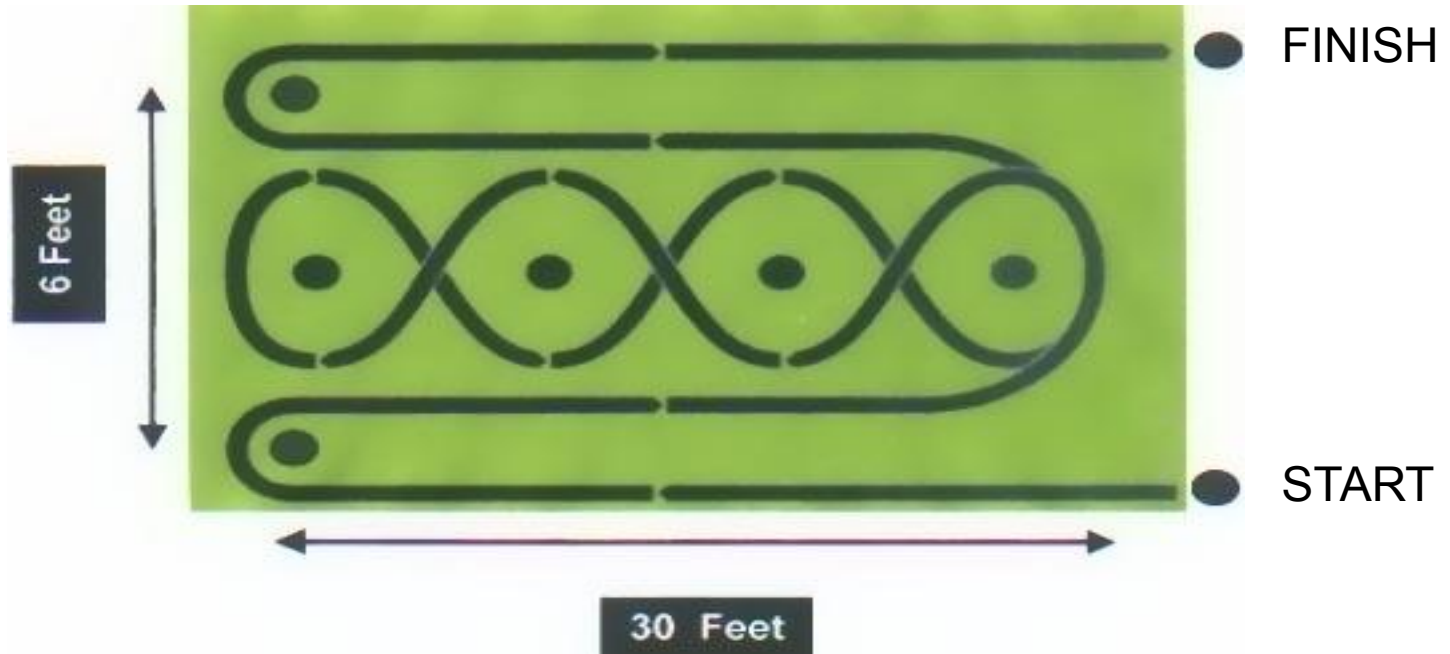
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



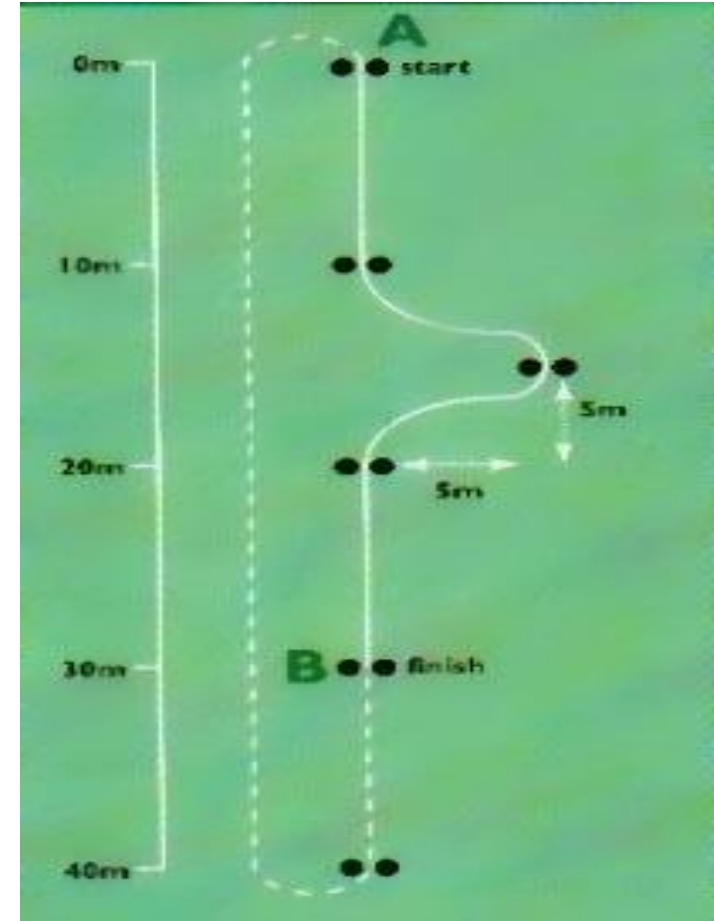
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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).



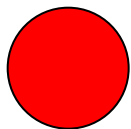
Power Maintenance		
Level	Category	% Top Speed Maintained
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%



IN-SEASON

WEEK 12 DAY 3

**Coach Switching the
Point of Attack**



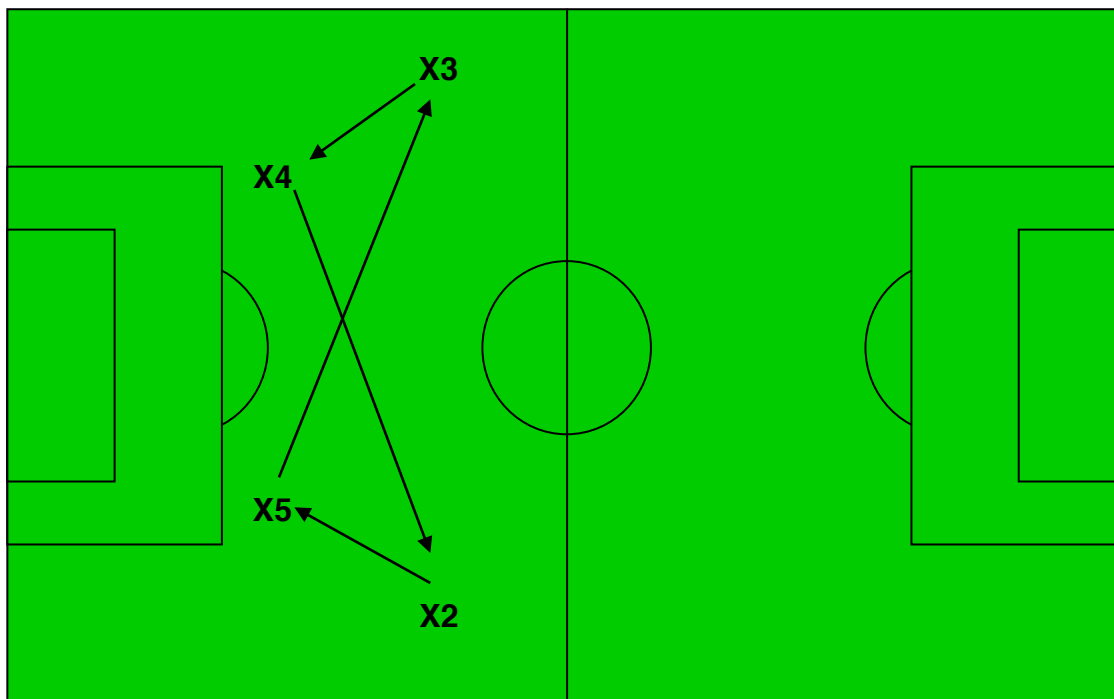
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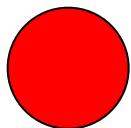
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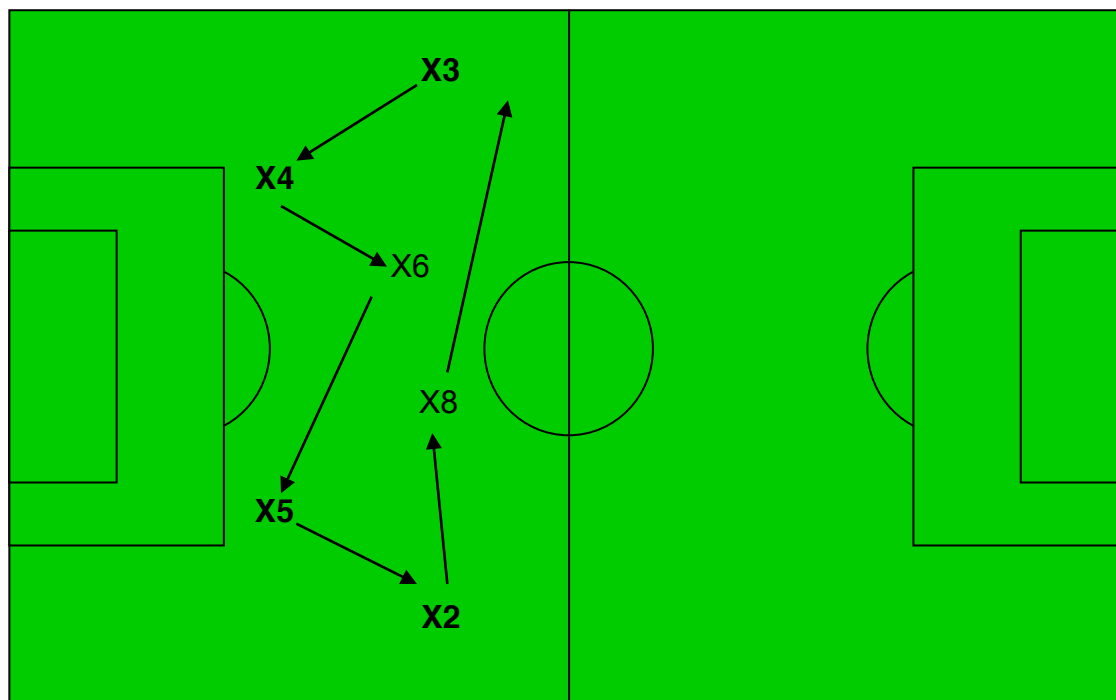
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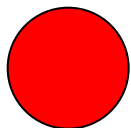
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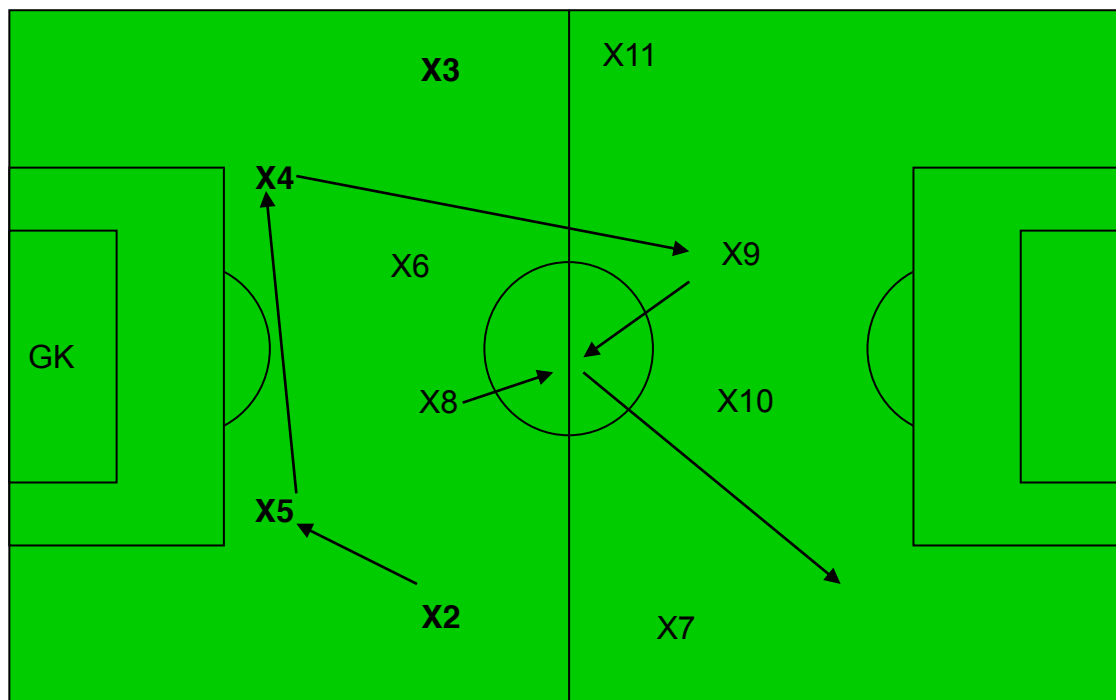
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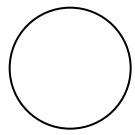
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IN-SEASON

WEEK 12 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 12
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 12 DAY 5

Tactical Training Game



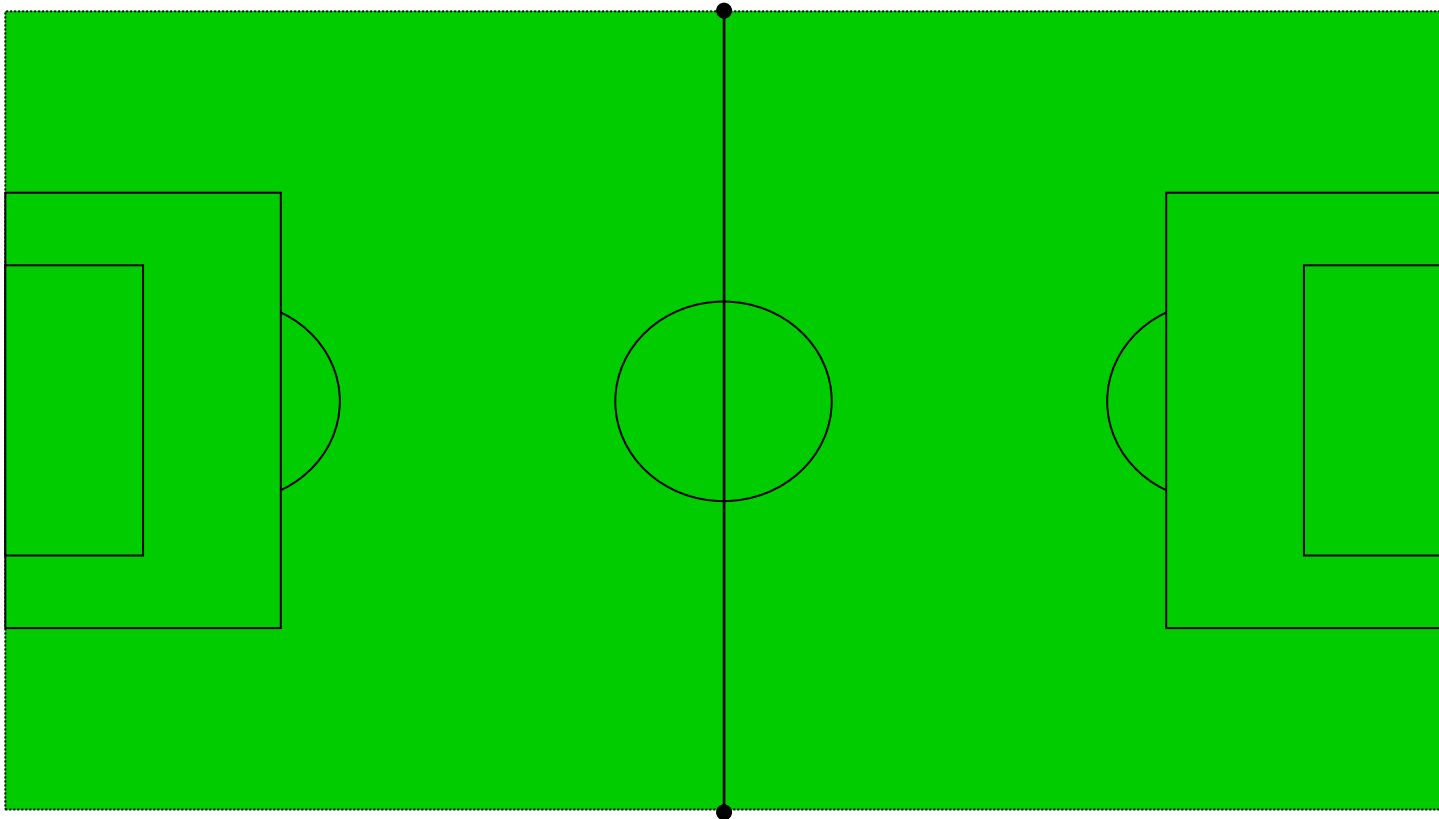
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





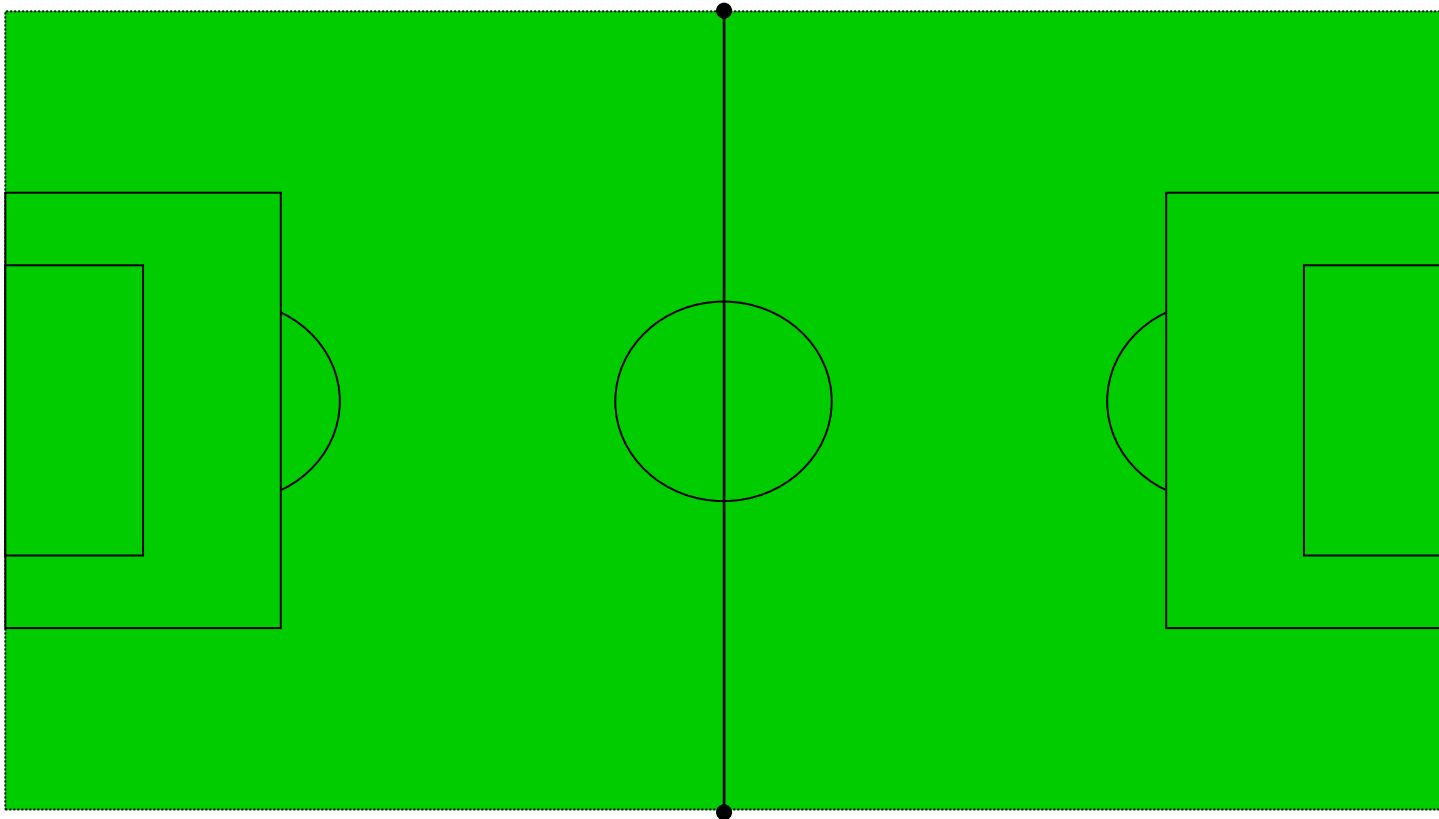
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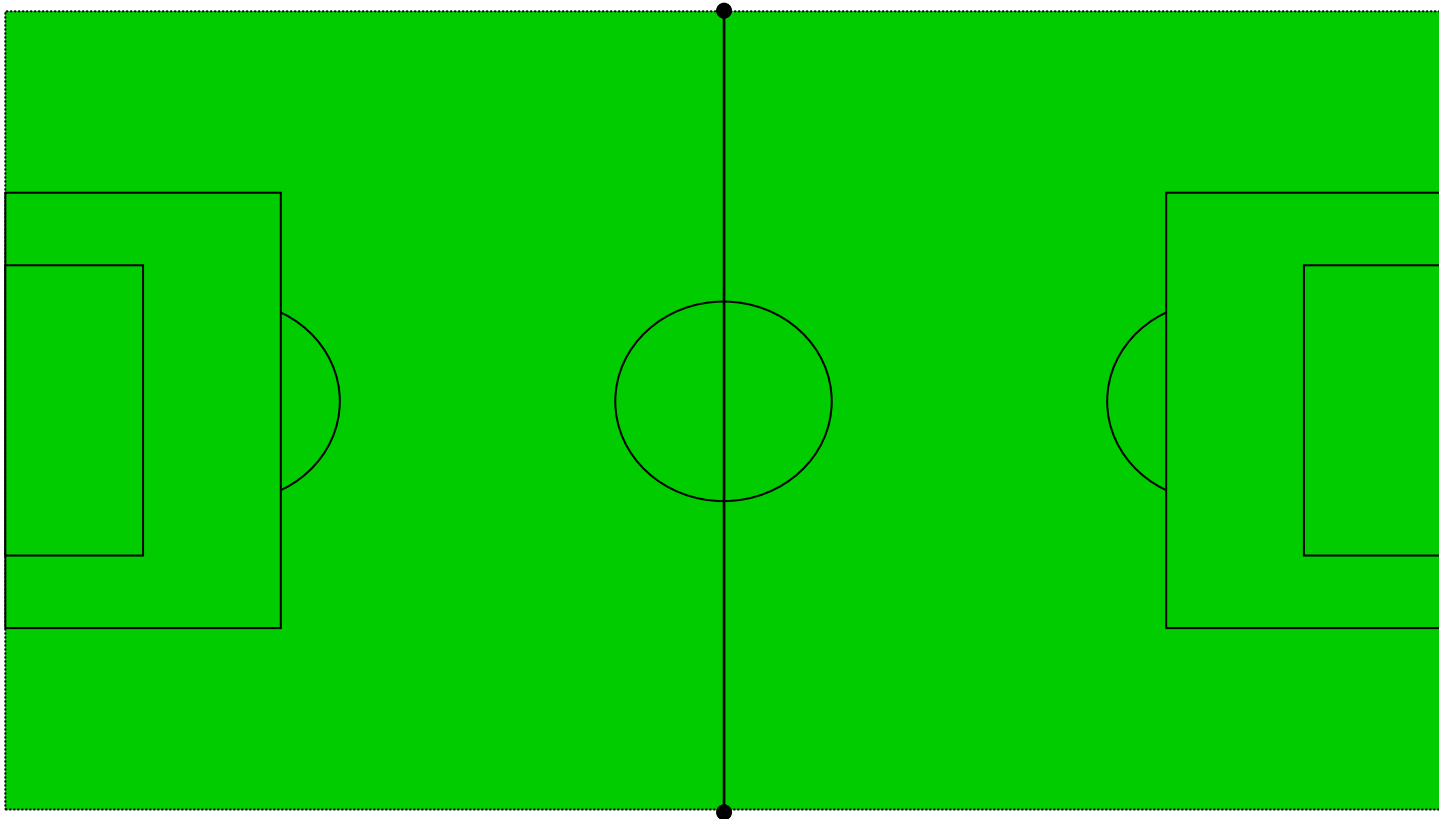
Tactical Training Game

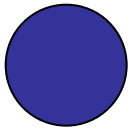
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Opposition :

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Focus on :

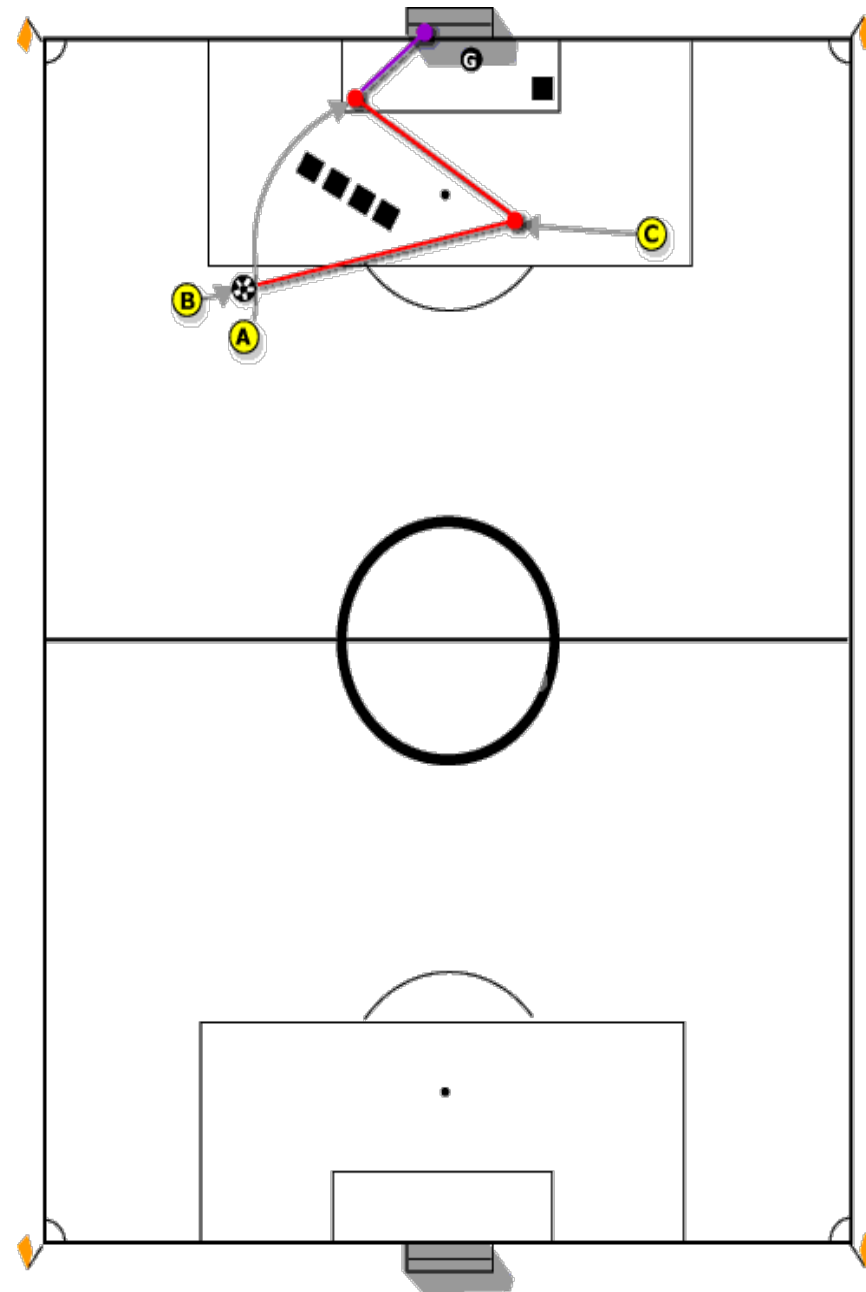


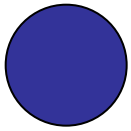


Set Pieces - Free Kicks

Going Around the Wall

- This set piece involves 3 players with other midfielders and forwards present looking for rebounds. It is intended primarily for Indirect kicks (but works just as well for Direct kicks) in or near the penalty box.
- Offence: Players A and B line up as if both are ready to take the kick. Player C is near the far corner of the box. On a set cue, either raising a hand or yelling out a number, A moves to the ball as if taking the shot but instead steps over the ball and continues to the near post side of the wall. At the same time, C begins a sprint toward the far-post end of the wall. B approaches the ball and makes a firm pass to B who then one-touches it to A, who by this time is just behind the wall and takes a one-touch shot on goal.
- Note: B also has the choice of shooting on goal if the wall 'falls-apart' by the deception of A.
- B also has the option of turning and shooting if there is a viable lane, but the centre of the box will most likely be clogged with defenders. The real trick to this piece is the firm, controllable passes. They must be quick and on-target. This is a game-winning piece that works well with practice, practice, practice.
- Defence: The trick to defending this piece is getting the wall in place very quickly and not letting the initial fake pull the wall apart. The near-post defender will have a tendency to peel off to mark A, thus shortening the wall and leaving a possible near-post shot on goal by B.

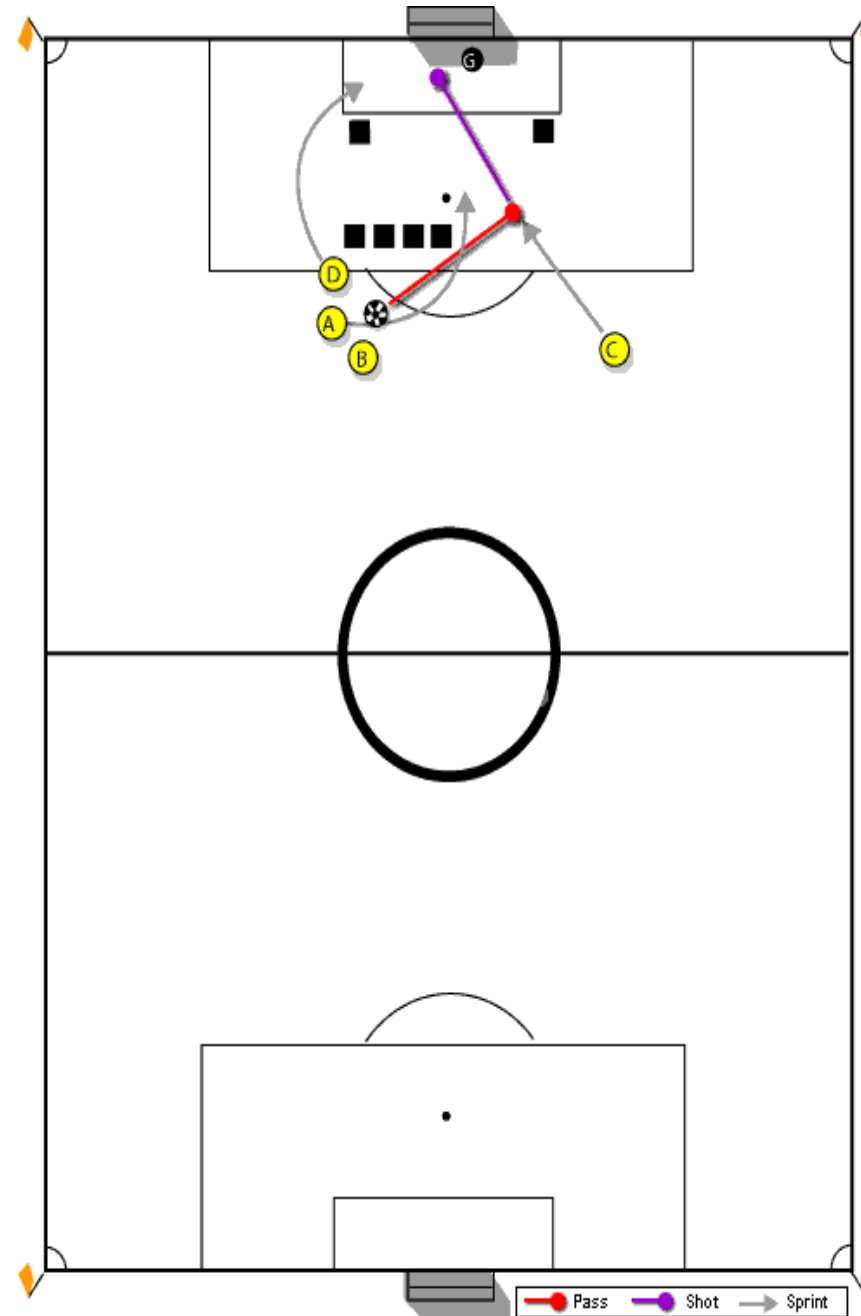


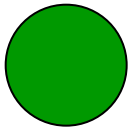


Set Pieces - Free Kicks

Angles on the Wall

- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- Offence :** Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- Defence :** Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.





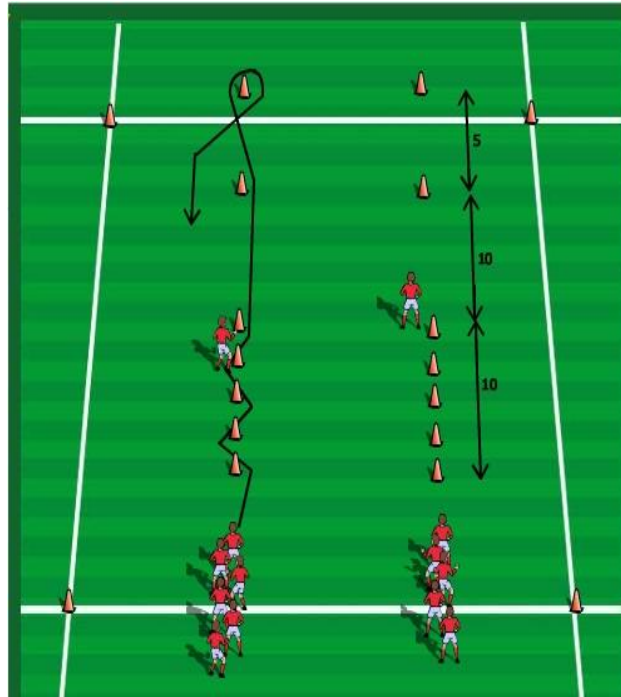
MATCH DAY

Match Day Warm Up



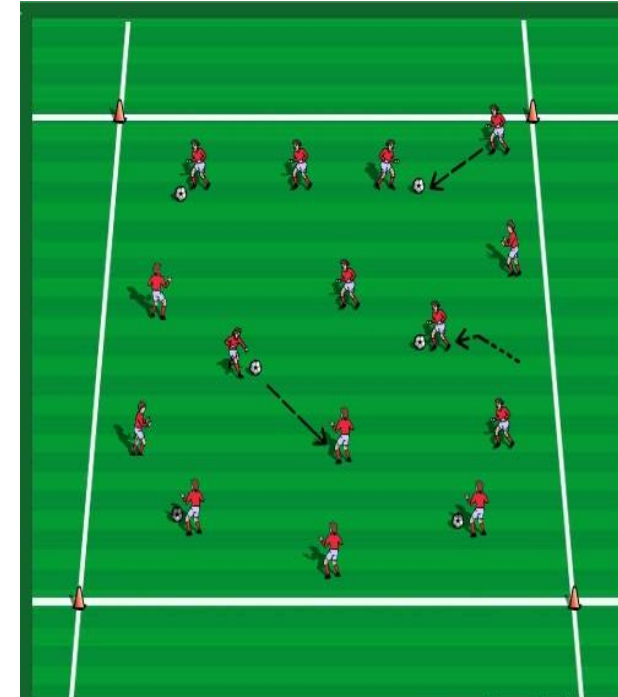
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



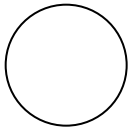
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 13

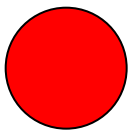
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PM	Cool Down Recovery	High Tempo Possession Games Cool Down Recovery			Set Plays Throw In's Cool Down Recovery		



IN-SEASON

WEEK 13 DAY 1

**Coach attacking Play
in a 4-3-3 formation**



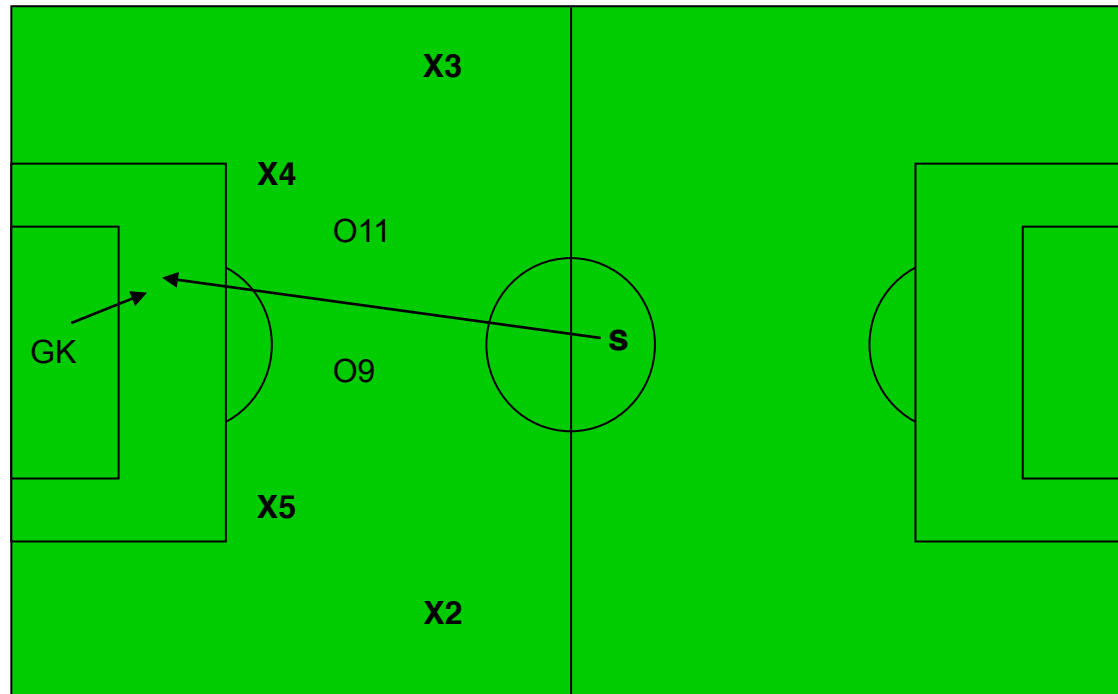
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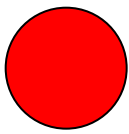
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- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Players in possession focus on making decisions to transfer the ball out of the defensive third.

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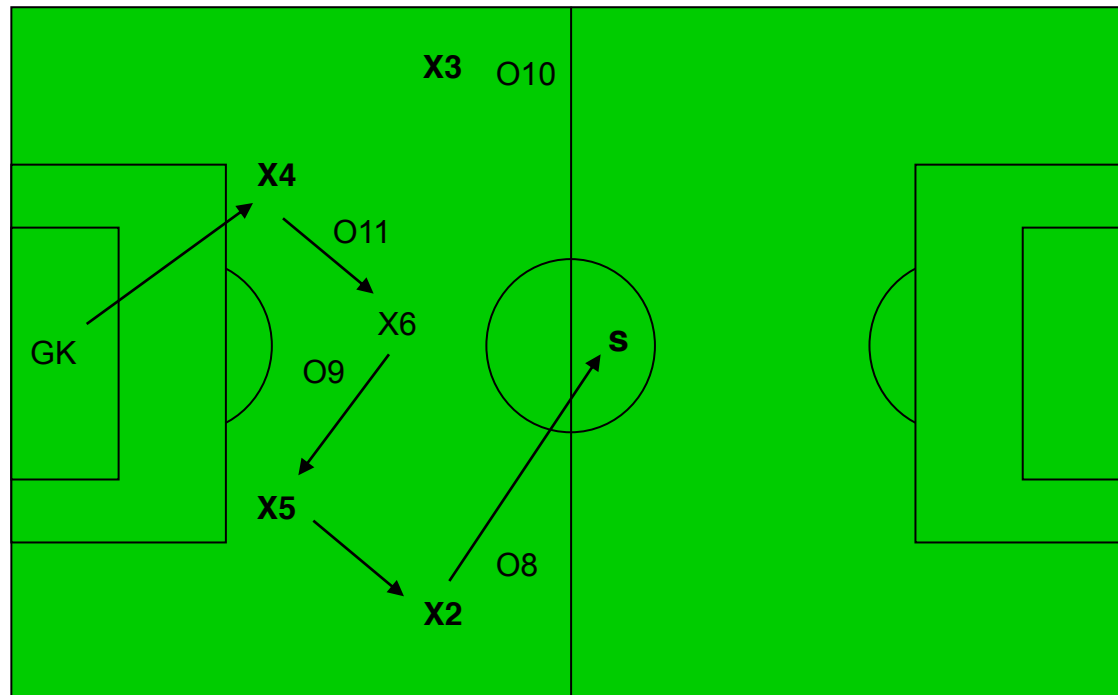
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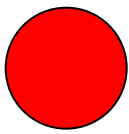
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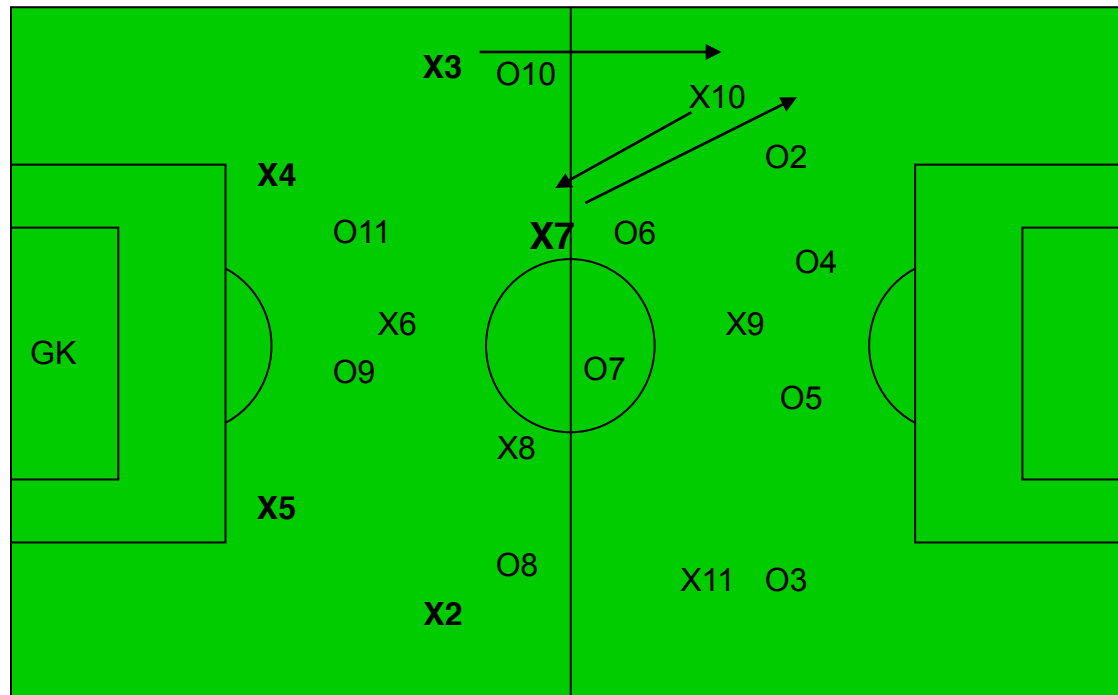


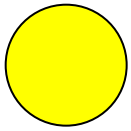
Coach attacking Play in a 4-3-3 formation

- Organisation : Developed towards 11 Vs 11 focusing on the roles and responsibilities of midfield and front three.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.

- Playing Area : Full Pitch.

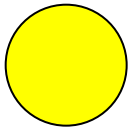




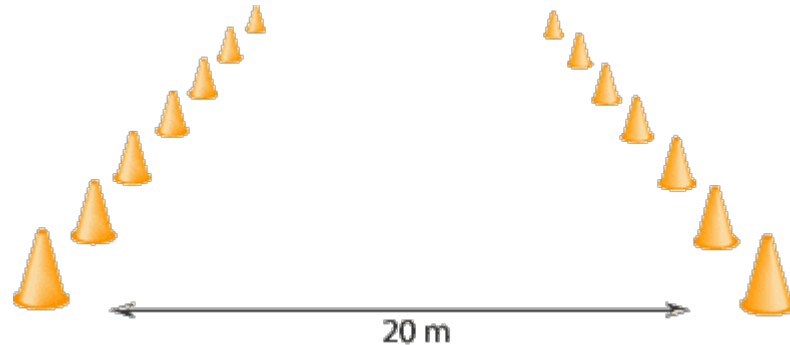
IN-SEASON

WEEK 13 DAY 2

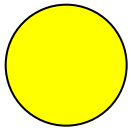
FITNESS TESTING



BLEEP TEST



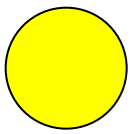
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



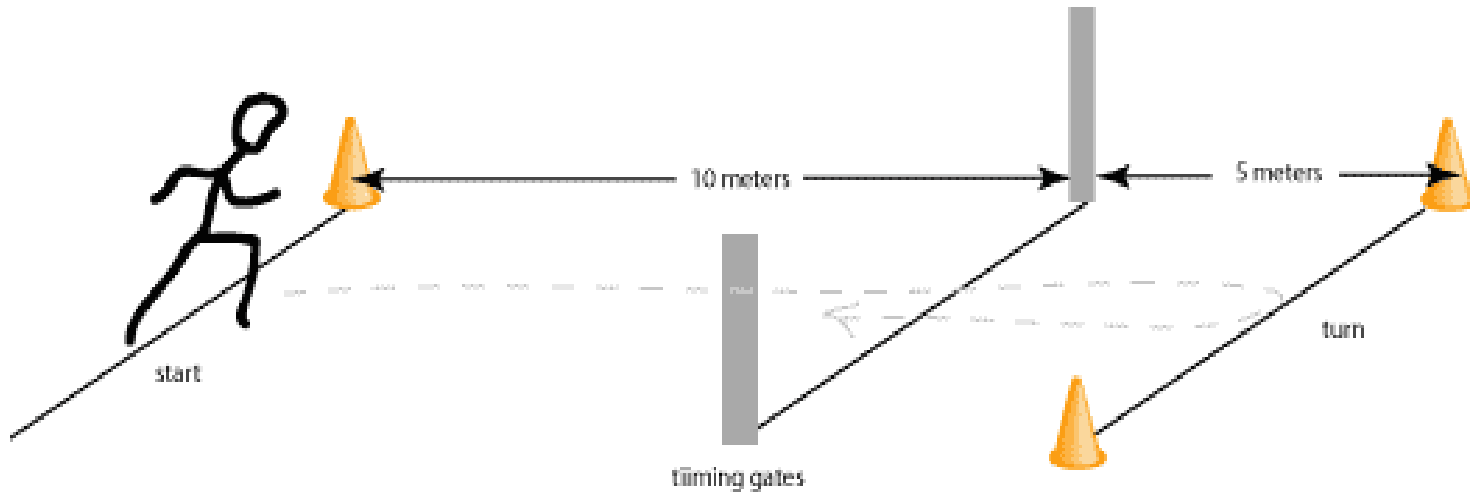
SPRINT TEST



- **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.



505 AGILITY TEST



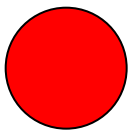
- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded 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



IN-SEASON

WEEK 13 DAY 3

**Coach attacking Play
in a 4-3-3 formation**



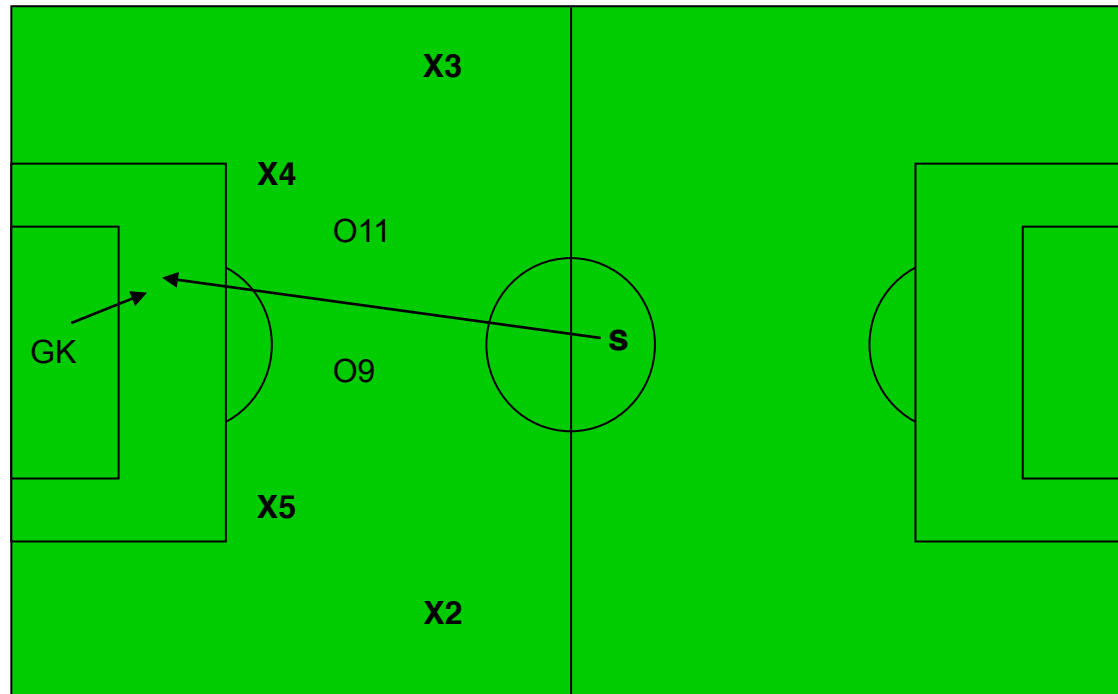
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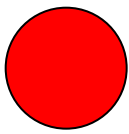
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Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.





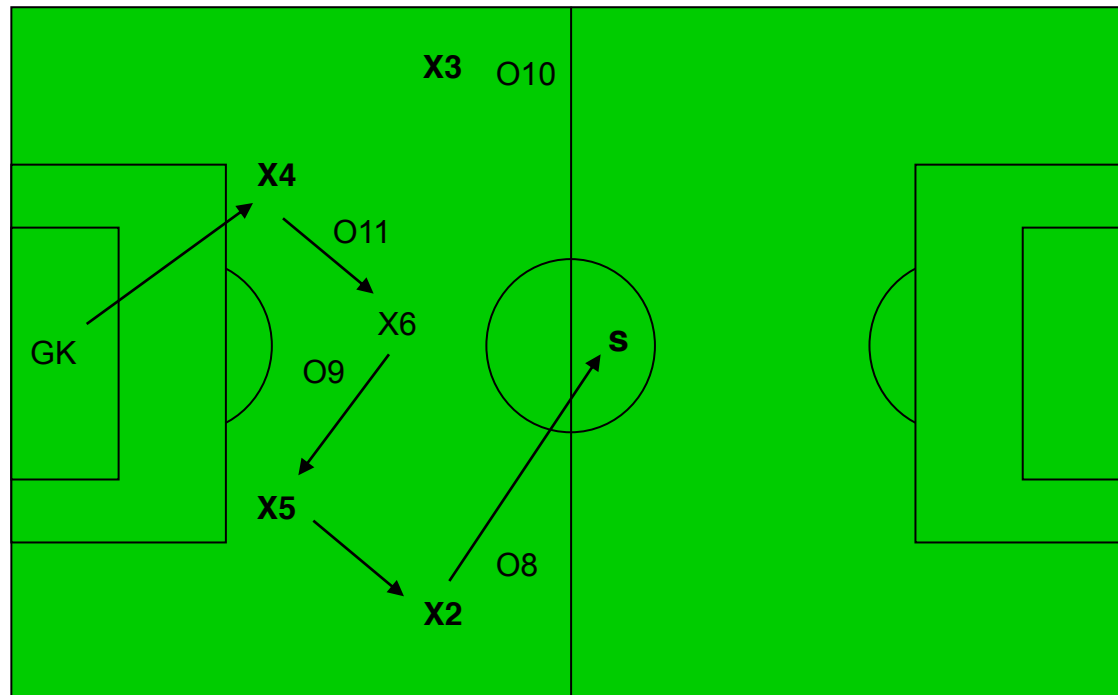
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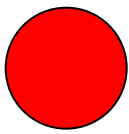
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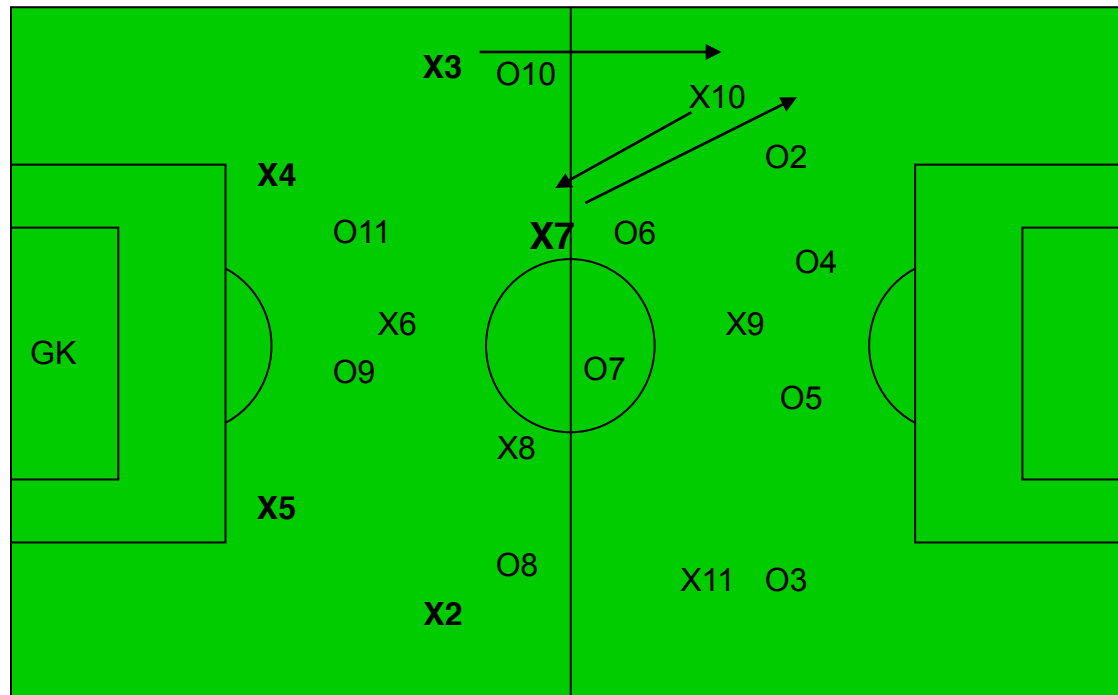


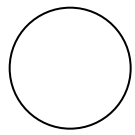
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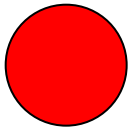




IN-SEASON

WEEK 13 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 13
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 13 DAY 5

Tactical Training Game



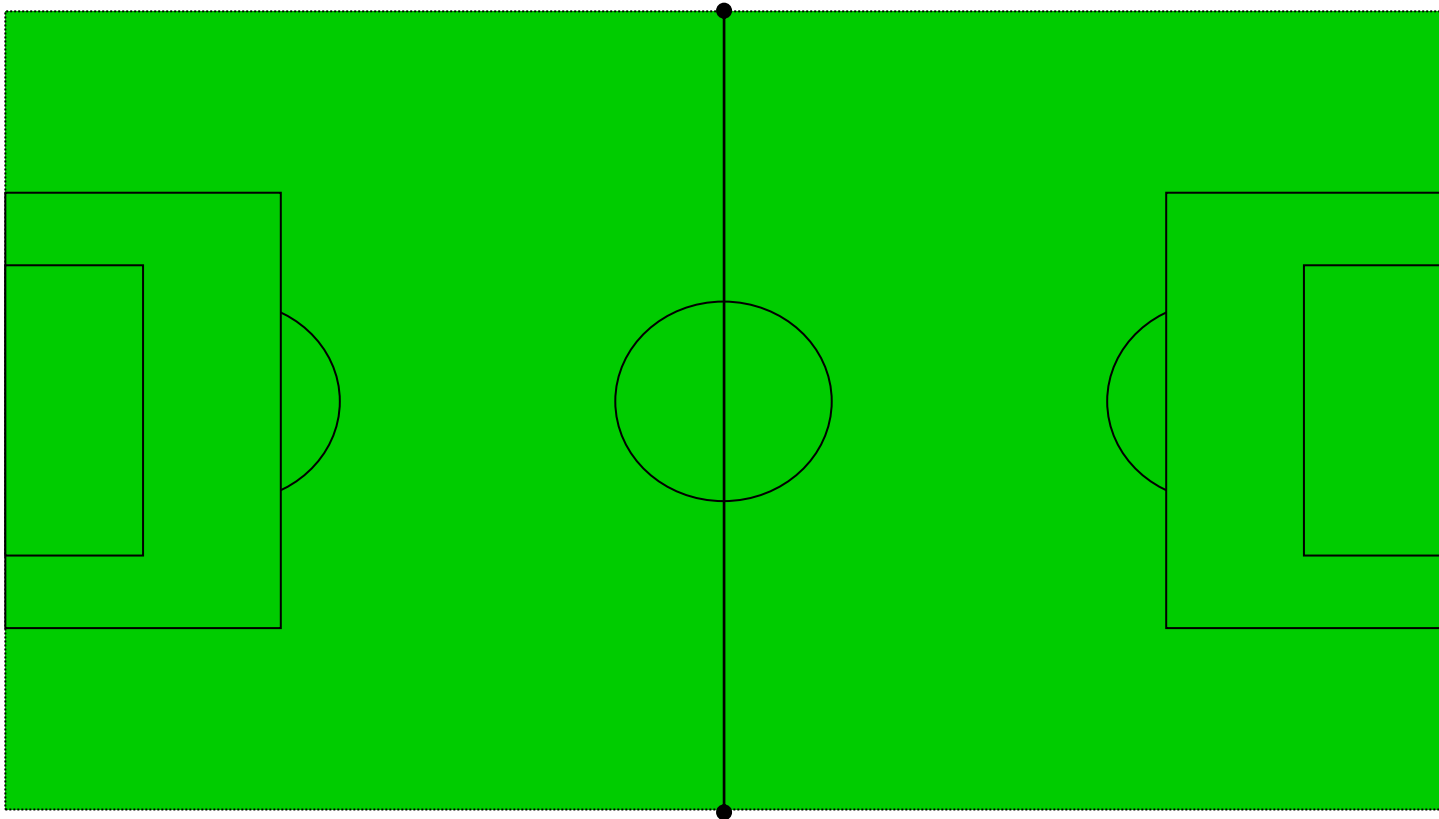
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





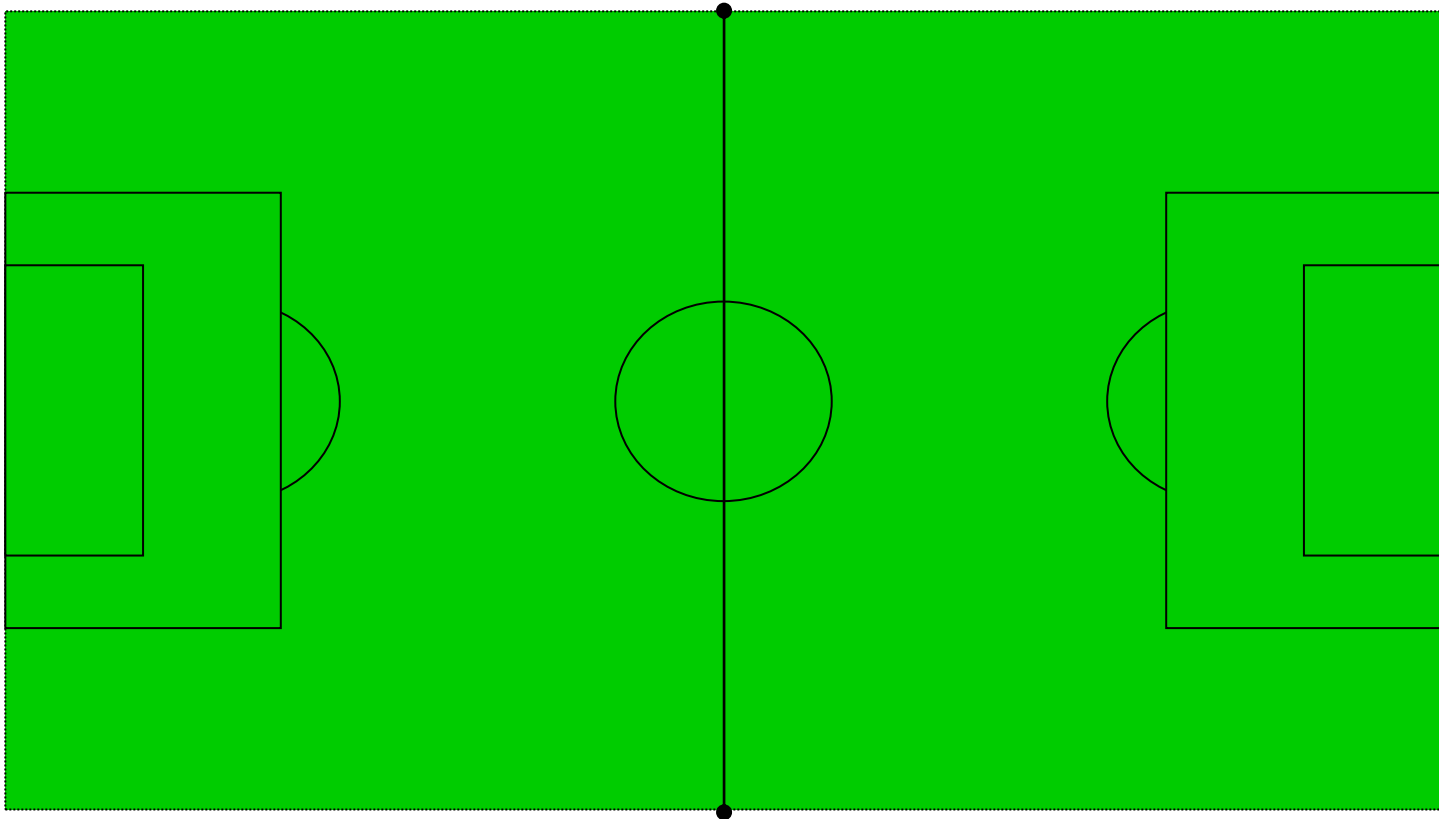
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





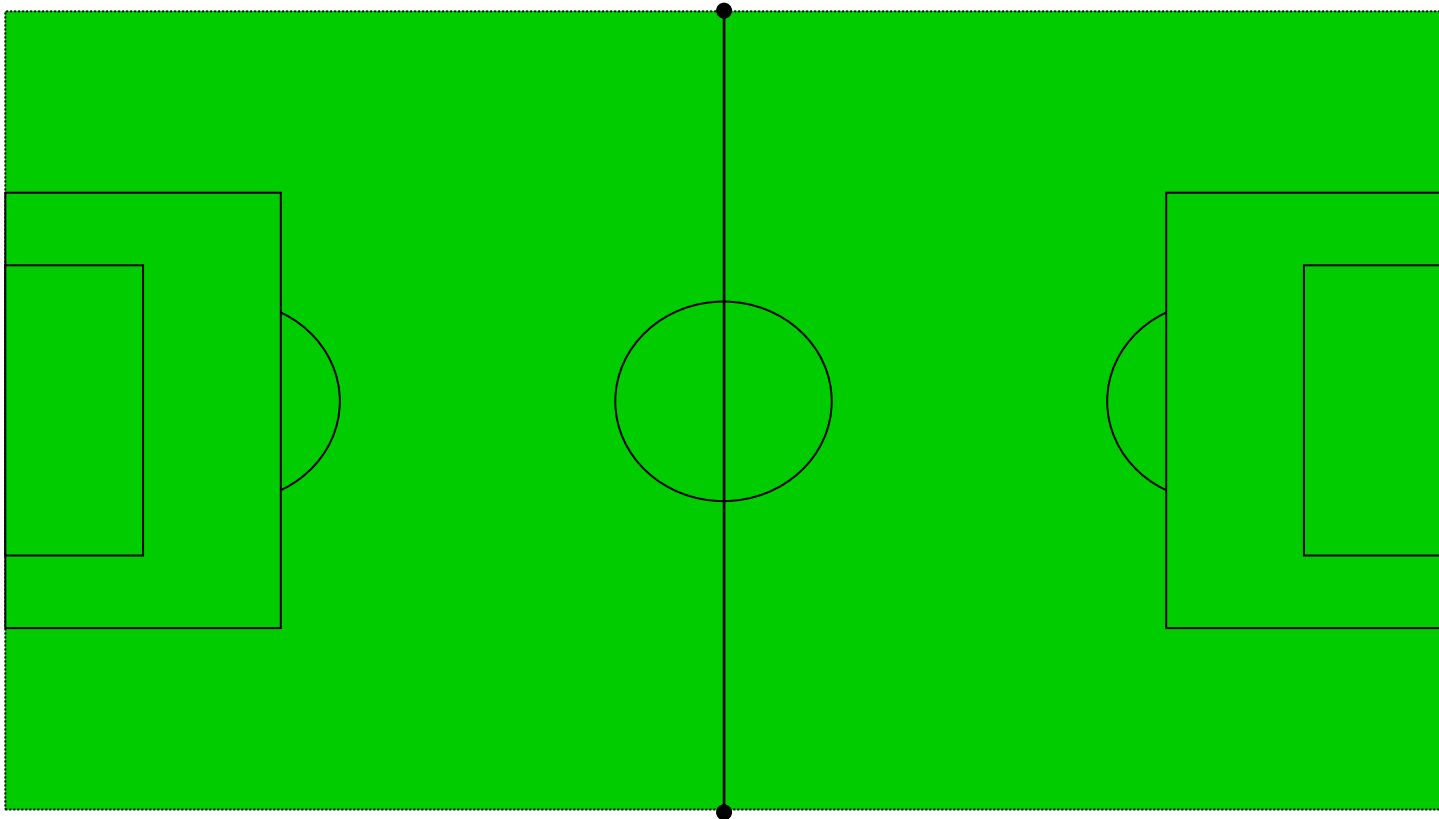
Tactical Training Game

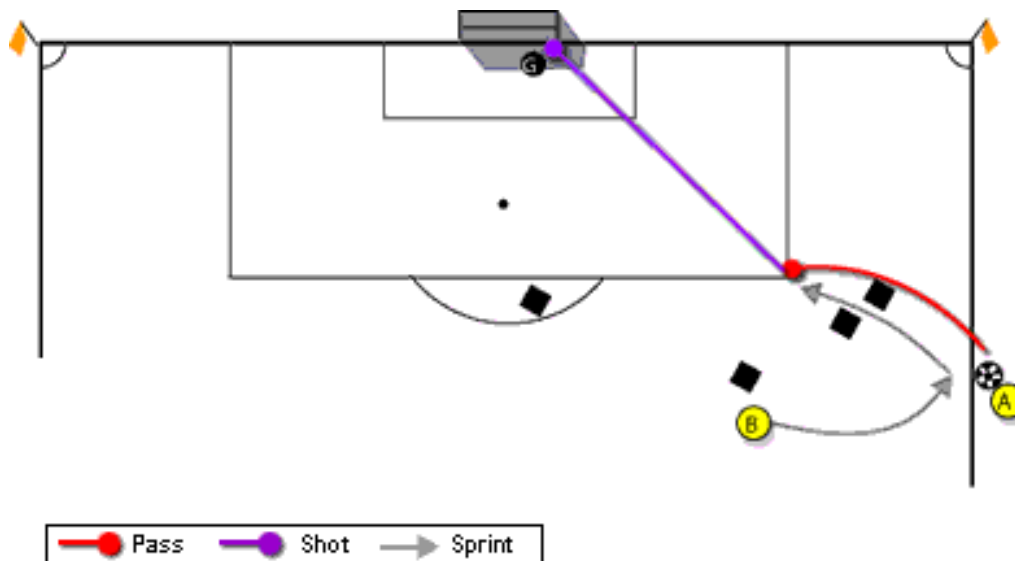
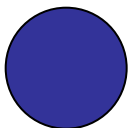
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

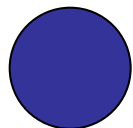




Set Pieces – Throw In

Fake Out

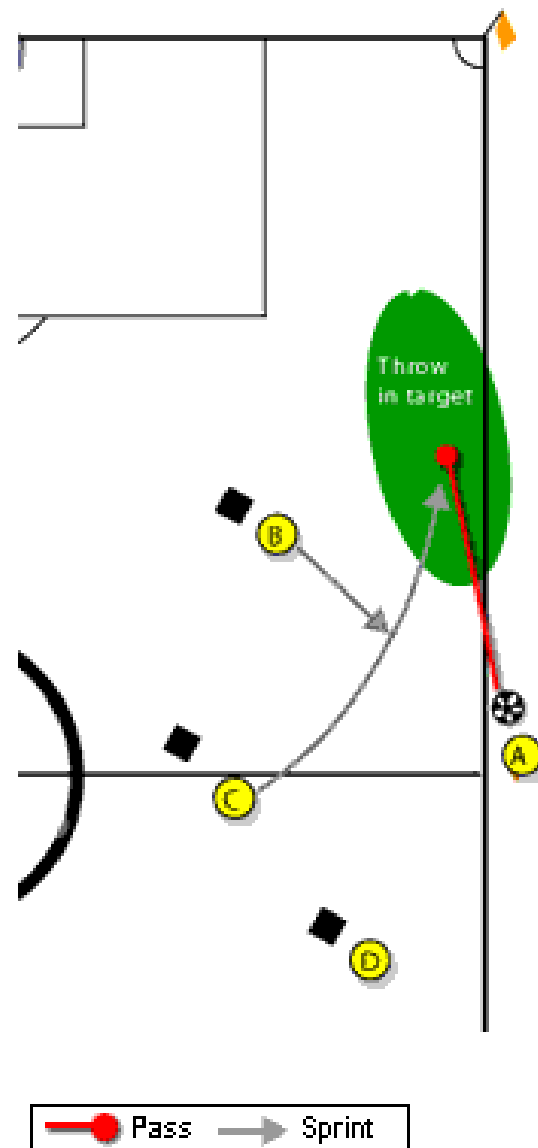
- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.

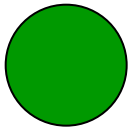


Set Pieces – Throw In

Clearing Some Grass

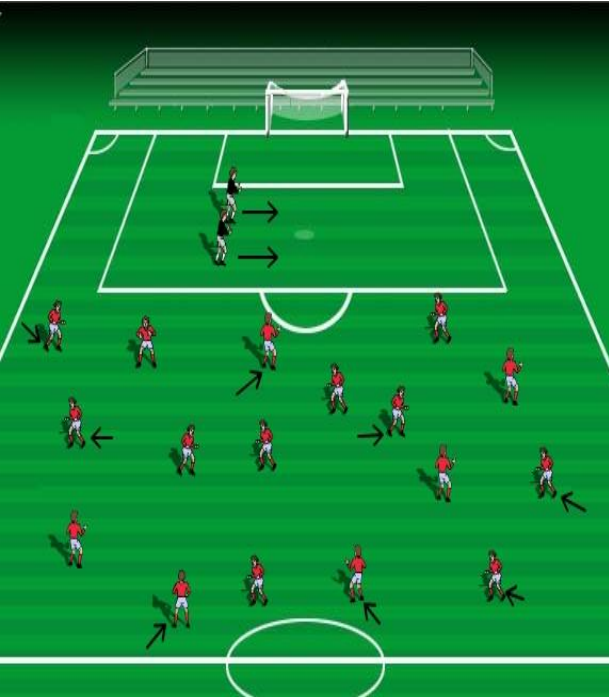
- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !





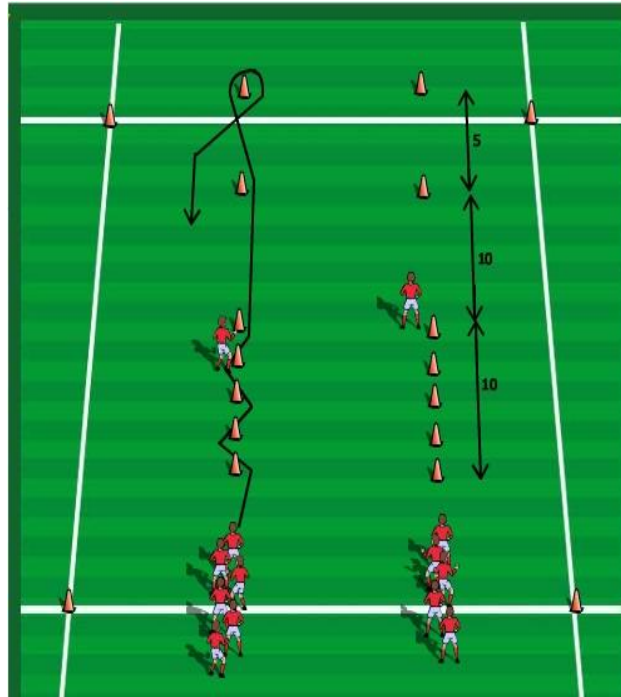
MATCH DAY

Match Day Warm Up



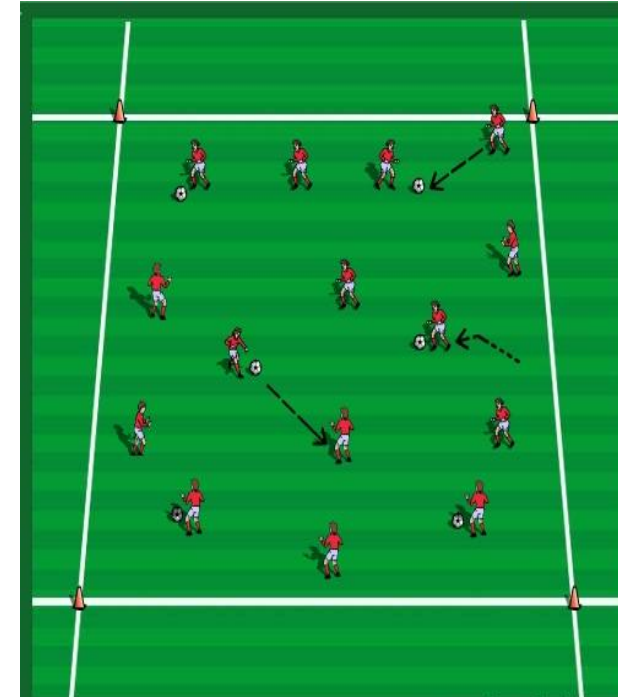
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



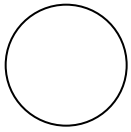
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Crossing & Finishing	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test	Warm Up Static & Dynamic Crossing & Finishing	Gym Session Upper Body Workout	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY	Rest & Recovery
PM	Cool Down Recovery	30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Flexibility Swimming Rest & Recovery	Set Plays Corner kicks Cool Down Recovery	Cool Down Recovery	



IN-SEASON

WEEK 14 DAY 1

Crossing & Finishing



Crossing & Finishing

•Organisation :

•Functional practice focusing on wide and central areas.

•Players in wide positions work alternately to deliver the ball for pairs of central attackers.

•Option One : Winger runs & checks past the cone.

Focus on :

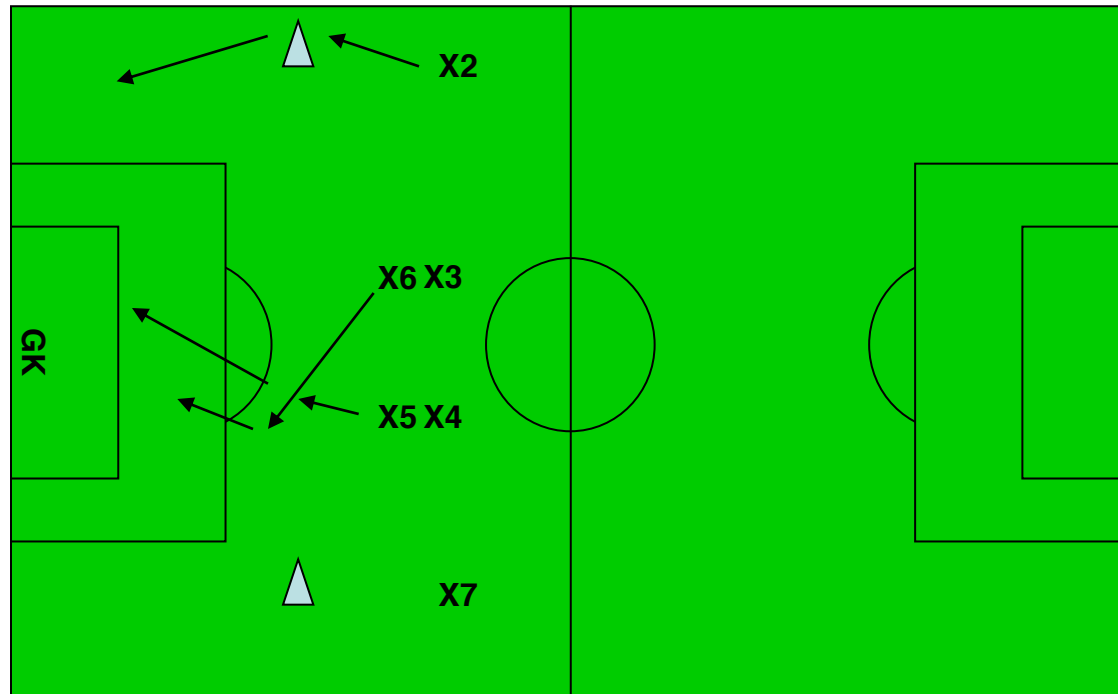
Quality of cross : Target area, type of delivery etc

Create space : Both wide & central

Body Position

Angle & timing of movement

End product





Crossing & Finishing

•Organisation :

•Functional practice focusing on wide and central areas.

Option Two : Add passive defender for winger to beat.

Option Three : Add player to allow 1-2 to be played in wide positions.

Focus on :

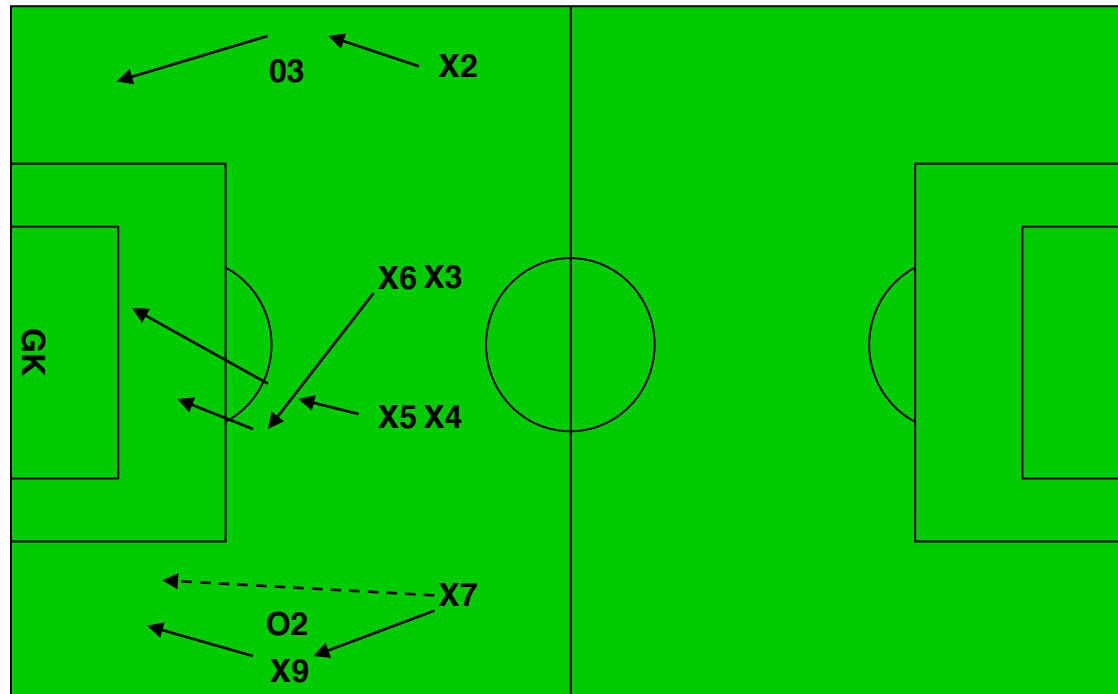
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Body Position

Angle & timing of movement

End product





Crossing & Finishing

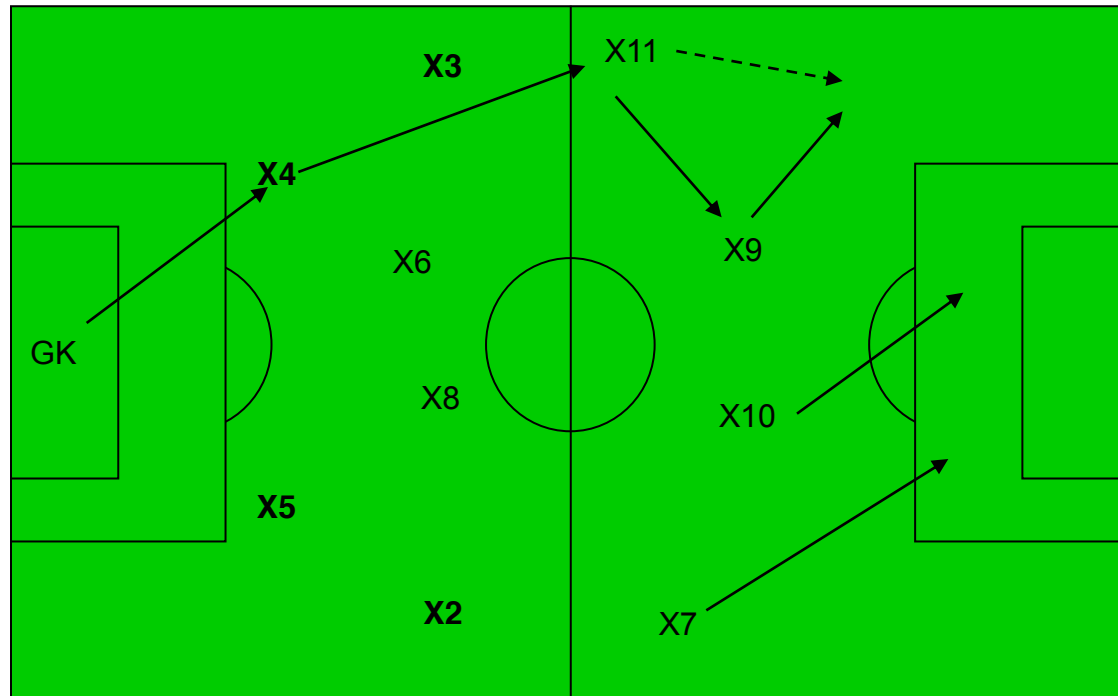
- Organisation : Focus on a pattern of play establishing passing priorities.

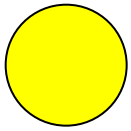
- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Progress to 11 Vs 11.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.

Quality of cross : Target area, type of delivery etc

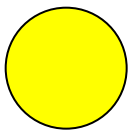




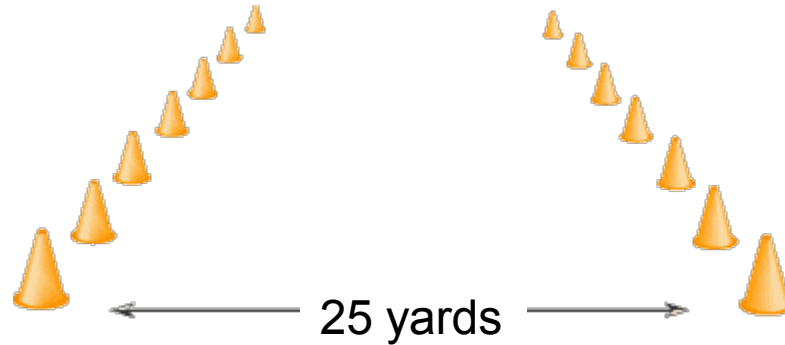
IN-SEASON

WEEK 14 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

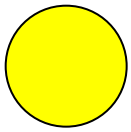
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

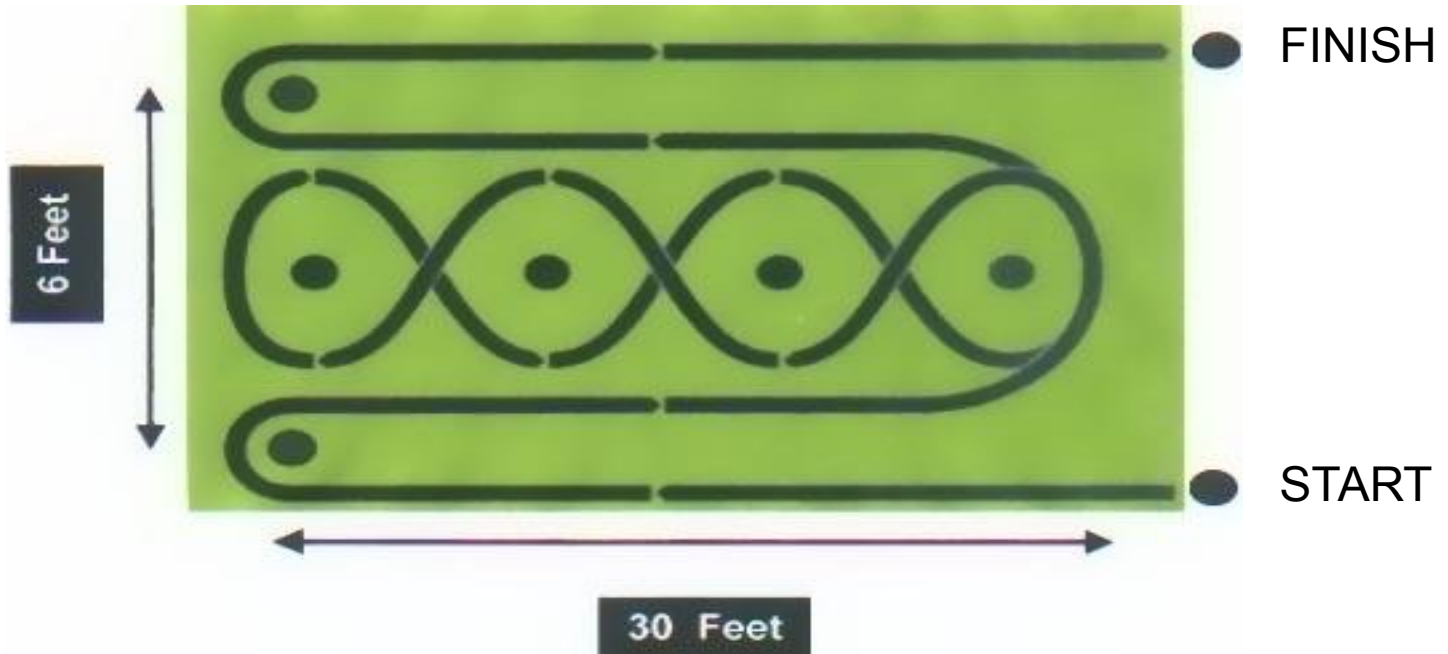
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



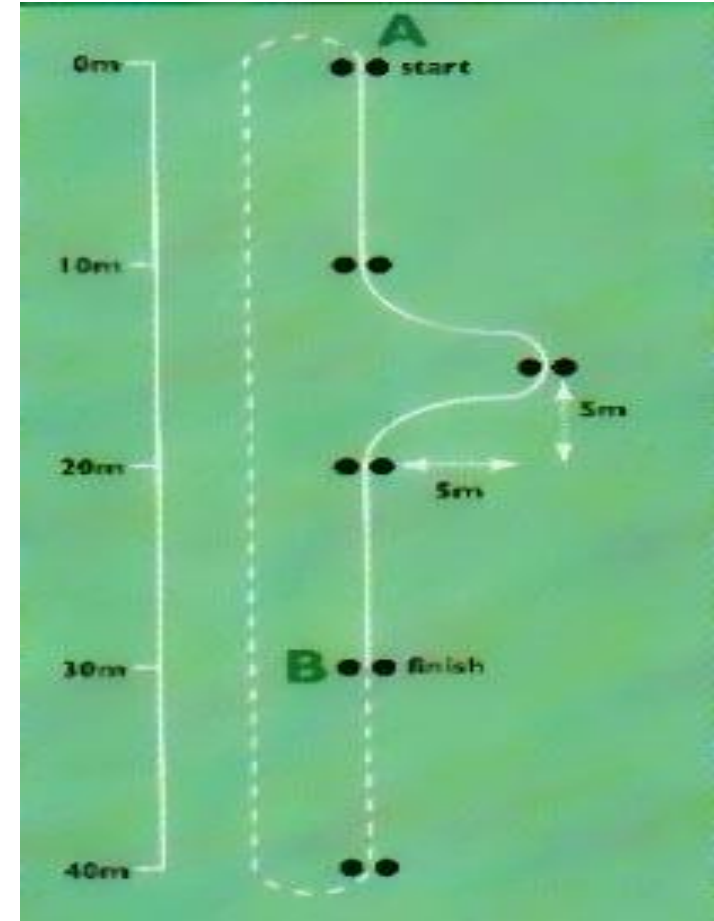
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 14 DAY 3

Crossing & Finishing



Crossing & Finishing

•Organisation :

•Functional practice focusing on wide and central areas.

•Players in wide positions work alternately to deliver the ball for pairs of central attackers.

•Option One : Winger runs & checks past the cone.

Focus on :

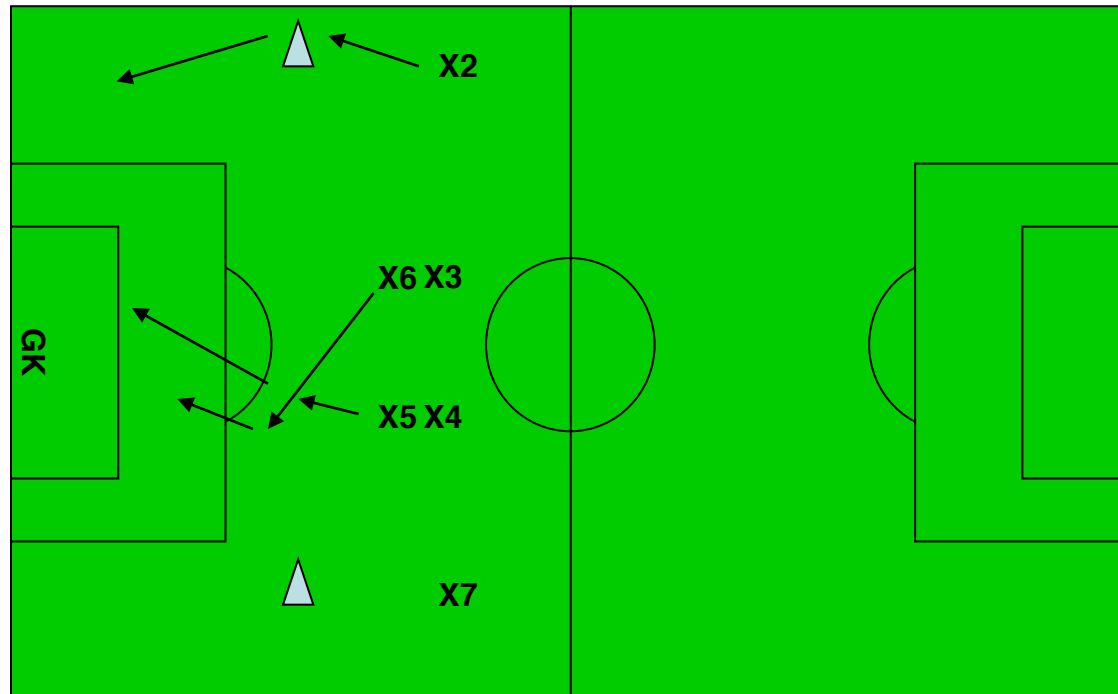
Quality of cross : Target area, type of delivery etc

Create space : Both wide & central

Body Position

Angle & timing of movement

End product





Crossing & Finishing

•Organisation :

•Functional practice focusing on wide and central areas.

Option Two : Add passive defender for winger to beat.

Option Three : Add player to allow 1-2 to be played in wide positions.

Focus on :

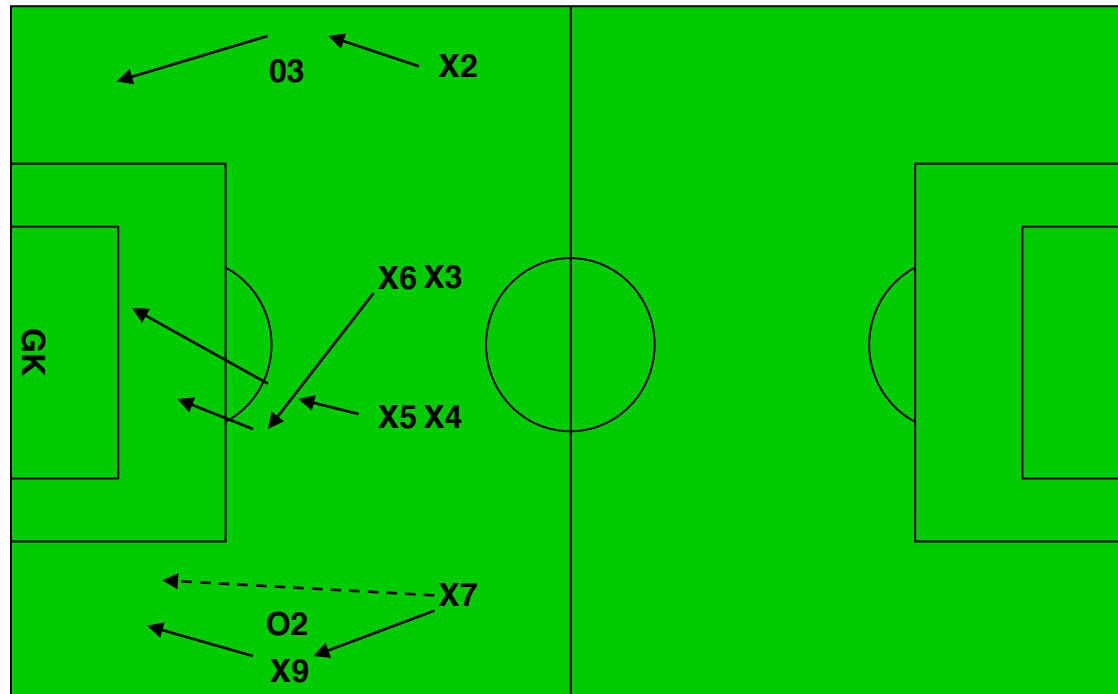
Quality of cross : Target area, type of delivery etc

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Angle & timing of movement

End product





Crossing & Finishing

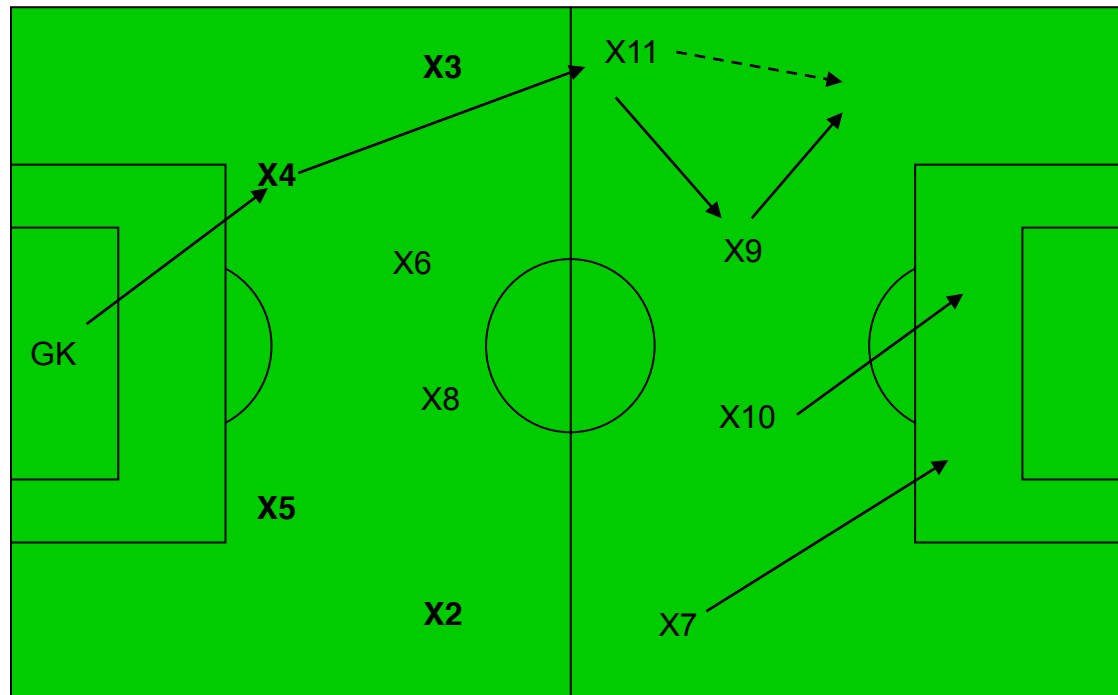
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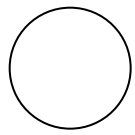
- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Progress to 11 Vs 11.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.

Quality of cross : Target area, type of delivery etc





IN-SEASON

WEEK 14 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 14
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 14 DAY 5

Tactical Training Game



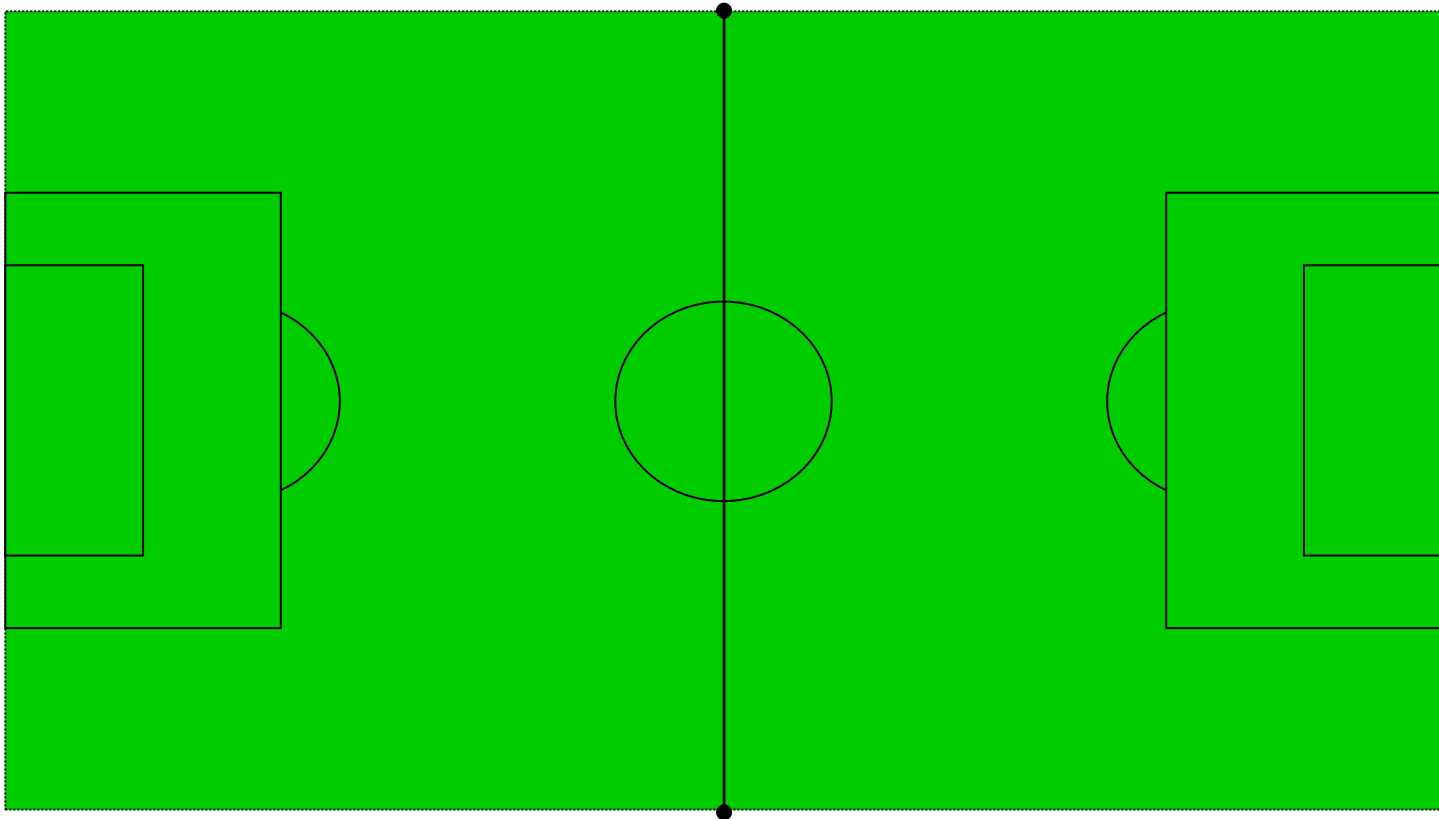
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





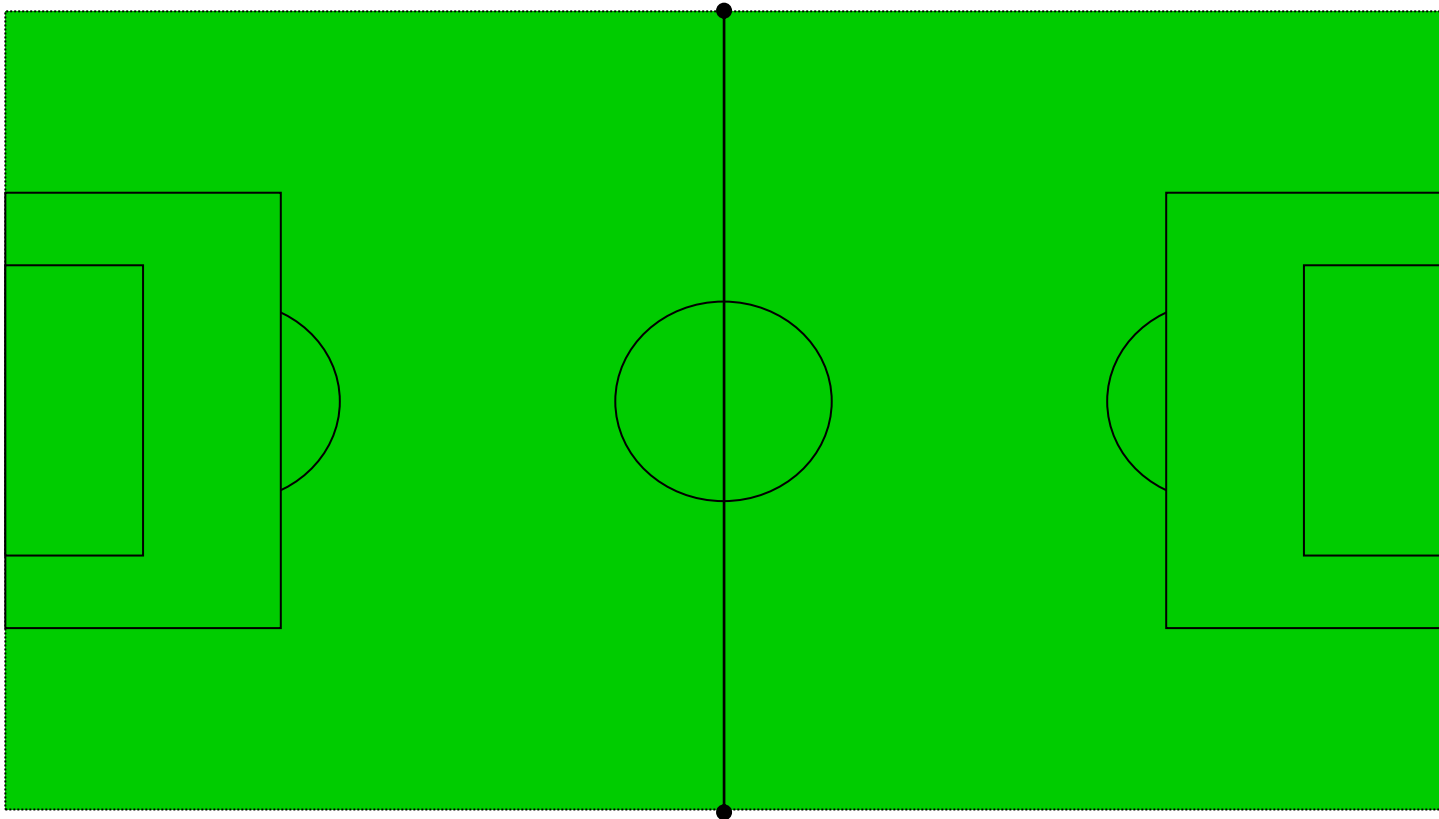
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





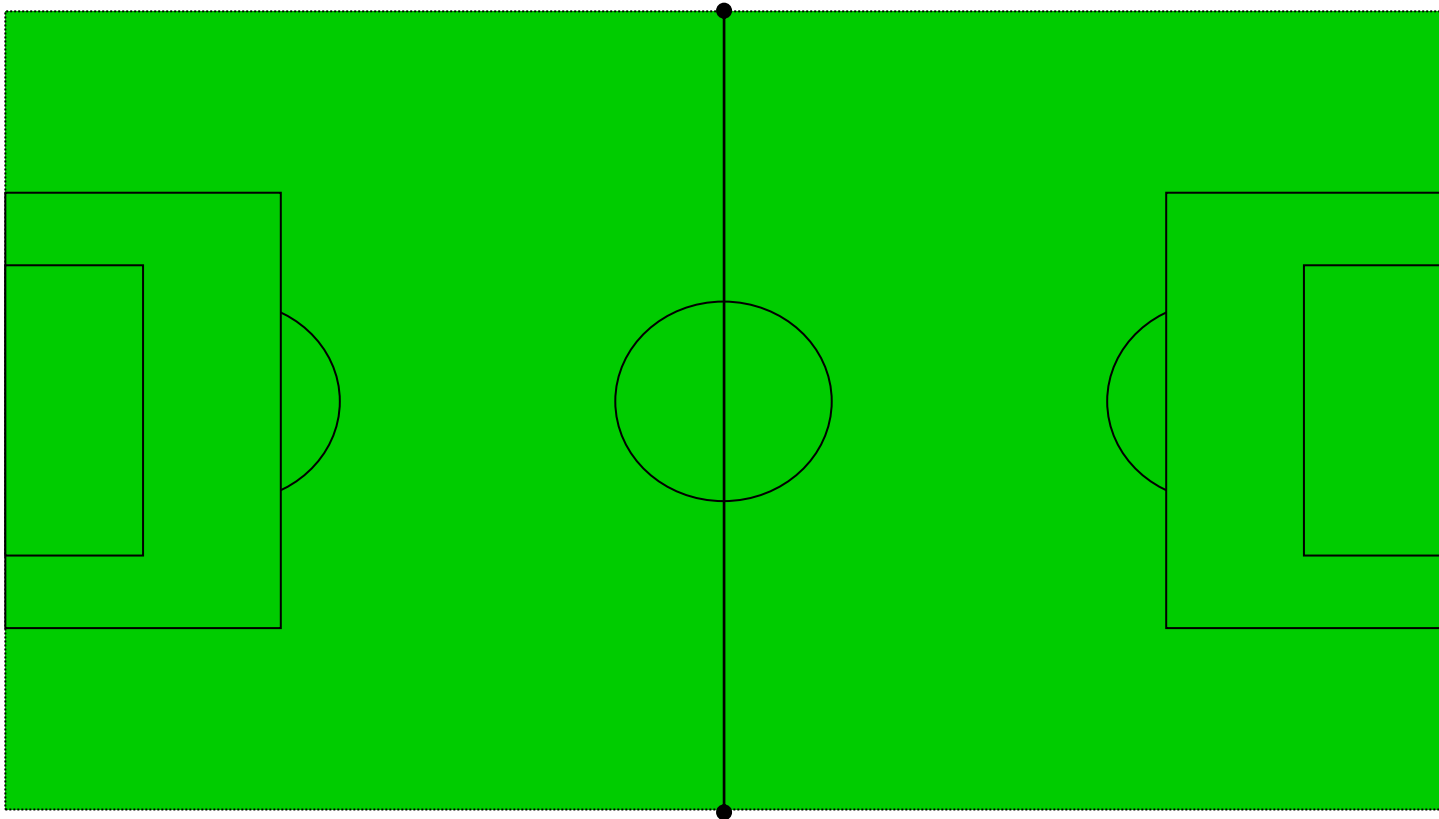
Tactical Training Game

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Focus on :



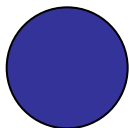
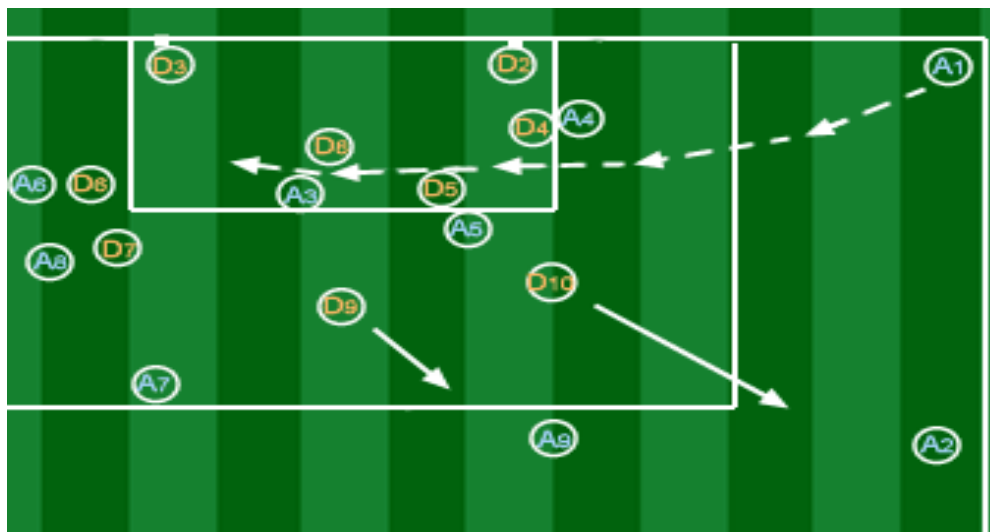
SET PIECES - DEFENDING THE CORNER KICK DELIVERED TO AND BEYOND THE FAR POST

- No defence can ever be totally sure what the attacking side has in mind when they win a corner kick, and so they have to line up preparing for any eventuality.
- The near post has to be covered, as in diagram (i) by (D2), (D4) and (D5).
- They must be ready to check a ball played back to an attacking defender along the touchline (A2) - Hence the position of (D10).
- While (D9) has to be ready should (A1) direct the corner to the edge of the penalty area and or (A9).
- So with (D3) committed to guarding the goal line on the far post eight players already have set tasks.
- So what about the corner kick played long towards the far point of the 6 yard area with attackers (A6) and (A8) coming in hoping to get a header or goal?
CLEARLY THEY MUST BE MARKED - GOAL SIDE BY (D6) AND (D7).

1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

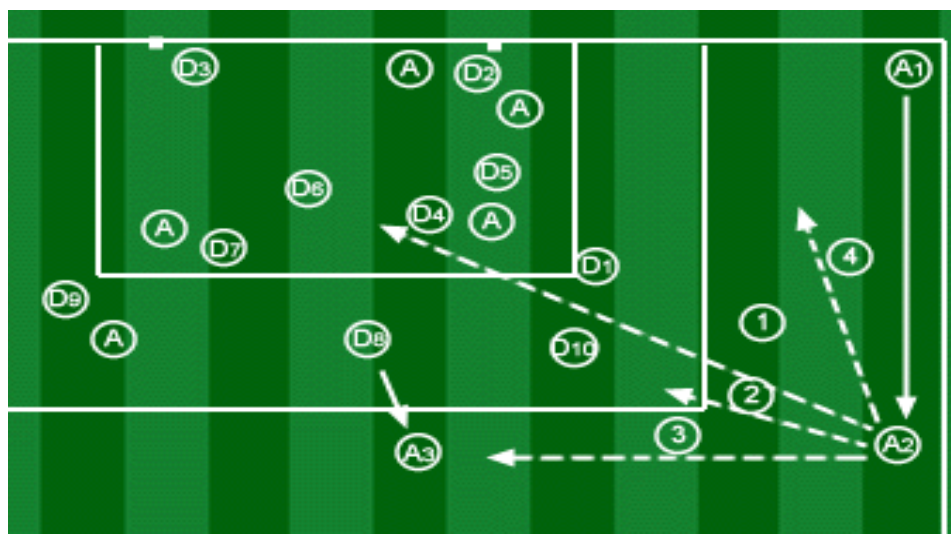
POINTS TO NOTE

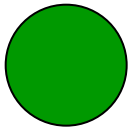
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





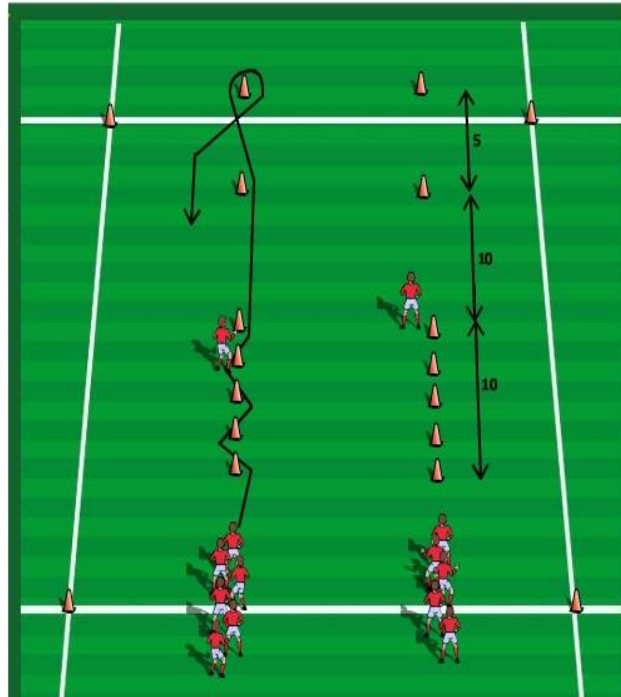
MATCH DAY

Match Day Warm Up



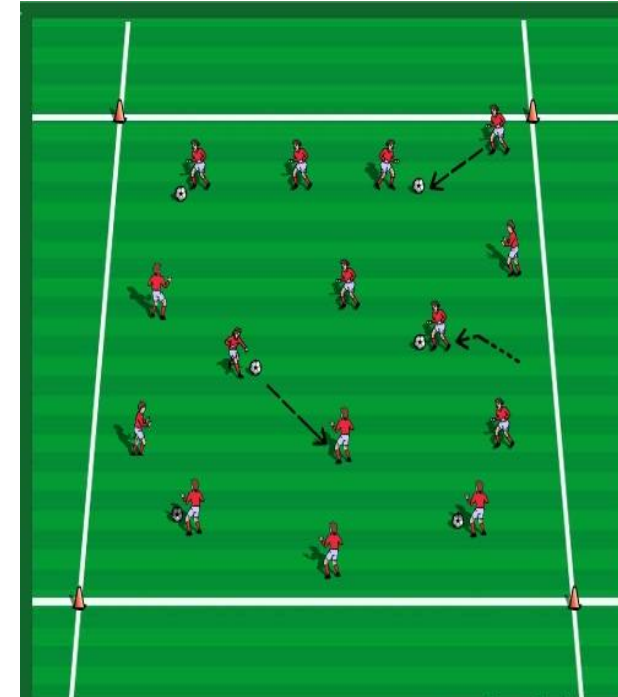
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



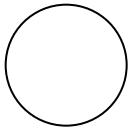
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



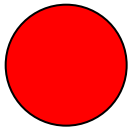
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Regaining possession through a retreating defence	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic Regaining possession through a retreating defence Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	505 Agility High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery



IN-SEASON

WEEK 15 DAY 1

**Regaining possession
through a retreating defence**



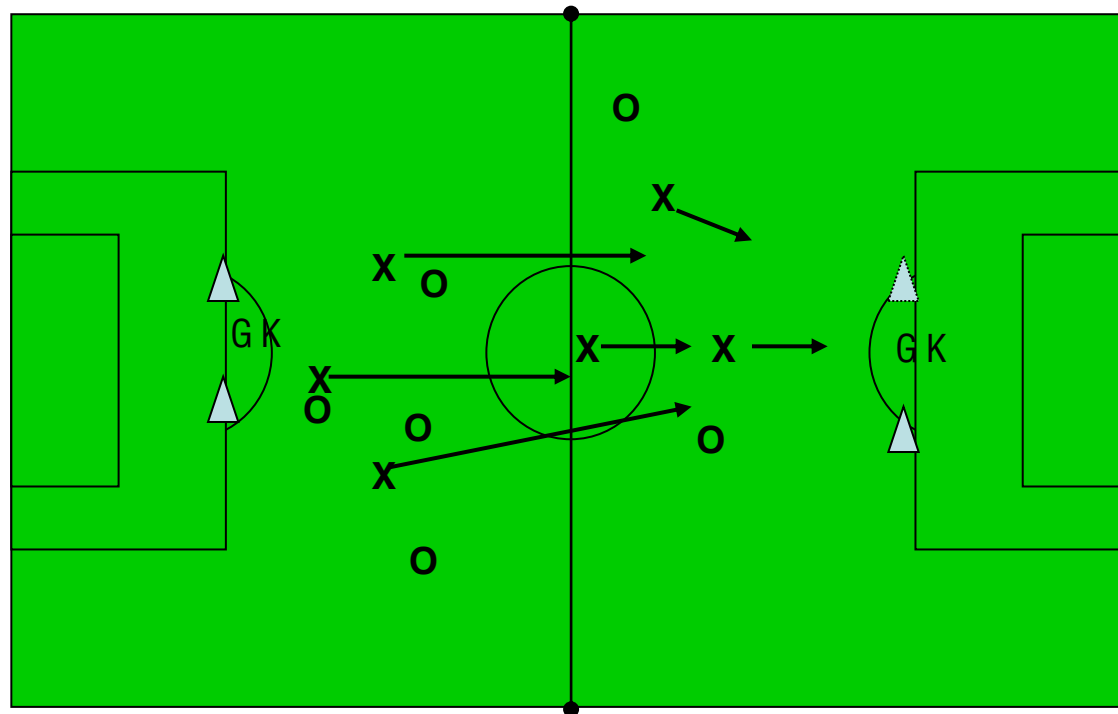
Regaining possession through a retreating defence

- Organisation : 18 – 18 yard box
- 7 v 7 game
- Cond. – Can only regain possession in own half

Focus on :

Retreating

Positions / roles in team





Regaining possession through a retreating defence

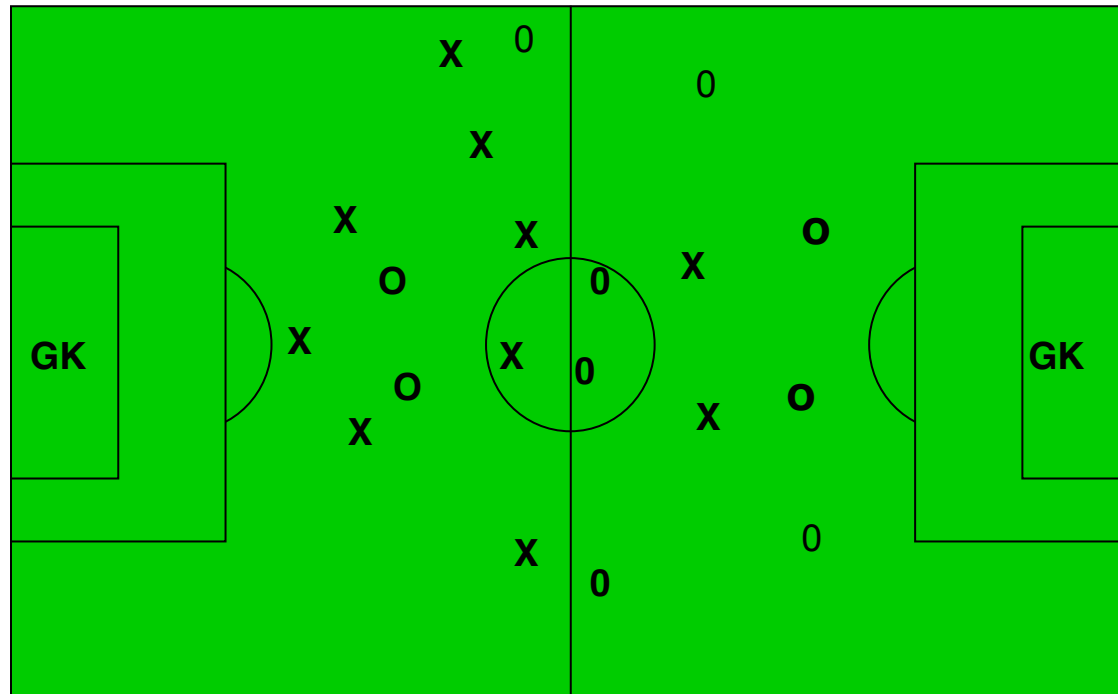
- Organisation : Full pitch
- 11 v 11
- Can only win the ball back in wn half
- Progression

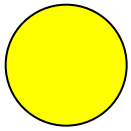
Focus on :

Retreating

Roles / responsibilities in own half

When to drop off / press

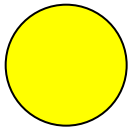




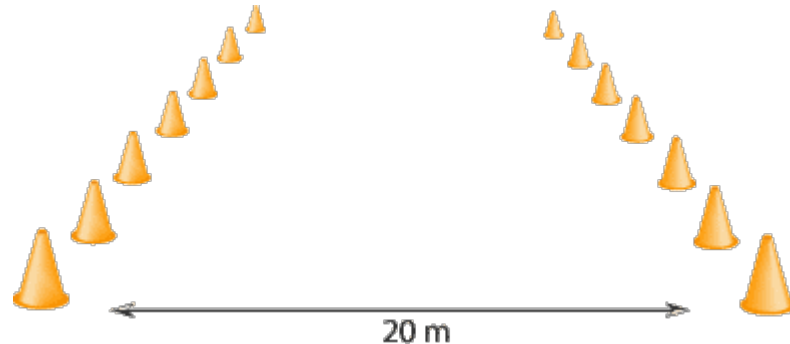
IN-SEASON

WEEK 15 DAY 2

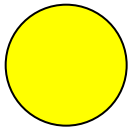
FITNESS TESTING



BLEEP TEST



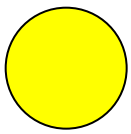
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



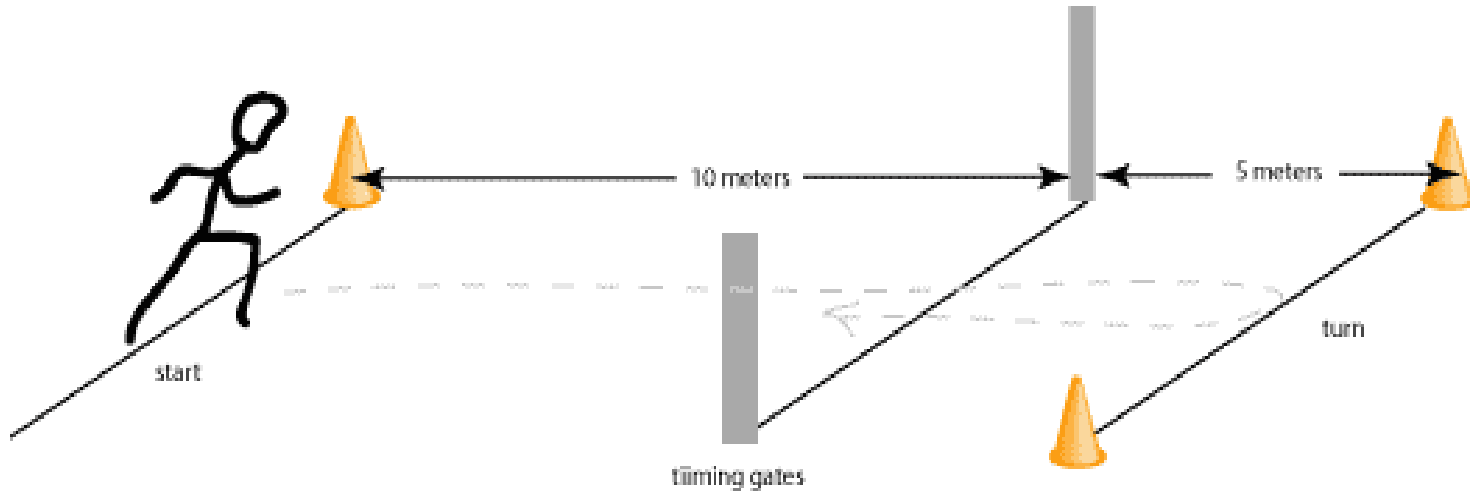
SPRINT TEST



- **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.



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



IN-SEASON

WEEK 15 DAY 3

**Regaining possession
through a retreating defence**



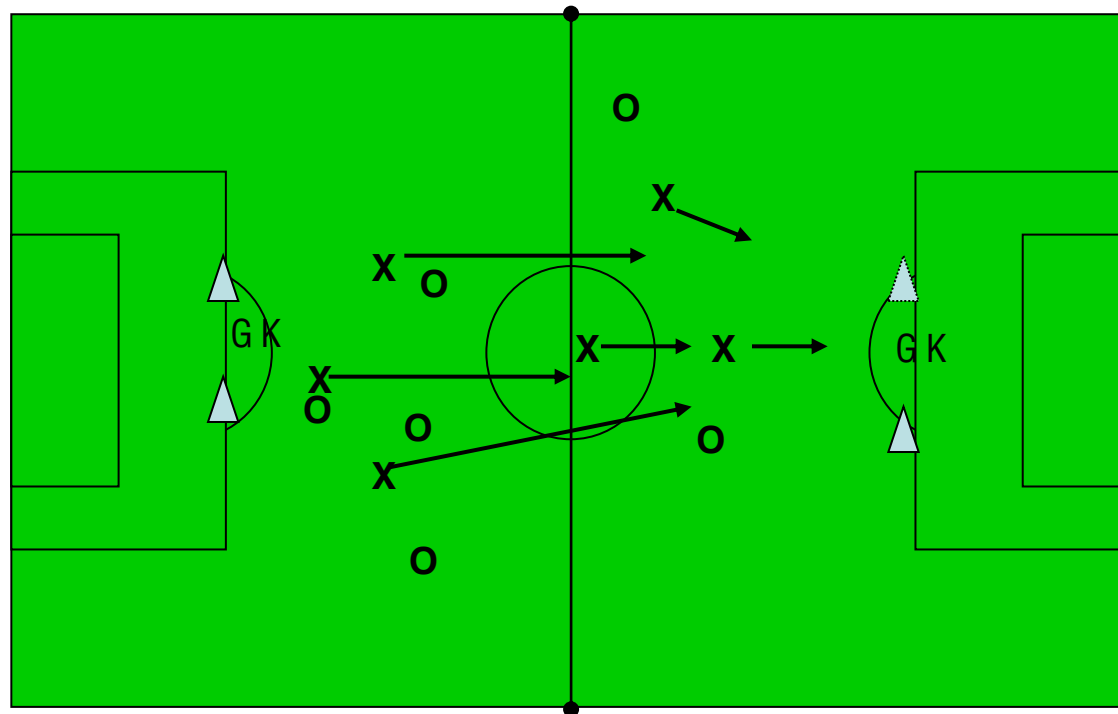
Regaining possession through a retreating defence

- Organisation : 18 – 18 yard box
- 7 v 7 game
- Cond. – Can only regain possession in own half

Focus on :

Retreating

Positions / roles in team





Regaining possession through a retreating defence

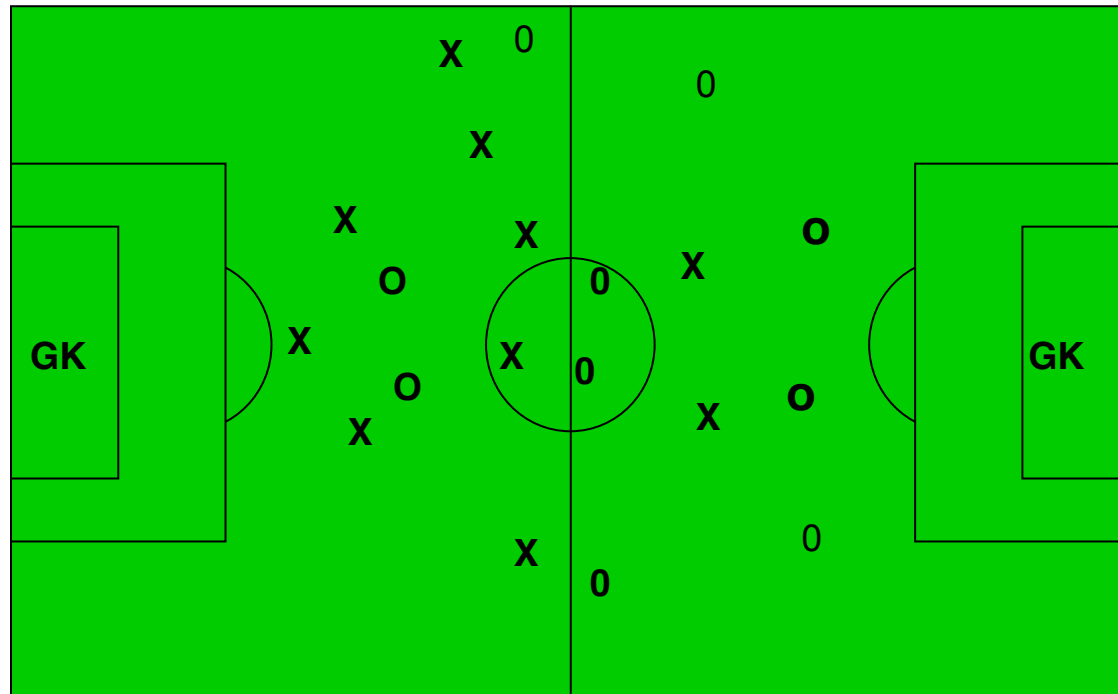
- Organisation : Full pitch
- 11 v 11
- Can only win the ball back in wn half
- Progression

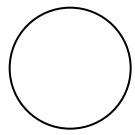
Focus on :

Retreating

Roles / responsibilities in own half

When to drop off / press





IN-SEASON

WEEK 15 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 15
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 15 DAY 5

Tactical Training Game



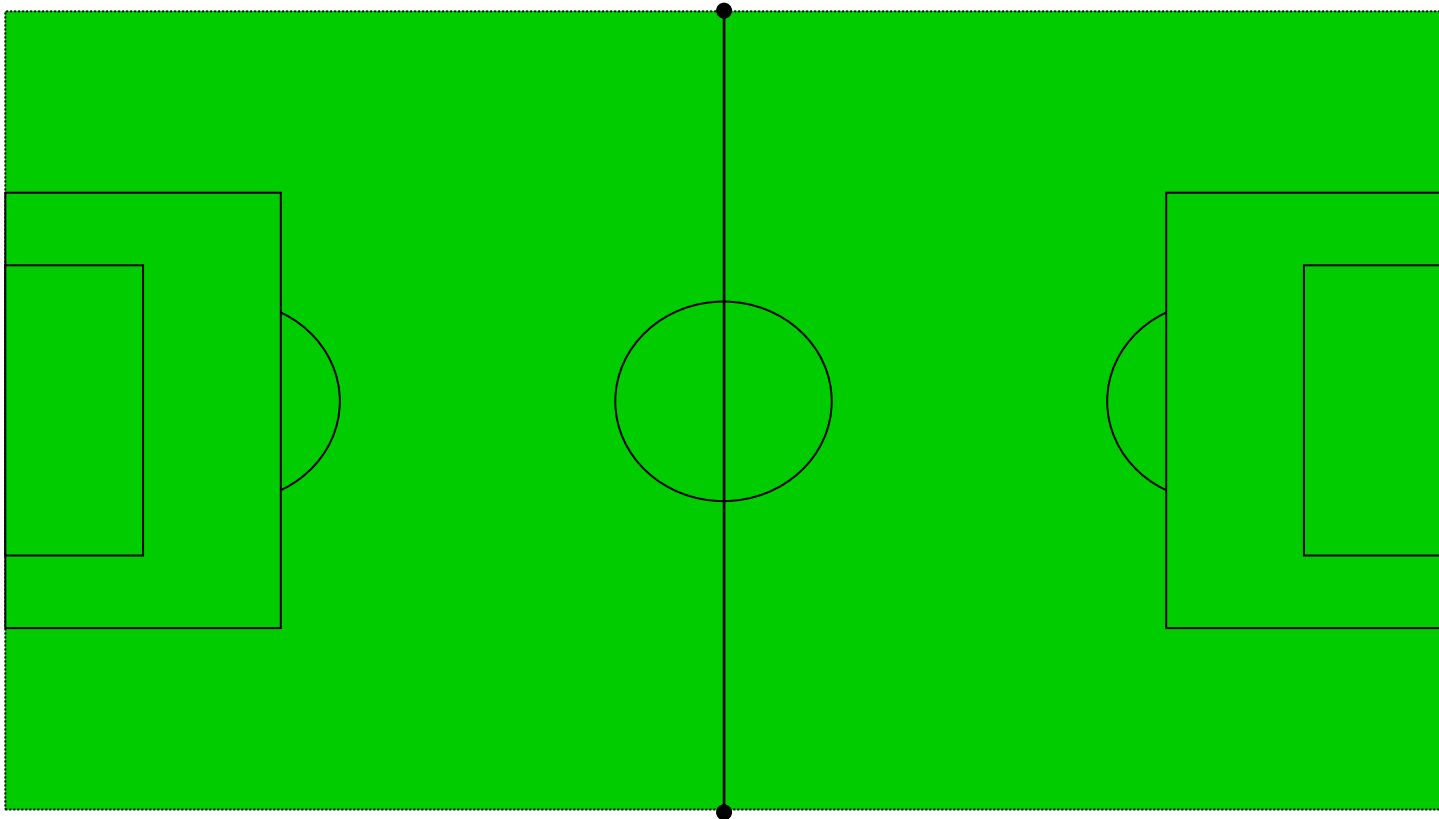
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





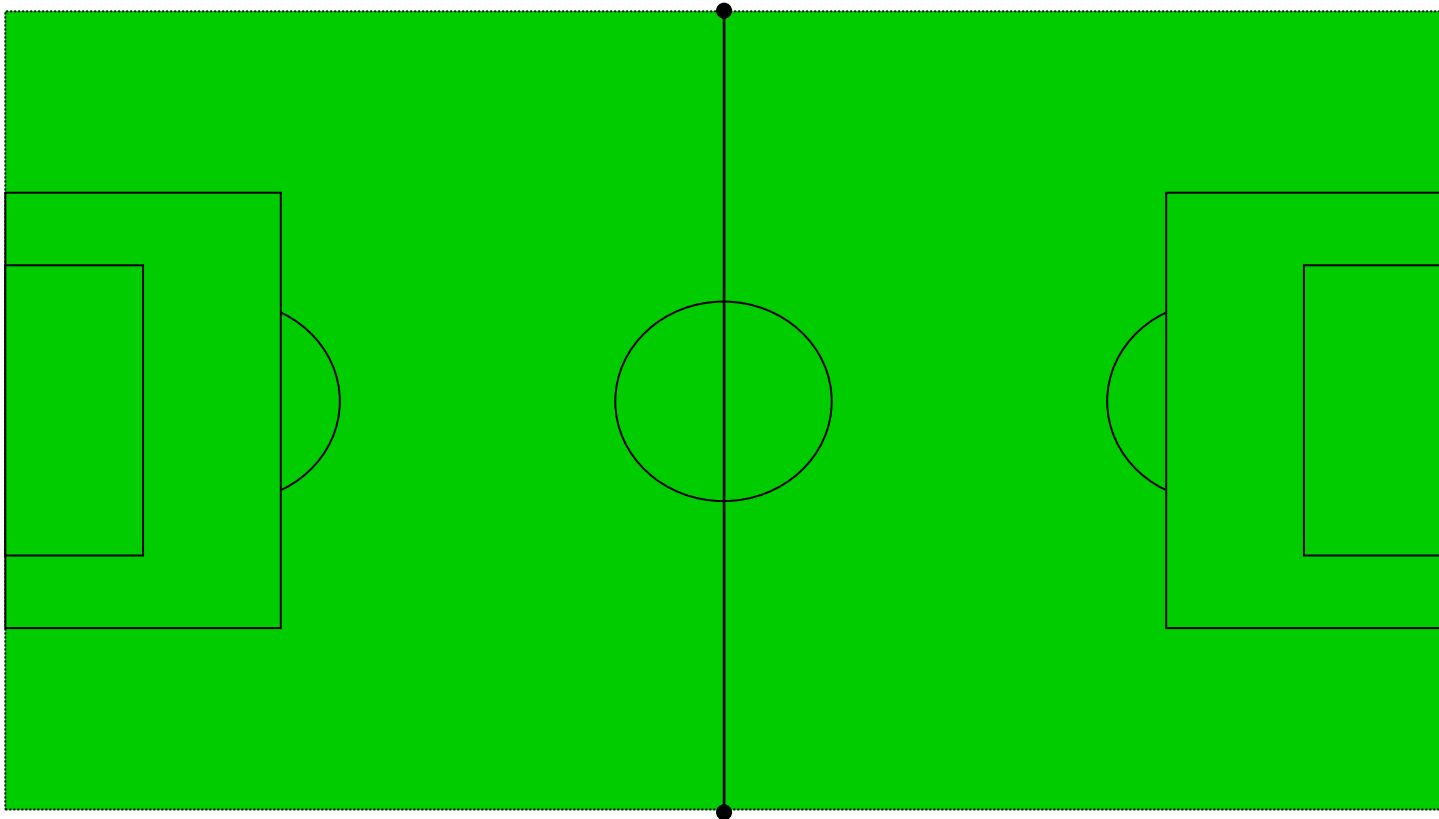
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





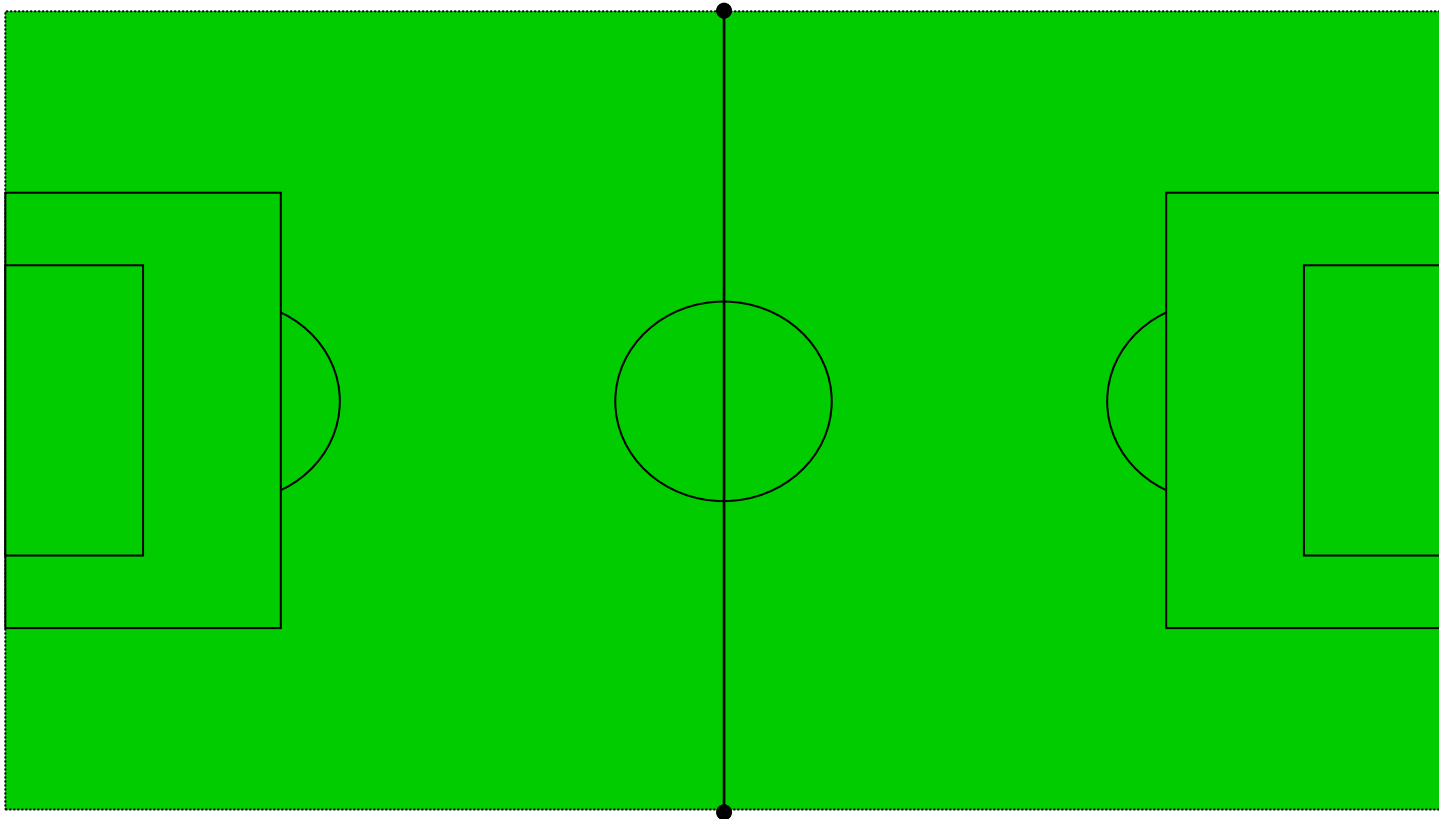
Tactical Training Game

•Organisation :

Opposition :

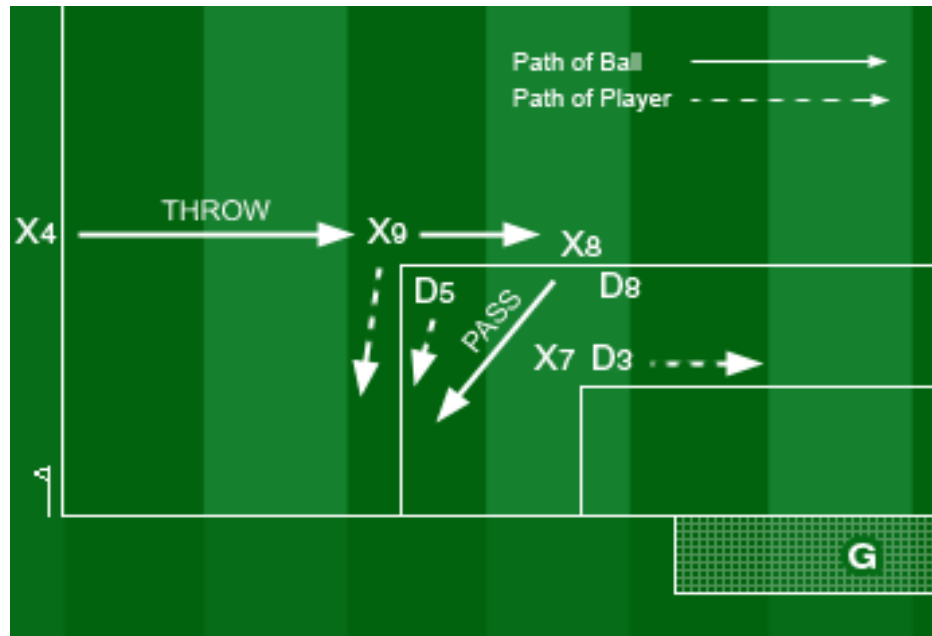
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



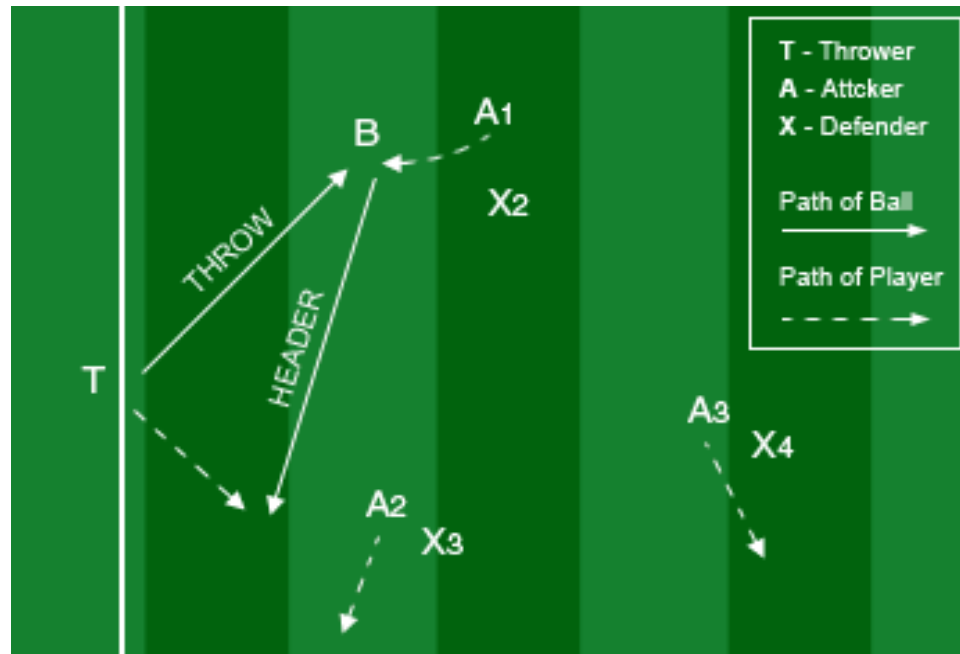
Set Plays at a Throw-in (attacking)

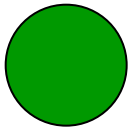
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





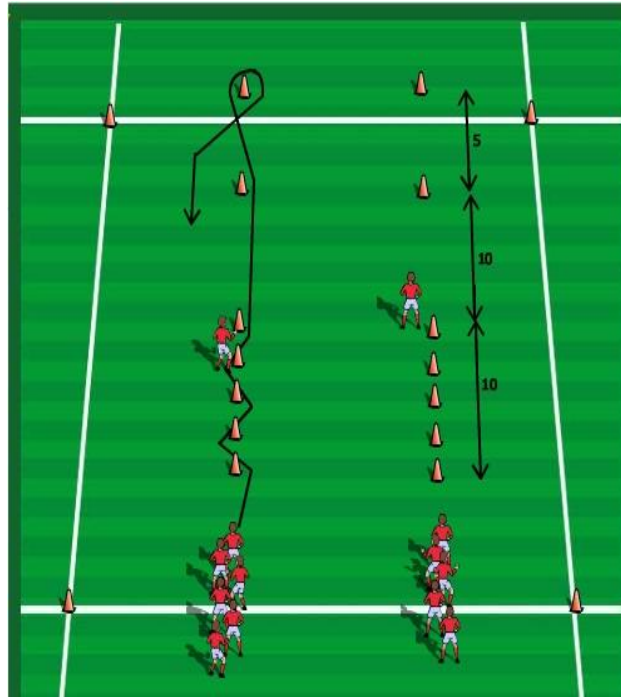
MATCH DAY

Match Day Warm Up



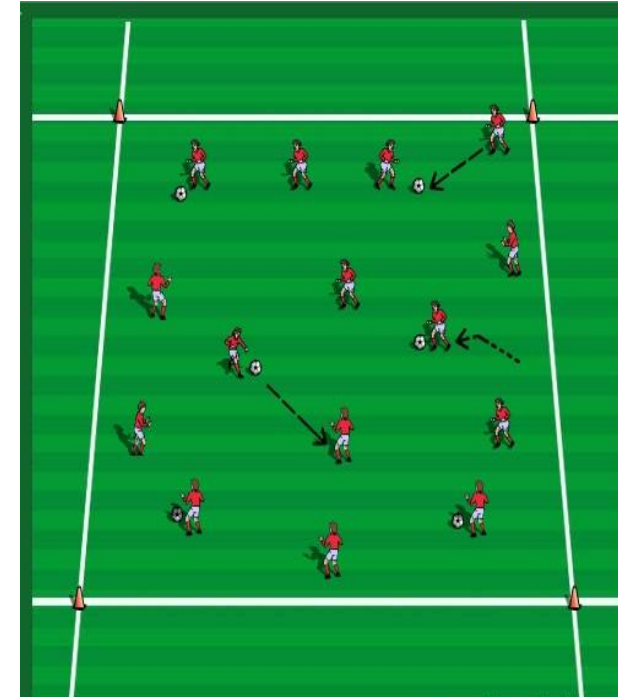
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



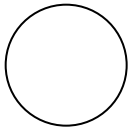
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Central Midfielders Defending / Defending as a Team in a 4 - 4 - 2	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinios Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Central Midfielders Defending / Defending as a Team in a 4 - 4 - 2 Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Corner kicks Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 16 DAY 1

**Central Midfielders Defending
/ Defending as a Team in a 4
- 4 - 2**



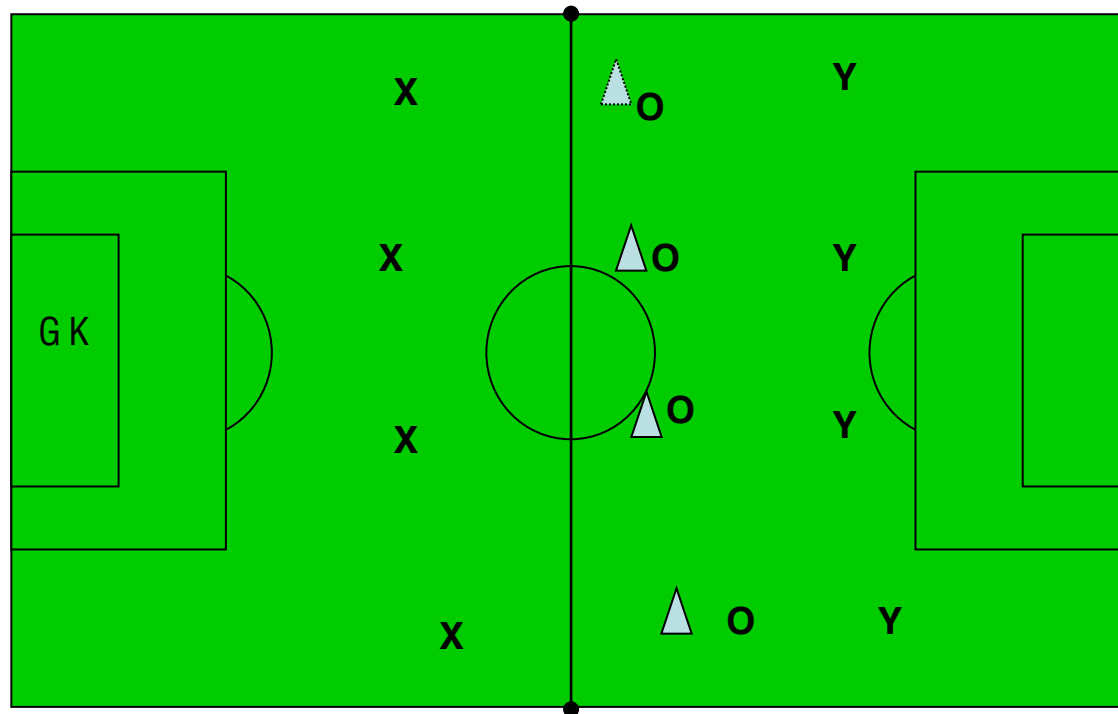
Central Midfielders Defending / Defending as a Team in a 4 - 4 - 2

- Organisation : 1 / 2 Pitch
- 3 x 4 groups of players

Focus on :

Midfield shape

Work as an Unit





Central Midfield Defending / Defending as a Team in a 4 - 4 - 2

- Organisation : Full Pitch Practice

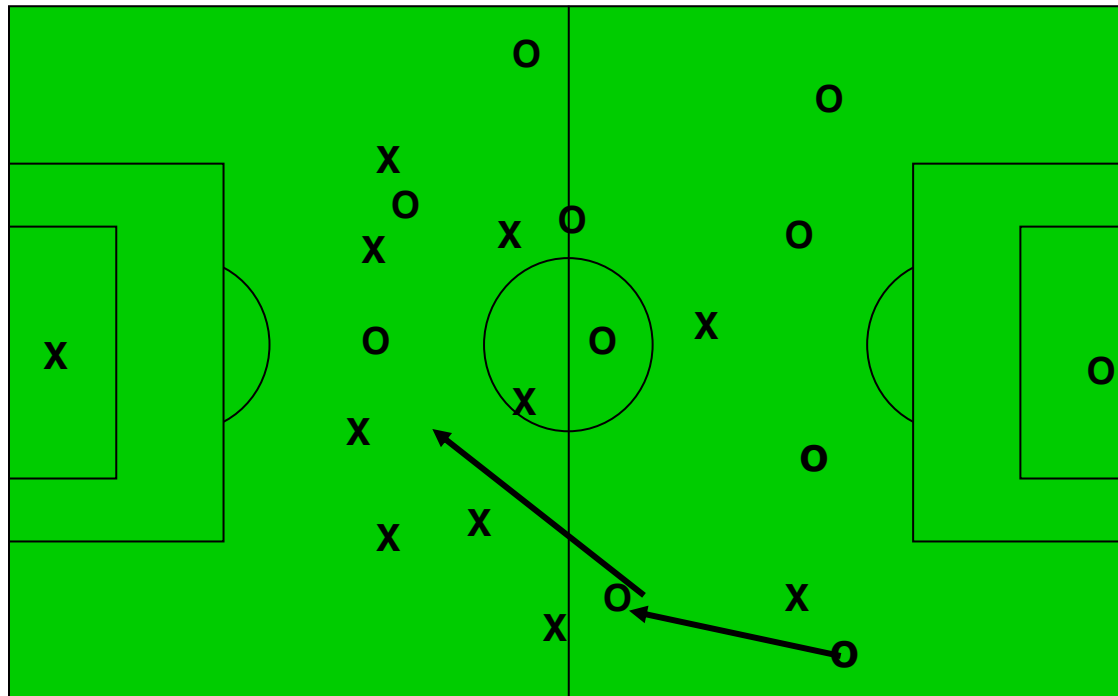
- 11 v 11

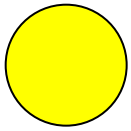
Focus on :

Midfield 4 working as an Unit

Back 4 shape

Roles / responsibilities of strikers

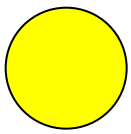




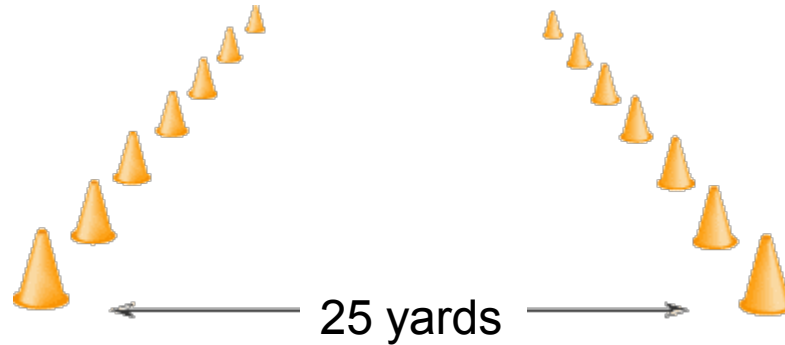
IN-SEASON

WEEK 16 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

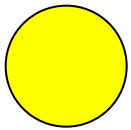
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

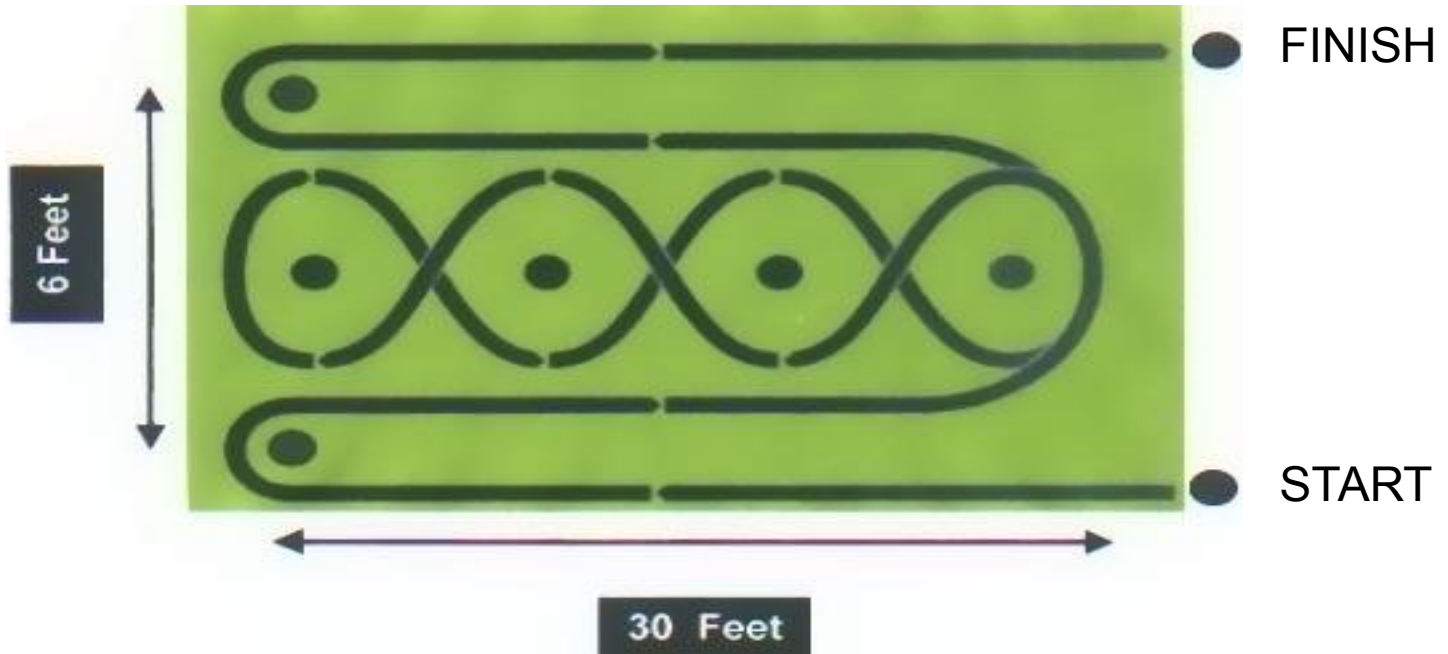
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



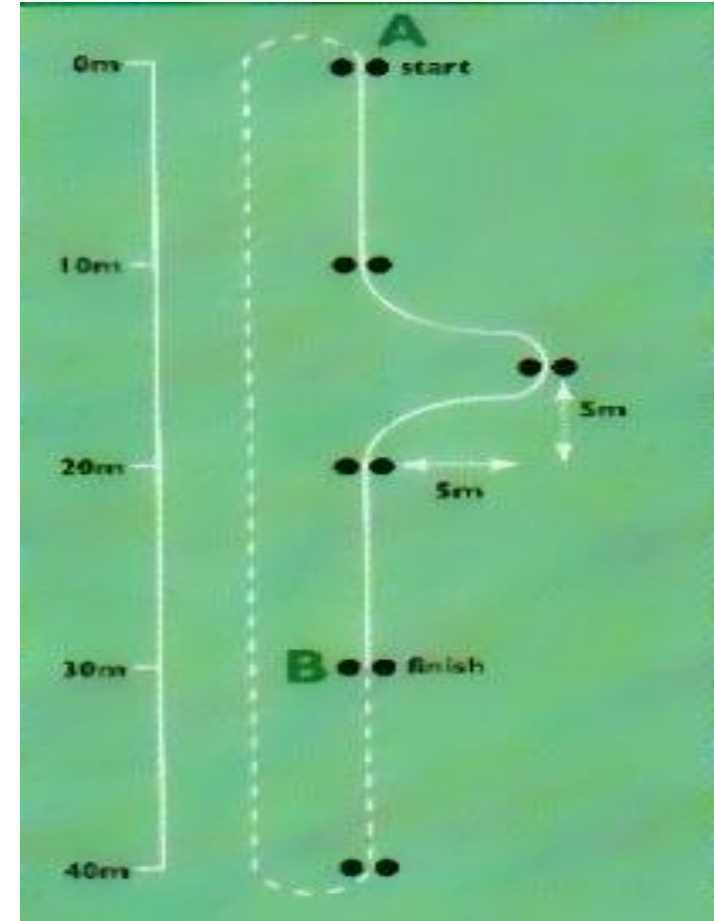
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
- Sprint the course from start to finish and have your training partner record your time.
 - Rest fully and repeat the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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 16 DAY 3

**Central Midfielders Defending
/ Defending as a Team in a 4
- 4 - 2**



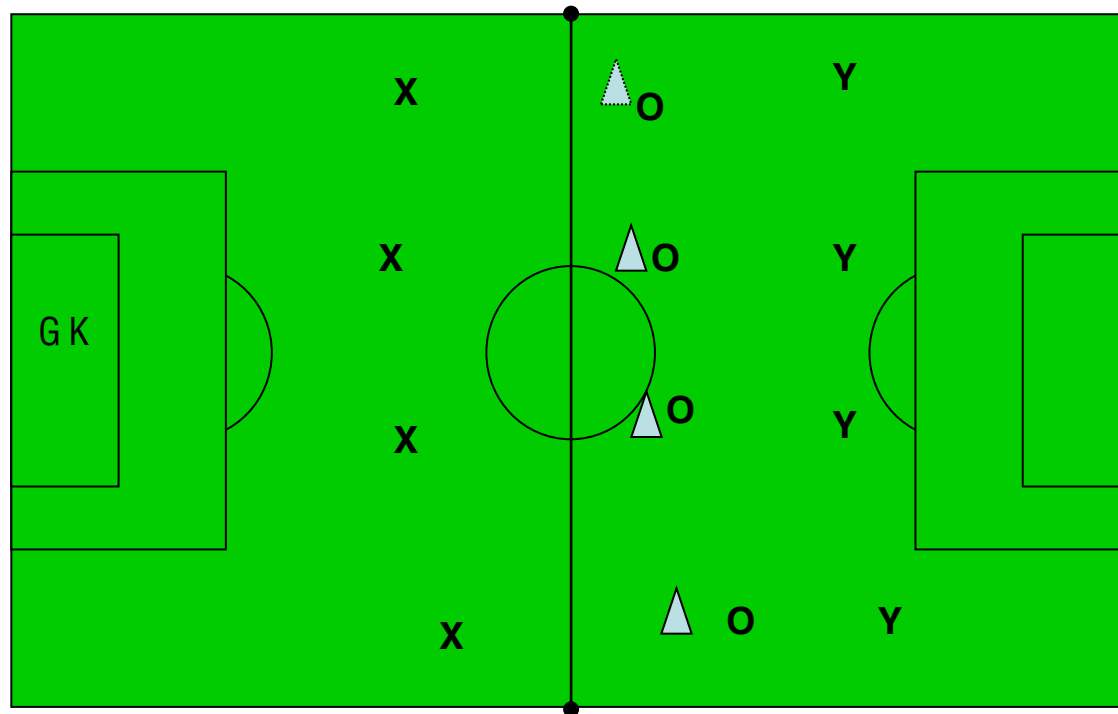
Central Midfielders Defending / Defending as a Team in a 4 - 4 - 2

- Organisation : 1 / 2 Pitch
- 3 x 4 groups of players

Focus on :

Midfield shape

Work as an Unit





Central Midfield Defending / Defending as a Team in a 4 - 4 - 2

- Organisation : Full Pitch Practice

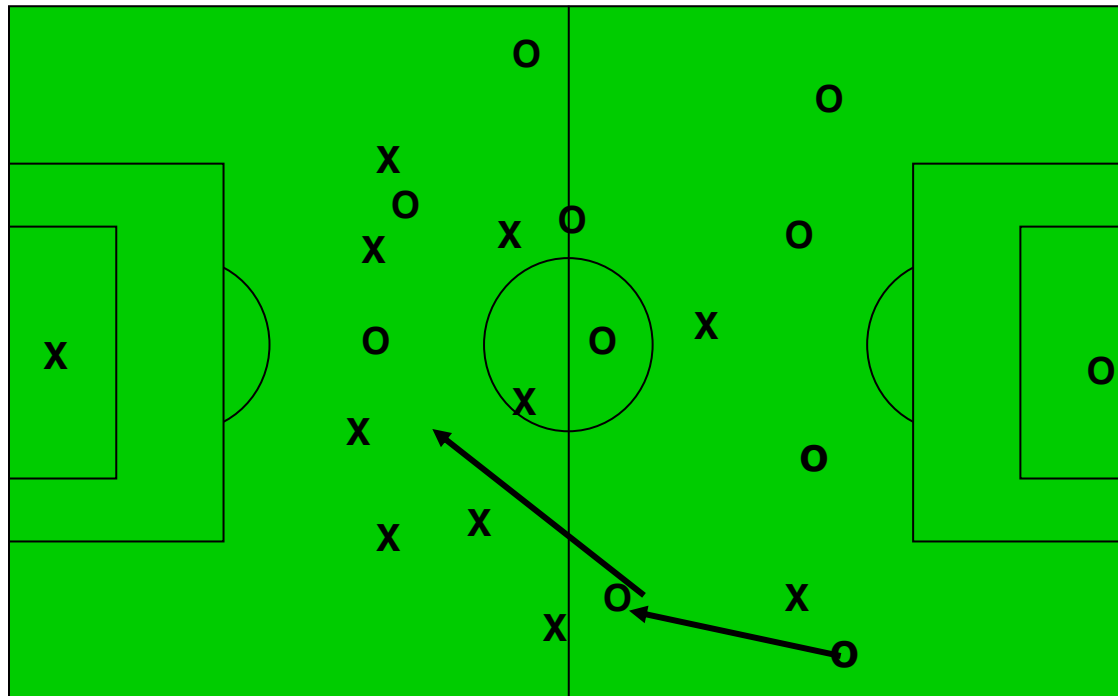
- 11 v 11

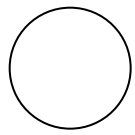
Focus on :

Midfield 4 working as an Unit

Back 4 shape

Roles / responsibilities of strikers





IN-SEASON

WEEK 16 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 16
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 16 DAY 5

Tactical Training Game



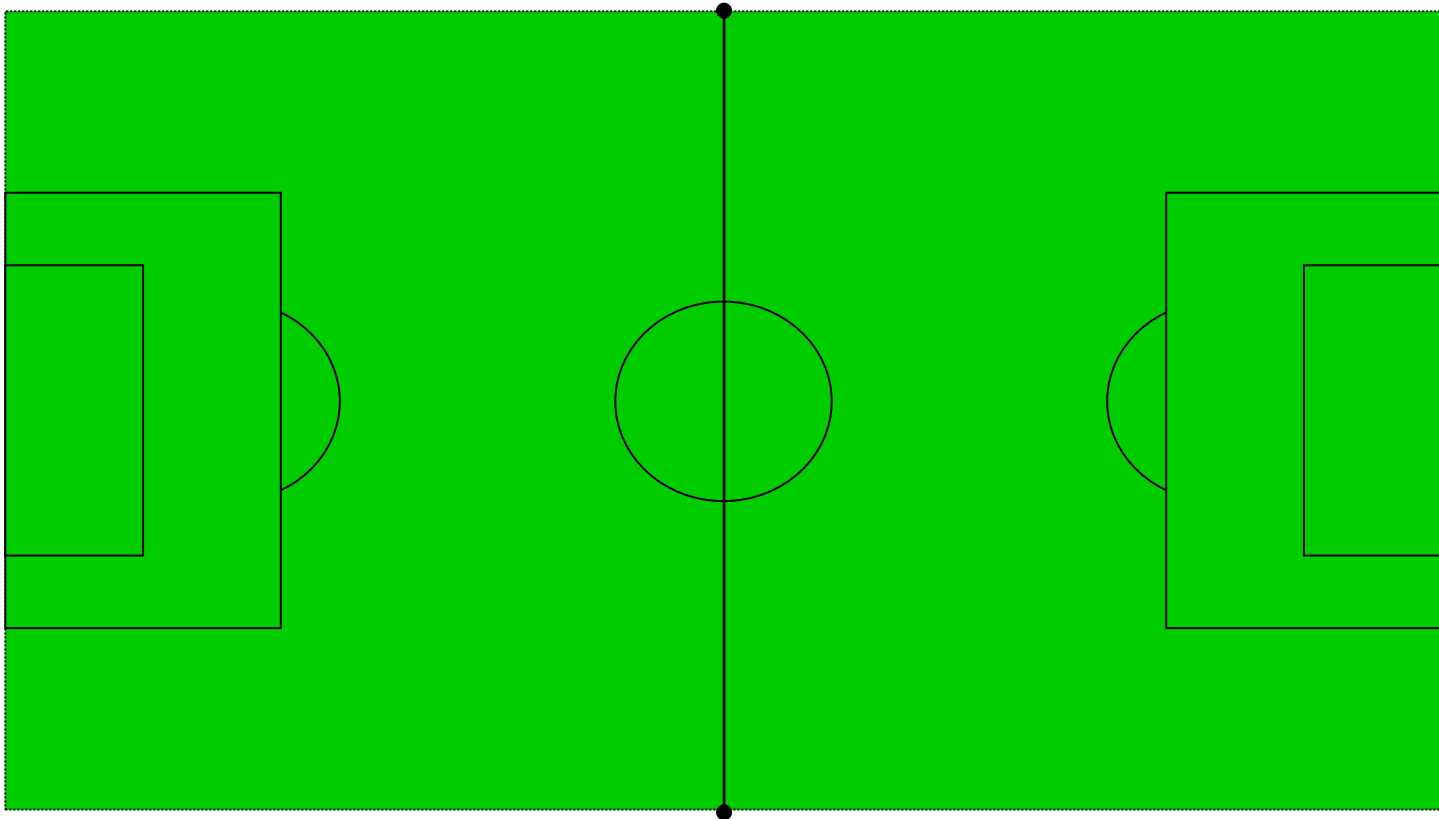
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





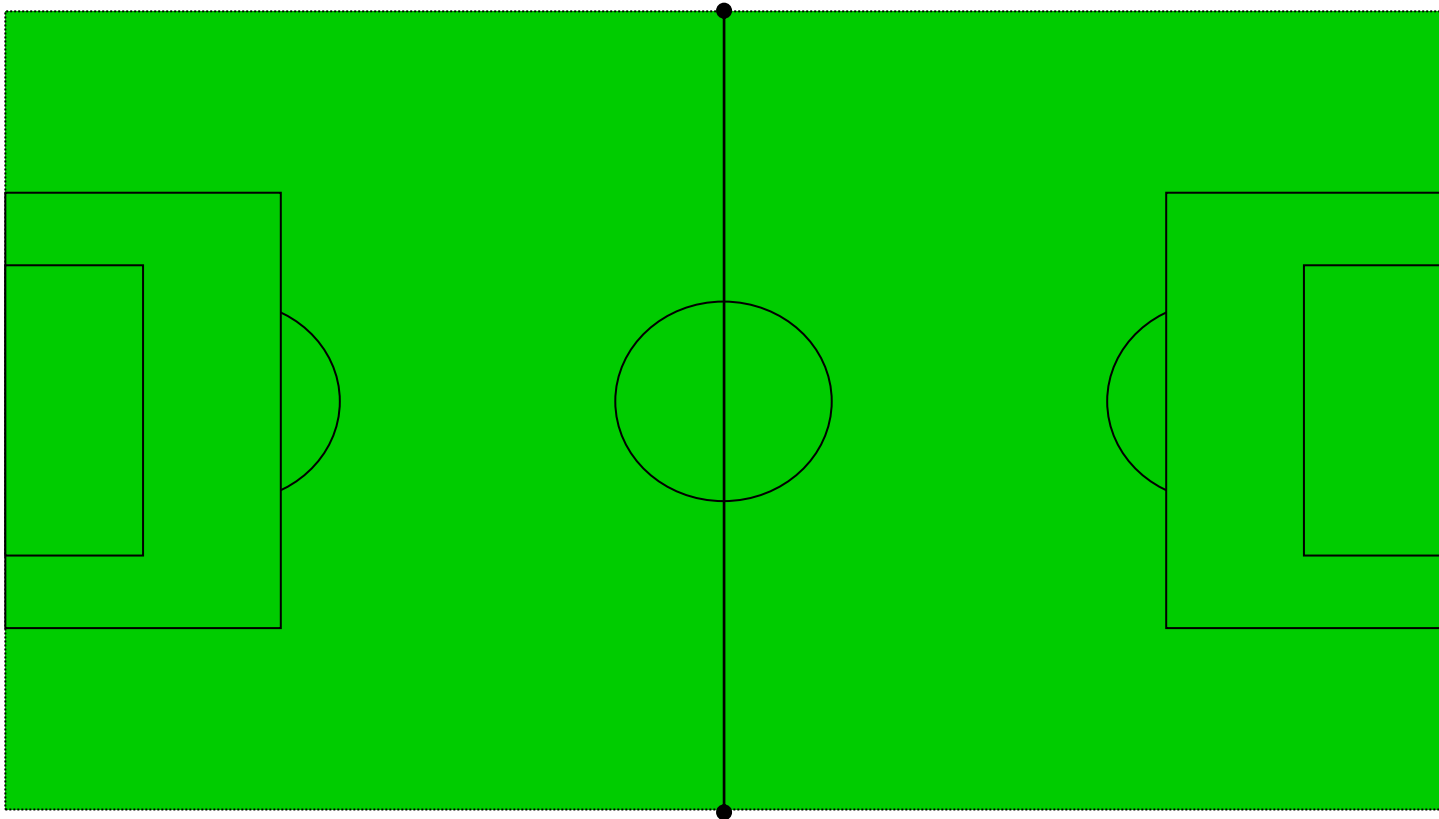
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





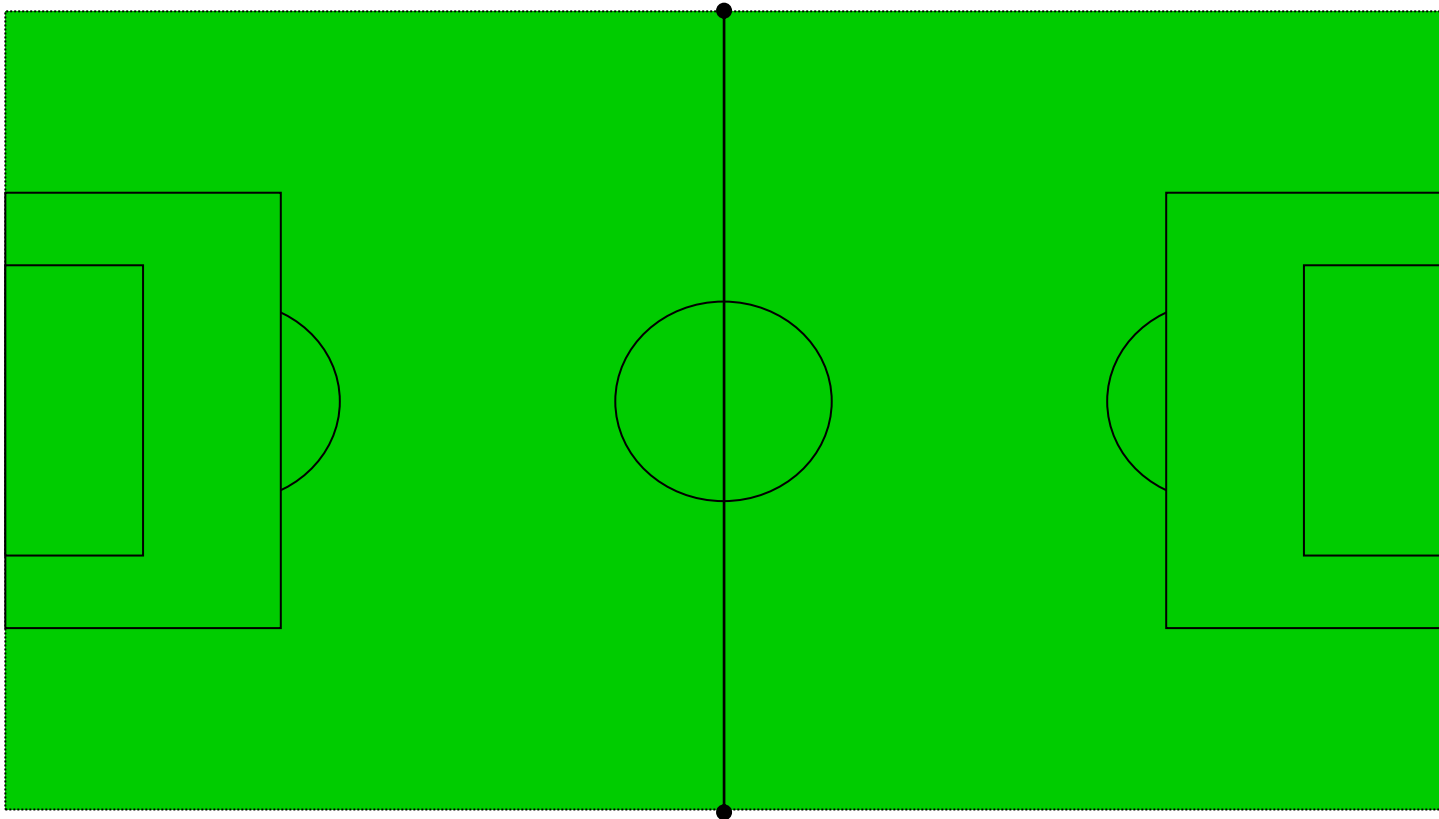
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



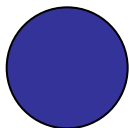
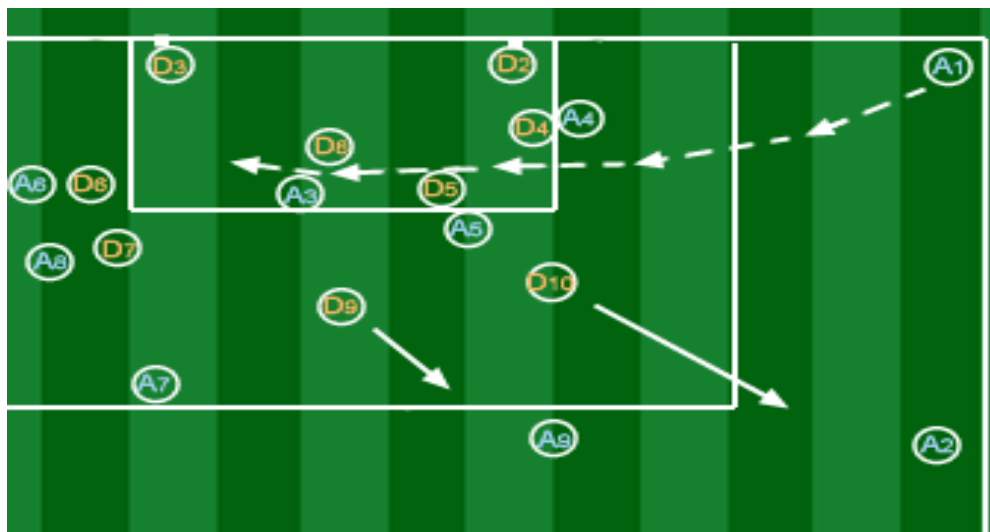
SET PIECES - DEFENDING THE CORNER KICK DELIVERED TO AND BEYOND THE FAR POST

- No defence can ever be totally sure what the attacking side has in mind when they win a corner kick, and so they have to line up preparing for any eventuality.
- The near post has to be covered, as in diagram (i) by (D2), (D4) and (D5).
- They must be ready to check a ball played back to an attacking defender along the touchline (A2) - Hence the position of (D10).
- While (D9) has to be ready should (A1) direct the corner to the edge of the penalty area and or (A9).
- So with (D3) committed to guarding the goal line on the far post eight players already have set tasks.
- So what about the corner kick played long towards the far point of the 6 yard area with attackers (A6) and (A8) coming in hoping to get a header or goal?
CLEARLY THEY MUST BE MARKED - GOAL SIDE BY (D6) AND (D7).

1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

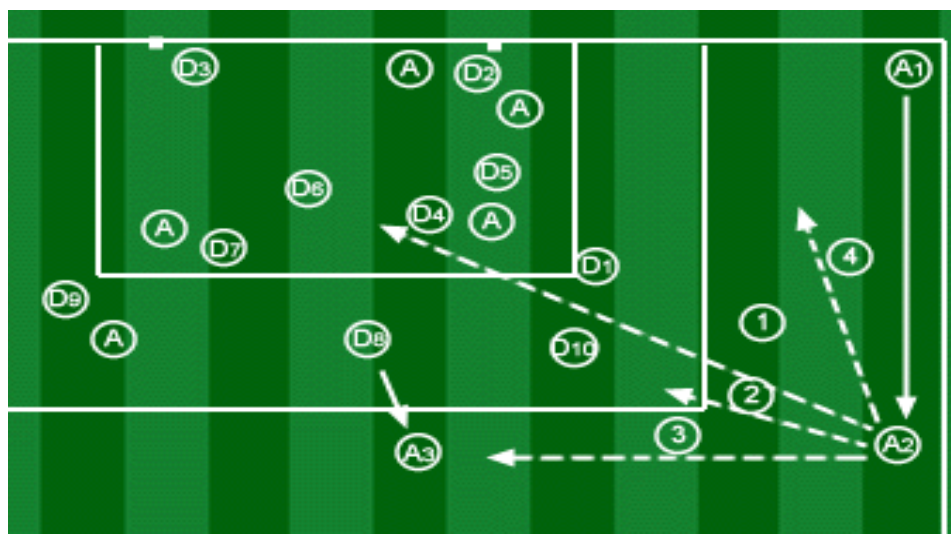
POINTS TO NOTE

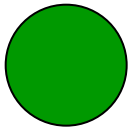
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





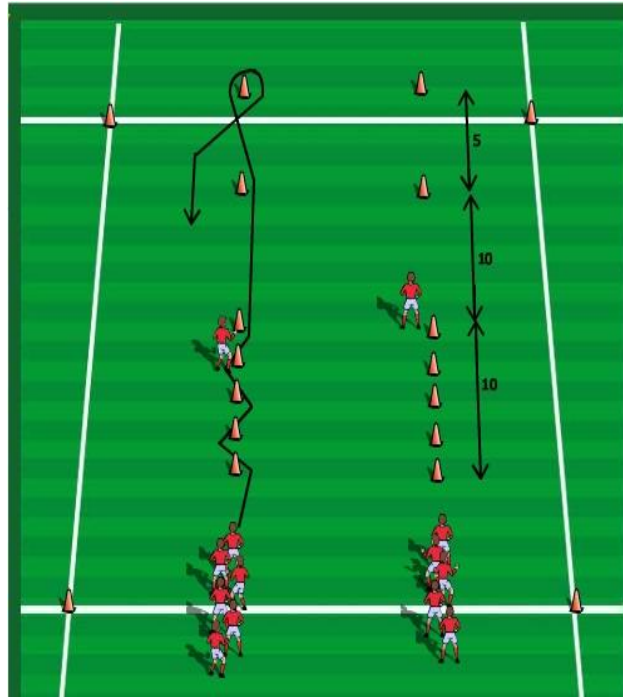
MATCH DAY

Match Day Warm Up



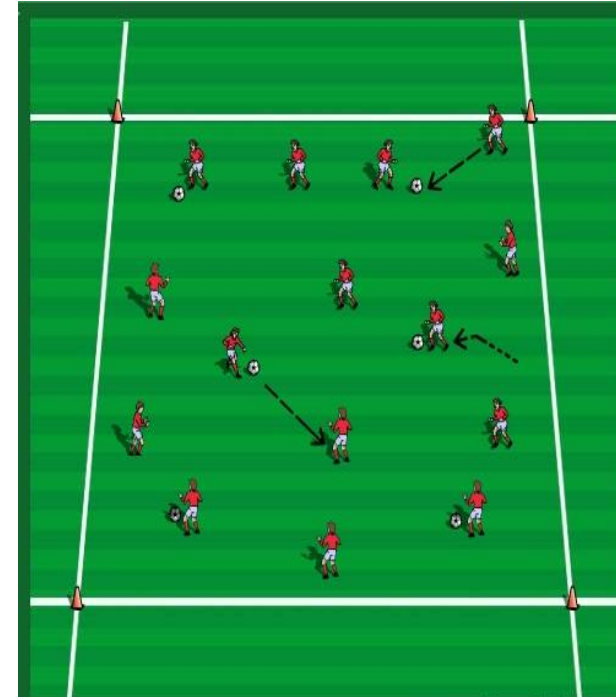
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



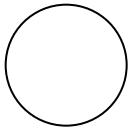
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



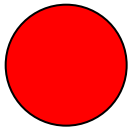
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Defending Corners	Dynamic Warm Up Fitness Testing Bleep Spring	Warm Up Static & Dynamic Defending Corners	Gym Session Lower Body Workout	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY	Rest & Recovery
PM	Cool Down Recovery	505 Agility High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Flexibility Swimming Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Cool Down Recovery	



IN-SEASON

WEEK 17 DAY 1

Defending Corners



Defending Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Start with the GK and first element of zonal defence

Focus on :

Starting Position of all players

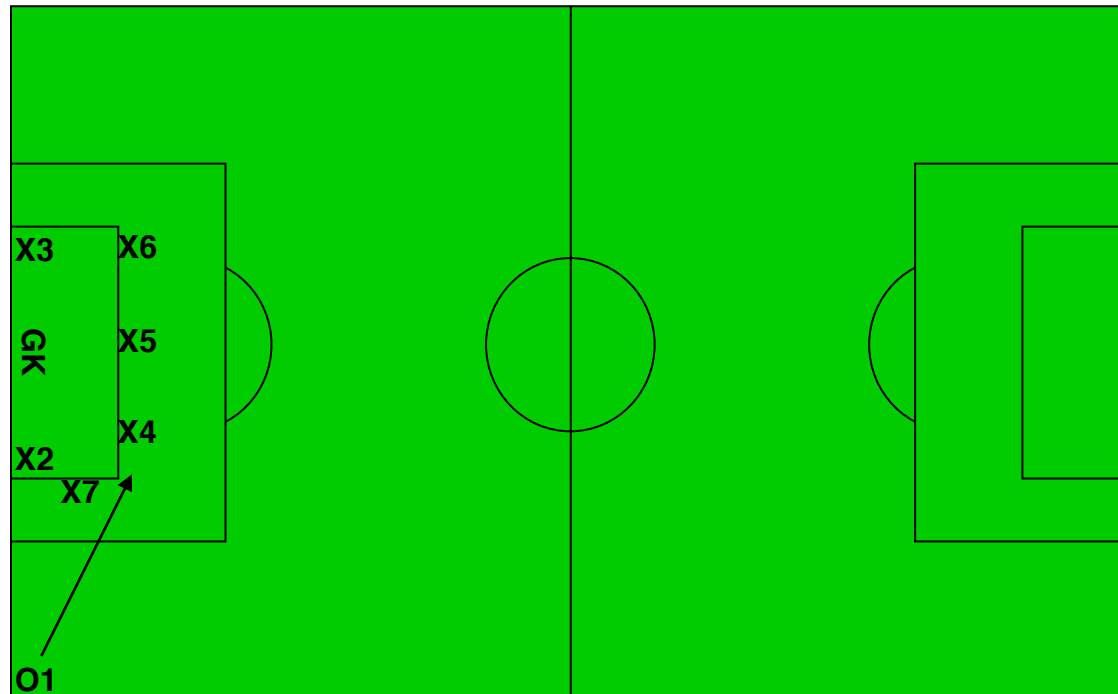
Body Position of defenders

Attitude to defend – Attack Ball

Pressure on ball following clearance

Communication

Type of clearance / Blocking / Movement of players





Defending Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Add 2nd Zonal element

Focus on :

Starting Position of all players

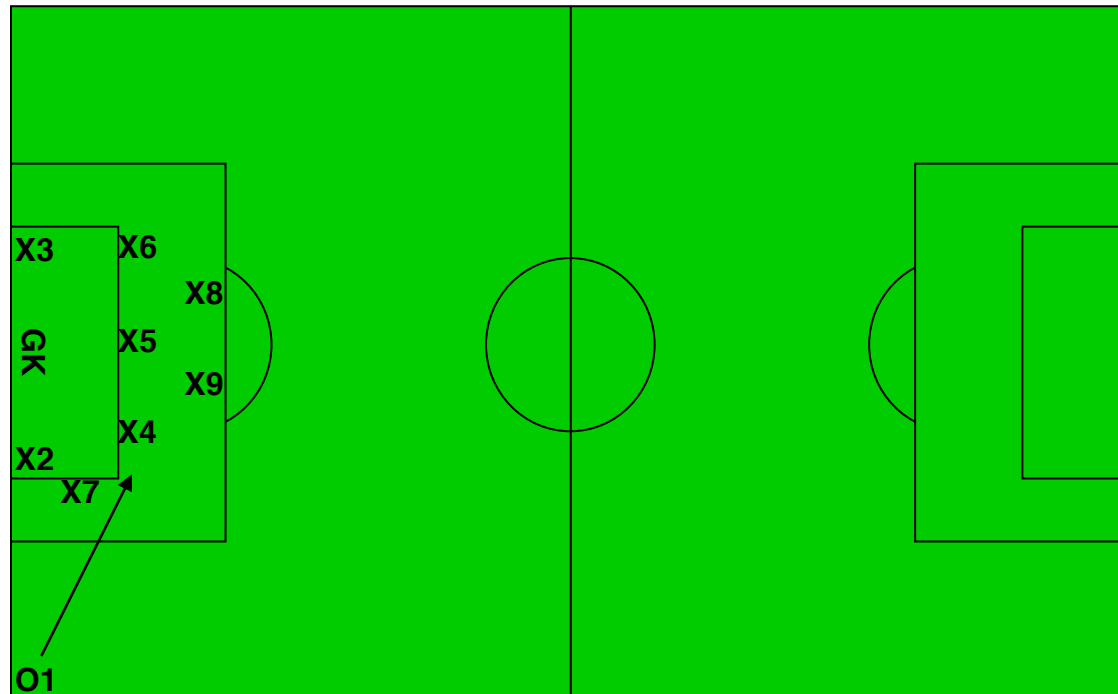
Body Position of defenders

Attitude to defend – Attack Ball

Pressure on ball following clearance

Communication

Type of clearance / Blocking / Movement of players





Defending Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Position all members of the team and add attacking team to defend against

Focus on :

Starting Position of all players

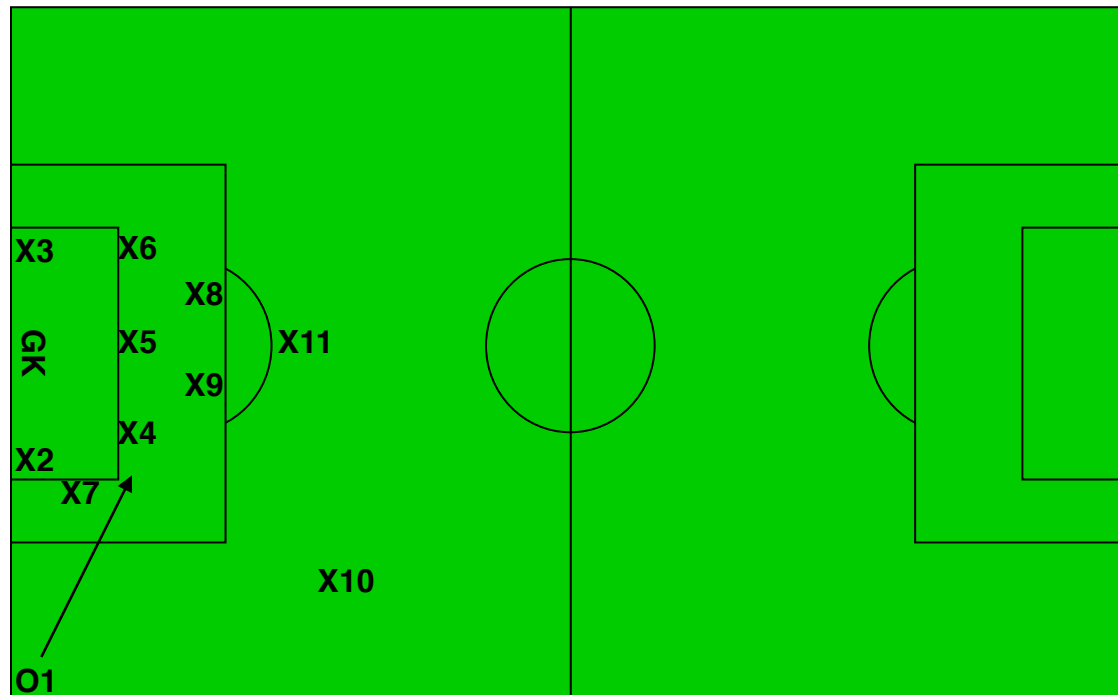
Body Position of defenders

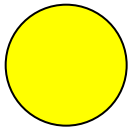
Attitude to defend – Attack Ball

Pressure on ball following clearance

Communication

Type of clearance / Blocking / Movement of players

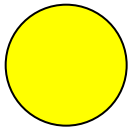




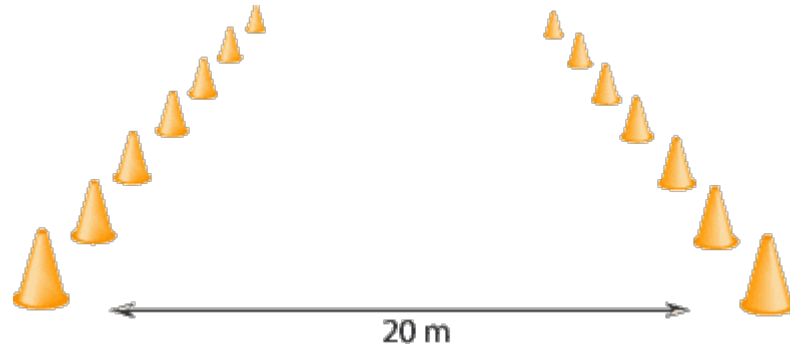
IN-SEASON

WEEK 17 DAY 2

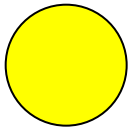
FITNESS TESTING



BLEEP TEST



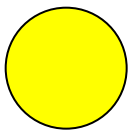
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



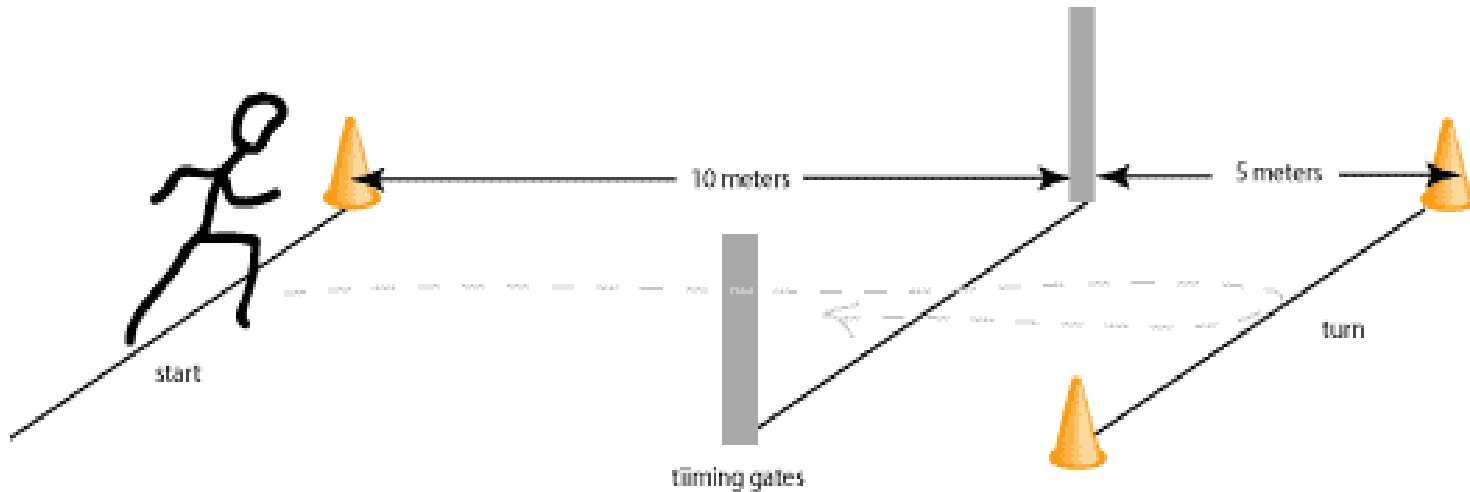
SPRINT TEST



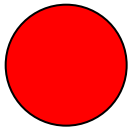
- **Description / Procedure :** The purpose of this test is to determine maximum running speed. It involves running a single maximum sprint over a set distance, with time recorded. The test is conducted over different distances, such as 10, 20, 40 and/or 50 meters or yards, depending on the sport and 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.



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



IN-SEASON

WEEK 17 DAY 3

Defending Corners



Defending Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Start with the GK and first element of zonal defence

Focus on :

Starting Position of all players

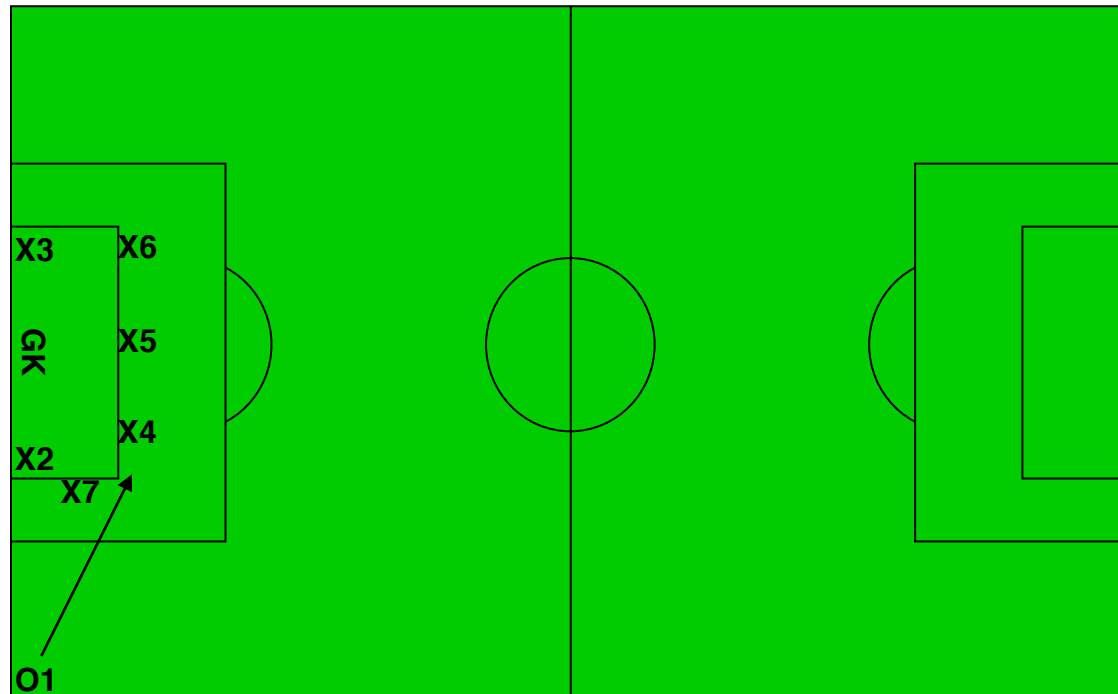
Body Position of defenders

Attitude to defend – Attack Ball

Pressure on ball following clearance

Communication

Type of clearance / Blocking / Movement of players





Defending Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Add 2nd Zonal element

Focus on :

Starting Position of all players

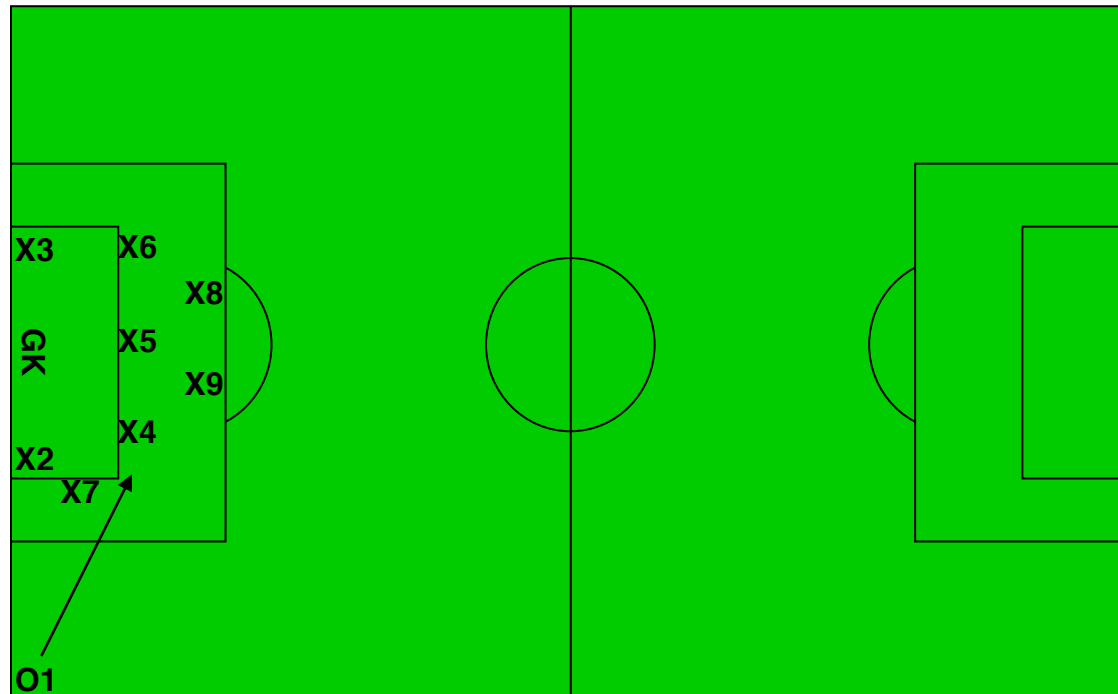
Body Position of defenders

Attitude to defend – Attack Ball

Pressure on ball following clearance

Communication

Type of clearance / Blocking / Movement of players





Defending Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Position all members of the team and add attacking team to defend against

Focus on :

Starting Position of all players

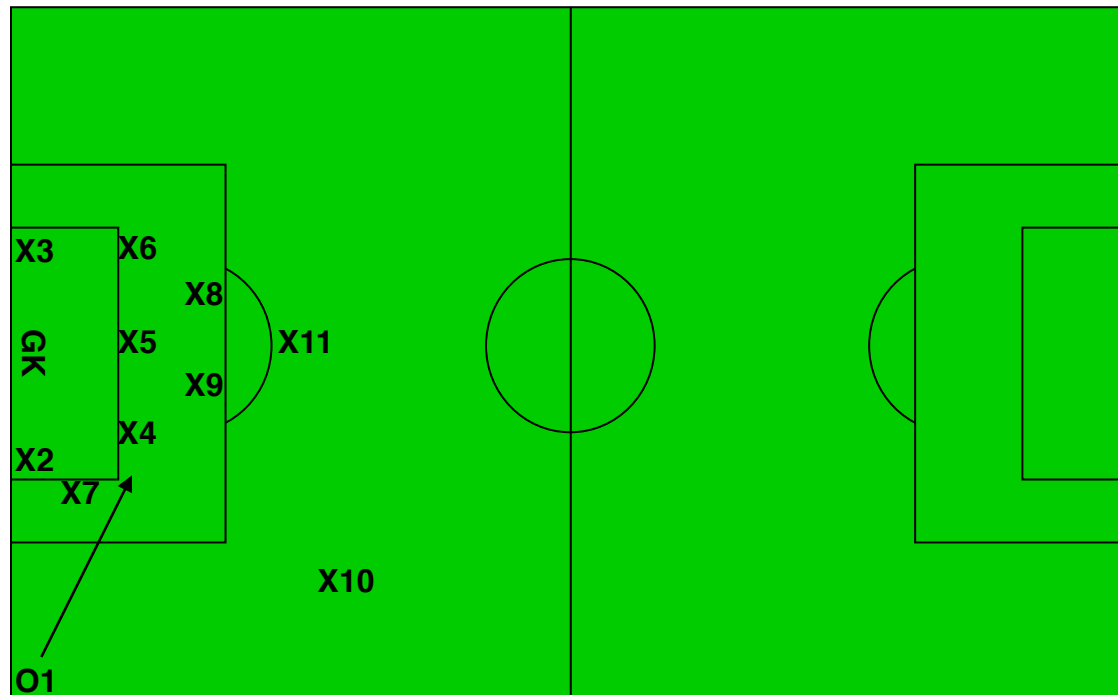
Body Position of defenders

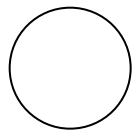
Attitude to defend – Attack Ball

Pressure on ball following clearance

Communication

Type of clearance / Blocking / Movement of players





IN-SEASON

WEEK 17 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 17
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 17 DAY 5

Tactical Training Game



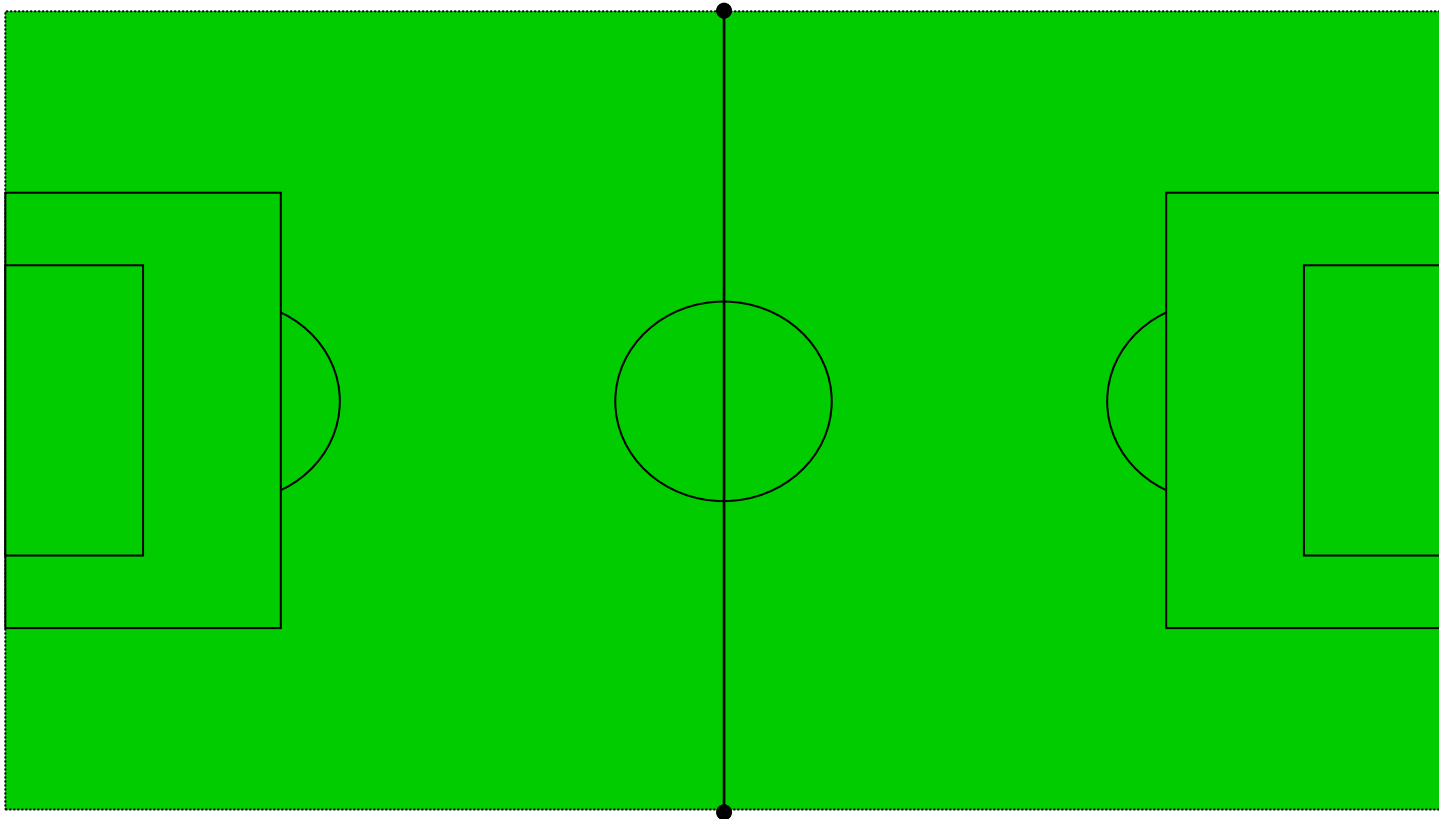
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





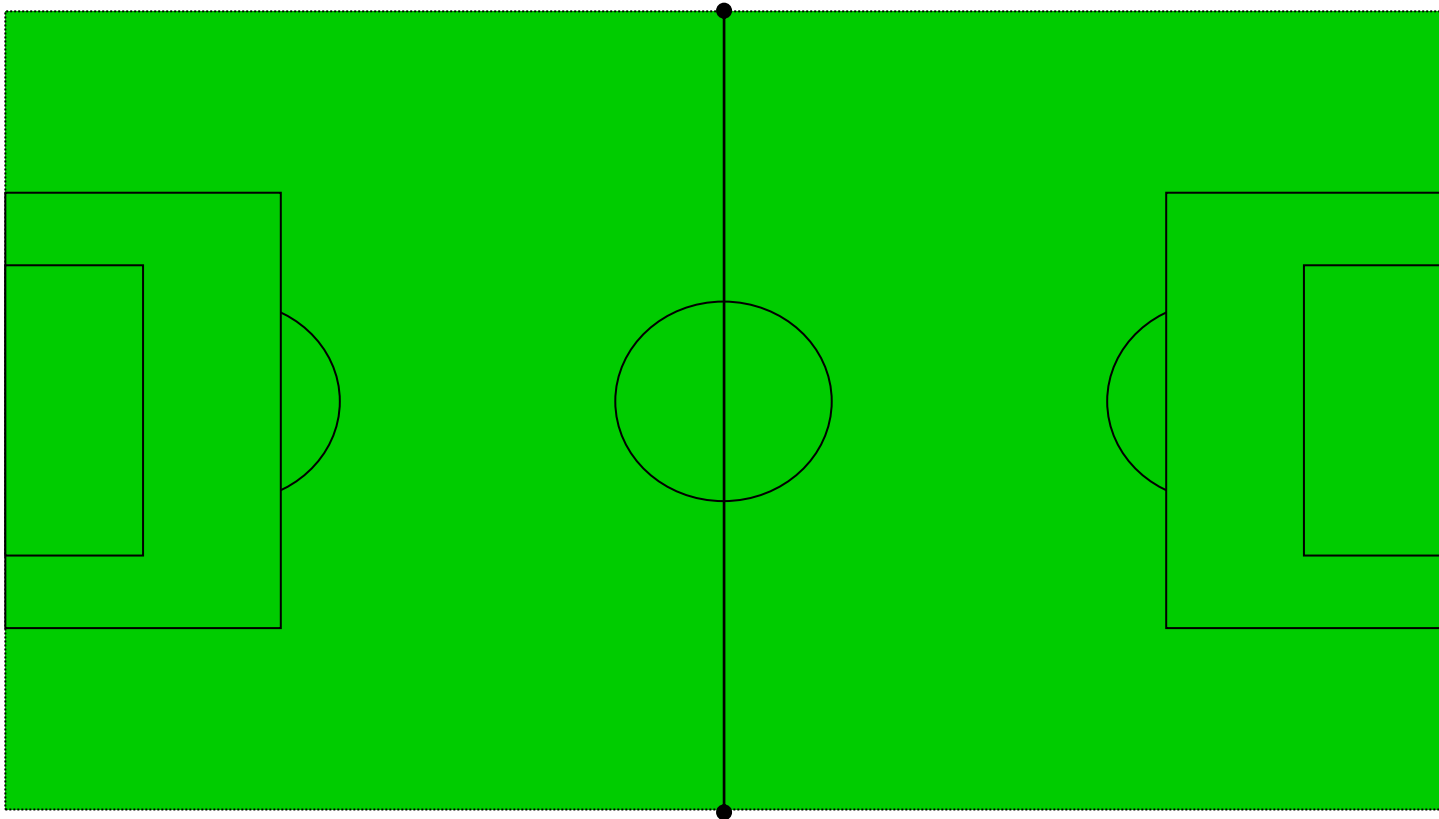
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





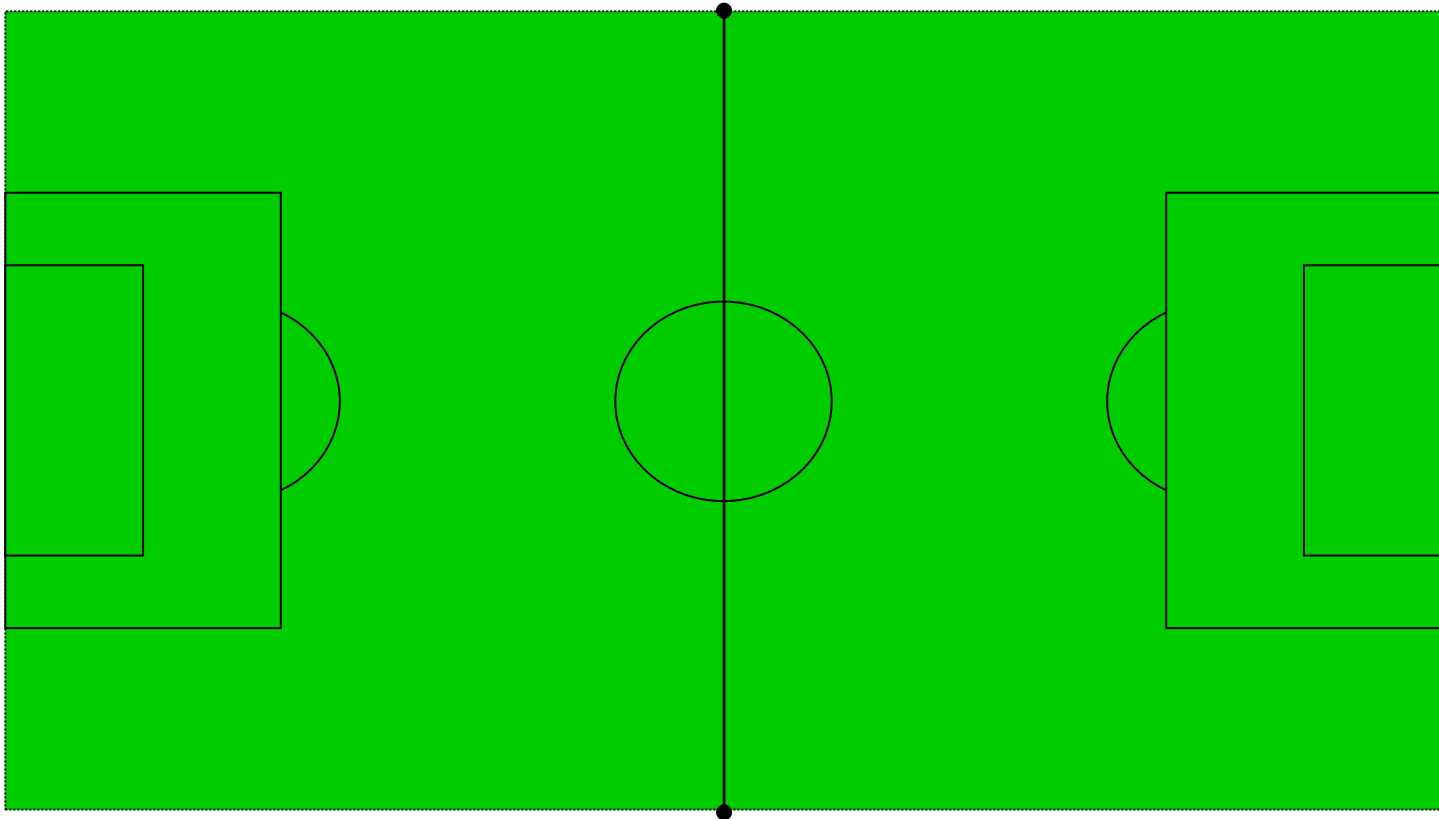
Tactical Training Game

•Organisation :

Opposition :

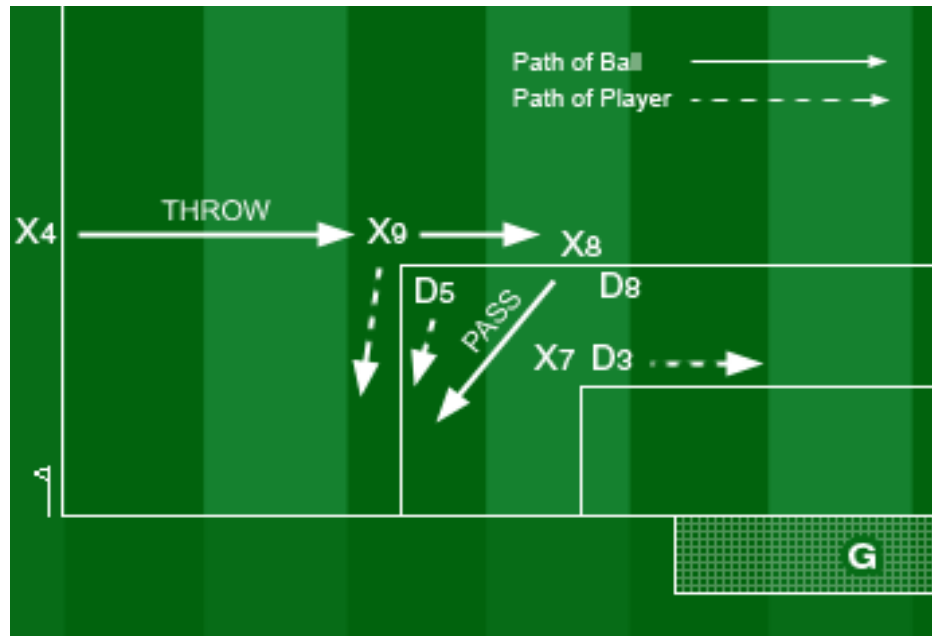
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



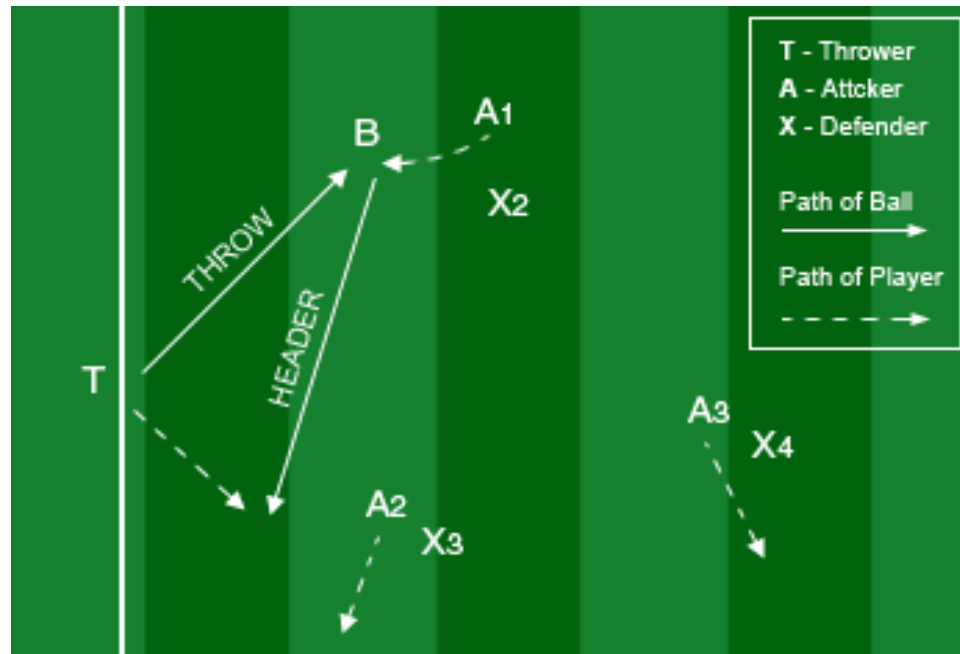
Set Plays at a Throw-in (attacking)

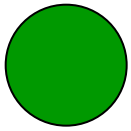
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





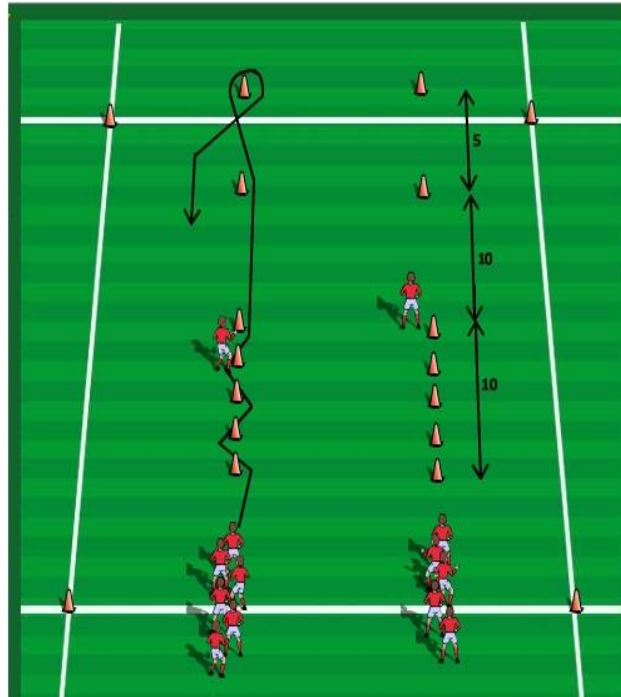
MATCH DAY

Match Day Warm Up



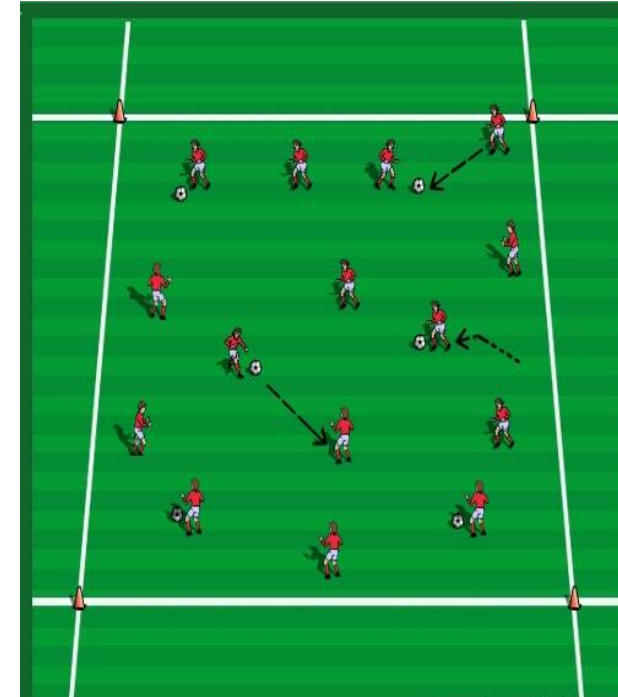
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



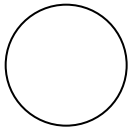
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Shot Stopping / Dealing with 1v1 situations in a Functional Practice	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinios Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Shot Stopping / Dealing with 1v1 situations in a Functional Practice Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Support & Distribution of the Goalkeeper Cool Down Recovery				Set Plays Corner kicks Cool Down Recovery		



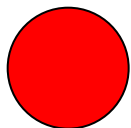
IN-SEASON

WEEK 18 DAY 1

**Shot Stopping / Dealing with
1v1 situations**

in a Functional Practice

**Support & Distribution of the
Goalkeeper**

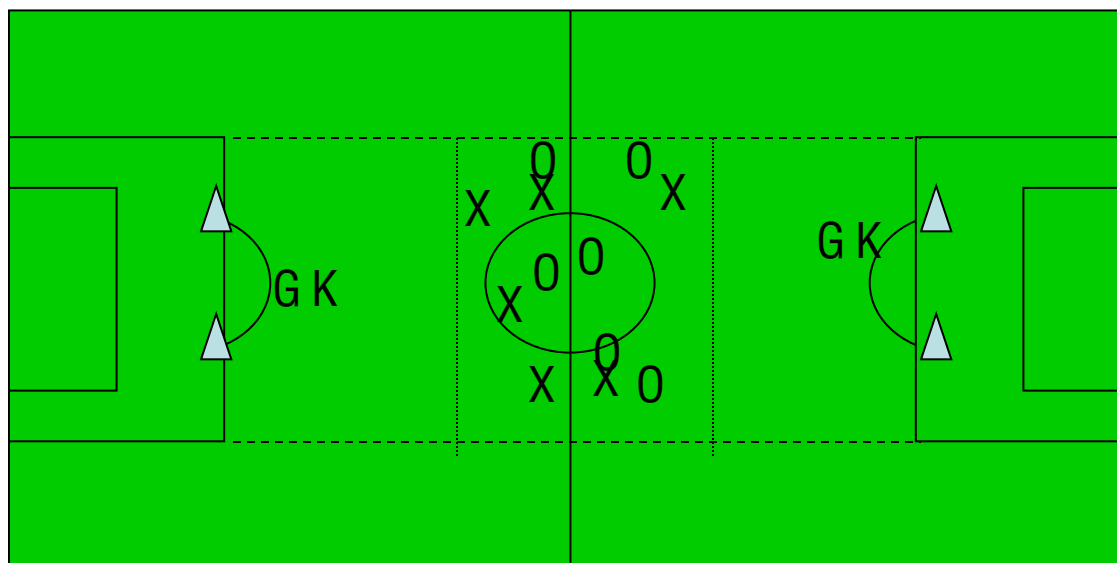


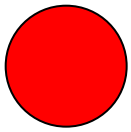
Shot Stopping / Dealing with 1v1 situations in a Functional Practice

- Organisation : Practice involving 2 Goalkeepers plus 6 v 6. The ball is played by coach on half way line.
- Possession play aiming for one player to break out of middle third to attack at either goal.
- Progression : Breakout player can be tracked by defender (can only attack one goal)
- 1 and than 2 defenders already out of area. Breakout players attack with 2 and 3 players with a tracking defender
- Progress to 11 v 11 using full width of pitch

Focus on

- Key factors with shot stopping/1 v 1 situations
- Starting Position of the defenders
- Pressure by defenders
- Cover & Support for the pressurising players
- Body Position / Where to pressure & Why
- Recovery runs & Tracking players



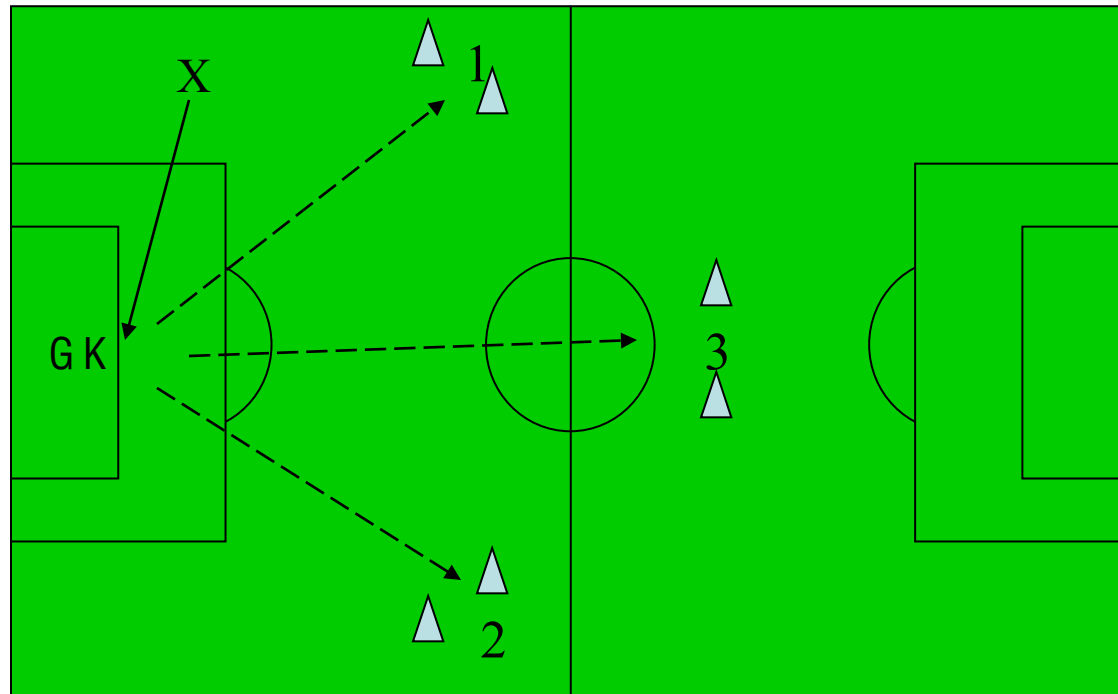


Support & Distribution of the Goalkeeper

- Organisation : Half Pitch + 15 Yards, 3 goals, server from wide (X) and GK.
- Playing Area : Half Pitch, one goal central 15 yards past half way, two goals wide 40 yards from by-line.
- GK receives cross from wide and looks to distribute by throwing to goal 1 or 2 or kicking to goal 3.

Focus on :

- GK starting position in relation to ball
- Quality of the goalkeepers distribution
- Throwing/kicking techniques.
- Support play after the distribution





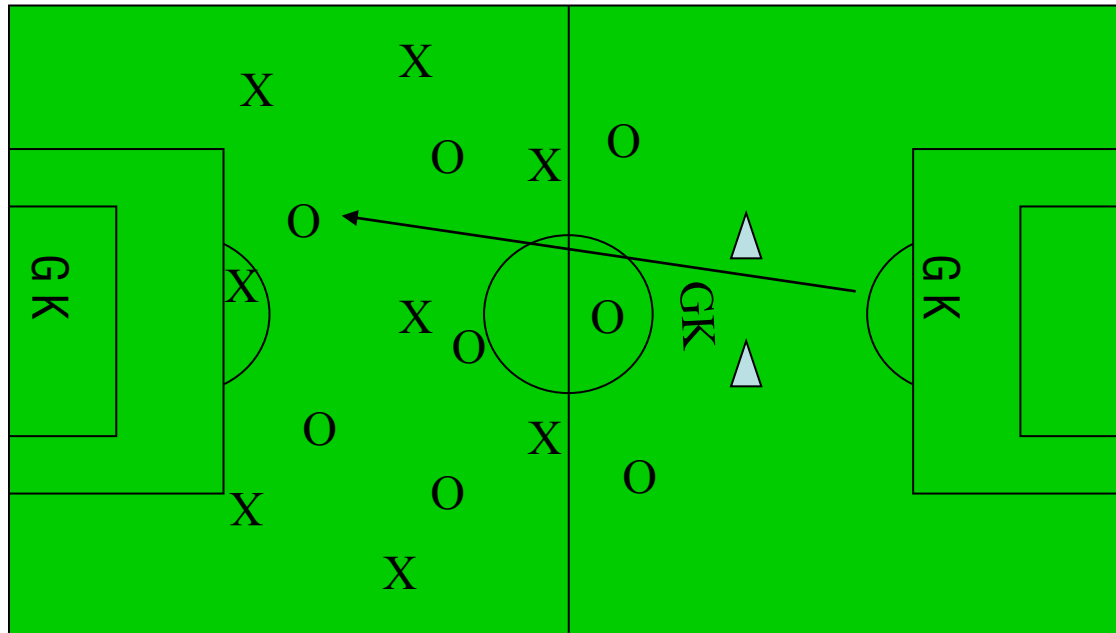
Support & Distribution of the Goalkeeper

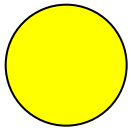
- Organisation : Two thirds of a pitch involving 9 Vs 9 + GK1 starting behind goal.
- GK1 serves into forward (O) by distributing from the floor.
- Play game situation (O) attack GK3, (X) attack GK2. (3,3,2)
- GK2/GK3 options of distribution will be by either throwing or kicking.

Focus on :

- Area to hit/Best options (Strengths/weaknesses or you and opposition)
- Quality of passing (Distance/Accuracy)
- Throwing/kicking technique
- Support (Starting Positions/movements of support)

Depth of the defenders

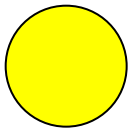




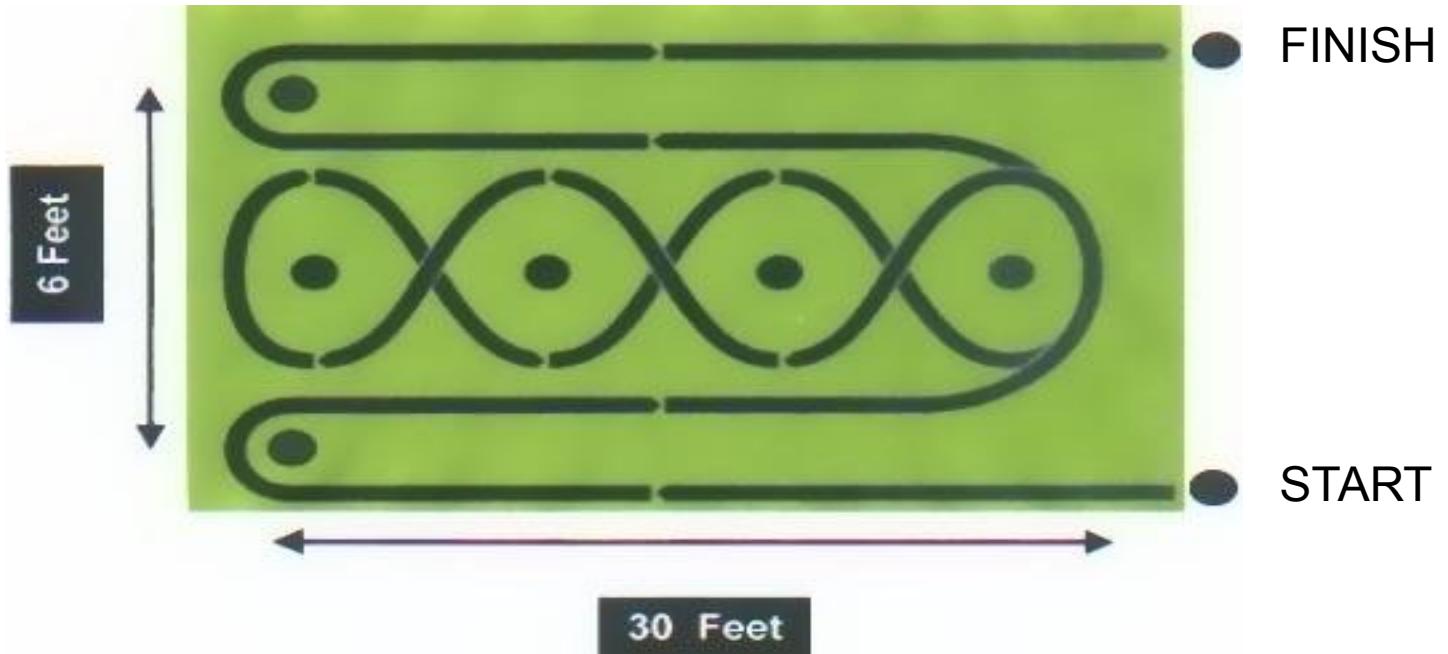
IN-SEASON

WEEK 18 DAY 2

FITNESS TESTING



ILLINOIS AGILITY TEST



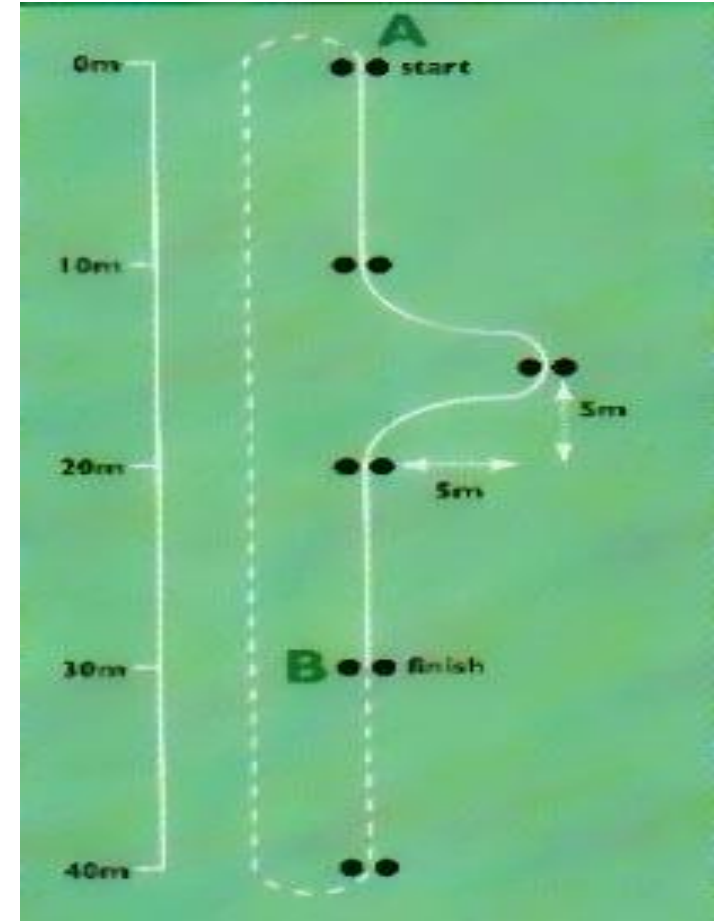
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



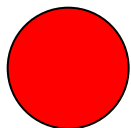
IN-SEASON

WEEK 18 DAY 3

**Shot Stopping / Dealing with
1v1 situations**

in a Functional Practice

**Support & Distribution of the
Goalkeeper**

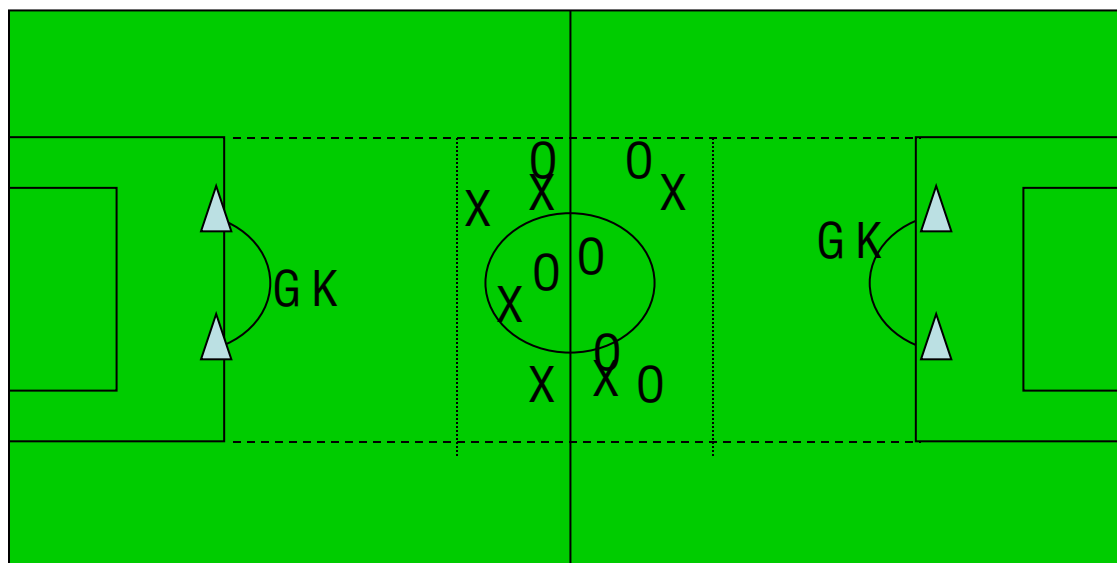


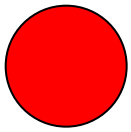
Shot Stopping / Dealing with 1v1 situations in a Functional Practice

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- Starting Position of the defenders
- Pressure by defenders
- Cover & Support for the pressurising players
- Body Position / Where to pressure & Why
- Recovery runs & Tracking players



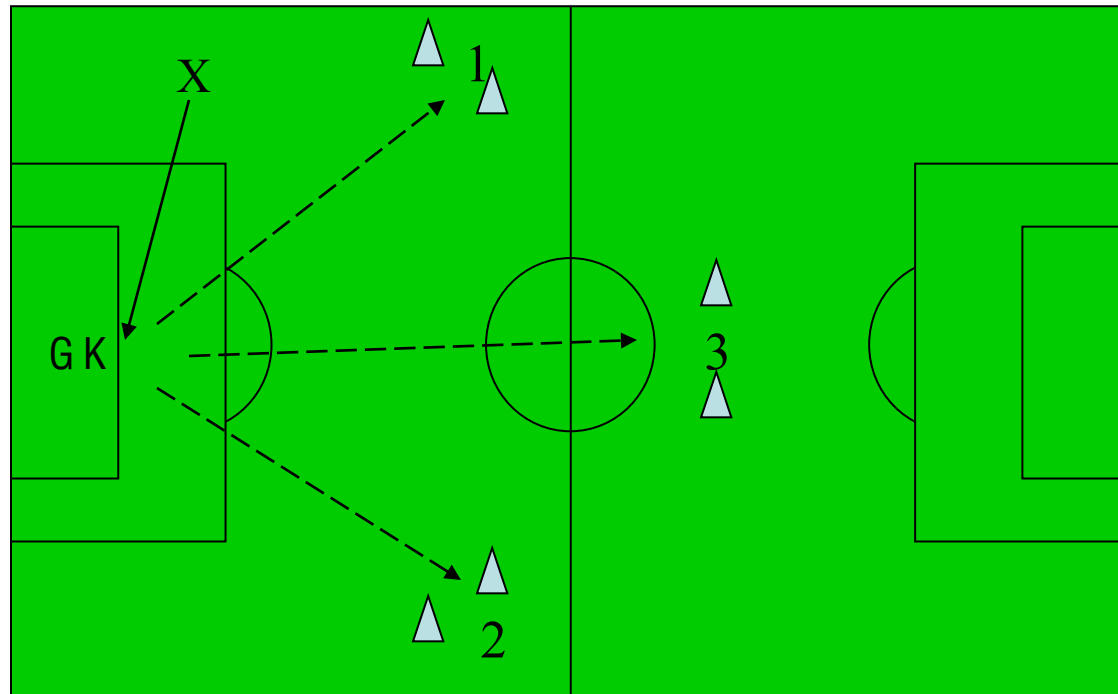


Support & Distribution of the Goalkeeper

- Organisation : Half Pitch + 15 Yards, 3 goals, server from wide (X) and GK.
- Playing Area : Half Pitch, one goal central 15 yards past half way, two goals wide 40 yards from by-line.
- GK receives cross from wide and looks to distribute by throwing to goal 1 or 2 or kicking to goal 3.

Focus on :

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- Quality of the goalkeepers distribution
- Throwing/kicking techniques.
- Support play after the distribution





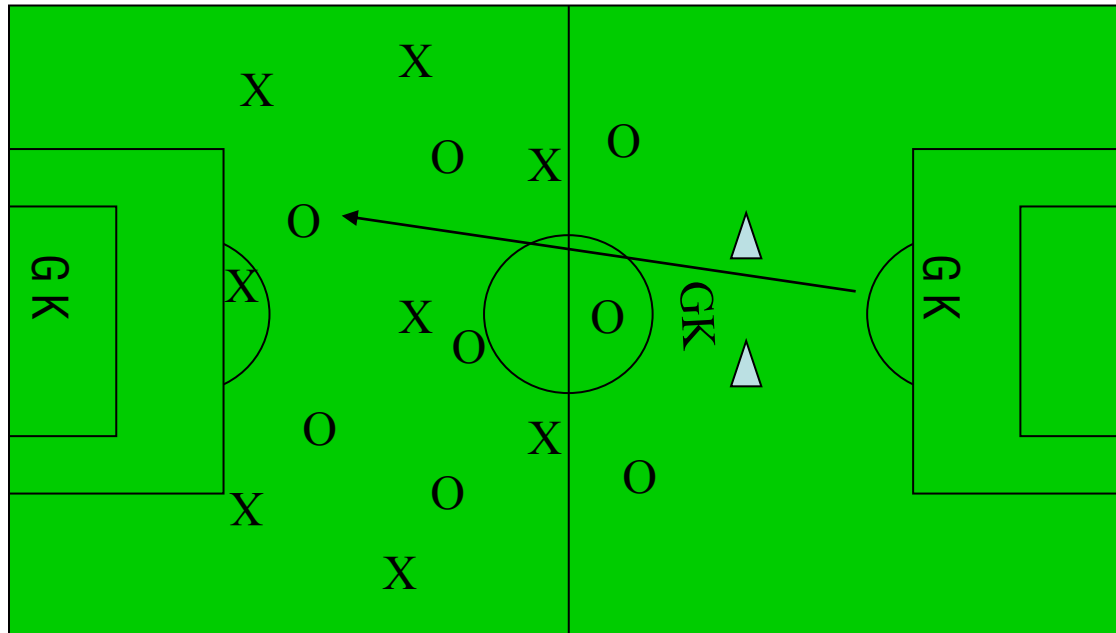
Support & Distribution of the Goalkeeper

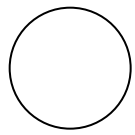
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Focus on :

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- Quality of passing (Distance/Accuracy)
- Throwing/kicking technique
- Support (Starting Positions/movements of support)

Depth of the defenders





IN-SEASON

WEEK 18 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 18
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 18 DAY 5

Tactical Training Game



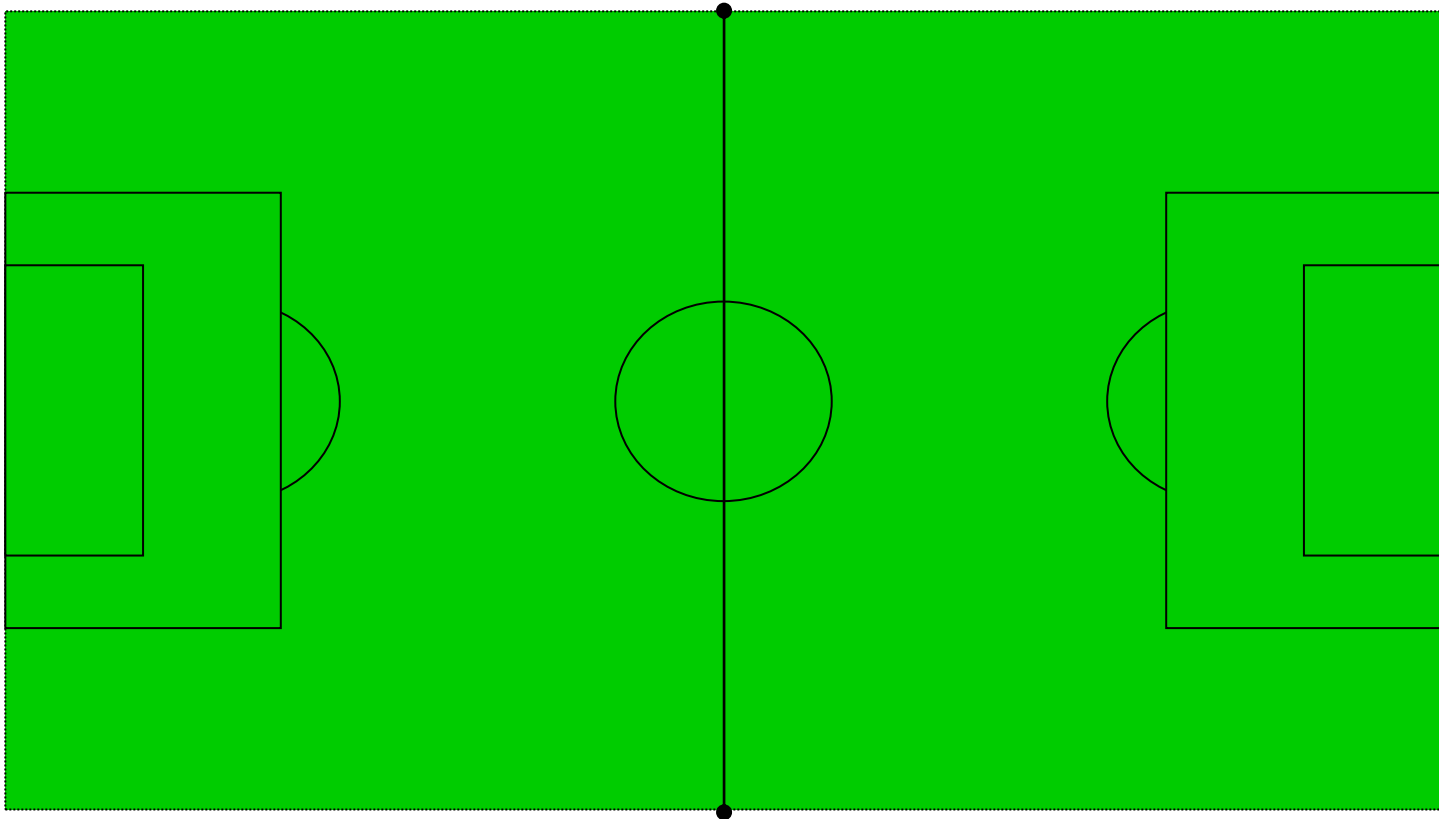
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





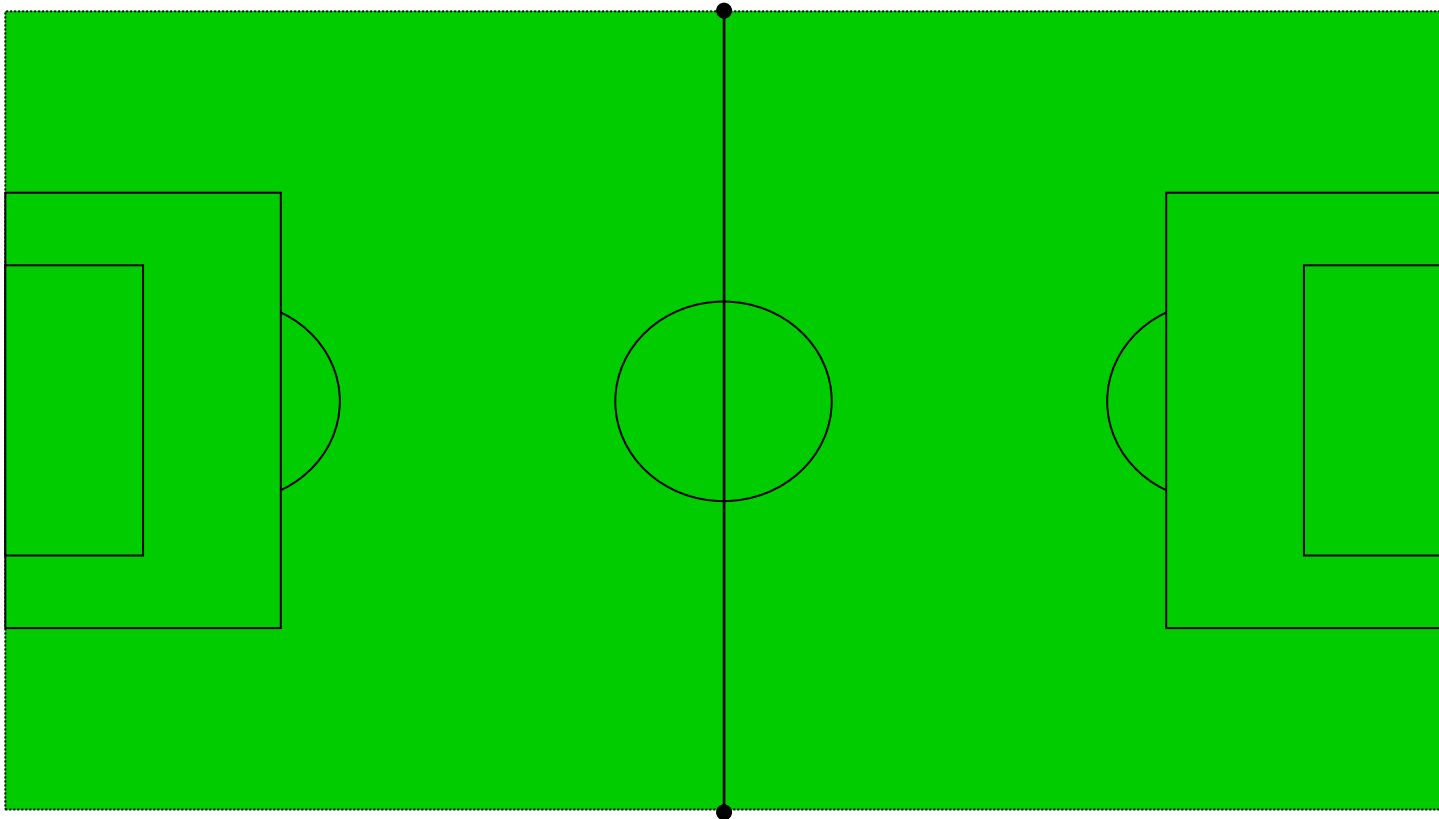
Tactical Training Game

•Organisation :

Opposition :

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Focus on :





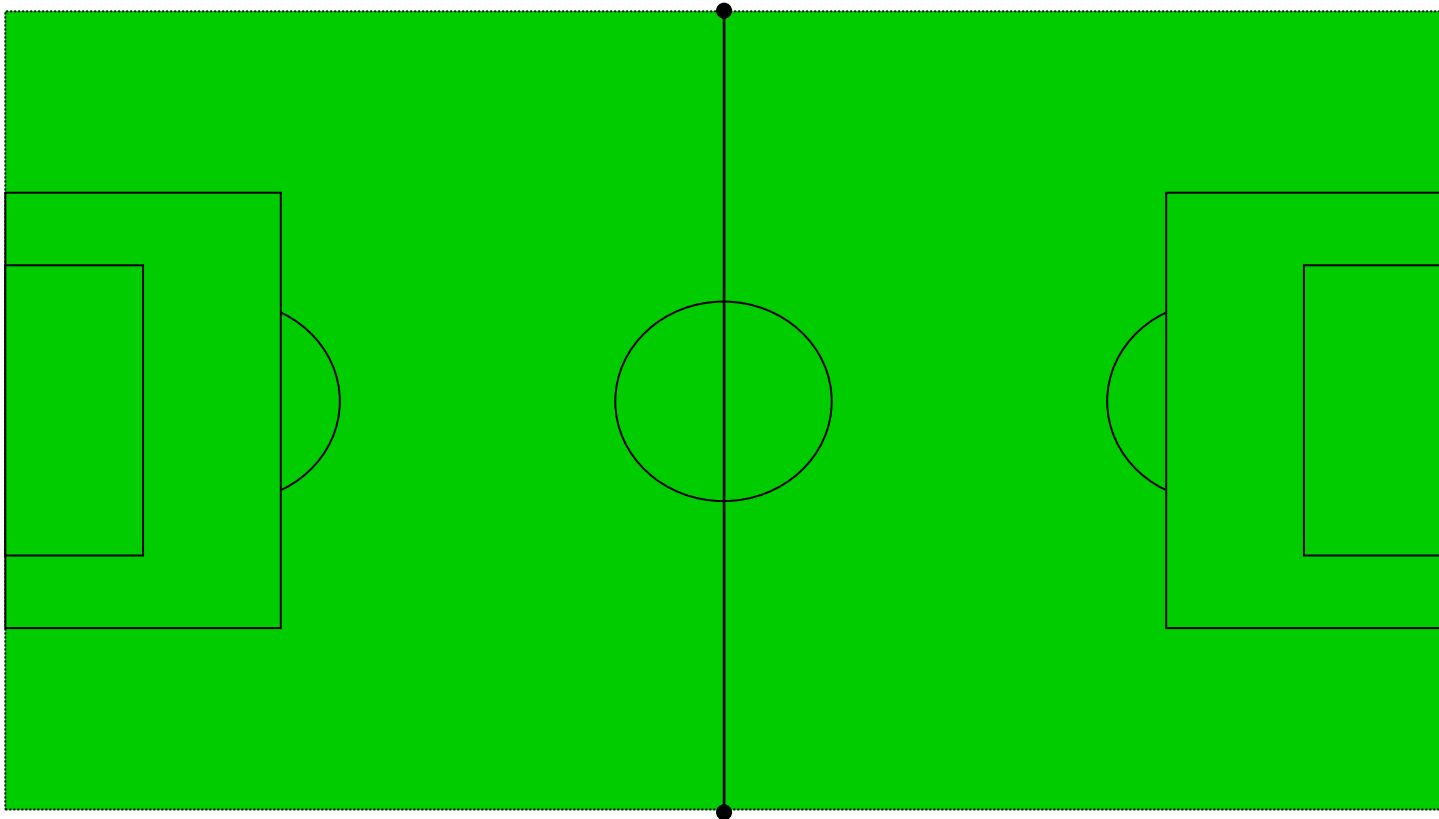
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



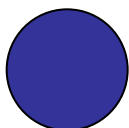
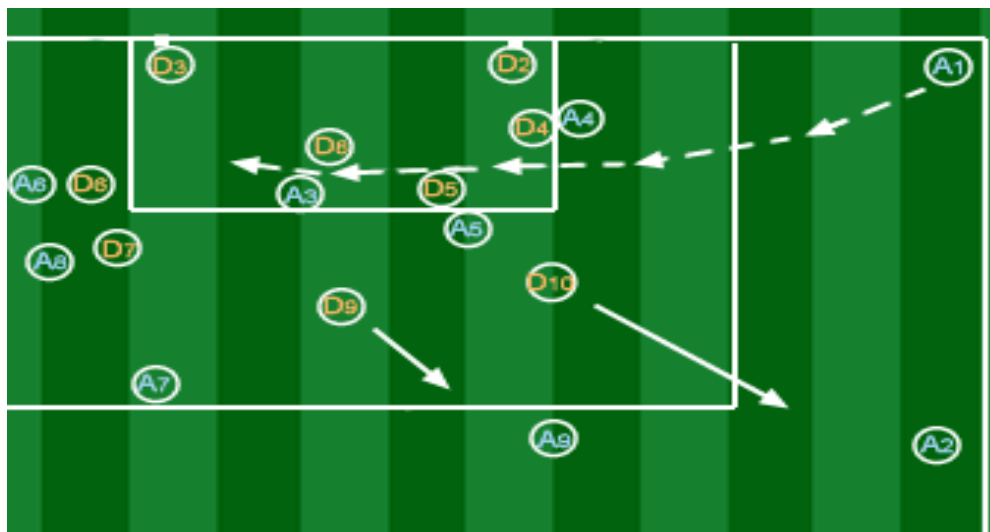
SET PIECES - DEFENDING THE CORNER KICK DELIVERED TO AND BEYOND THE FAR POST

- No defence can ever be totally sure what the attacking side has in mind when they win a corner kick, and so they have to line up preparing for any eventuality.
- The near post has to be covered, as in diagram (i) by (D2), (D4) and (D5).
- They must be ready to check a ball played back to an attacking defender along the touchline (A2) - Hence the position of (D10).
- While (D9) has to be ready should (A1) direct the corner to the edge of the penalty area and or (A9).
- So with (D3) committed to guarding the goal line on the far post eight players already have set tasks.
- So what about the corner kick played long towards the far point of the 6 yard area with attackers (A6) and (A8) coming in hoping to get a header or goal?
CLEARLY THEY MUST BE MARKED - GOAL SIDE BY (D6) AND (D7).

1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

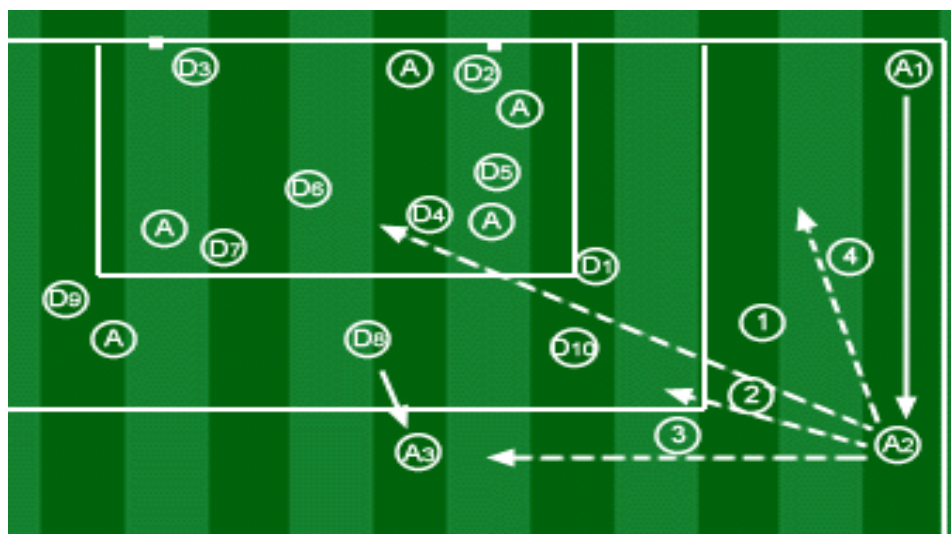
POINTS TO NOTE

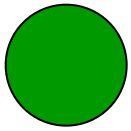
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





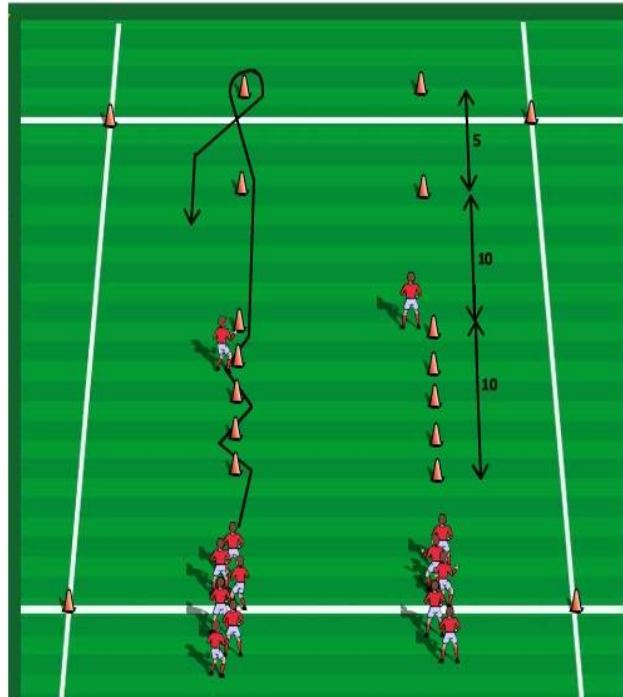
MATCH DAY

Match Day Warm Up



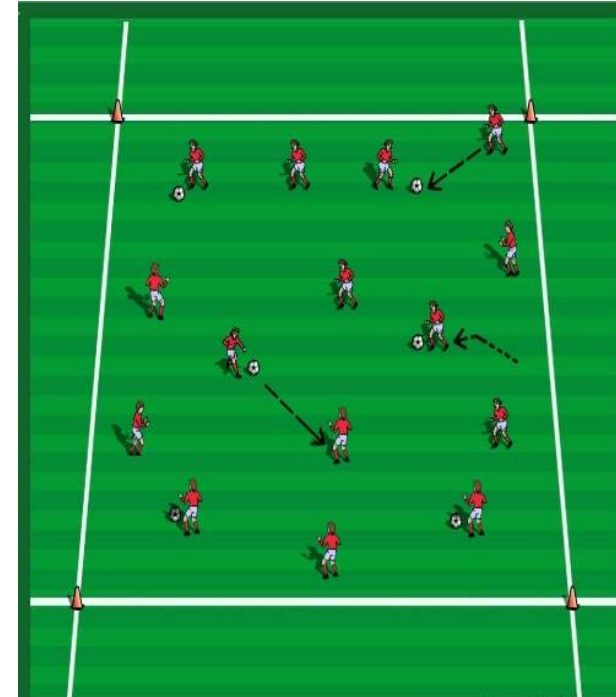
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



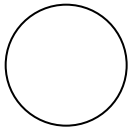
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic 4-3-3 formation with a Winger	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility	Warm Up Static & Dynamic 4-3-3 formation with a Winger Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	High Tempo Possession Games Cool Down Recovery			Set Plays Throw In's Cool Down Recovery		



IN-SEASON

WEEK 19 DAY 1

4-3-3 formation with a Winger



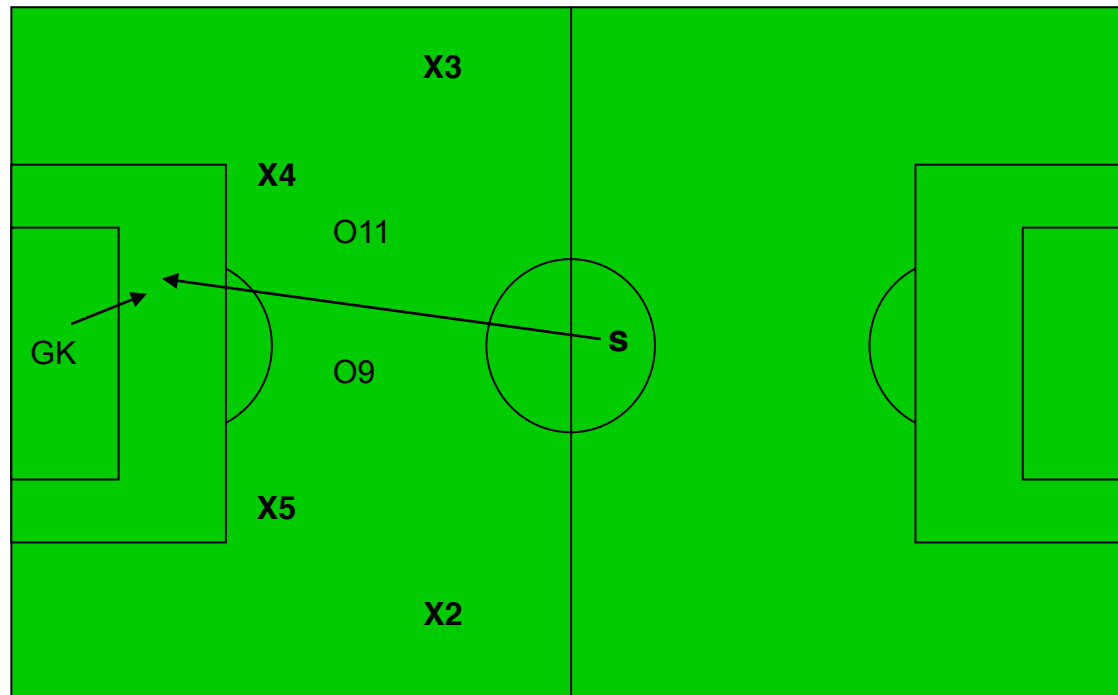
4-3-3 formation with a Winger

- Organisation : Pattern of Play involving 4 Defenders in the defensive third of the field. Server plays into the GK, Back four combine to transfer back to the server.

- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Players in possession focus on making decisions to transfer the ball out of the defensive third.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.





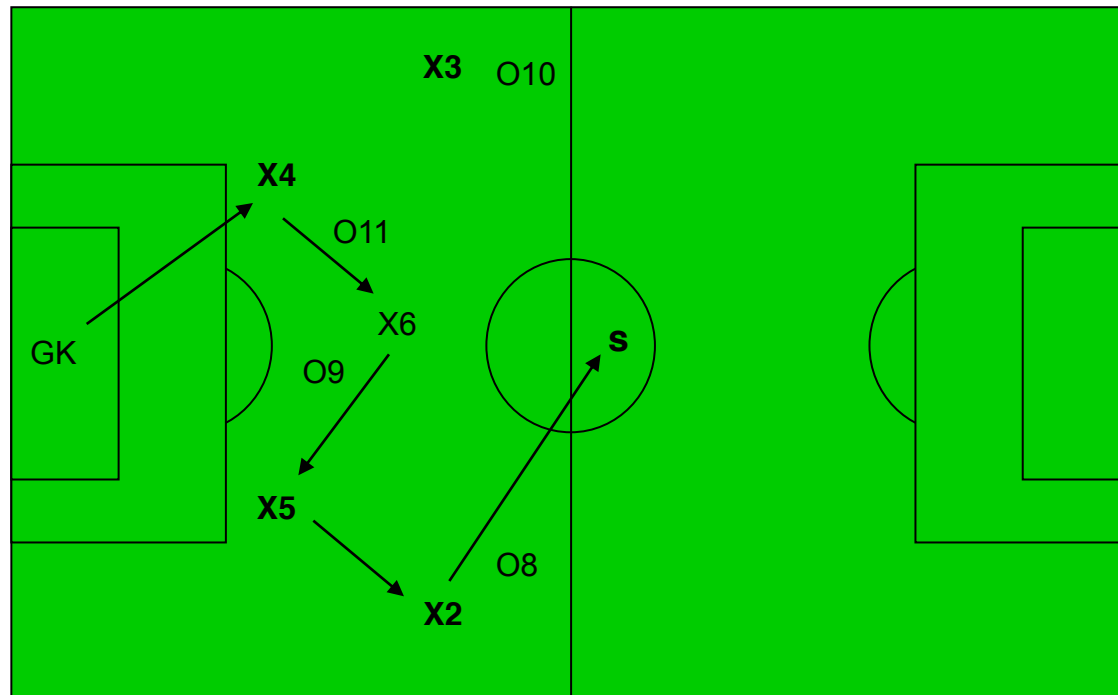
4-3-3 formation with a winger

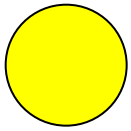
•Organisation : As per example one with 3 added players. 4 Vs 4 with added Deep lying central midfielder to combine to transfer out of the defending area.

•Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Players in possession focus on making decisions to transfer the ball out of the defending third.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.

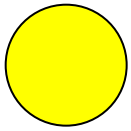




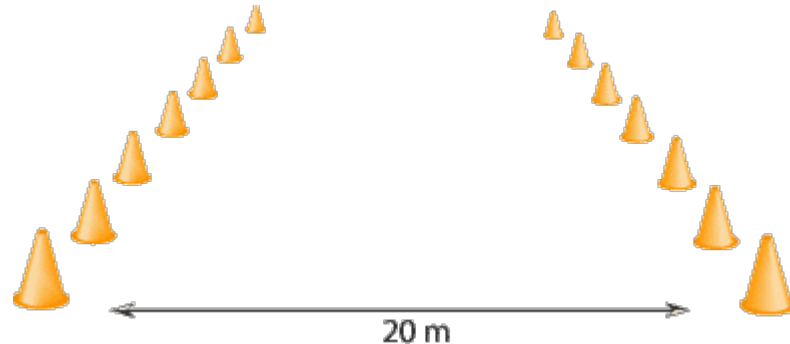
IN-SEASON

WEEK 19 DAY 2

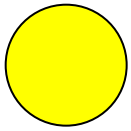
FITNESS TESTING



BLEEP TEST



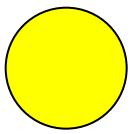
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



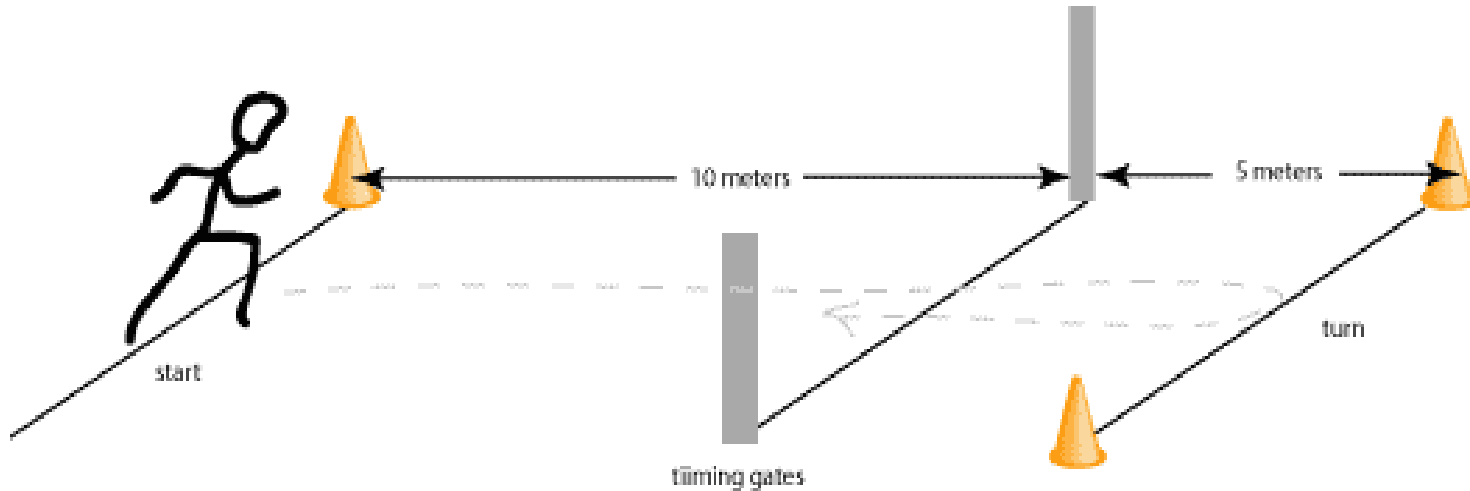
SPRINT TEST



- **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.



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



IN-SEASON

WEEK 19 DAY 3

4-3-3 formation with a Winger



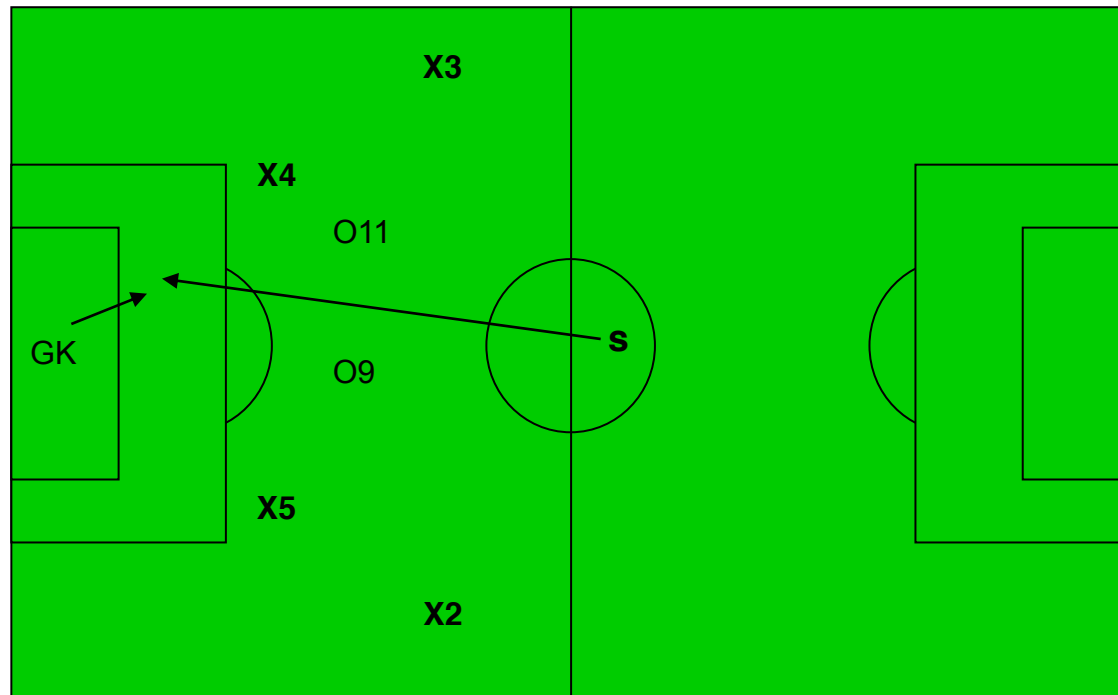
4-3-3 formation with a Winger

- Organisation : Pattern of Play involving 4 Defenders in the defensive third of the field. Server plays into the GK, Back four combine to transfer back to the server.

- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Players in possession focus on making decisions to transfer the ball out of the defensive third.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.





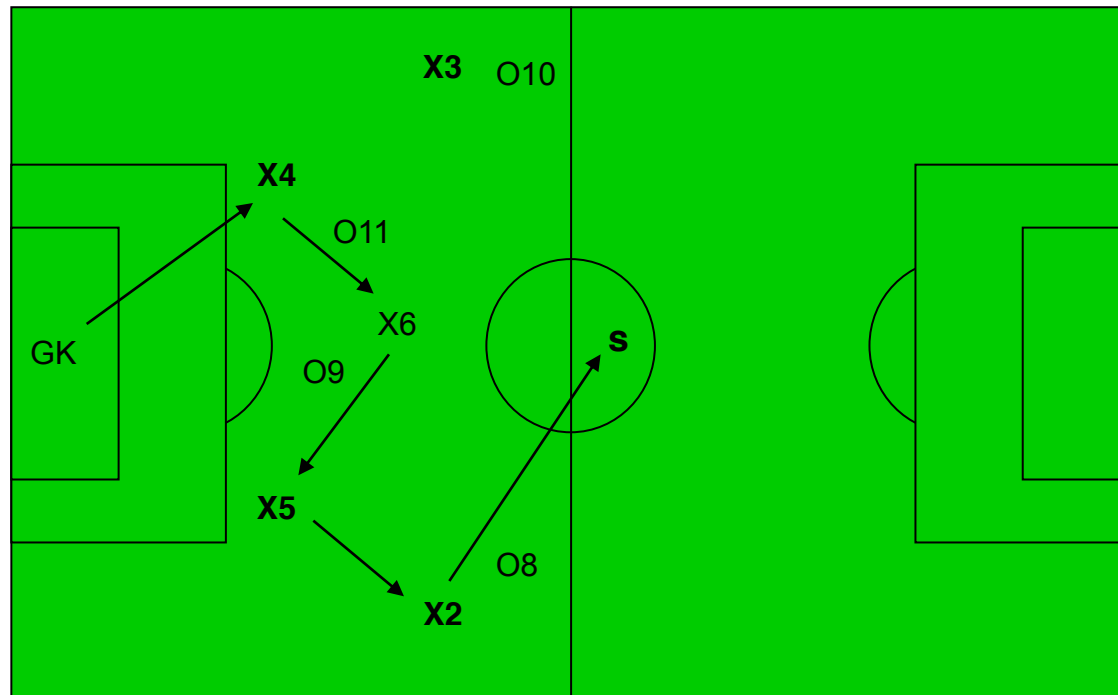
4-3-3 formation with a winger

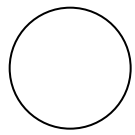
- Organisation : As per example one with 3 added players. 4 Vs 4 with added Deep lying central midfielder to combine to transfer out of the defending area.

- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Players in possession focus on making decisions to transfer the ball out of the defending third.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.





IN-SEASON

WEEK 19 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 19
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 19 DAY 5

Tactical Training Game



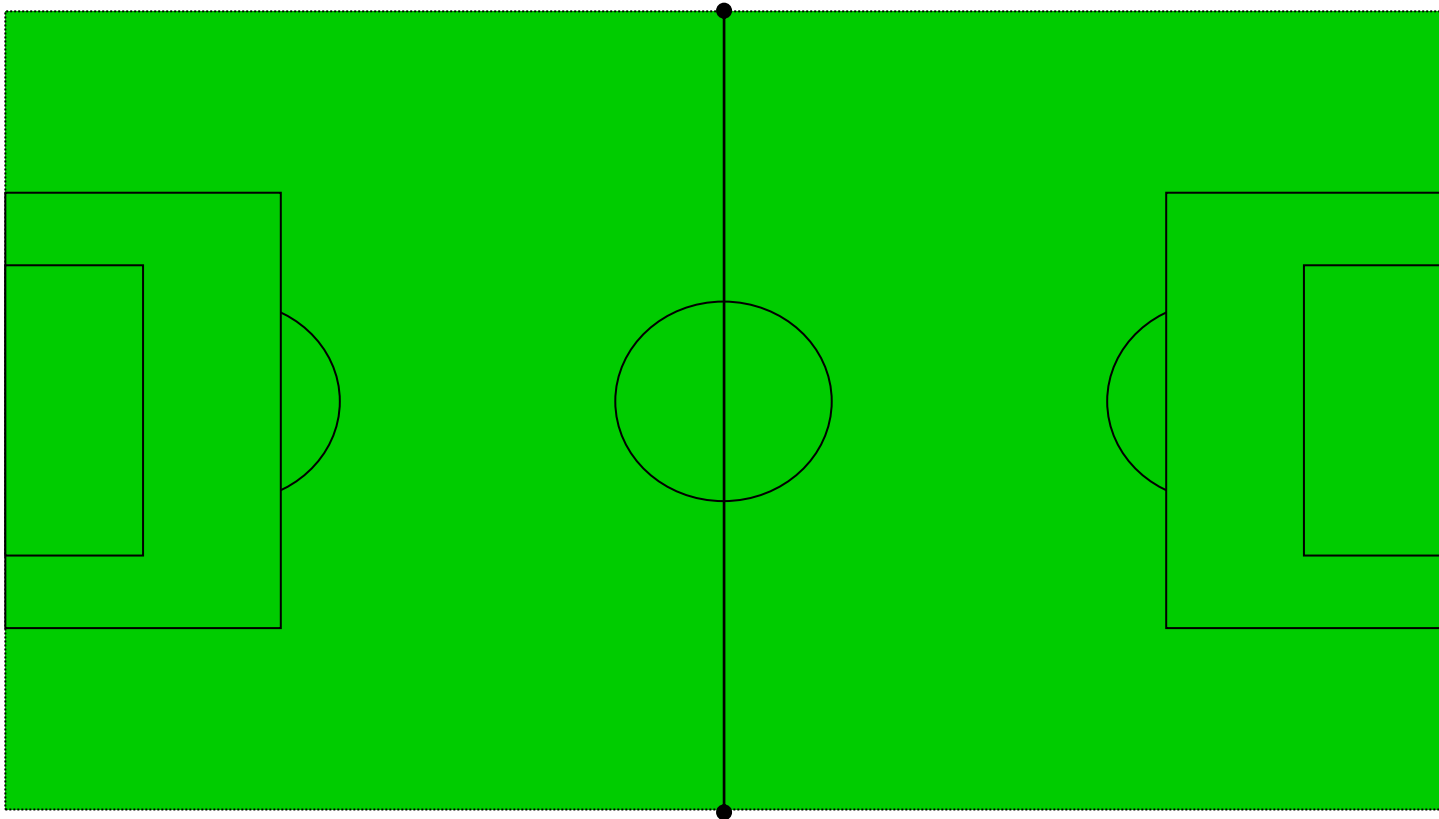
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





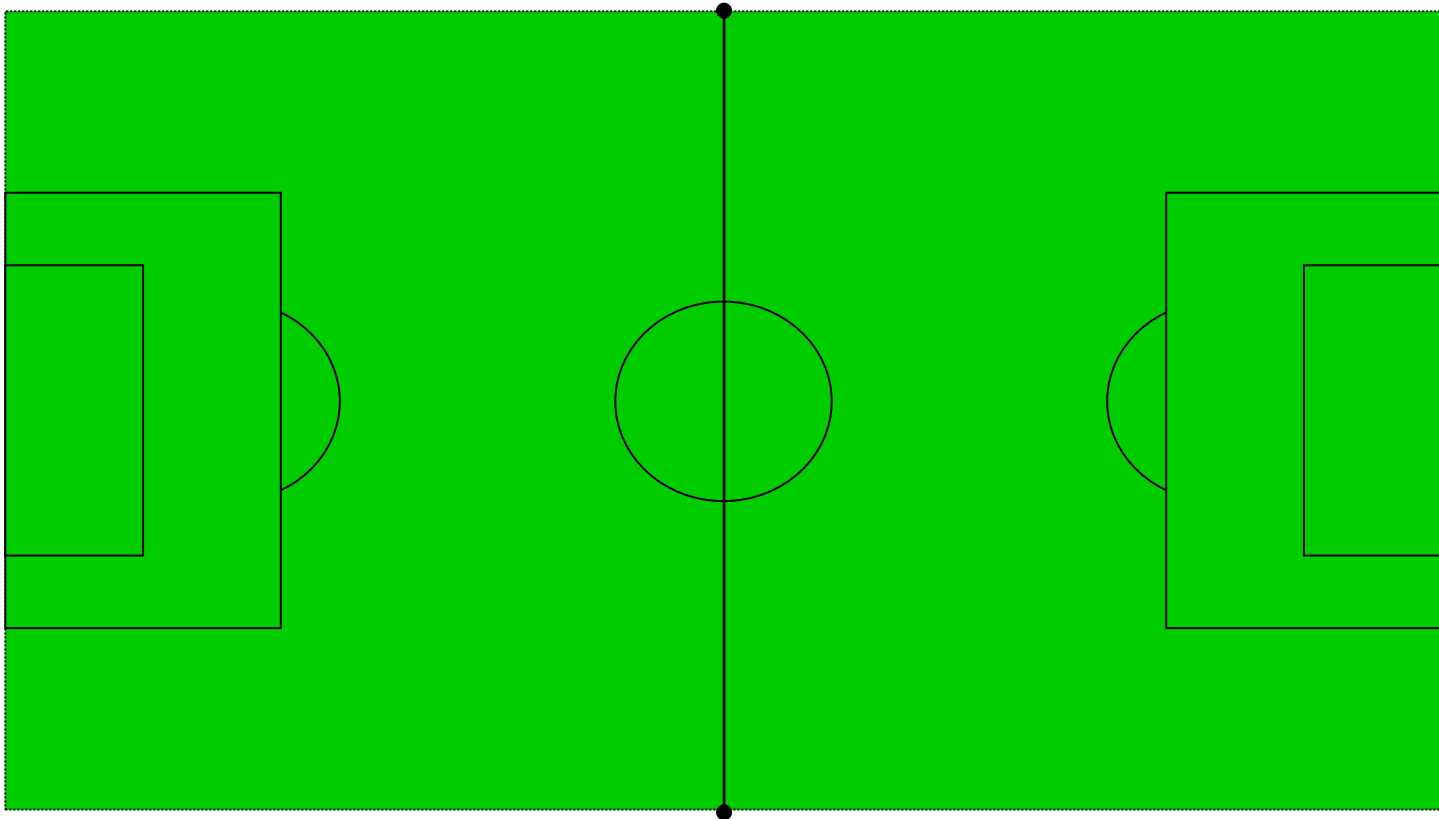
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





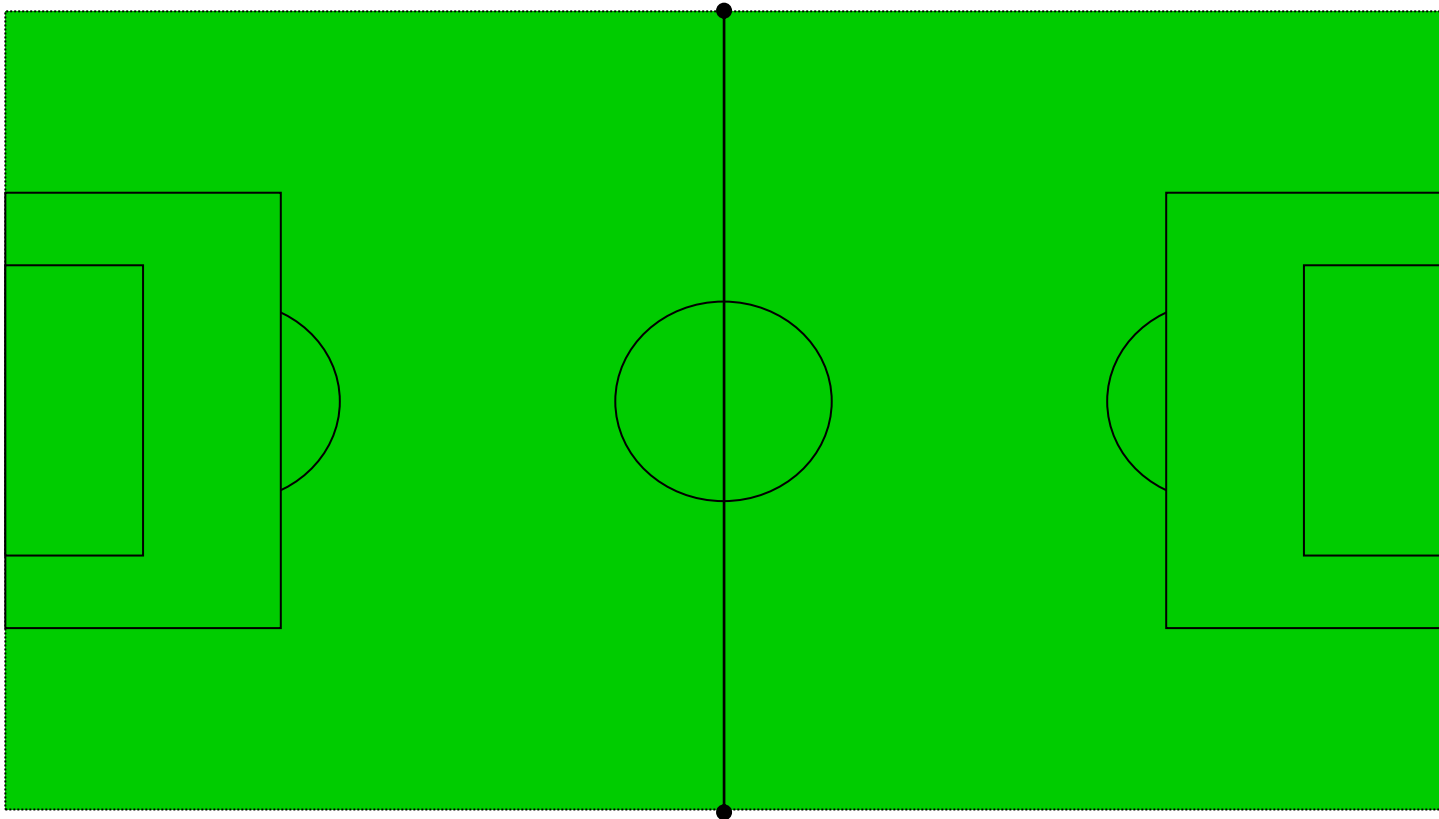
Tactical Training Game

•Organisation :

Opposition :

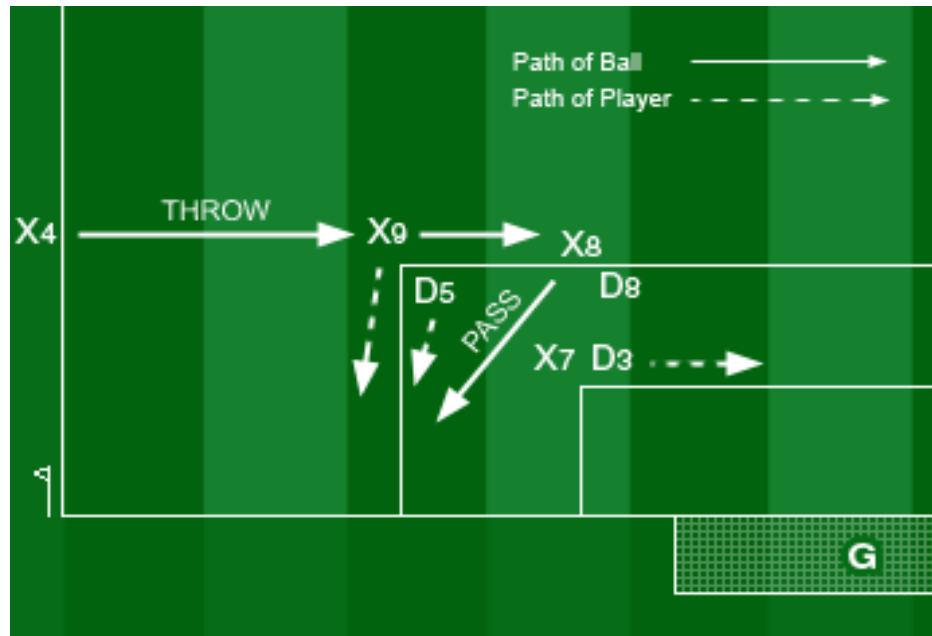
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



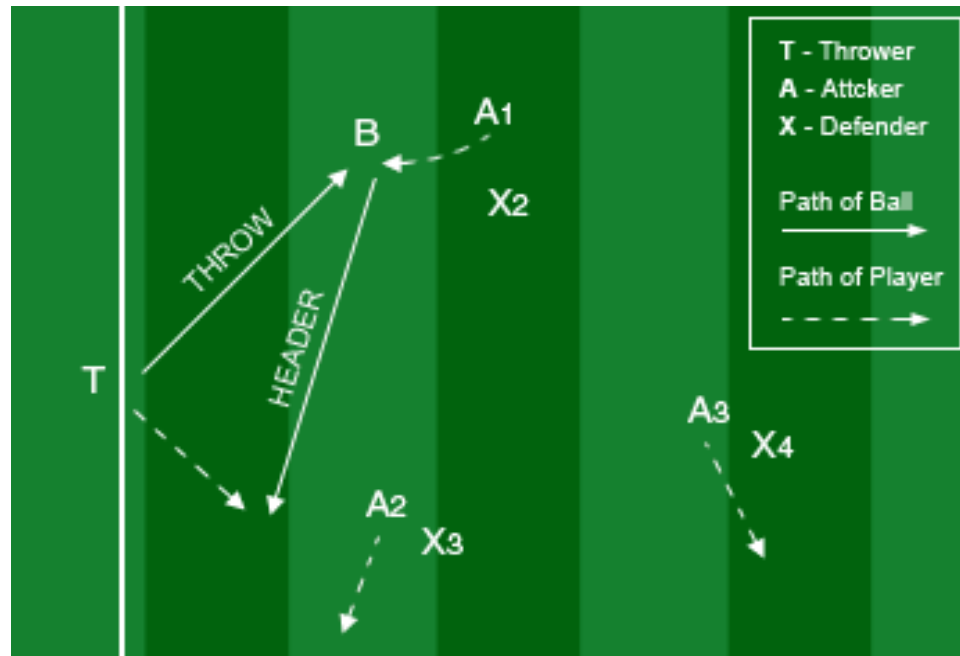
Set Plays at a Throw-in (attacking)

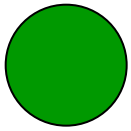
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

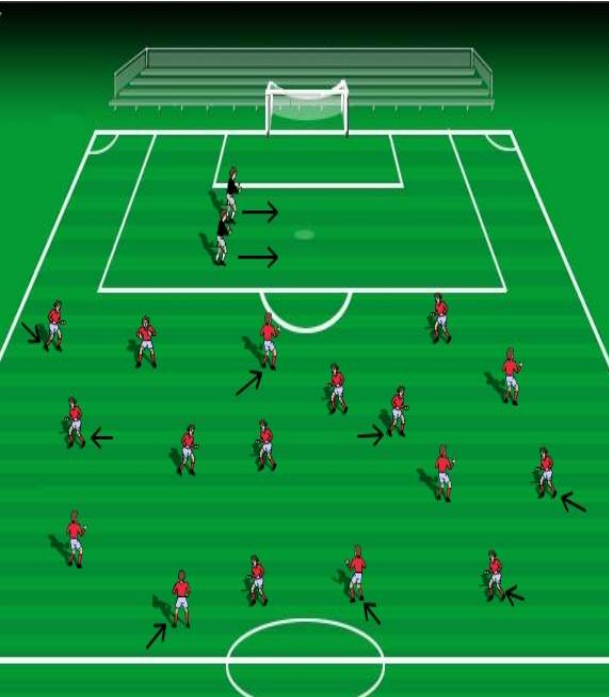
- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





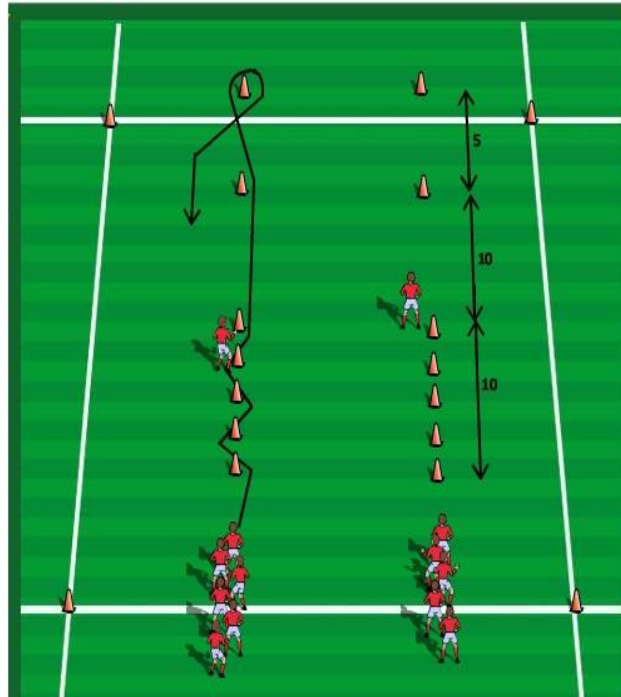
MATCH DAY

Match Day Warm Up



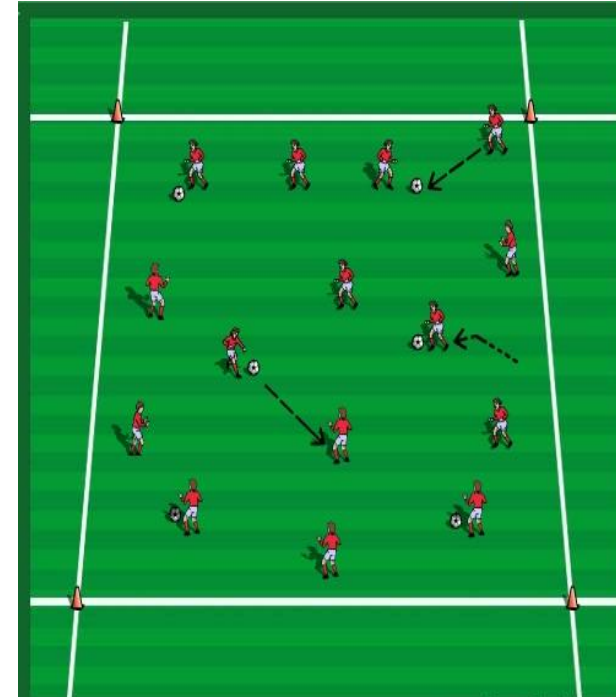
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



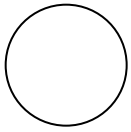
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 20

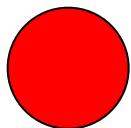
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test	Warm Up Static & Dynamic Developing Defensive Responsibilities in a 4-5-1	Gym Session Upper Body Workout	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY	Rest & Recovery
PM	Developing Defensive Responsibilities in a 4-5-1 Cool Down Recovery	30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Flexibility Swimming Rest & Recovery	Set Plays Corner kicks Cool Down Recovery	Cool Down Recovery	



IN-SEASON

WEEK 20 DAY 1

**Developing Defensive
Responsibilities in a 4-5-1**



Developing Defensive Responsibilities in a 4-5-1

- Organisation : 2 Vs 2 at the back. , Remaining players in wide areas

- Wide players can work up and down for both teams.

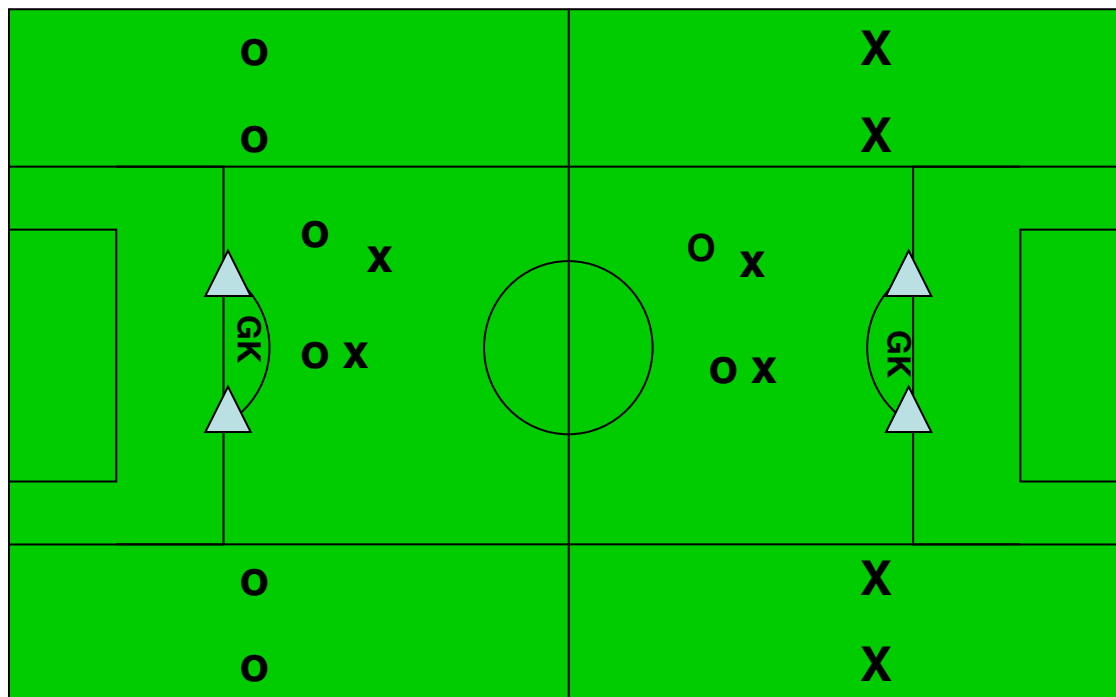
- Starting Point : Ball is played by the GK to the fullbacks.

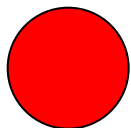
Key factors :

Starting position of defenders

Communication

Cover & support



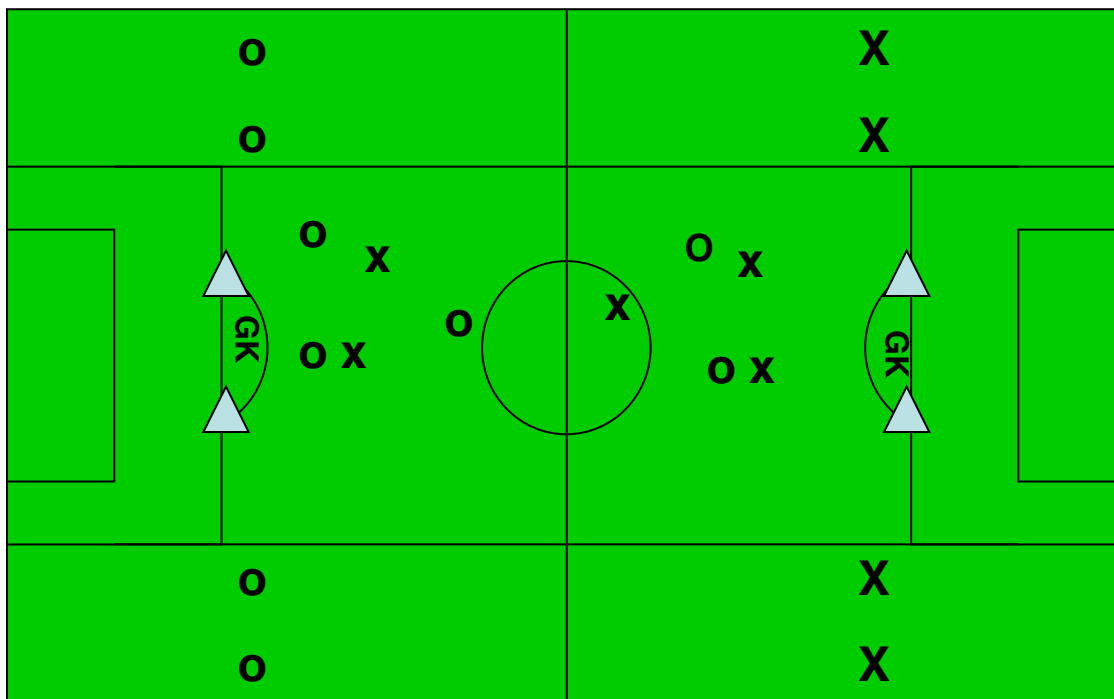


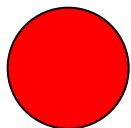
Developing Defensive Responsibilities in a 4-5-1

- Organisation : 2 Vs 2 at the back. , Remaining players in wide areas
- Add deep lying midfield player
- Wide players can work up and down for both teams.
- Starting Point : Ball is played by the GK to the fullbacks.

Key factors :

Starting position of defenders
Role of deep lying mid field player
Communication
Cover & support





Developing Defensive Responsibilities in a 4-5-1

- Organisation : 11 v 11
- Add deep lying midfield player
- Wide players can work up and down for both teams.
- Starting Point : Ball is played by the GK to the fullbacks.

Key factors :

Balance and position of defenders in relation to the ball

Role of wide mid field

Cover of inside mid field players

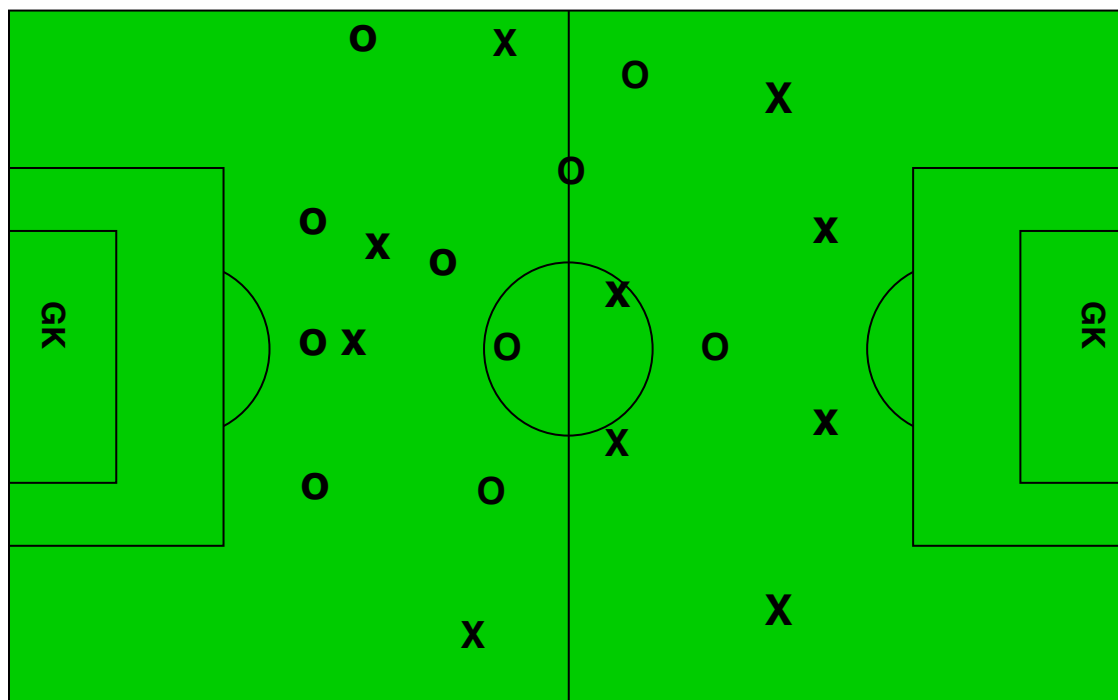
Role of striker

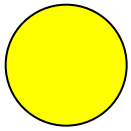
Team strategy

Dealing with breaks through midfield

Communication

Cover & support

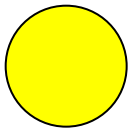




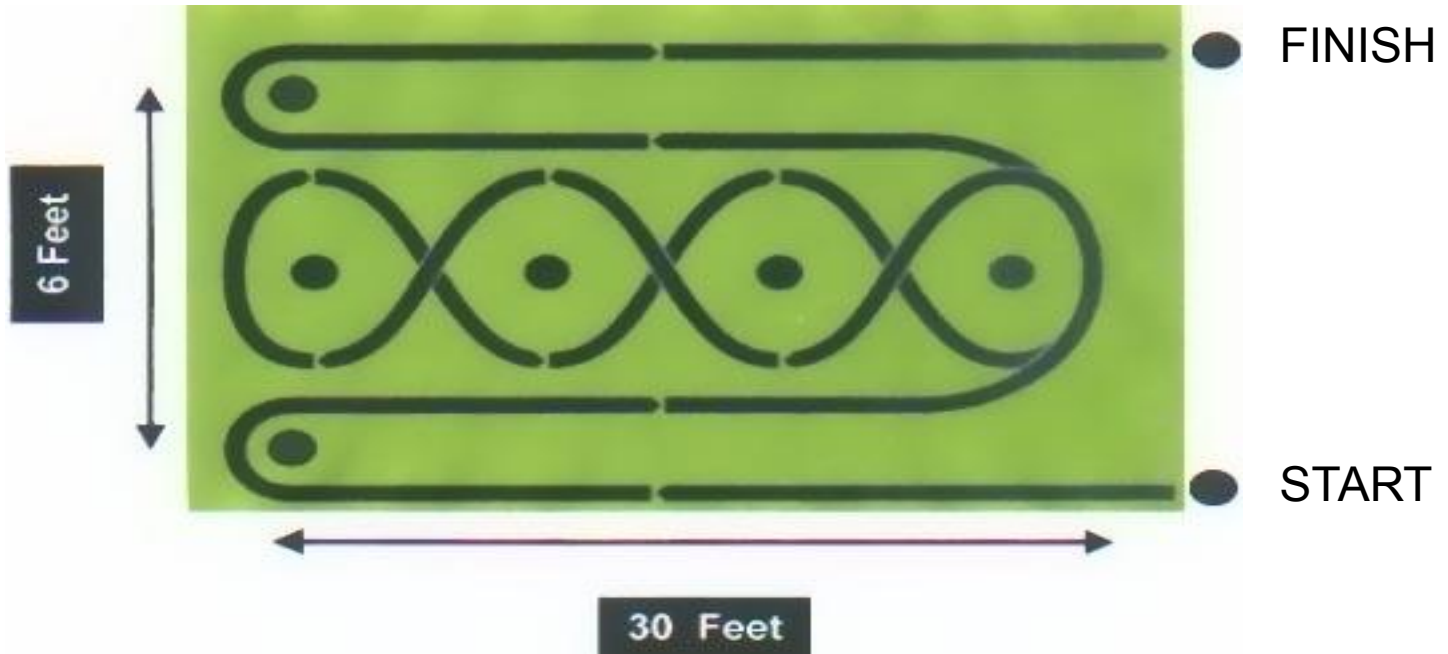
IN-SEASON

WEEK 20 DAY 2

FITNESS TESTING



ILLINOIS AGILITY TEST



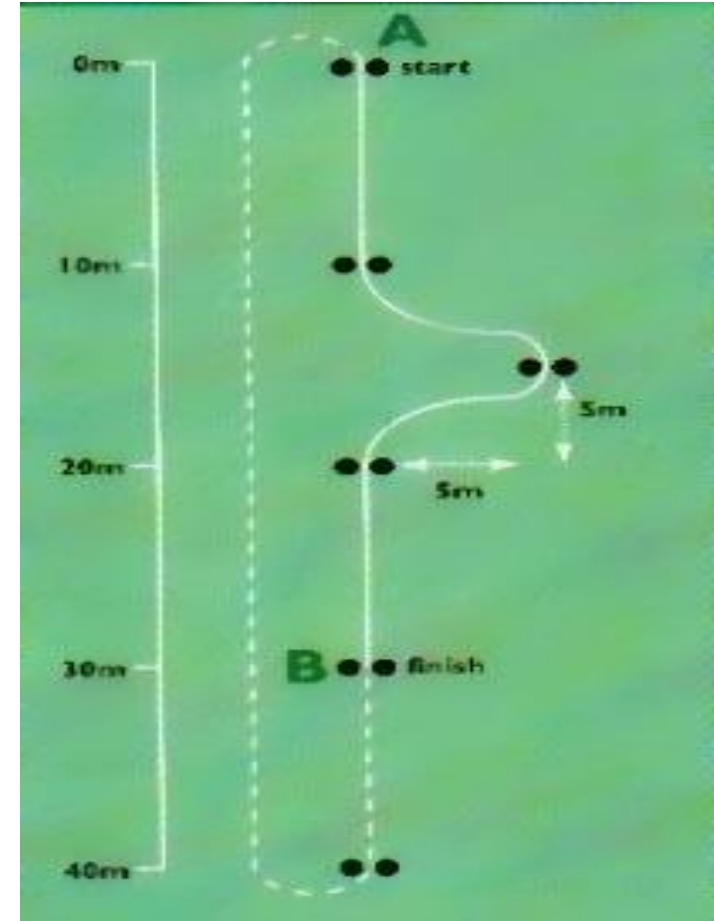
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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).



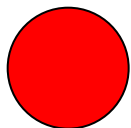
Power Maintenance		
Level	Category	% Top Speed Maintained
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%



IN-SEASON

WEEK 20 DAY 3

**Developing Defensive
Responsibilities in a 4-5-1**



Developing Defensive Responsibilities in a 4-5-1

- Organisation : 2 Vs 2 at the back. , Remaining players in wide areas

- Wide players can work up and down for both teams.

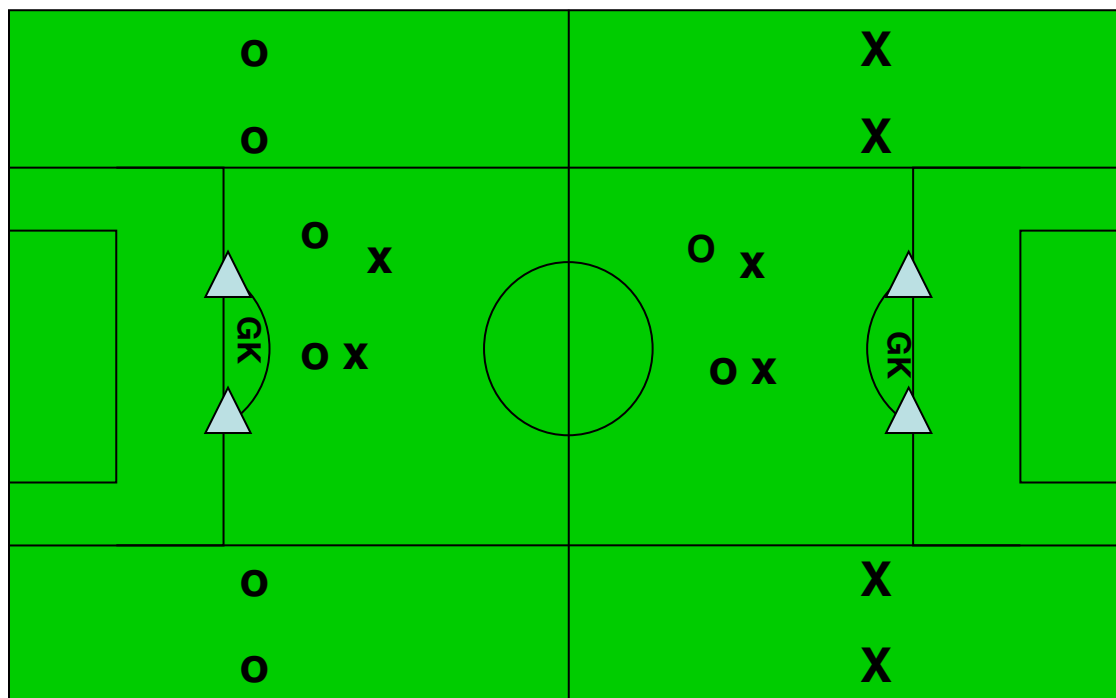
- Starting Point : Ball is played by the GK to the fullbacks.

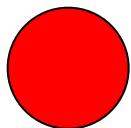
Key factors :

Starting position of defenders

Communication

Cover & support



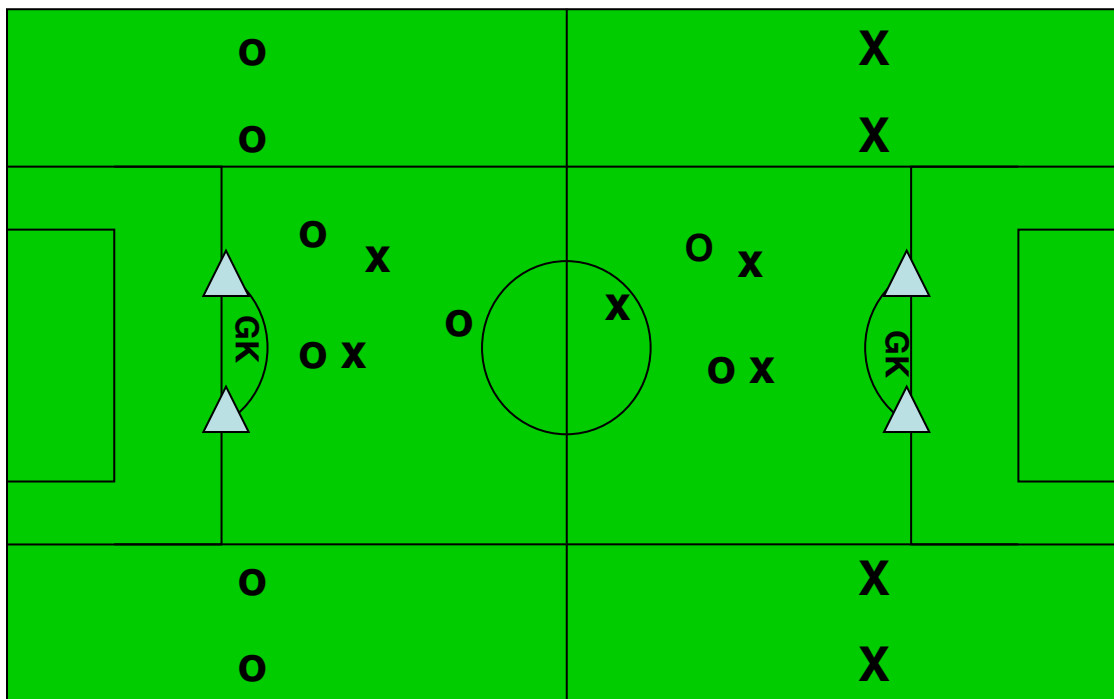


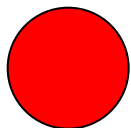
Developing Defensive Responsibilities in a 4-5-1

- Organisation : 2 Vs 2 at the back. , Remaining players in wide areas
- Add deep lying midfield player
- Wide players can work up and down for both teams.
- Starting Point : Ball is played by the GK to the fullbacks.

Key factors :

Starting position of defenders
Role of deep lying mid field player
Communication
Cover & support



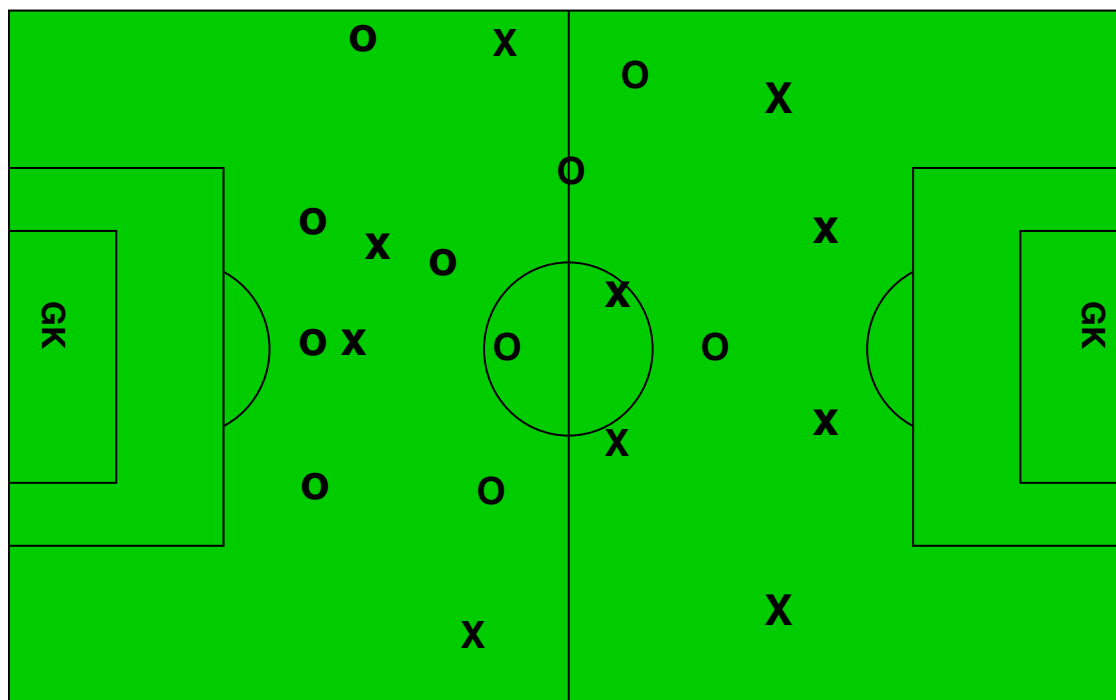


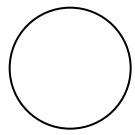
Developing Defensive Responsibilities in a 4-5-1

- Organisation : 11 v 11
- Add deep lying midfield player
- Wide players can work up and down for both teams.
- Starting Point : Ball is played by the GK to the fullbacks.

Key factors :

- Balance and position of defenders in relation to the ball
- Role of wide mid field
- Cover of inside mid field players
- Role of striker
- Team strategy
- Dealing with breaks through midfield
- Communication
- Cover & support





IN-SEASON WEEK 20 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 20
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 20 DAY 5

Tactical Training Game



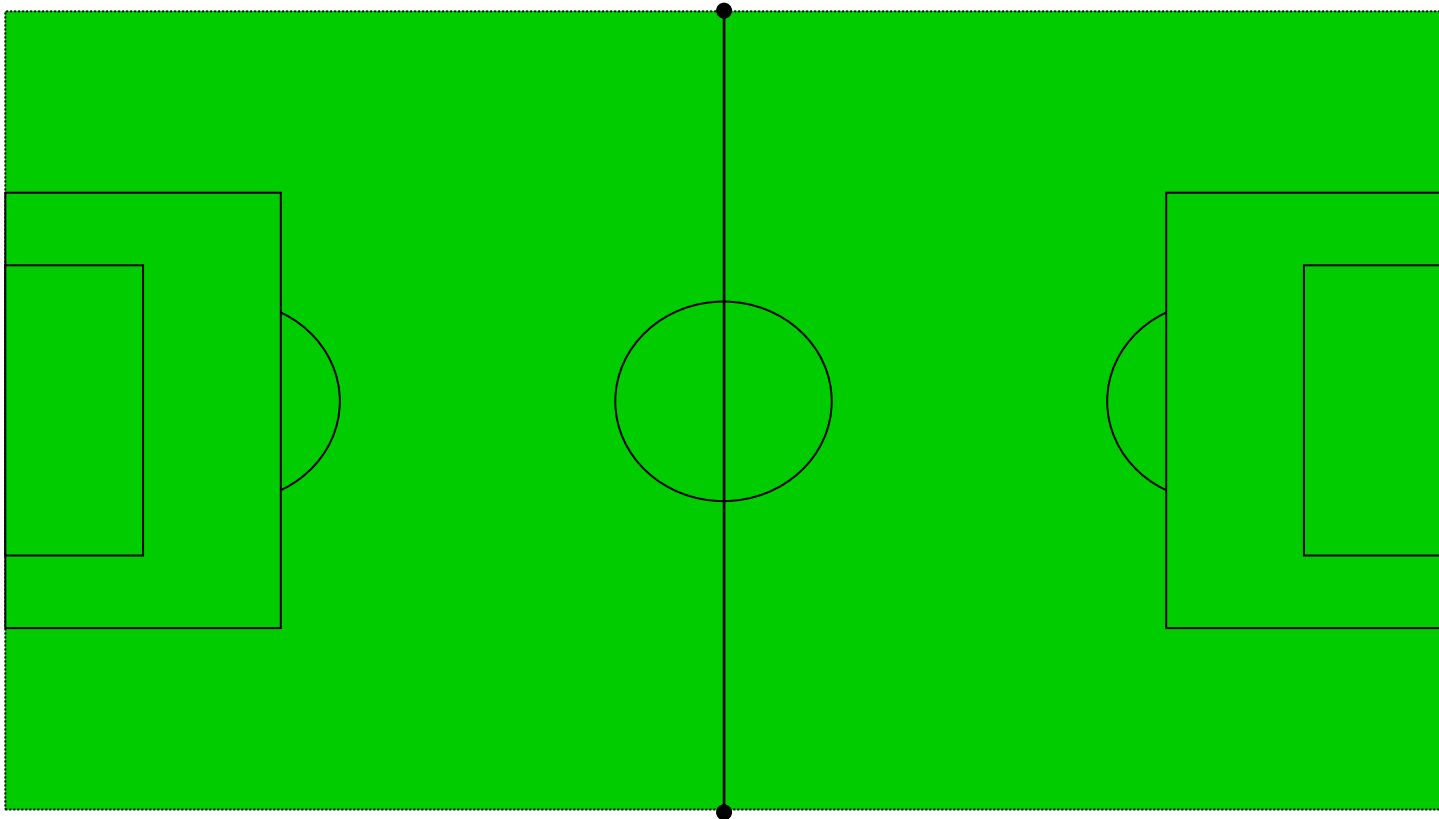
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





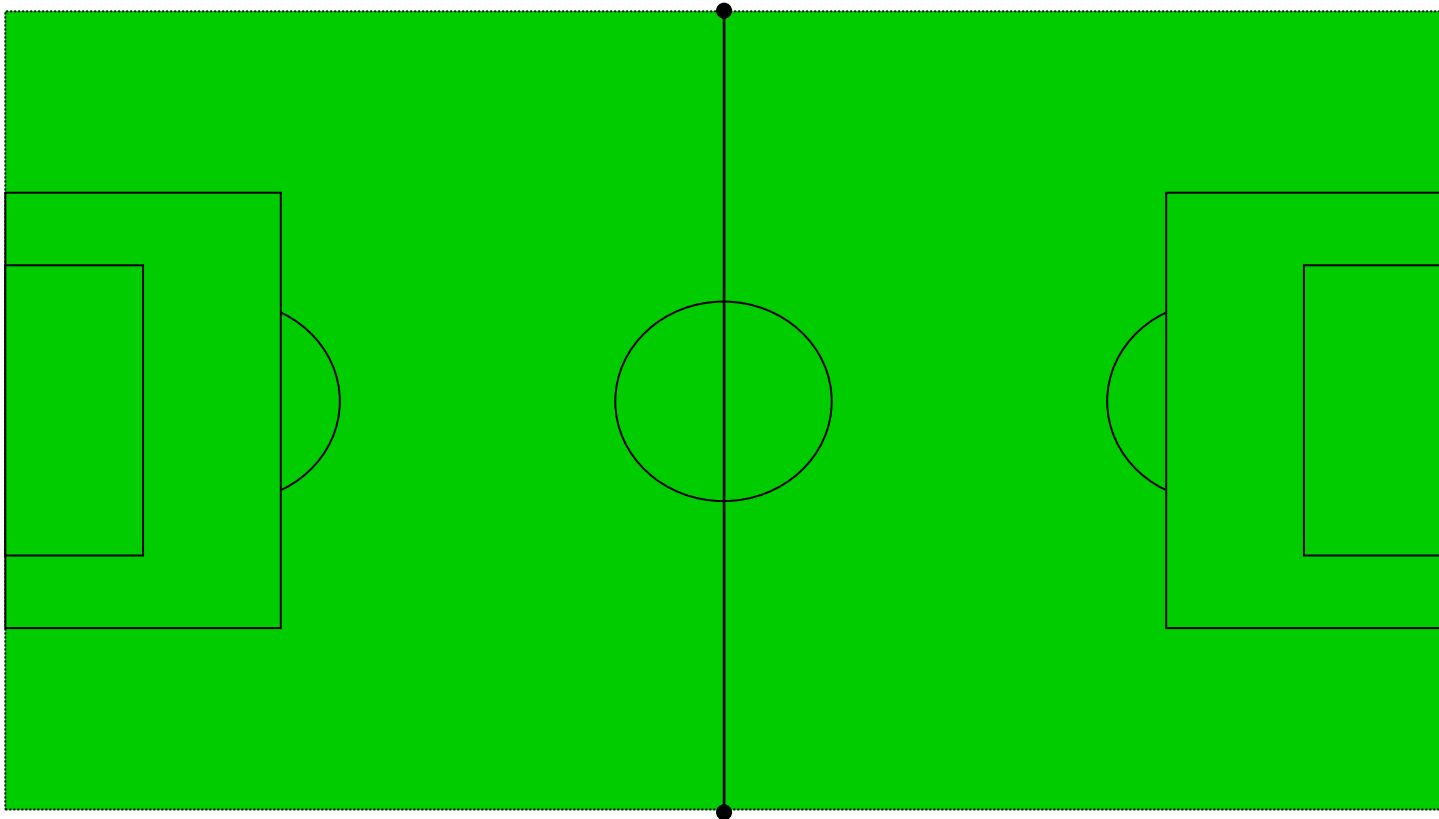
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





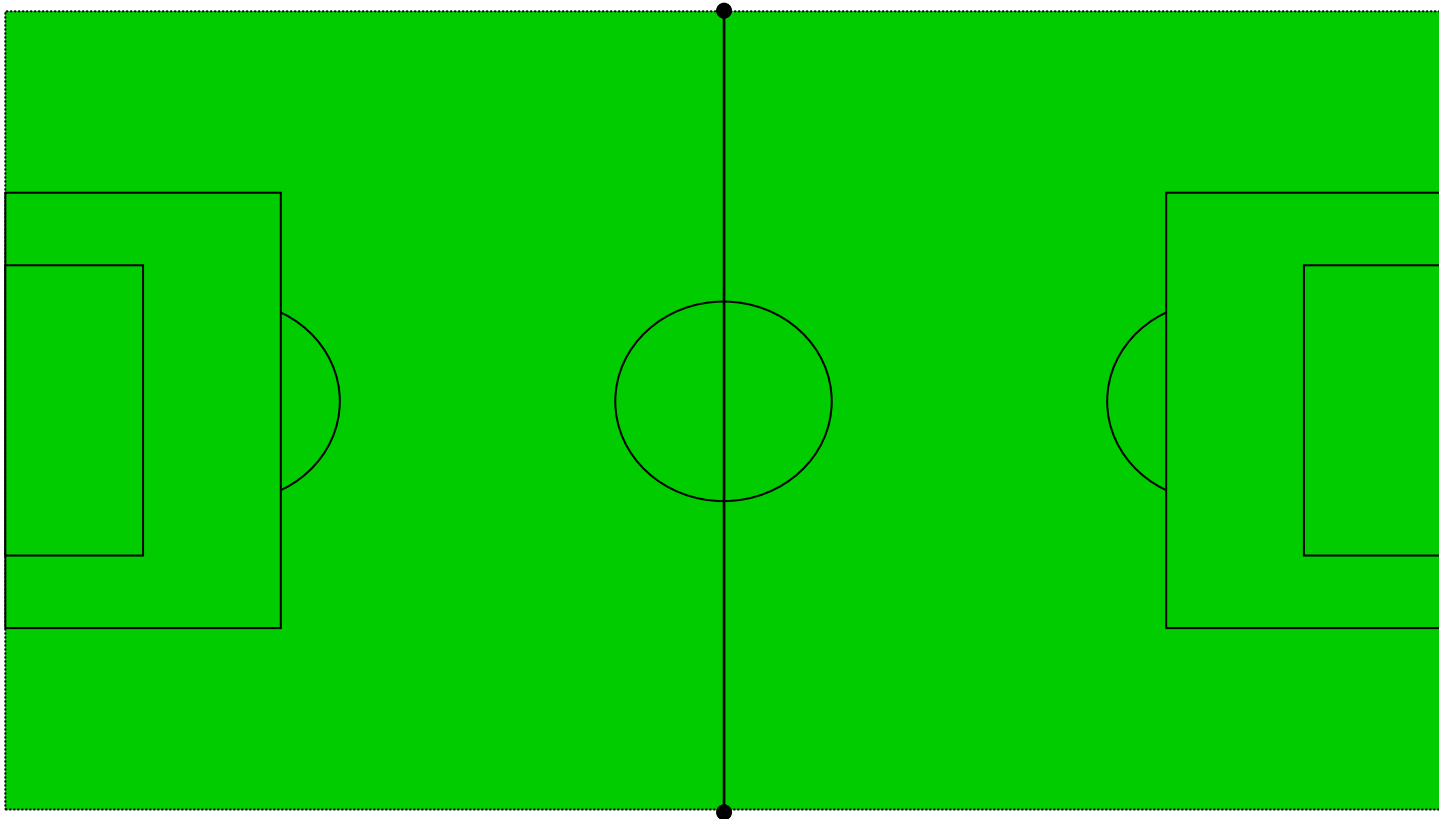
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



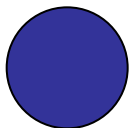
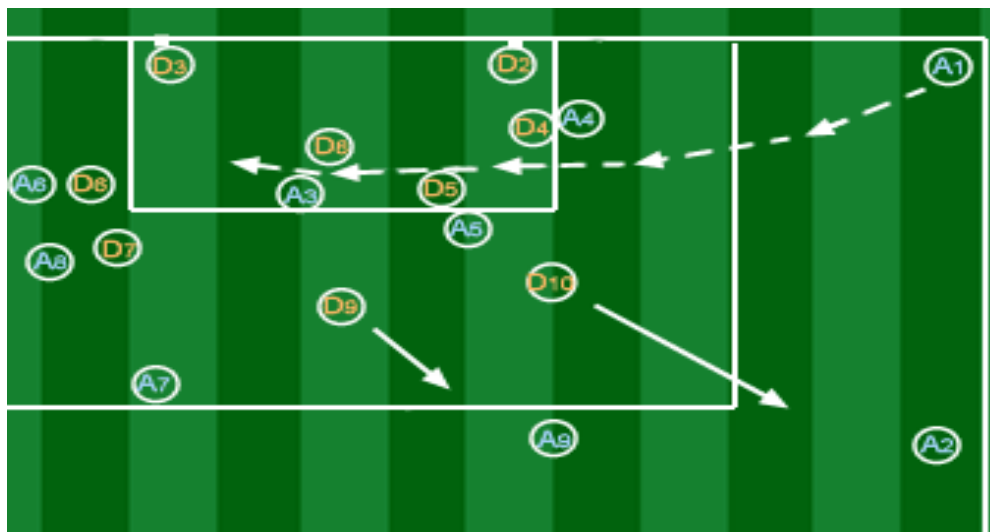
SET PIECES - DEFENDING THE CORNER KICK DELIVERED TO AND BEYOND THE FAR POST

- No defence can ever be totally sure what the attacking side has in mind when they win a corner kick, and so they have to line up preparing for any eventuality.
- The near post has to be covered, as in diagram (i) by (D2), (D4) and (D5).
- They must be ready to check a ball played back to an attacking defender along the touchline (A2) - Hence the position of (D10).
- While (D9) has to be ready should (A1) direct the corner to the edge of the penalty area and or (A9).
- So with (D3) committed to guarding the goal line on the far post eight players already have set tasks.
- So what about the corner kick played long towards the far point of the 6 yard area with attackers (A6) and (A8) coming in hoping to get a header or goal?
CLEARLY THEY MUST BE MARKED - GOAL SIDE BY (D6) AND (D7).

1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

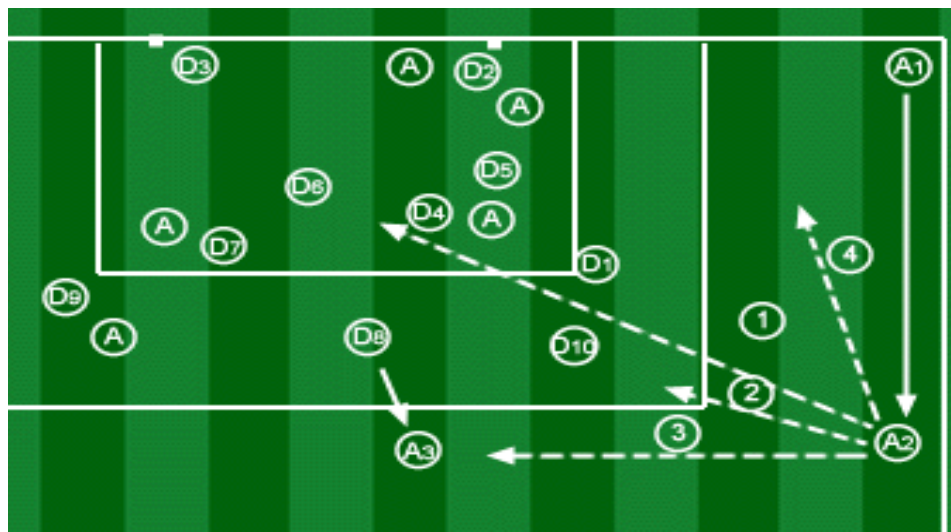
POINTS TO NOTE

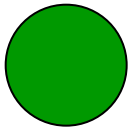
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





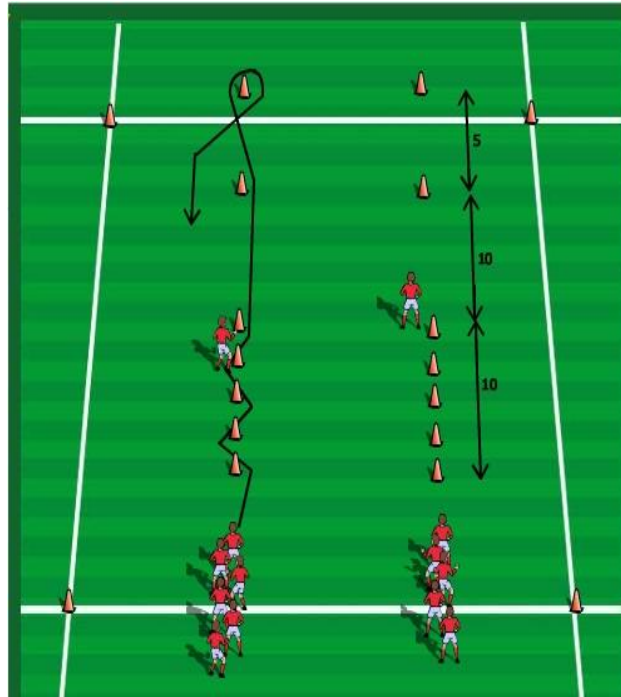
MATCH DAY

Match Day Warm Up



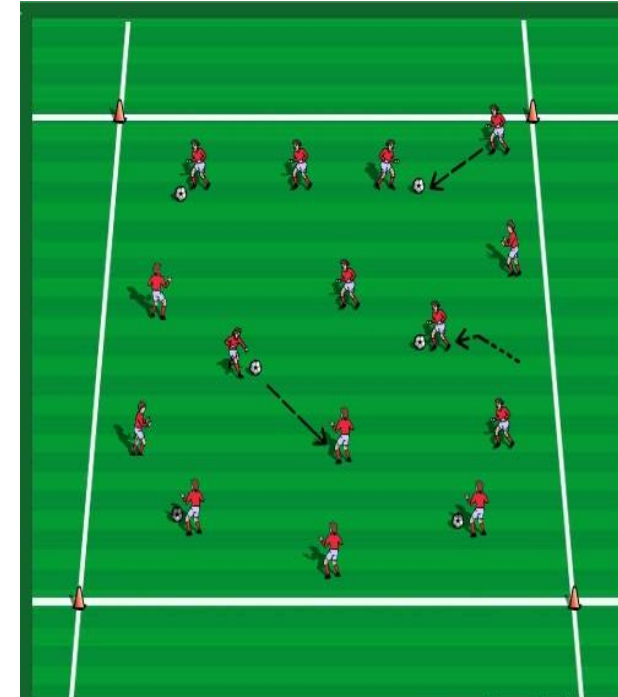
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



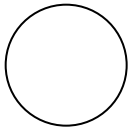
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Creating Goal Scoring Opportunities	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility	Warm Up Static & Dynamic Creating Goal Scoring Opportunities Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	High Tempo Possession Games Cool Down Recovery			Set Plays Throw In's Cool Down Recovery		

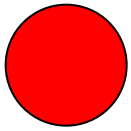


IN-SEASON

WEEK 21 DAY 1

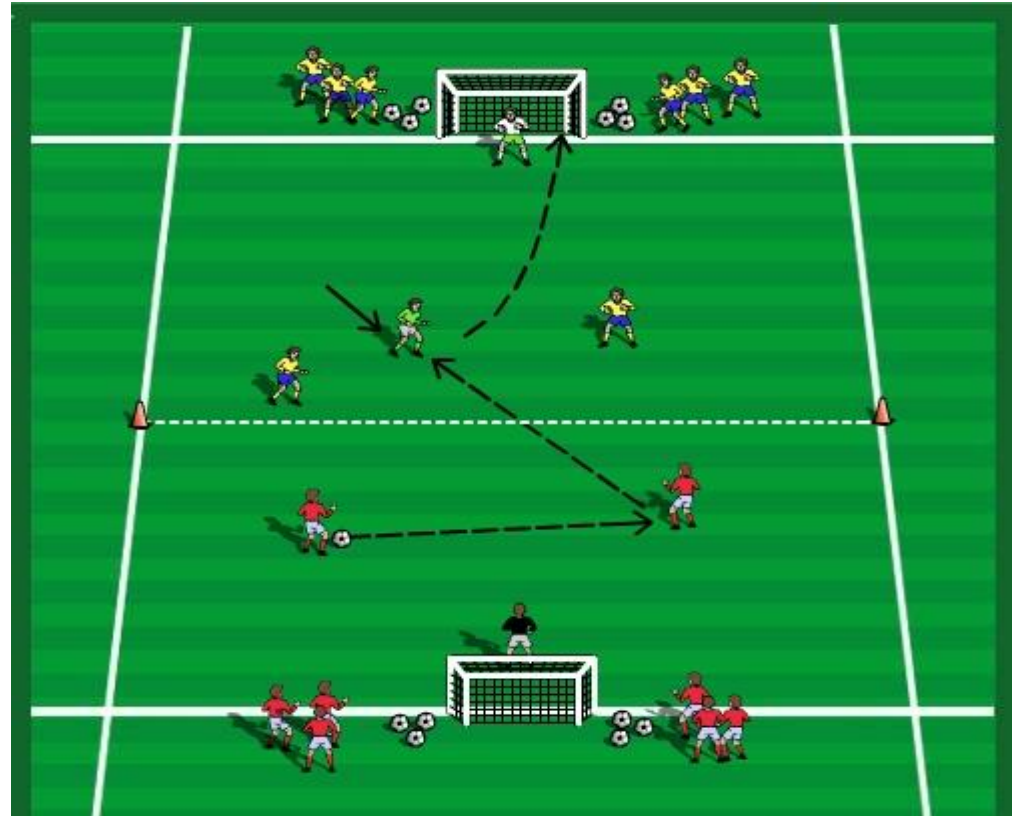
**Creating Goal Scoring
Opportunities**

CREATING GOAL SCORING OPPORTUNITIES



20 x 25 yard area or as needed. 2v2 + 1 with goalkeepers in two full-size goals as shown in Diagram below. The remaining players are positioned on the end-lines as shown. A supply of balls is placed next to each goal to maintain the flow of the activity. Neutral player plays for team in possession.

- Aggressive and positive mentality to go to goal.
- When to pass, shoot or dribble?
- Supporting angle and distance to ball.
- Combination play.
- Unbalancing the defence.
- Are players constantly active ?
- Is the area big enough ?
- Are players concentrating on the quality of 1st touch and pass ?



Objective:

Players rotate attack between the Yellow and Red teams each time – Example: Red team attacks and Yellow defends, once the Red team shoots or scores etc. the Yellow team receives the next ball and become the attackers as two NEW Red's enter the field to act as defenders – flying changes.



CREATING GOAL SCORING OPPORTUNITIES

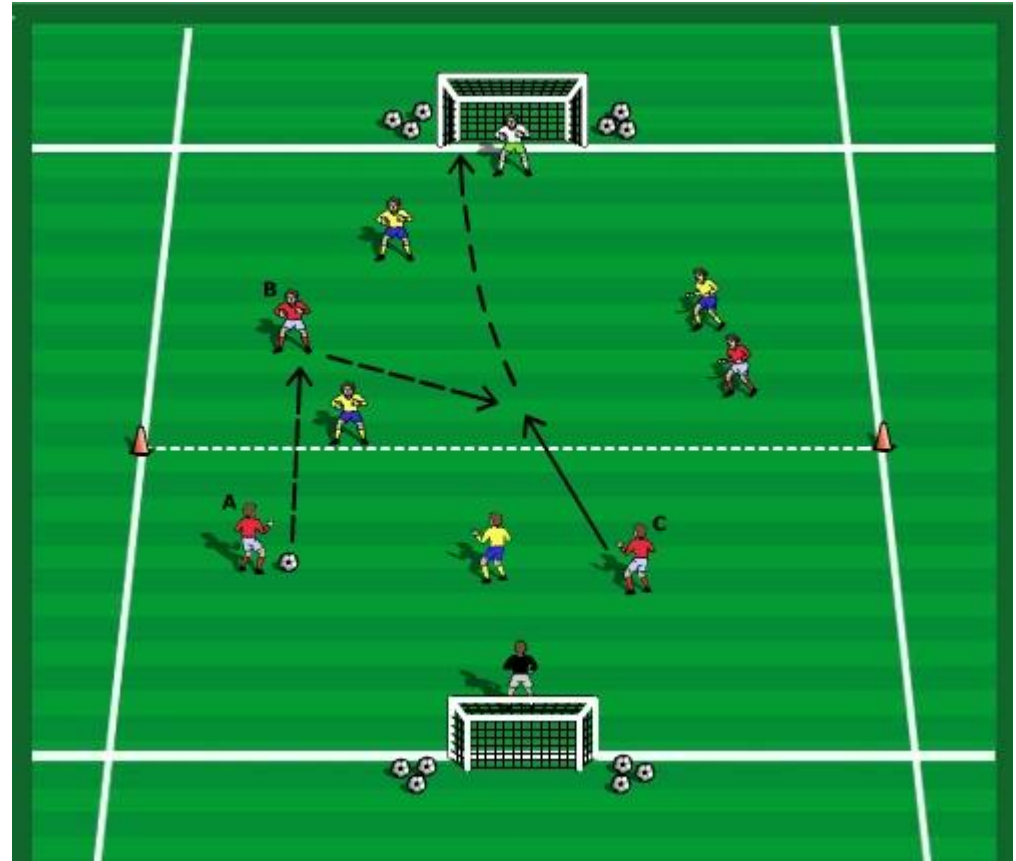
30 x 40 yard playing area. 4 v 4 with goalkeepers in two full-size goals as shown in Diagram below.

Progression:

- (1) Add two neutral players (one on each half of the grid) who can combine with the team in possession of the ball.
- (2) Note: limit the neutral players to one or two touch to maintain a realistic speed of play.

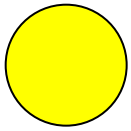
Coaching Points :

- Correct attacking shape and balance of team.
- Frame the goal.
- Find a way to score.
- Resiliency – rebound mentality.
- All technical aspects of finishing.



Objective:

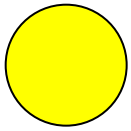
Both teams compete for possession of the ball and attempt to score in their opponents goal. Players are encouraged to be aggressive and positive in front of goal. No restrictions are placed on the players during this phase. In Diagram (d) above, player (A) passes to teammate (B). Player (B) lays the ball off for a shot by player (C).



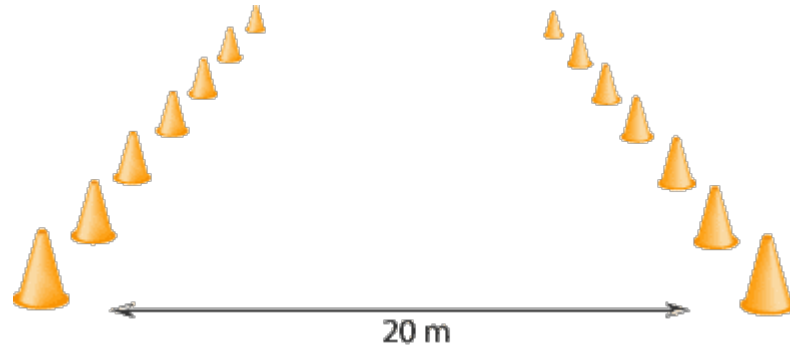
IN-SEASON

WEEK 21 DAY 2

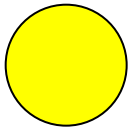
FITNESS TESTING



BLEEP TEST



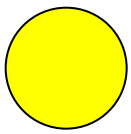
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- **Scoring :** The athlete's score is the level and number of shuttles reached before they were unable to keep up with the tape recording. This score can be converted to a VO₂max equivalent score using this calculator.
- **Equipment required :** Flat, non-slip surface, marking cones, 20m measuring tape, pre-recorded audio tape, tape recorder, recording sheets.



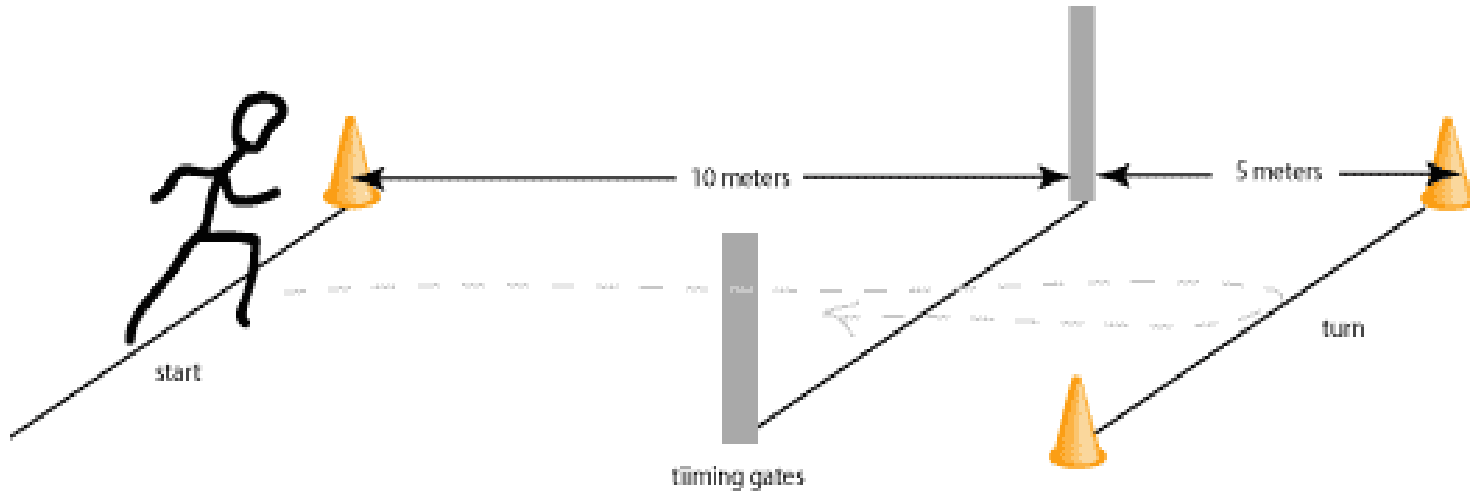
SPRINT TEST



- **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.



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

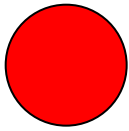


IN-SEASON

WEEK 21 DAY 3

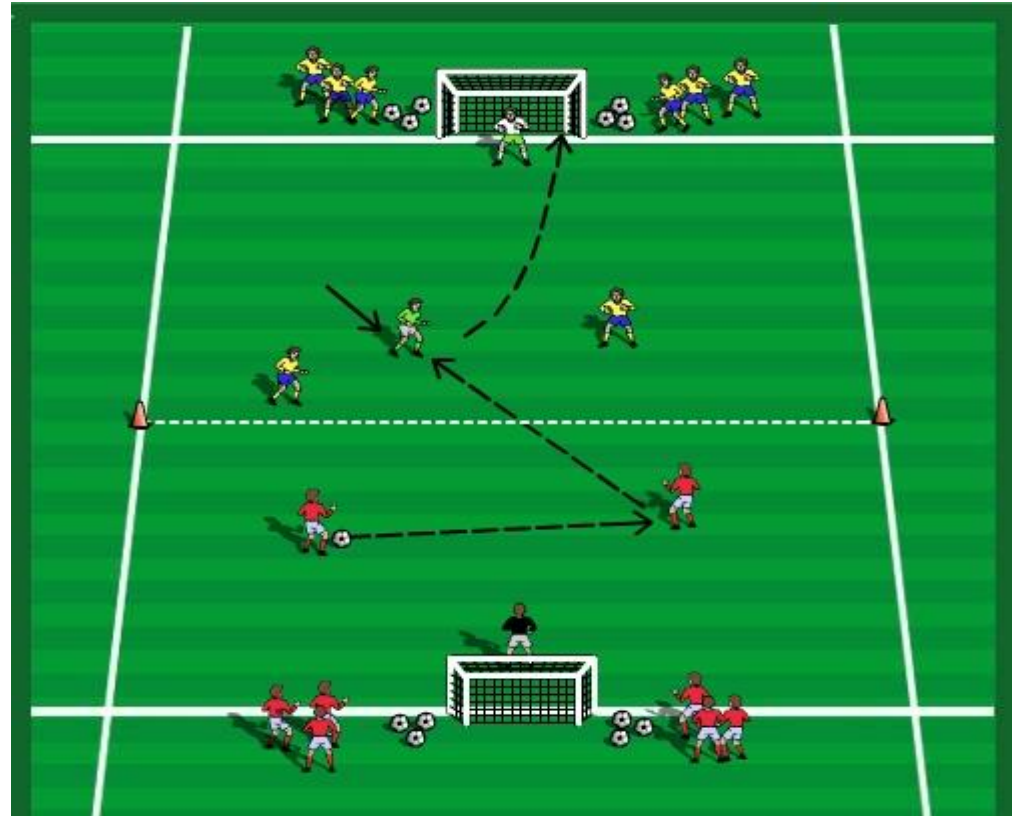
**Creating Goal Scoring
Opportunities**

CREATING GOAL SCORING OPPORTUNITIES



20 x 25 yard area or as needed. 2v2 + 1 with goalkeepers in two full-size goals as shown in Diagram below. The remaining players are positioned on the end-lines as shown. A supply of balls is placed next to each goal to maintain the flow of the activity. Neutral player plays for team in possession.

- Aggressive and positive mentality to go to goal.
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Objective:

Players rotate attack between the Yellow and Red teams each time – Example: Red team attacks and Yellow defends, once the Red team shoots or scores etc. the Yellow team receives the next ball and become the attackers as two NEW Red's enter the field to act as defenders – flying changes.



CREATING GOAL SCORING OPPORTUNITIES

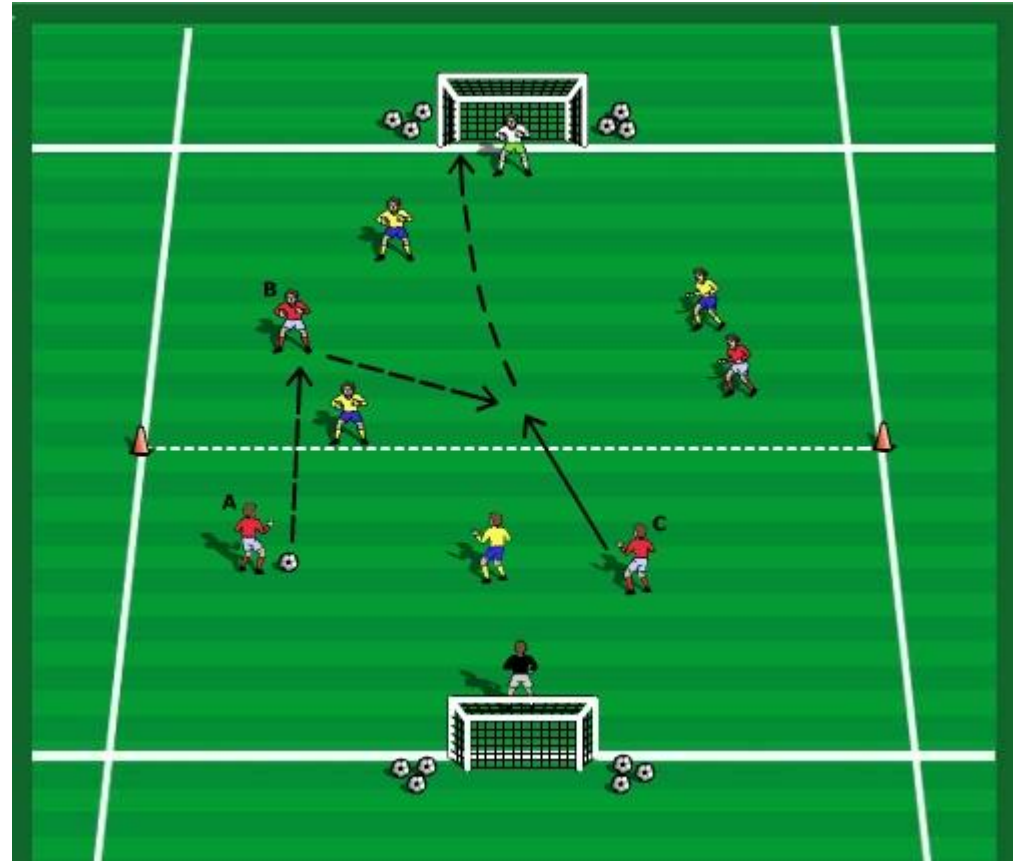
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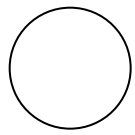
Coaching Points :

- Correct attacking shape and balance of team.
- Frame the goal.
- Find a way to score.
- Resiliency – rebound mentality.
- All technical aspects of finishing.



Objective:

Both teams compete for possession of the ball and attempt to score in their opponents goal. Players are encouraged to be aggressive and positive in front of goal. No restrictions are placed on the players during this phase. In Diagram (d) above, player (A) passes to teammate (B). Player (B) lays the ball off for a shot by player (C).



IN-SEASON

WEEK 21 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 21
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 21 DAY 5

Tactical Training Game



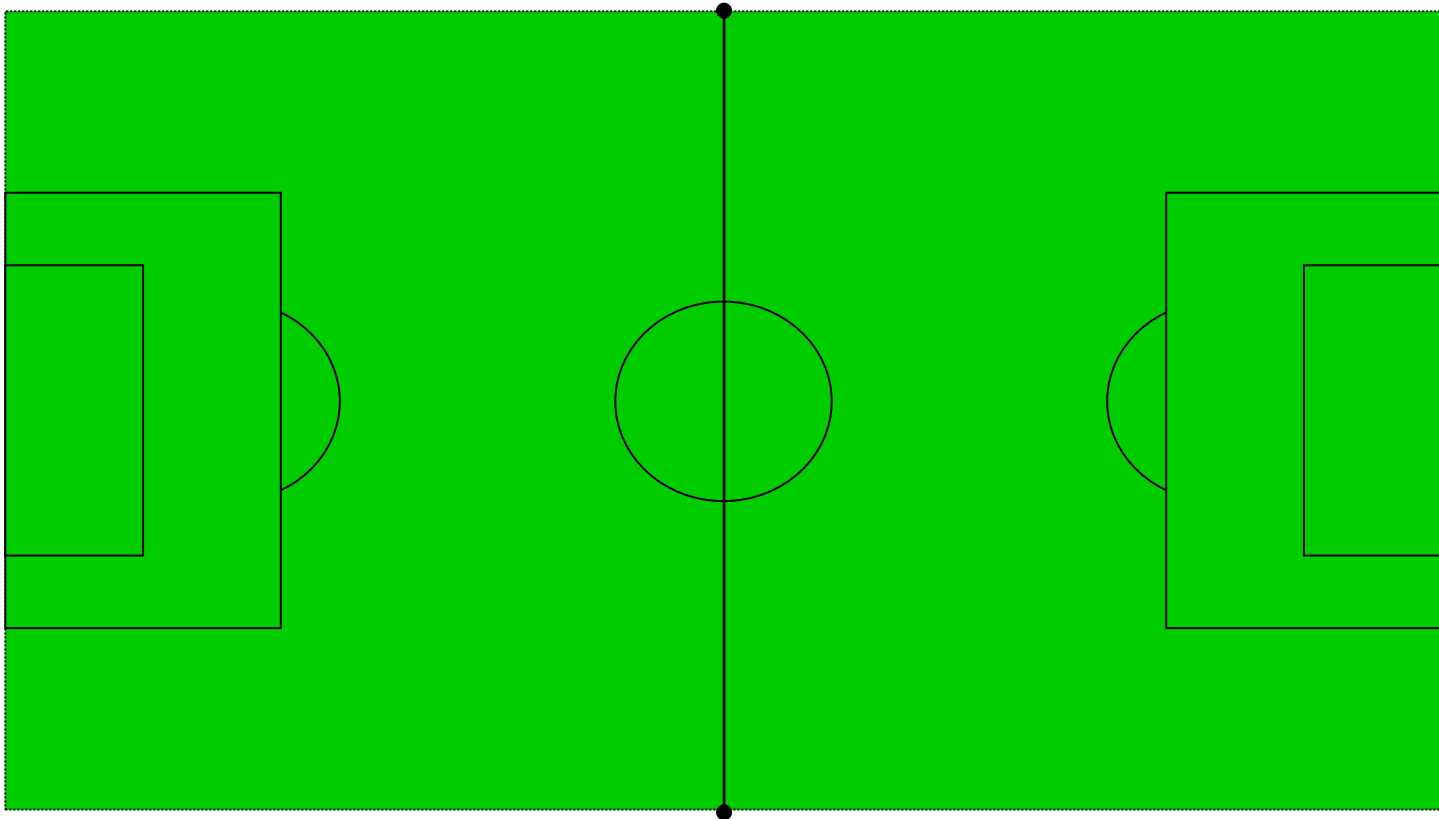
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





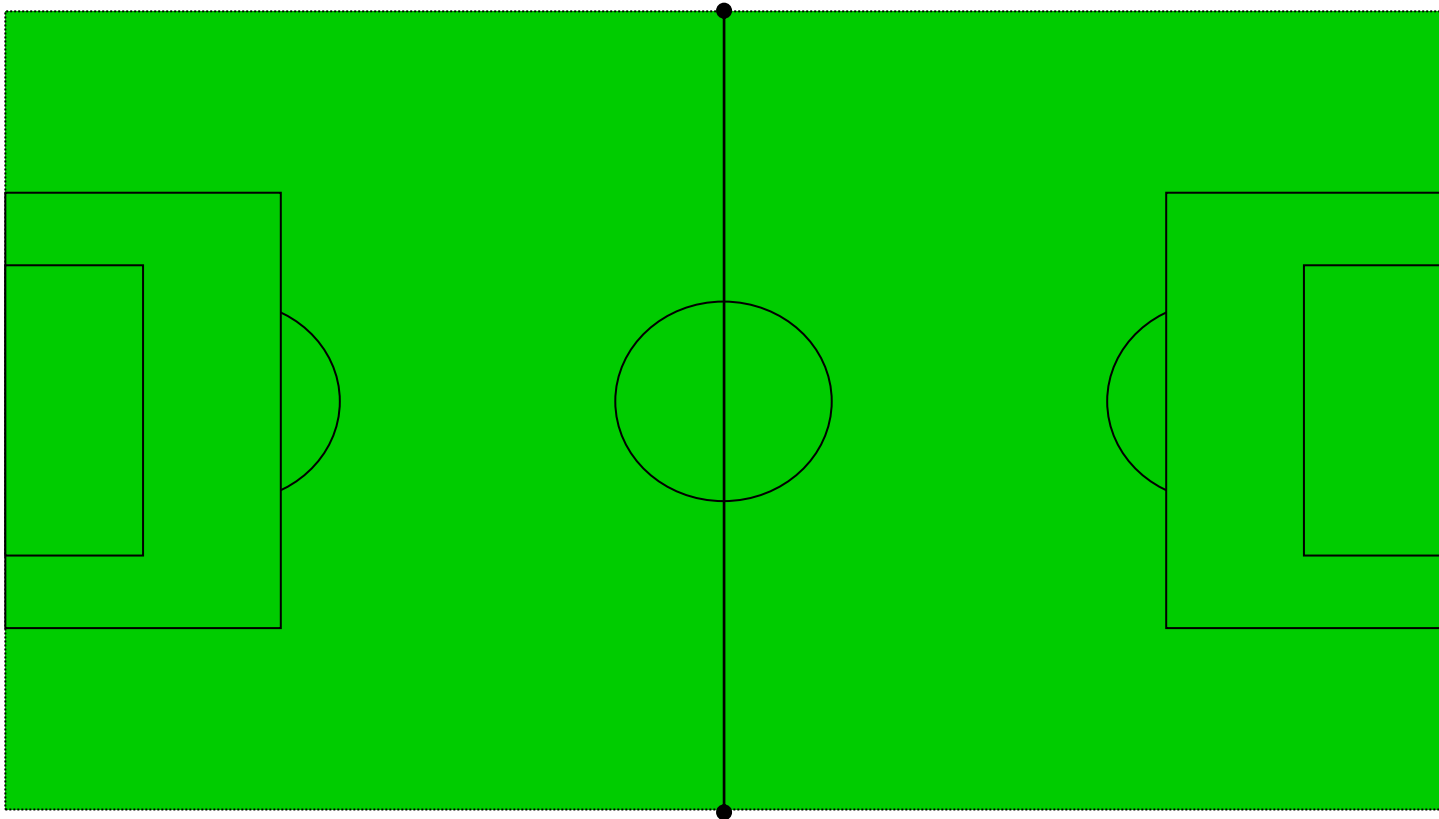
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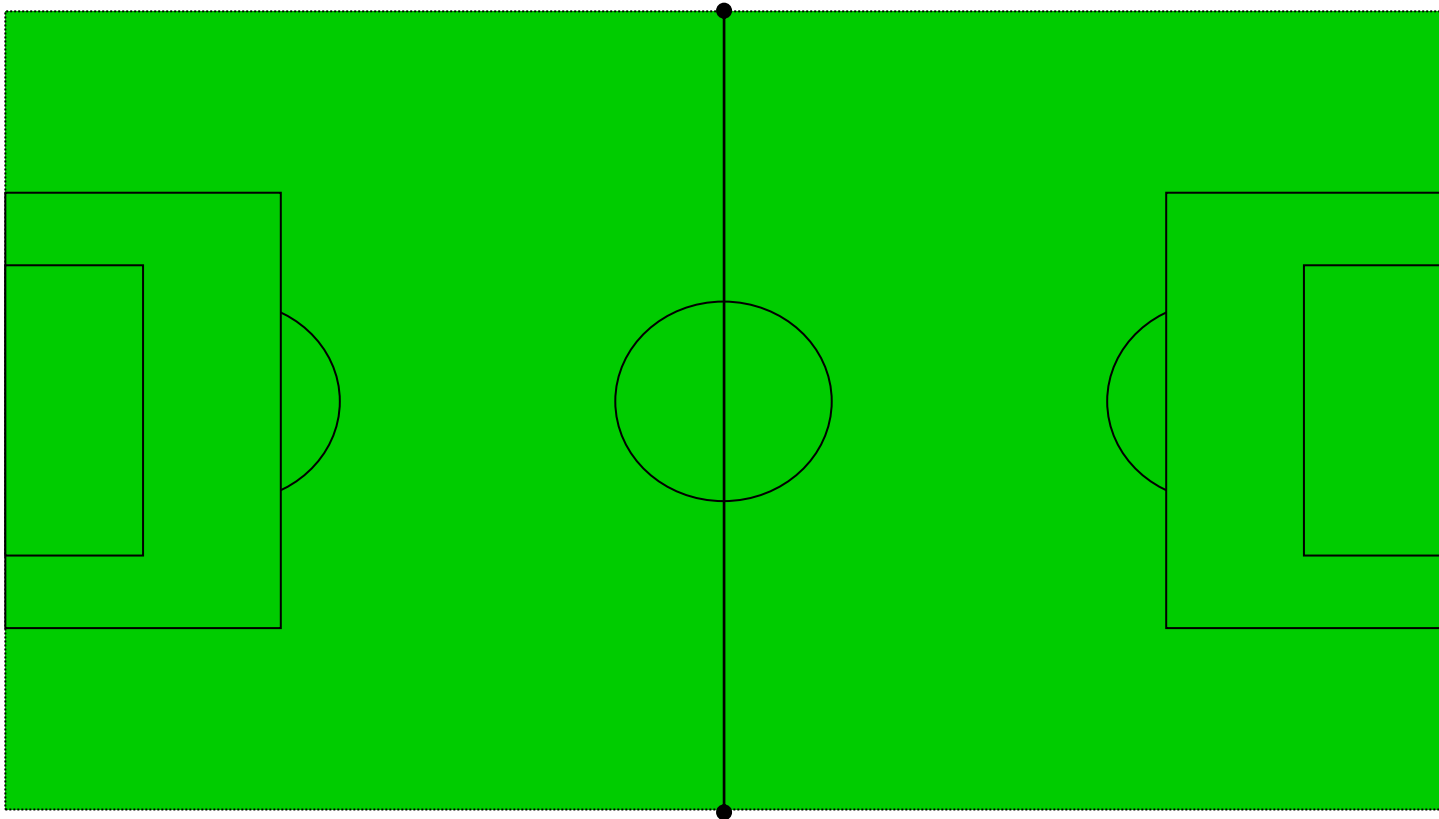
Tactical Training Game

•Organisation :

Opposition :

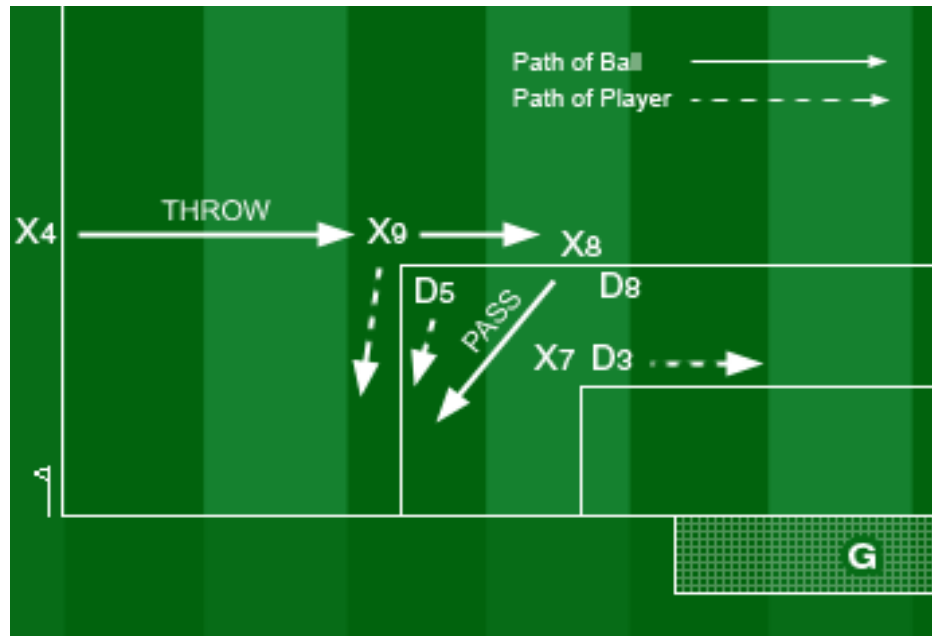
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Focus on :



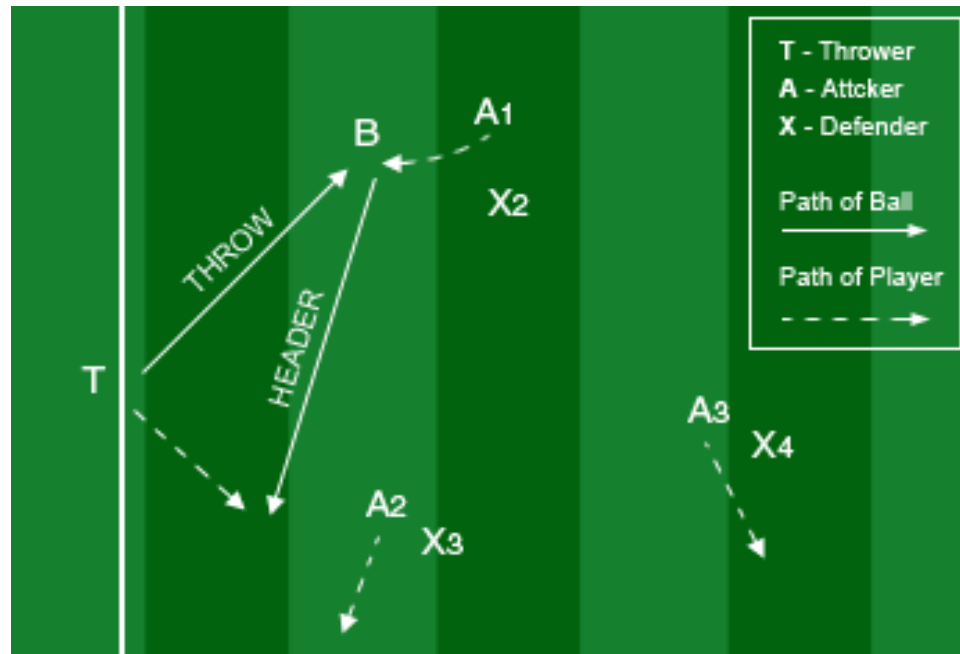
Set Plays at a Throw-in (attacking)

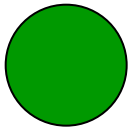
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





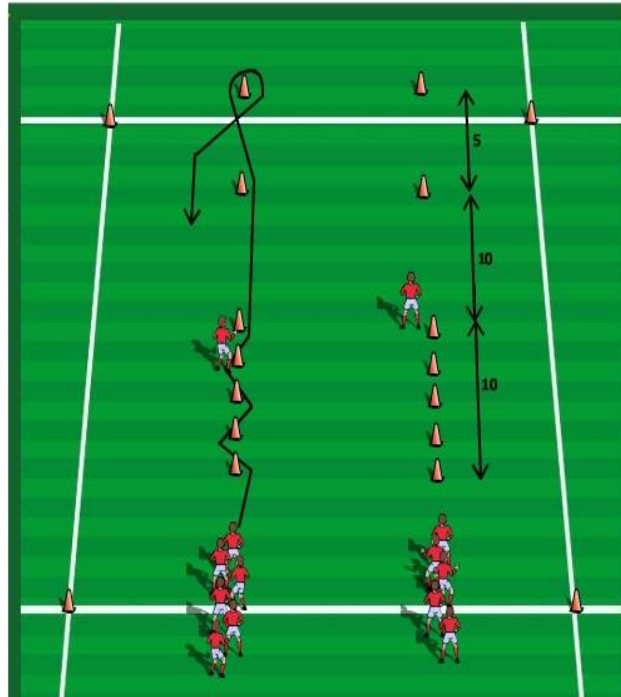
MATCH DAY

Match Day Warm Up



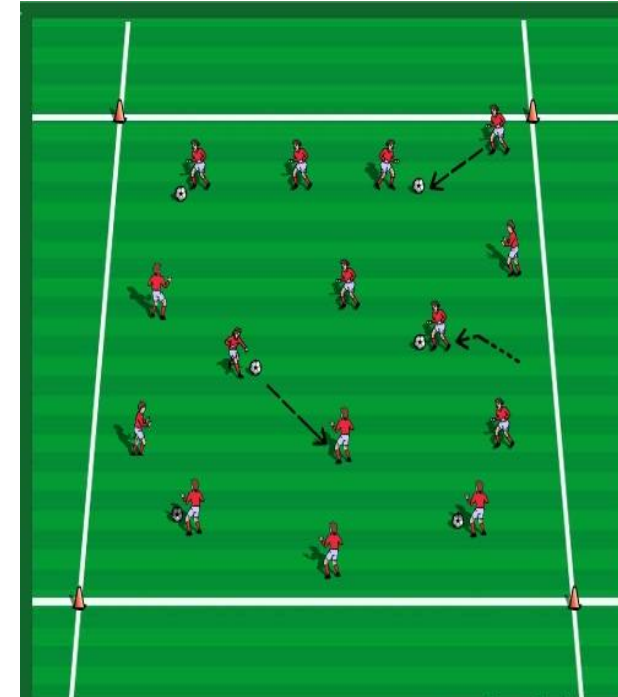
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



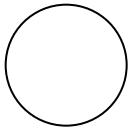
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



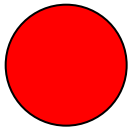
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 22

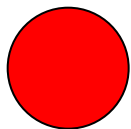
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Coach the Team to play through Central Midfield	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic Coach the Team to play through Central Midfield Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Cool Down Recovery	Rest & Recovery



IN-SEASON

WEEK 22 DAY 1

**Coach the Team to play
through Central Midfield**



Coach a team to play through Central Midfield

- Organisation : Pattern of Play involving 6 Players building to 11 Vs 11

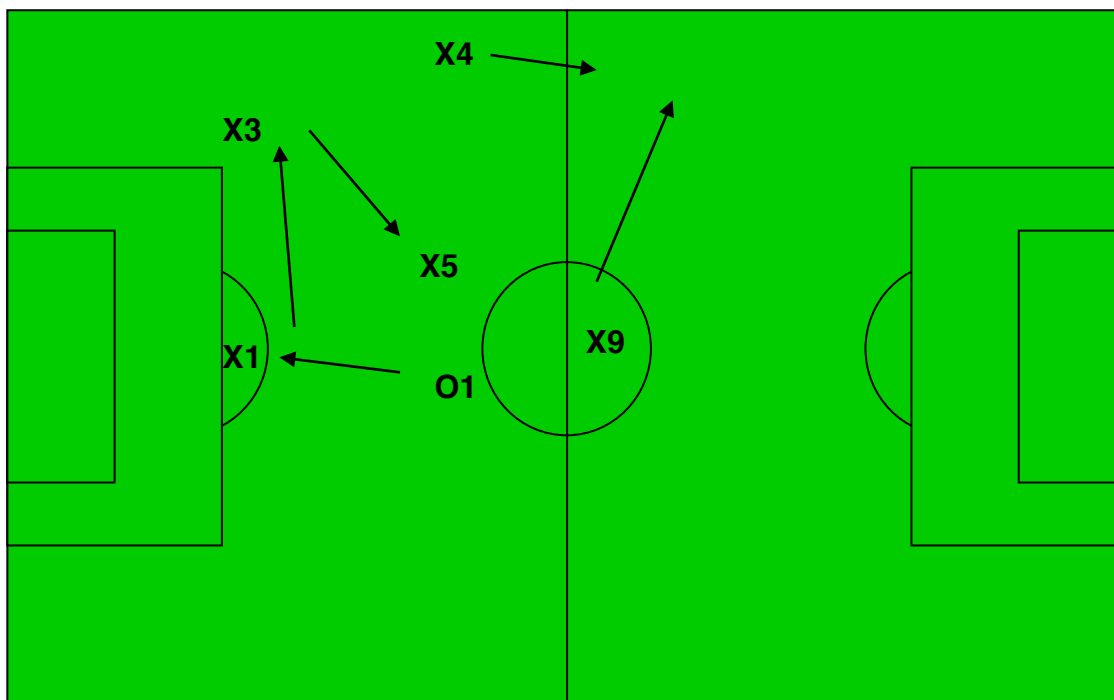
- Playing Area : Quarter of the field with no markers

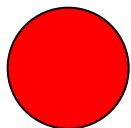
O1 passes to X1 who delivers to X3.

X3 has the option to play into X5.

Build up play by adding players and by focusing on the specific roles of players.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball, Decision of Central midfielder



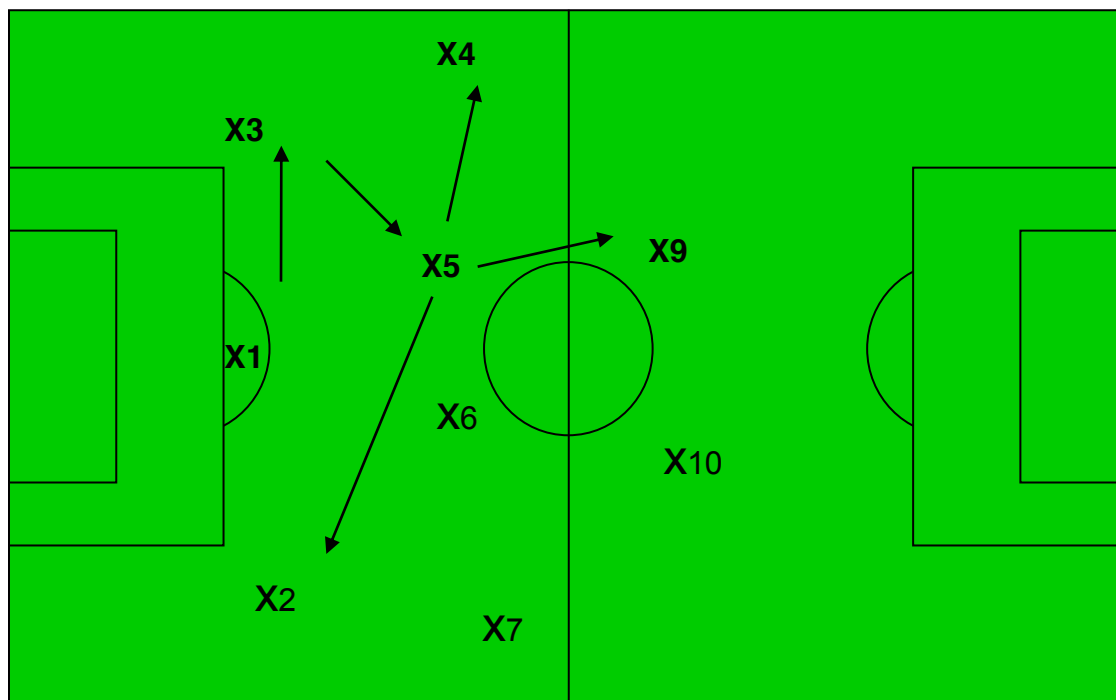


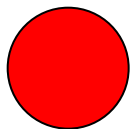
Coach a Team to play through Central Midfield

- Organisation : Pattern of Play involving 9 Players building to 11 Vs 11
- Playing Area : Central area of the field with no markers

X1 passes to X5 who transfers to preferred option.
X3 has the option to play into supporting midfielders.
Build up play by adding players and by focusing on the specific roles of players.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball



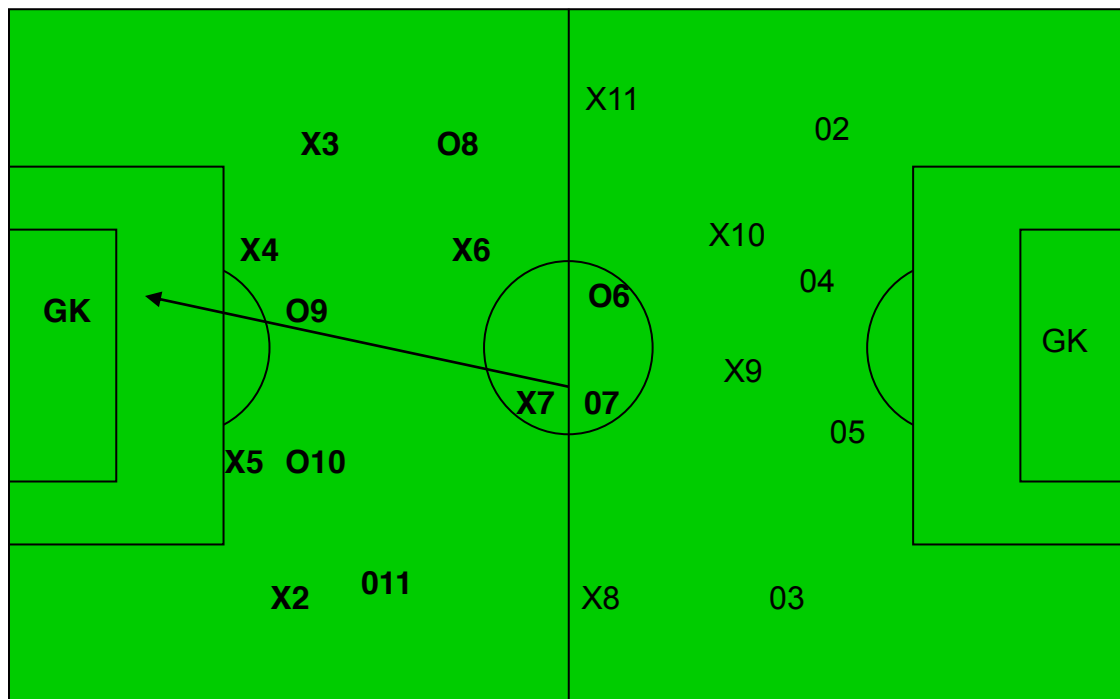


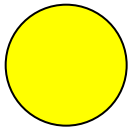
Coach a Team to play through Central Midfield

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball

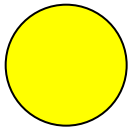




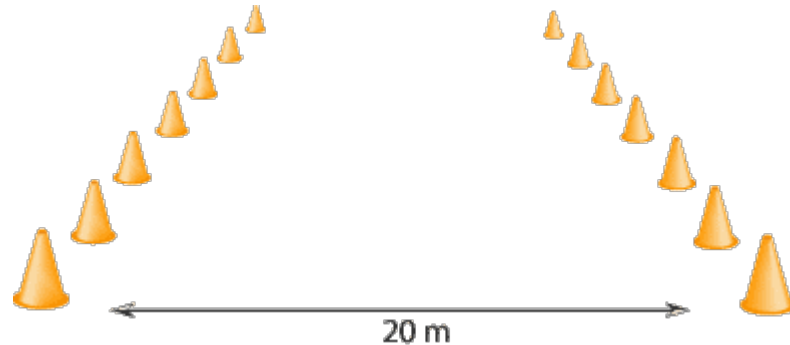
IN-SEASON

WEEK 22 DAY 2

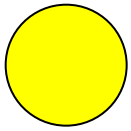
FITNESS TESTING



BLEEP TEST



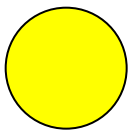
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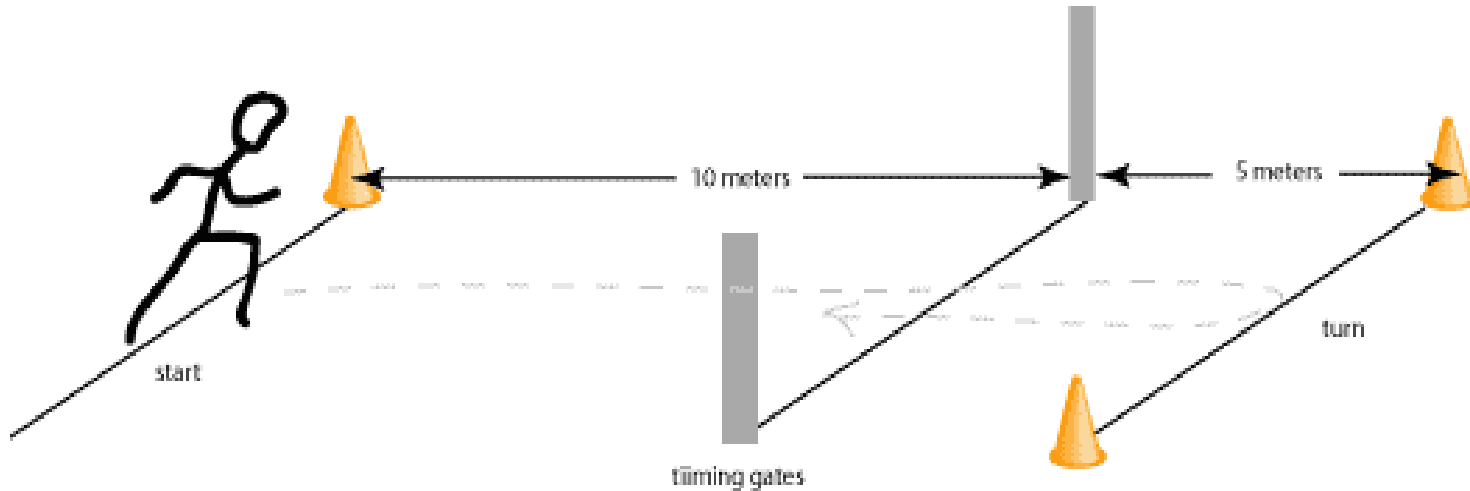
SPRINT TEST



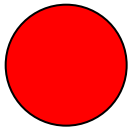
- **Description / Procedure :** The purpose of this test is to determine maximum running speed. It involves running a single maximum sprint over a set distance, with time recorded. The test is conducted over different distances, such as 10, 20, 40 and/or 50 meters or yards, depending on the sport and 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.



505 AGILITY TEST



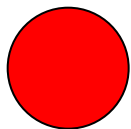
- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded 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



IN-SEASON

WEEK 22 DAY 3

**Coach the Team to play
through Central Midfield**



Coach a team to play through Central Midfield

- Organisation : Pattern of Play involving 6 Players building to 11 Vs 11

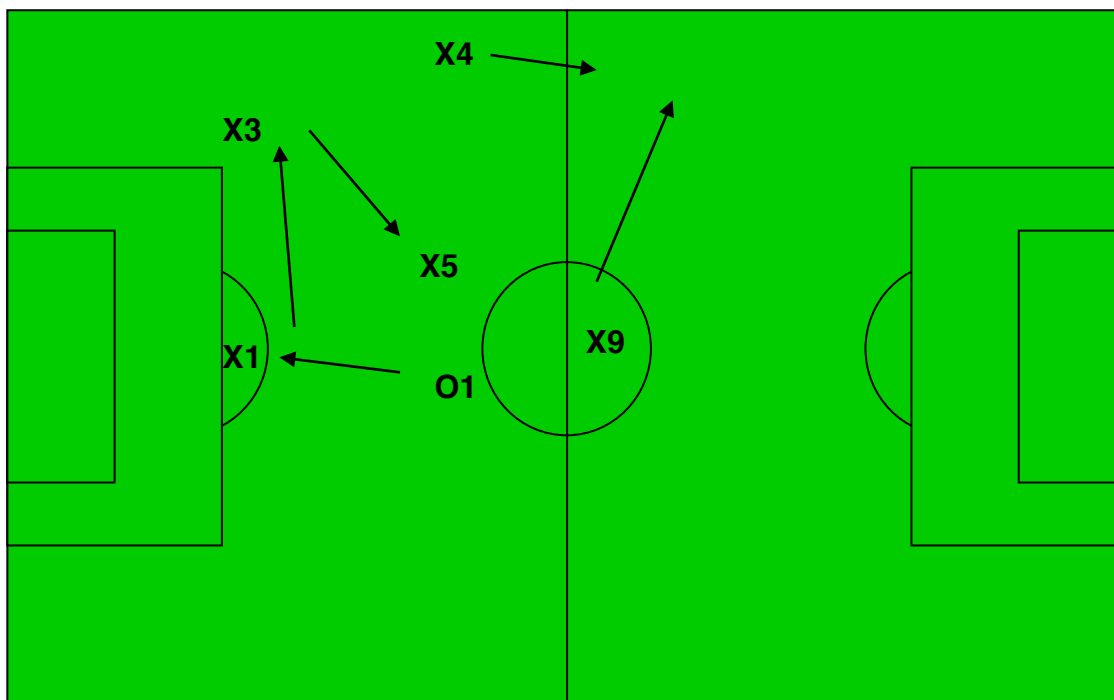
- Playing Area : Quarter of the field with no markers

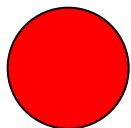
O1 passes to X1 who delivers to X3.

X3 has the option to play into X5.

Build up play by adding players and by focusing on the specific roles of players.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball, Decision of Central midfielder





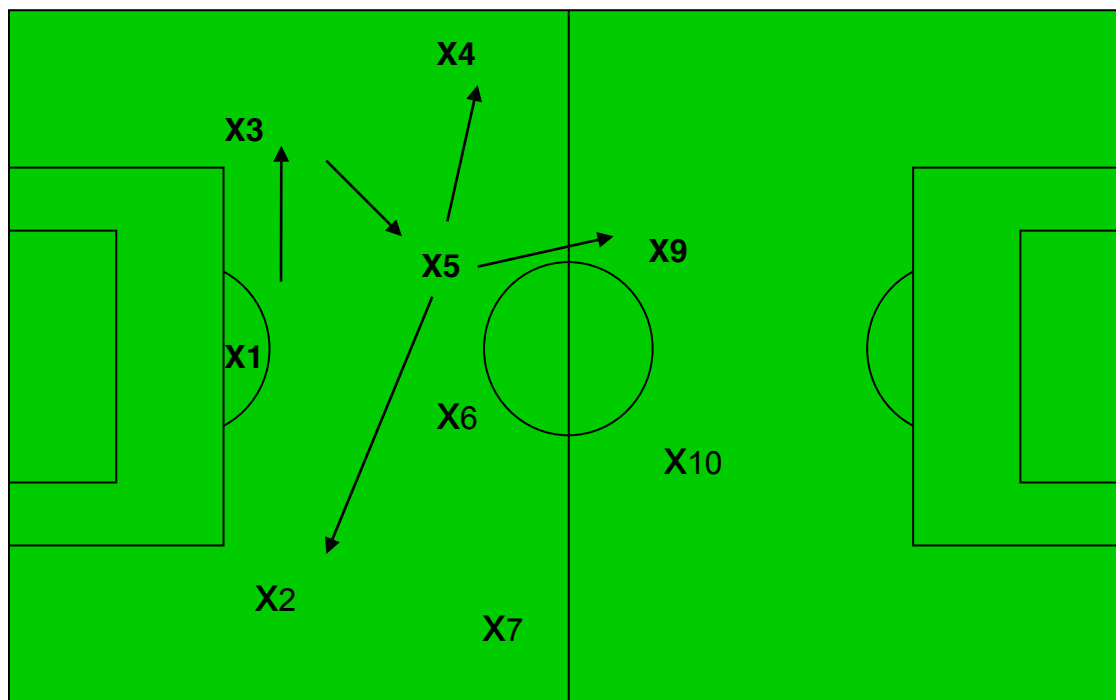
Coach a Team to play through Central Midfield

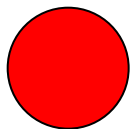
- Organisation : Pattern of Play involving 9 Players building to 11 Vs 11
- Playing Area : Central area of the field with no markers

X1 passes to X5 who transfers to preferred option.
X3 has the option to play into supporting midfielders.

Build up play by adding players and by focusing on the specific roles of players.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball



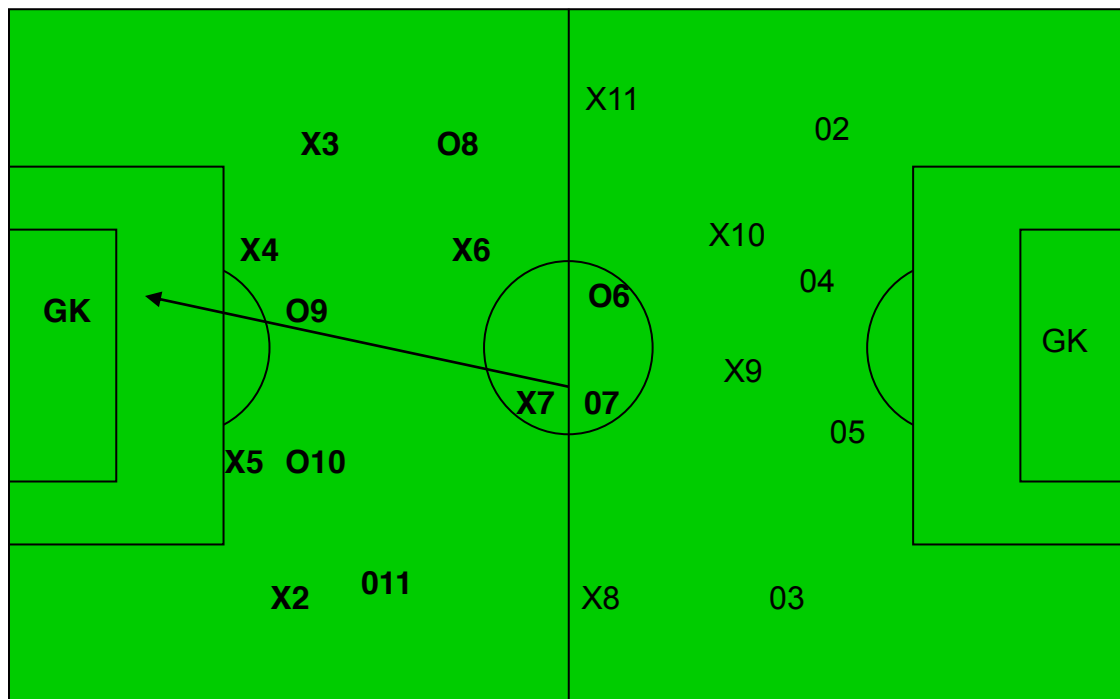


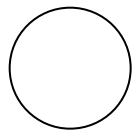
Coach a Team to play through Central Midfield

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball





IN-SEASON

WEEK 22 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 7
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 22 DAY 5

Tactical Training Game



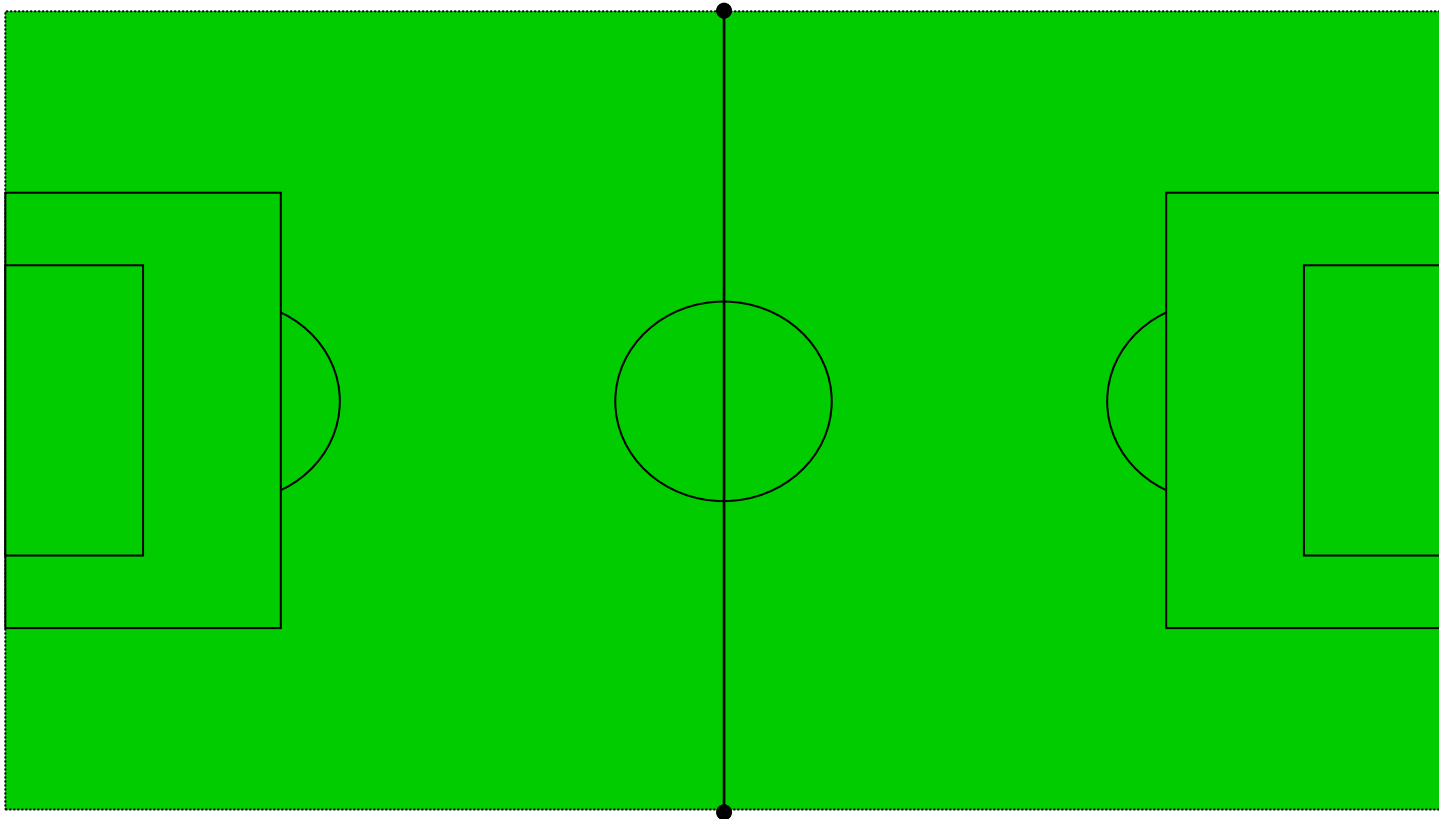
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





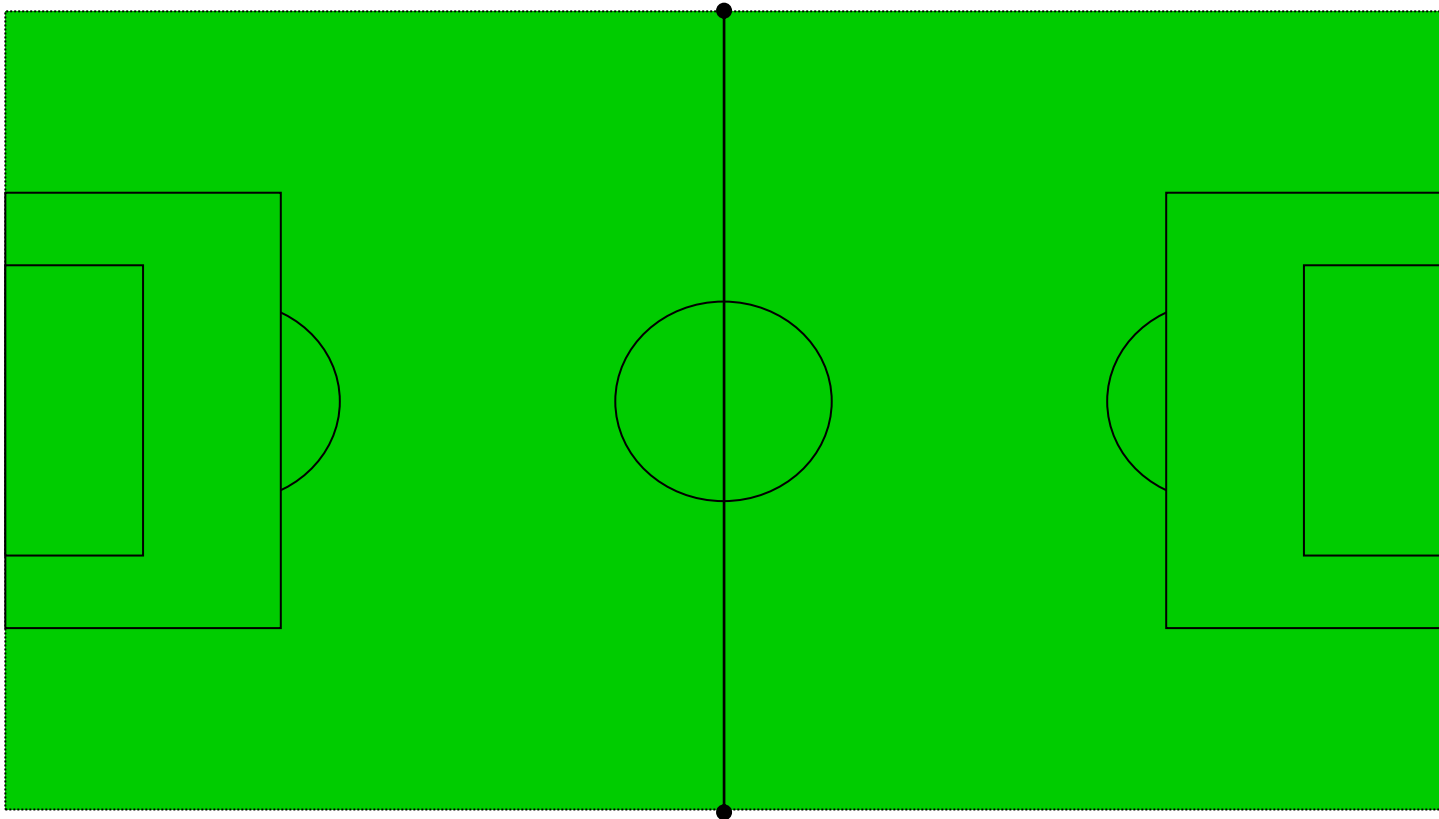
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





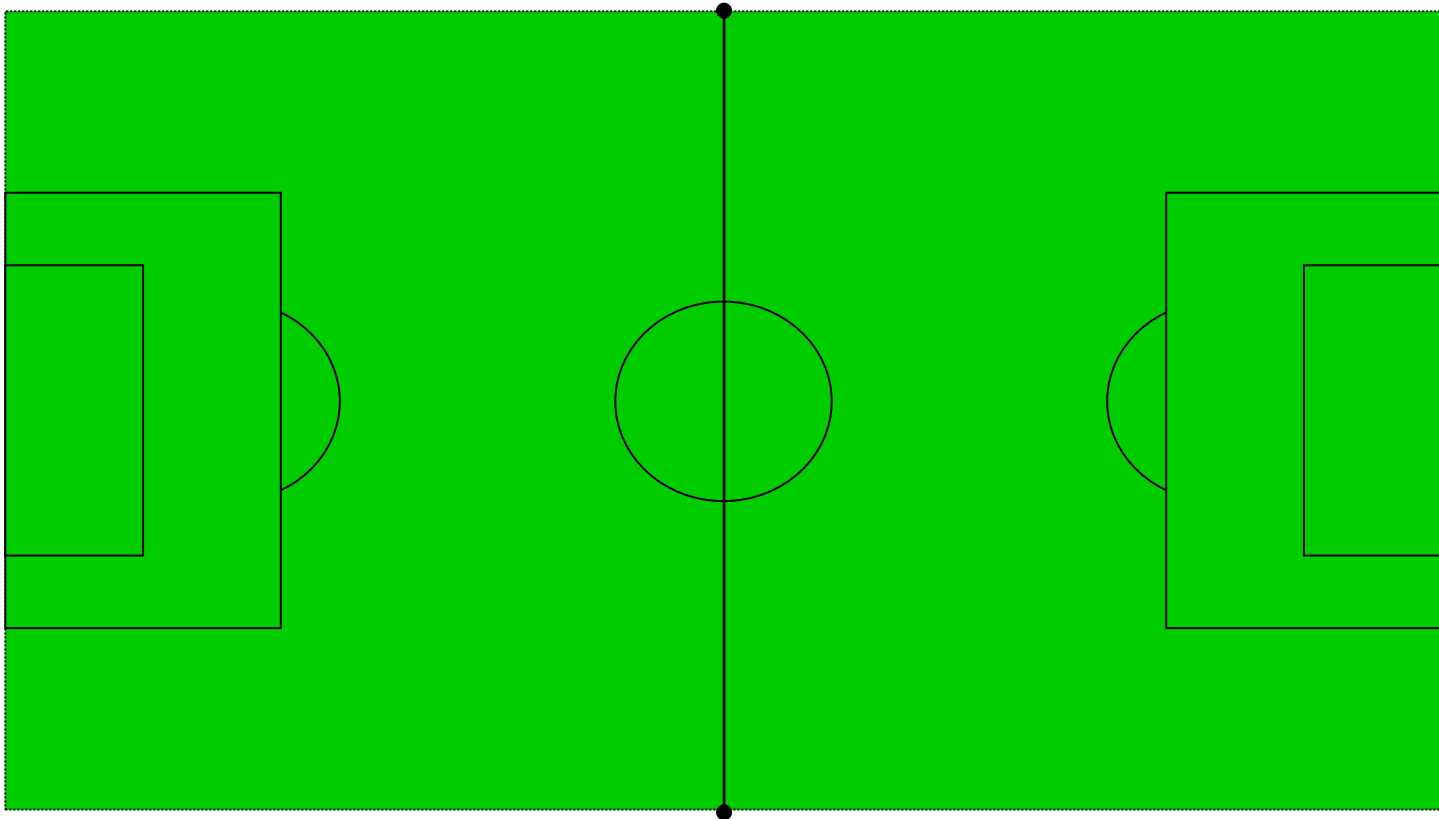
Tactical Training Game

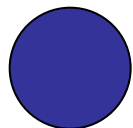
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

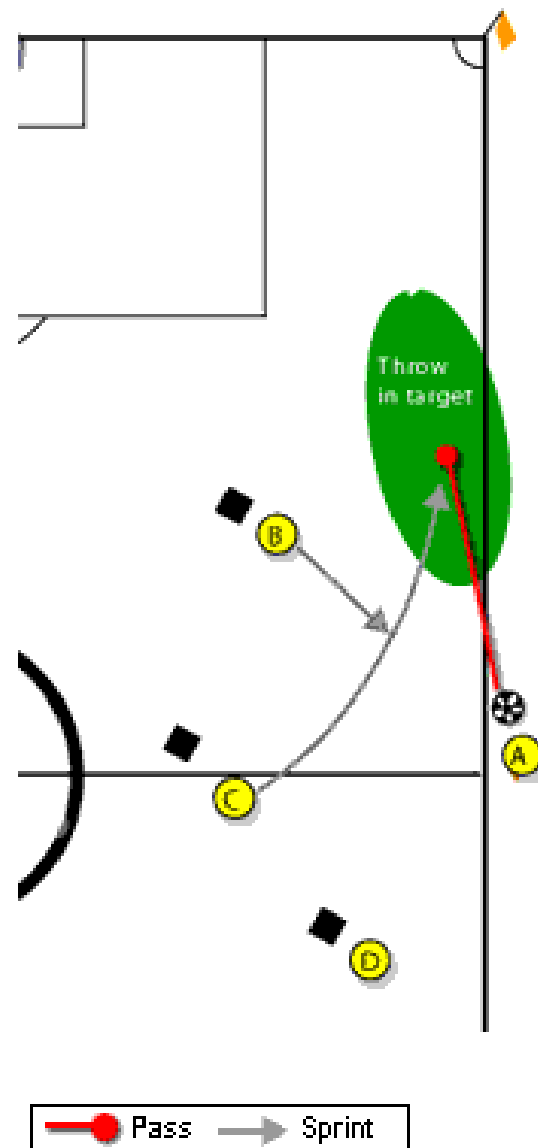


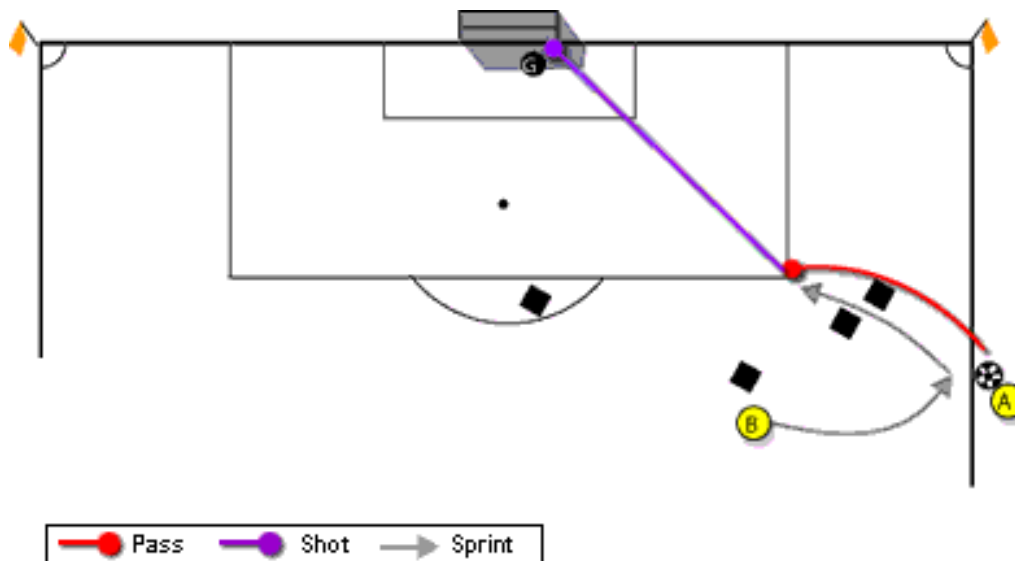
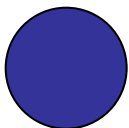


Set Pieces – Throw In

Clearing Some Grass

- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !

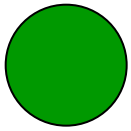




Set Pieces – Throw In

Fake Out

- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.



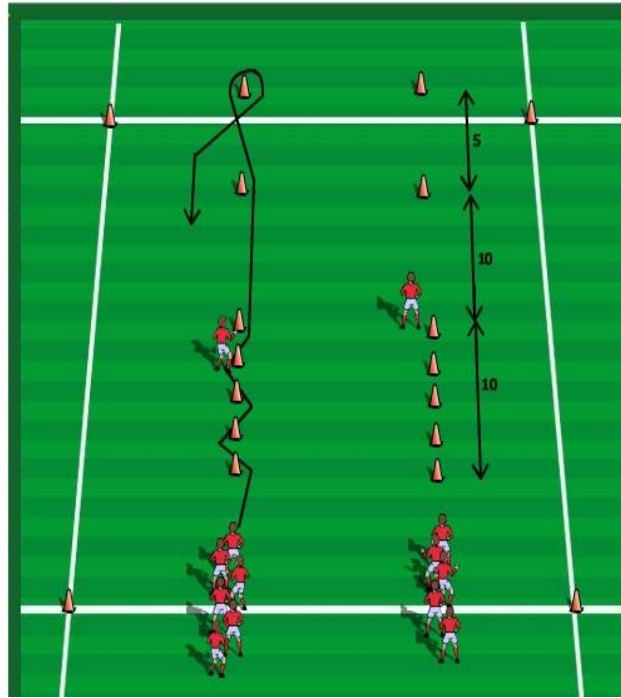
MATCH DAY

Match Day Warm Up



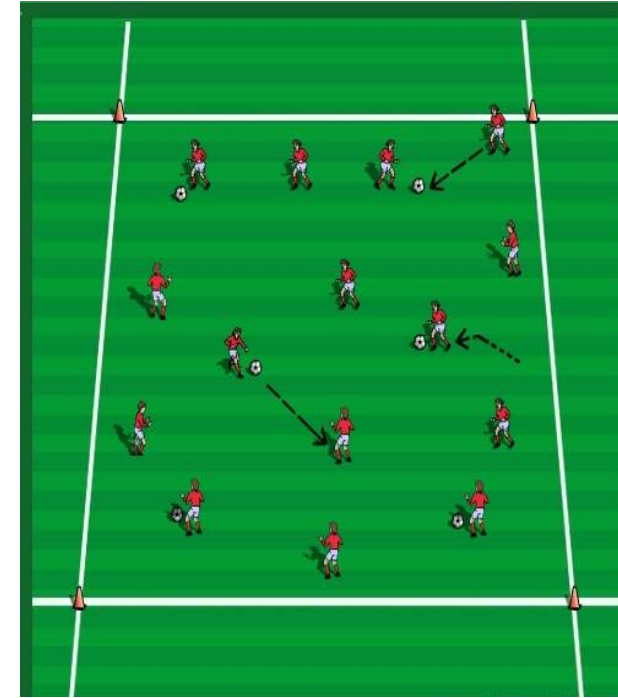
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



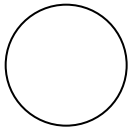
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Winger and Full Back to Combine	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Winger and Full Back to Combine Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Recovery	Recovery	Recovery	Recovery	Set Plays Free kicks Cool Down Recovery	Recovery	Recovery



IN-SEASON

WEEK 23 DAY 1

**Winger and Full Back
to Combine**



Winger and Full Back to combine

- Organisation :
- Players are organised into an open area – no markers.
- The ball is played from the full back to the winger who attempt to combine to get behind the opposing full back

Focus on :

Create space

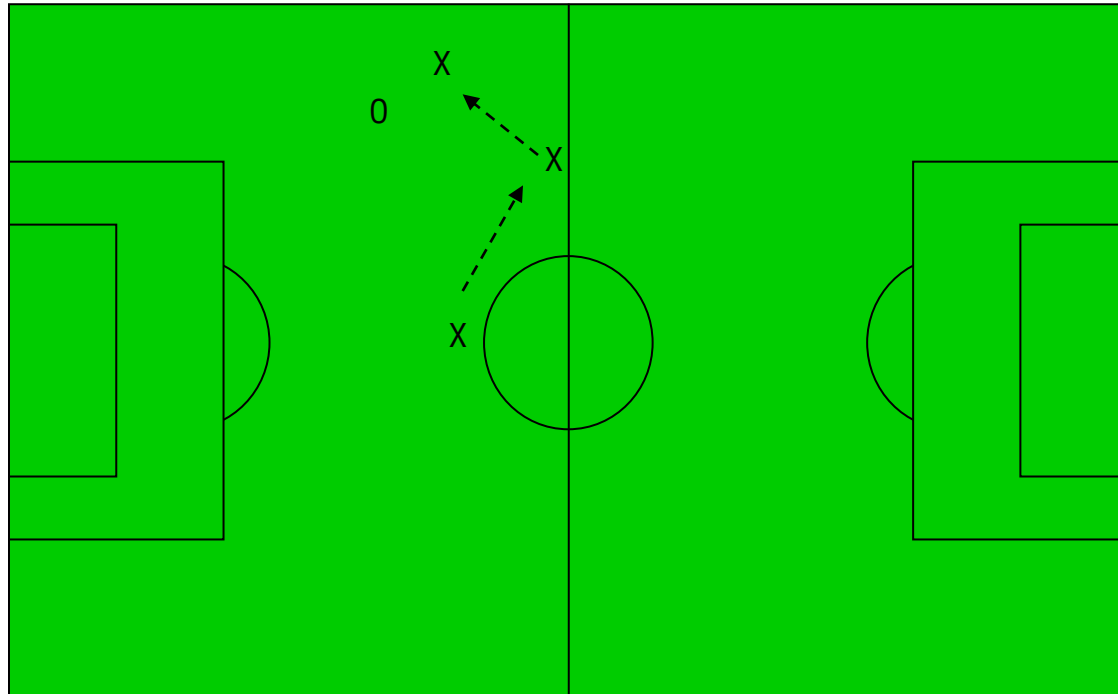
Body position

Quality of pass

Creating personal space

Decision

End product





Winger and Full Back to combine

- Organisation :
- To progress add players to build towards
- 11 Vs 11.
- As shown

Focus on :

Create space

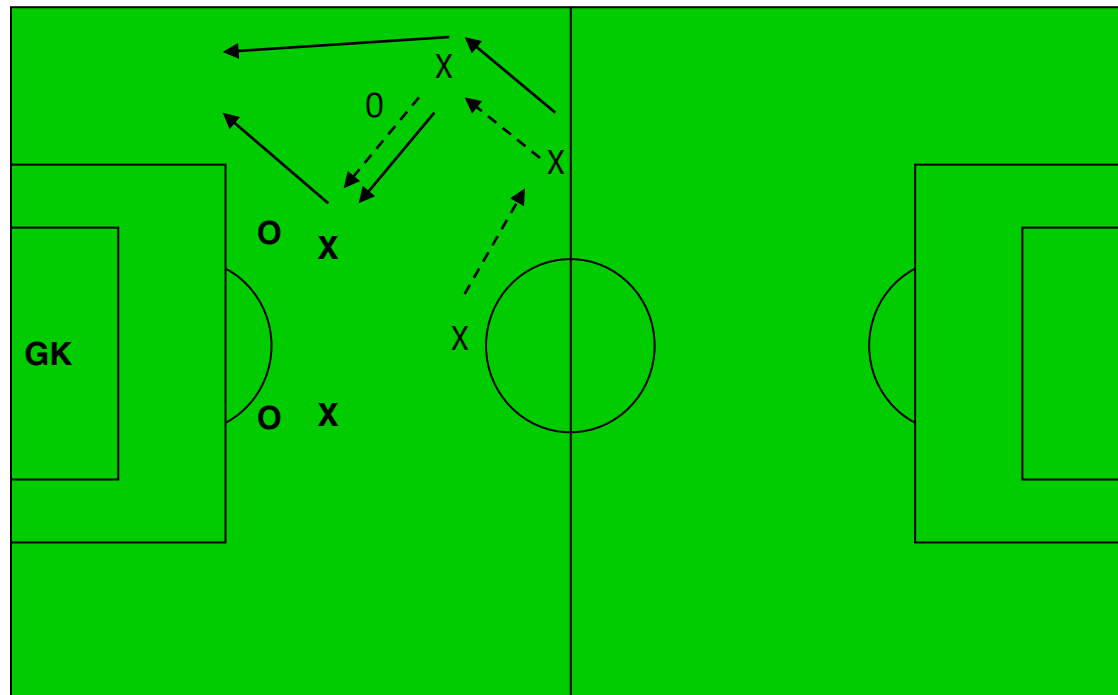
Body position

Quality of pass

Creating personal space

Decision

End product



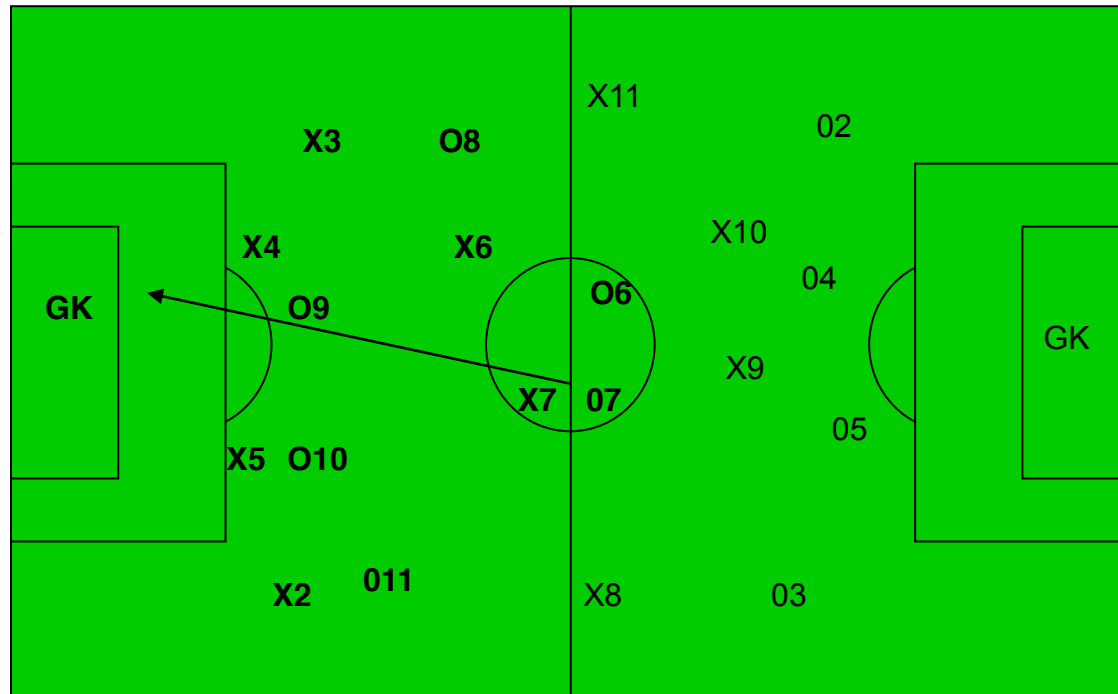


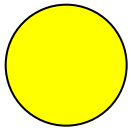
Winger and full back to combine

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.

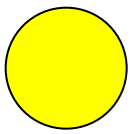




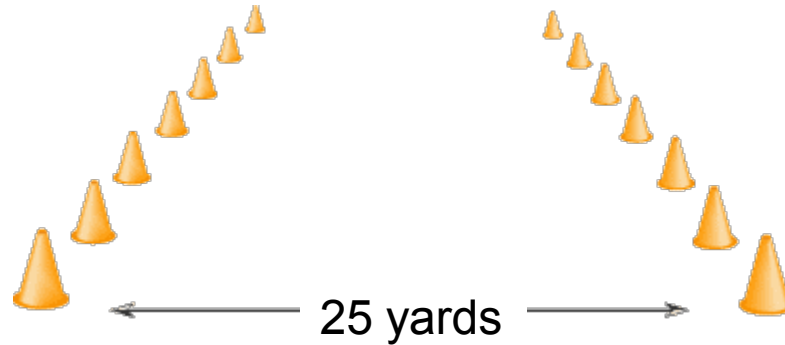
IN-SEASON

WEEK 23 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

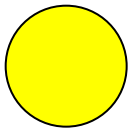
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

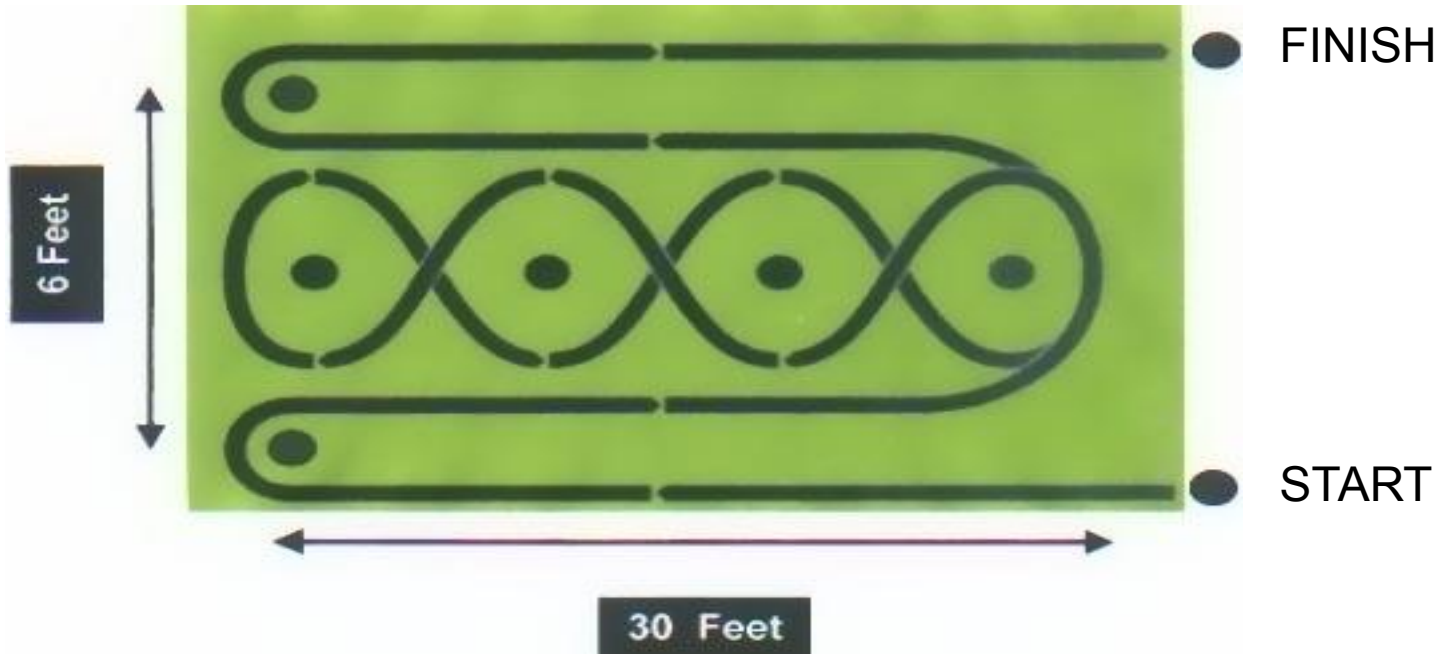
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



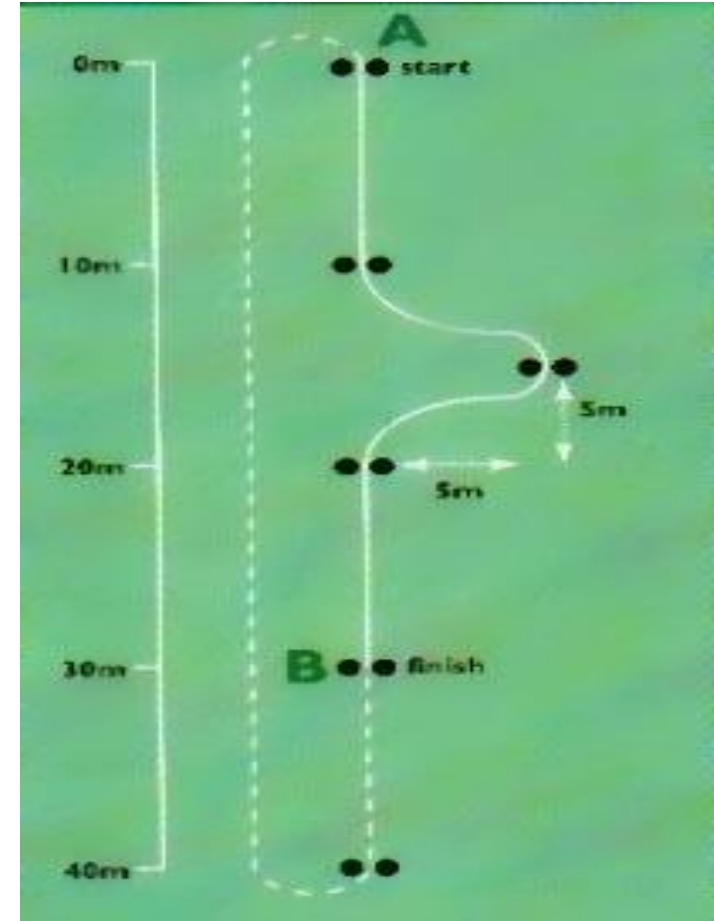
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 23 DAY 3

**Winger and Full Back
to Combine**



Winger and Full Back to combine

- Organisation :
- Players are organised into an open area – no markers.
- The ball is played from the full back to the winger who attempt to combine to get behind the opposing full back

Focus on :

Create space

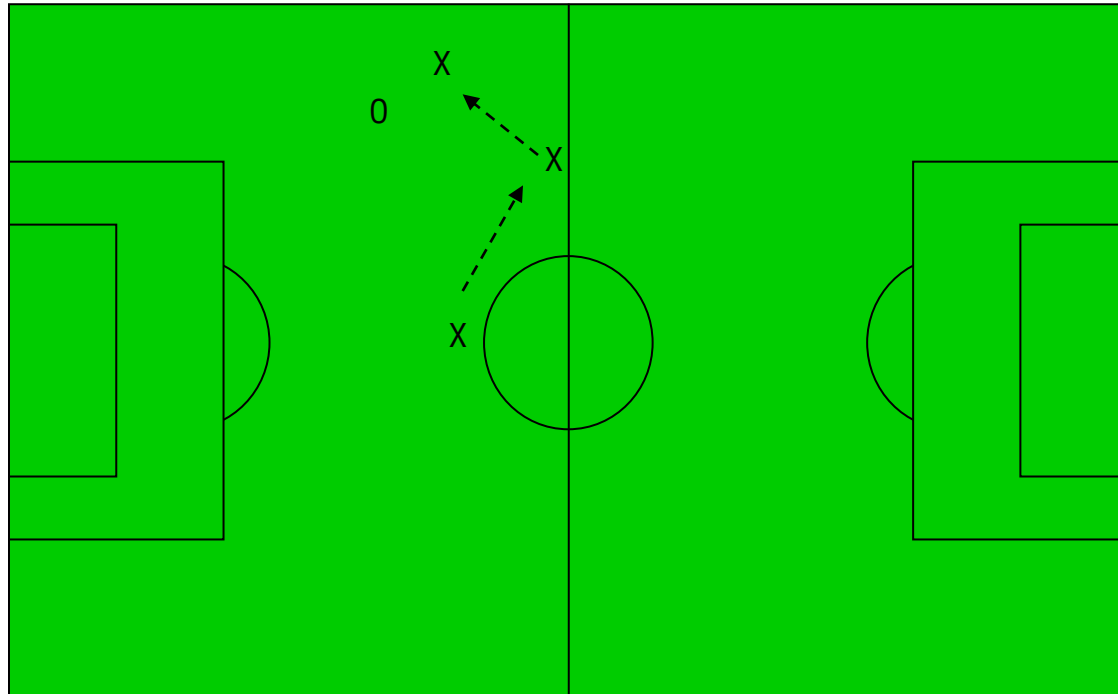
Body position

Quality of pass

Creating personal space

Decision

End product





Winger and Full Back to combine

- Organisation :
- To progress add players to build towards
- 11 Vs 11.
- As shown

Focus on :

Create space

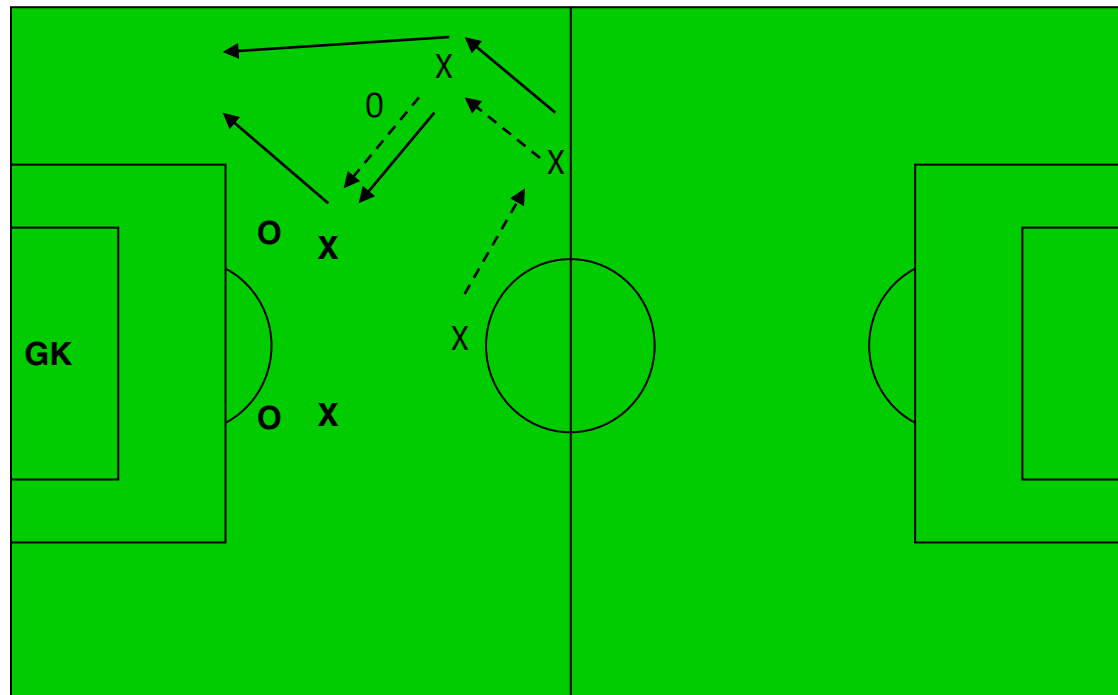
Body position

Quality of pass

Creating personal space

Decision

End product



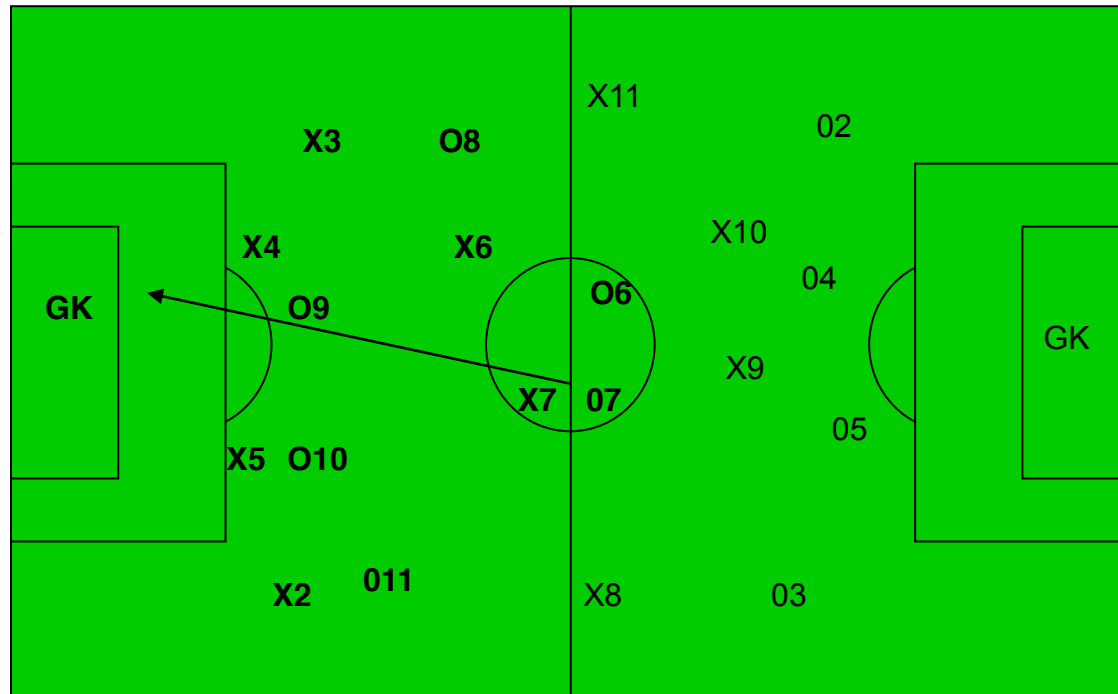


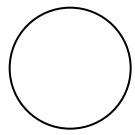
Winger and full back to combine

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.





IN-SEASON

WEEK 23 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 8
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 23 DAY 5

Tactical Training Game



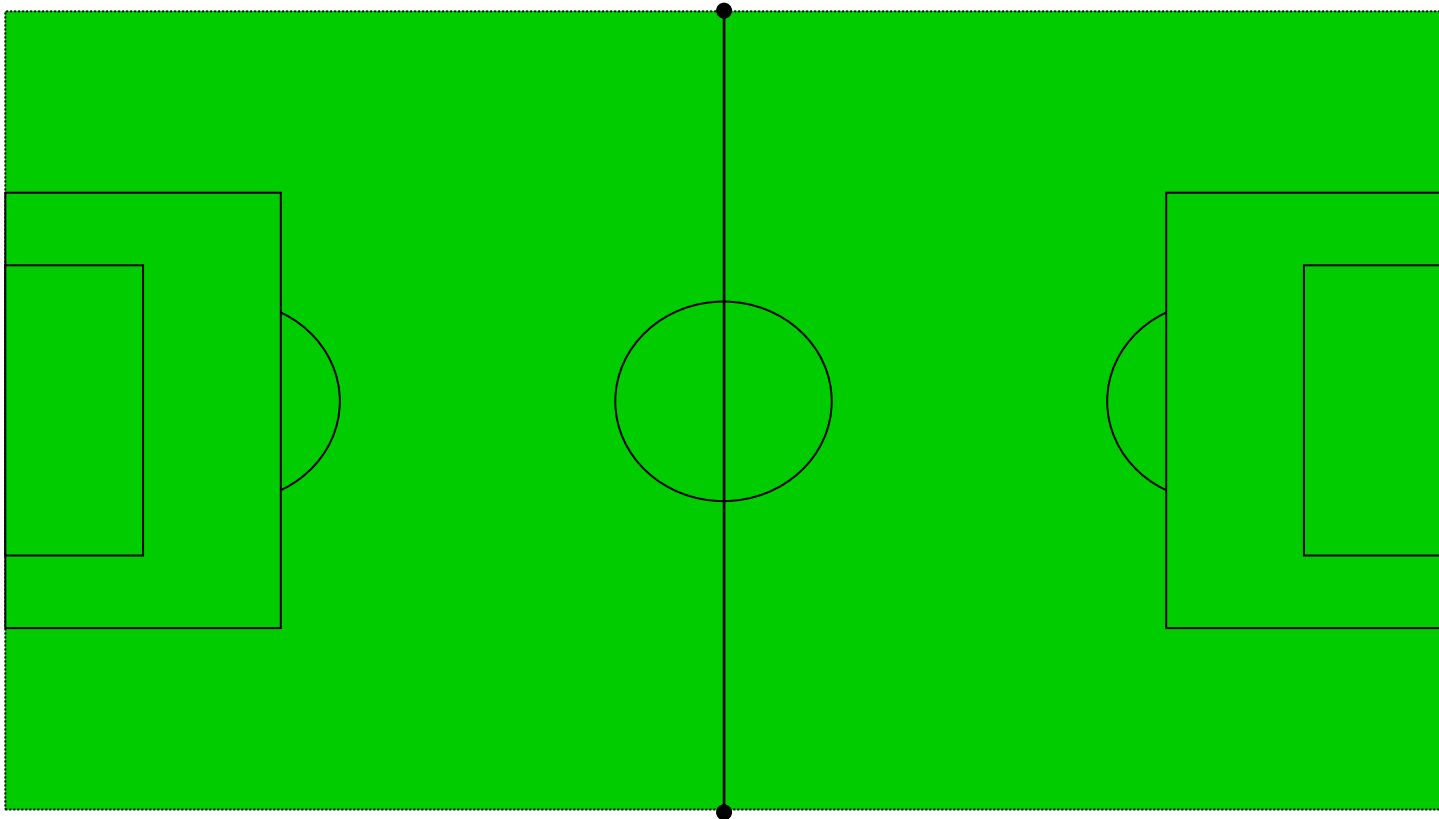
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





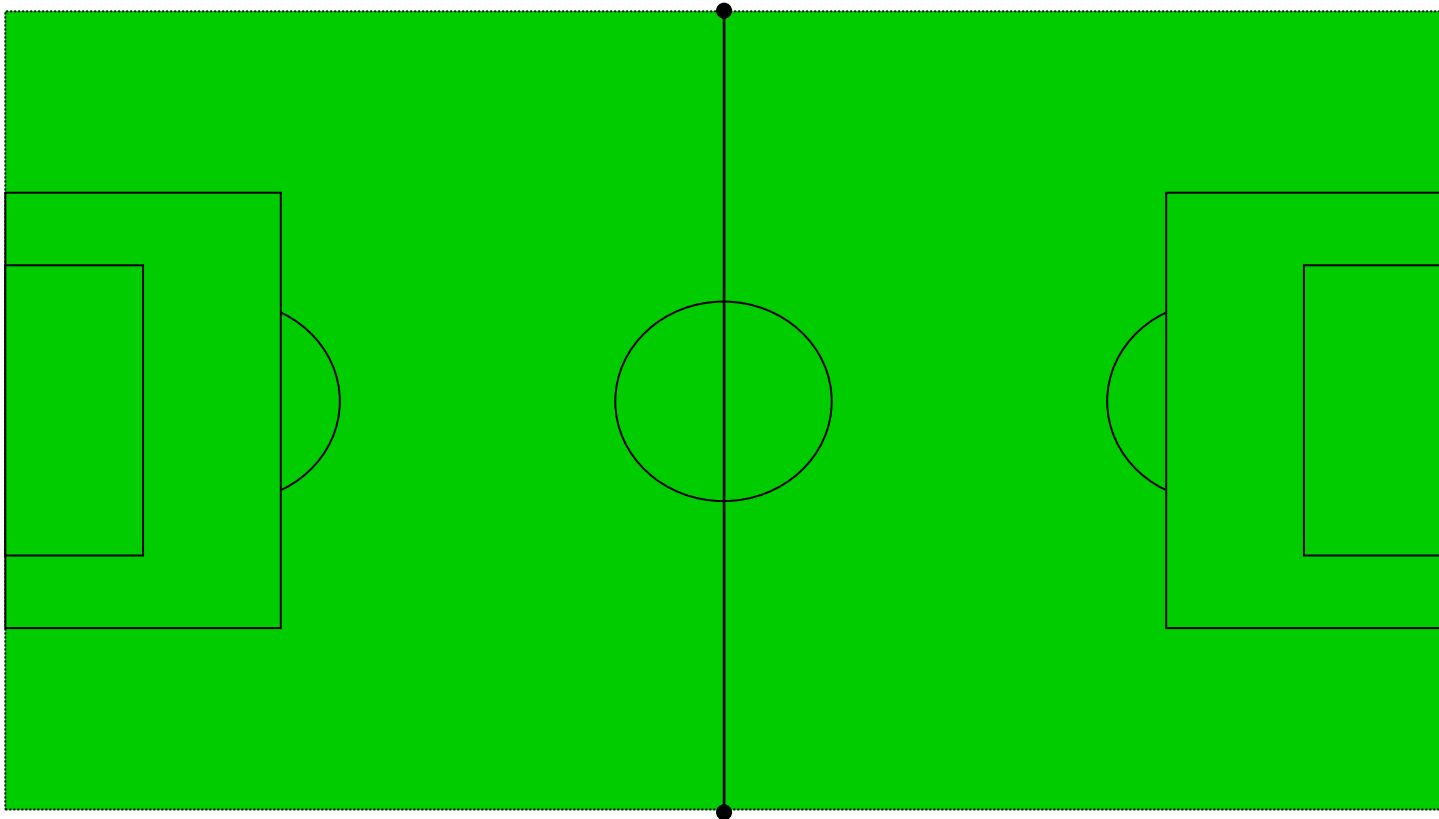
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





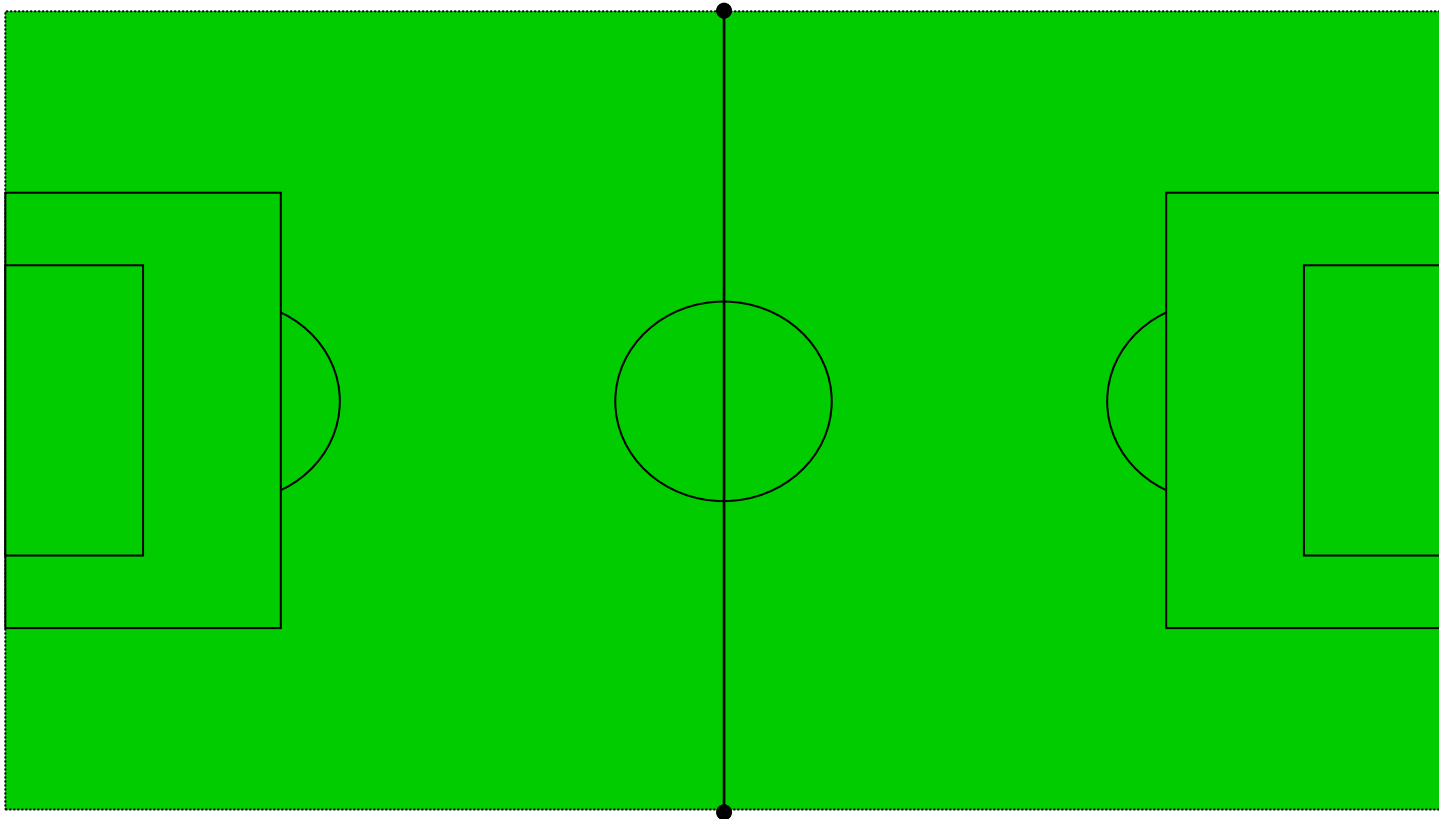
Tactical Training Game

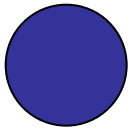
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

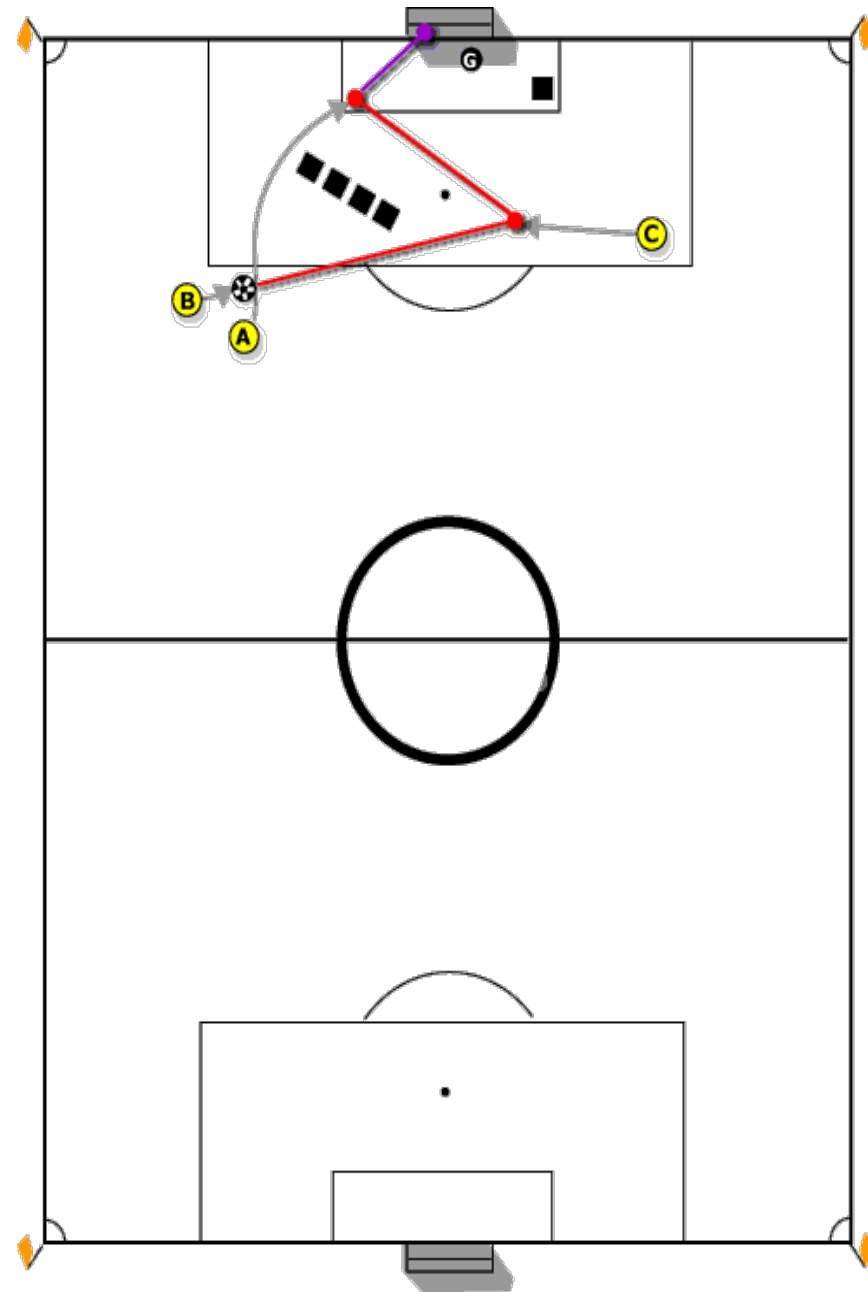


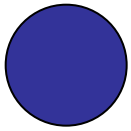


Set Pieces - Free Kicks

Going Around the Wall

- This set piece involves 3 players with other midfielders and forwards present looking for rebounds. It is intended primarily for Indirect kicks (but works just as well for Direct kicks) in or near the penalty box.
- Offence: Players A and B line up as if both are ready to take the kick. Player C is near the far corner of the box. On a set cue, either raising a hand or yelling out a number, A moves to the ball as if taking the shot but instead steps over the ball and continues to the near post side of the wall. At the same time, C begins a sprint toward the far-post end of the wall. B approaches the ball and makes a firm pass to B who then one-touches it to A, who by this time is just behind the wall and takes a one-touch shot on goal.
- Note: B also has the choice of shooting on goal if the wall 'falls-apart' by the deception of A.
- B also has the option of turning and shooting if there is a viable lane, but the centre of the box will most likely be clogged with defenders. The real trick to this piece is the firm, controllable passes. They must be quick and on-target. This is a game-winning piece that works well with practice, practice, practice.
- Defence: The trick to defending this piece is getting the wall in place very quickly and not letting the initial fake pull the wall apart. The near-post defender will have a tendency to peel off to mark A, thus shortening the wall and leaving a possible near-post shot on goal by B.

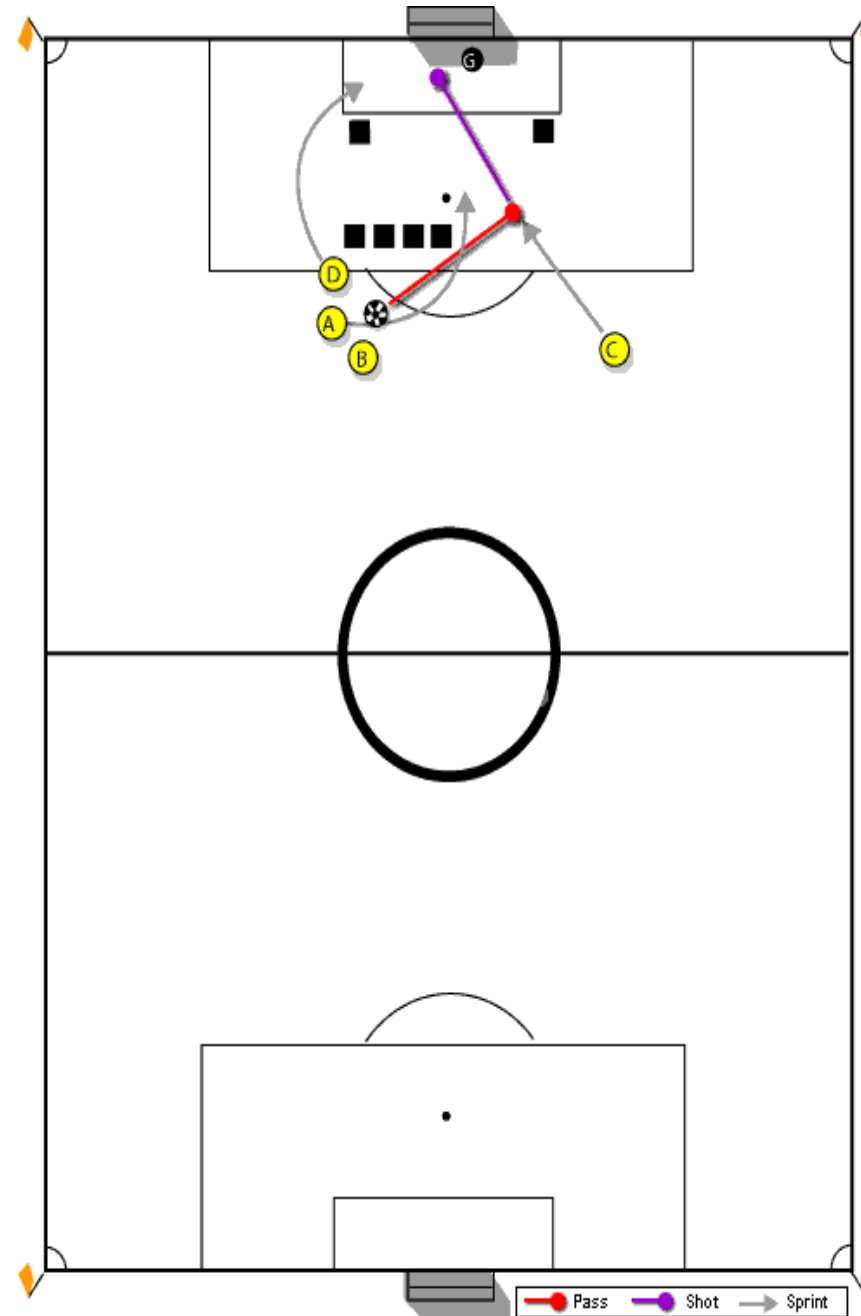


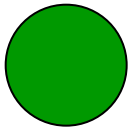


Set Pieces - Free Kicks

Angles on the Wall

- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- Offence :** Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- Defence :** Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.





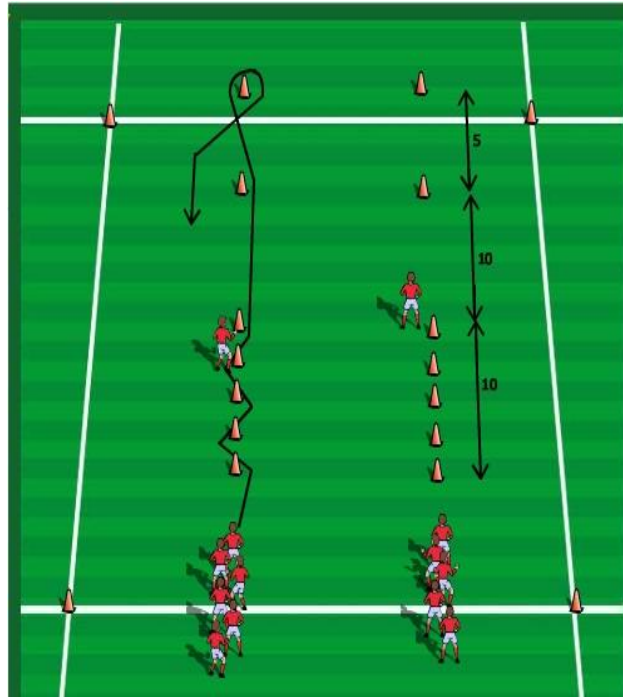
MATCH DAY

Match Day Warm Up



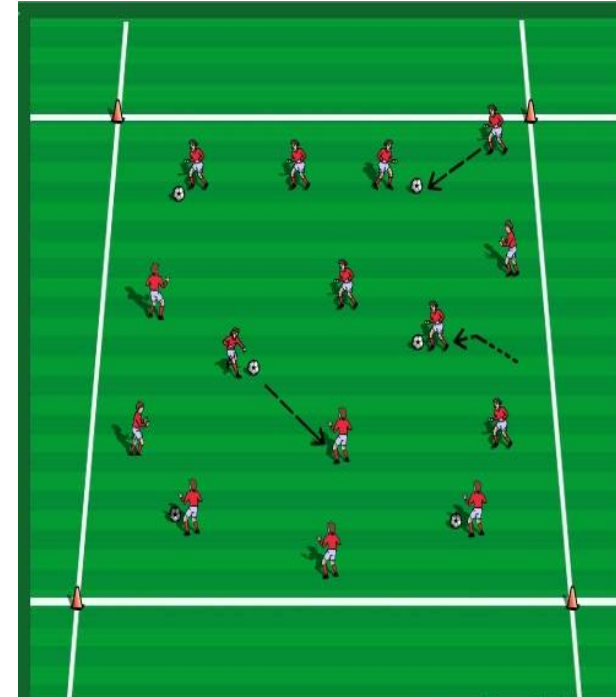
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



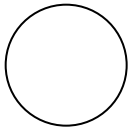
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic In a 4-4-2 Coach Team to Support & Change Places	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic In a 4-4-2 Coach Team to Support & Change Places Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 24 DAY 1

**In a 4-4-2 Coach Team to
Support & Change Places**



In a 4-4-2 coach a team to support & change places

- Organisation : 9 v 9 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

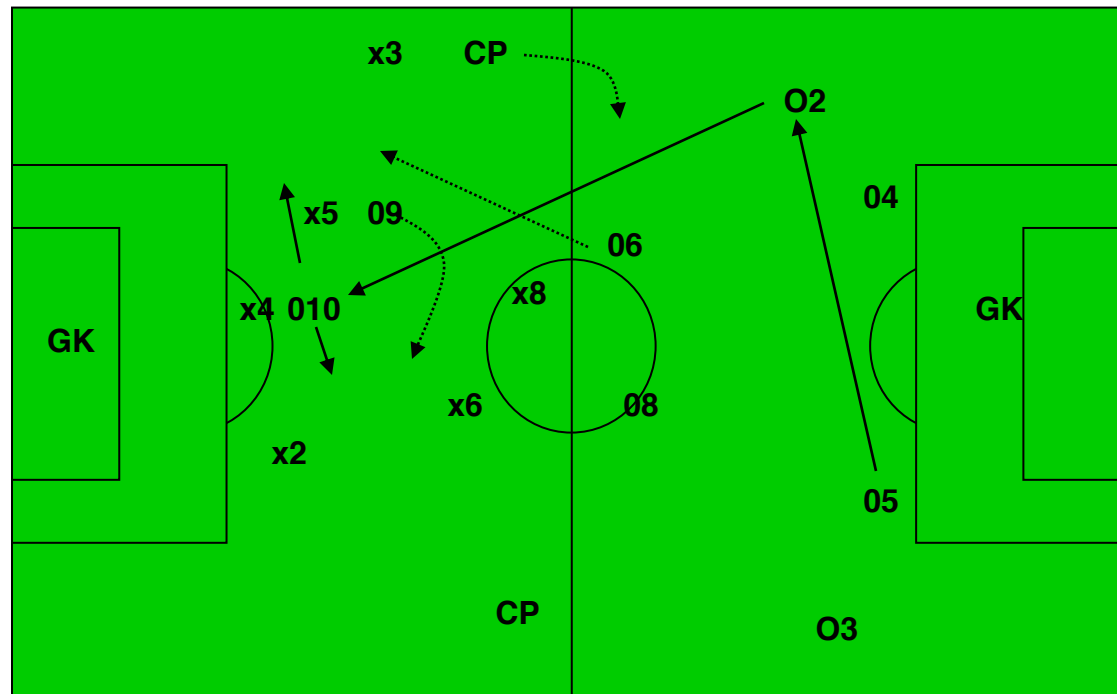
Angles & distance of support

Support of forward pass – how far? when?

Body position

Quality of passing - forward

Use of triggers





In a 4-4-2 coach a team to support & change places

- Organisation : 9 v 9 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

Angles & distance of support

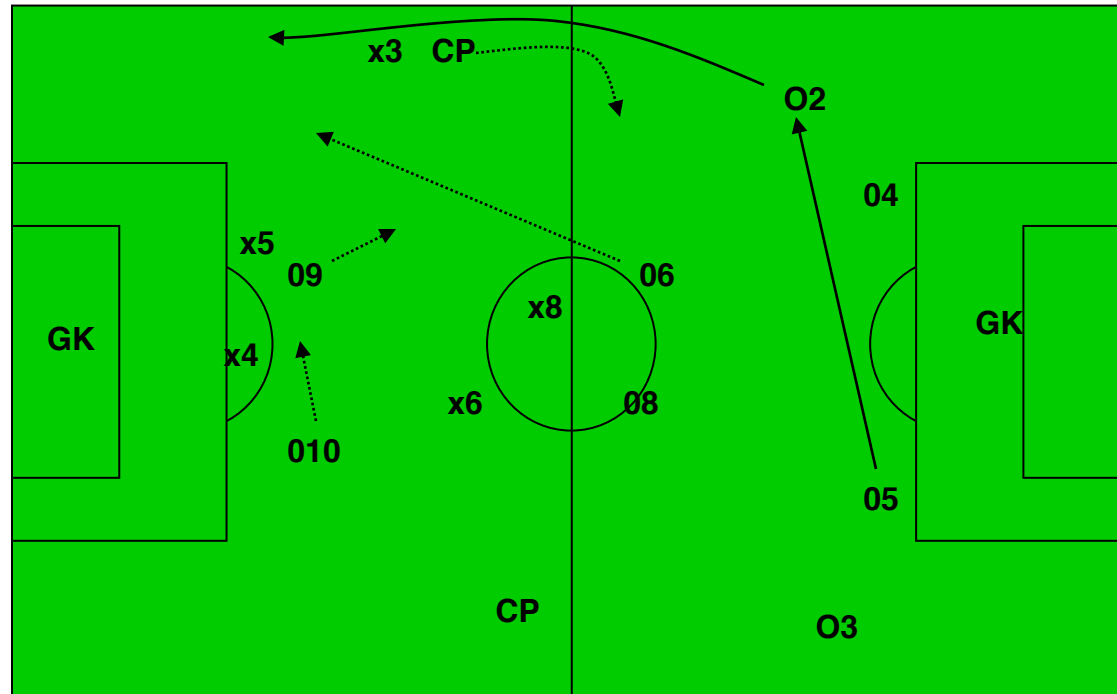
Support of forward pass – how far? when?

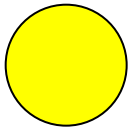
Body position

Roles of CM & CF's

Wide player needs to engage fullback

Timing of midfield run

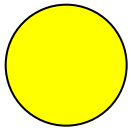




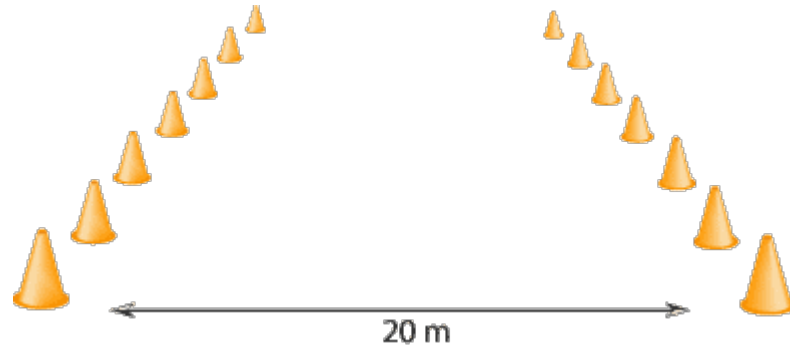
IN-SEASON

WEEK 24 DAY 2

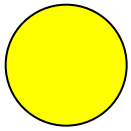
FITNESS TESTING



BLEEP TEST



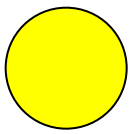
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



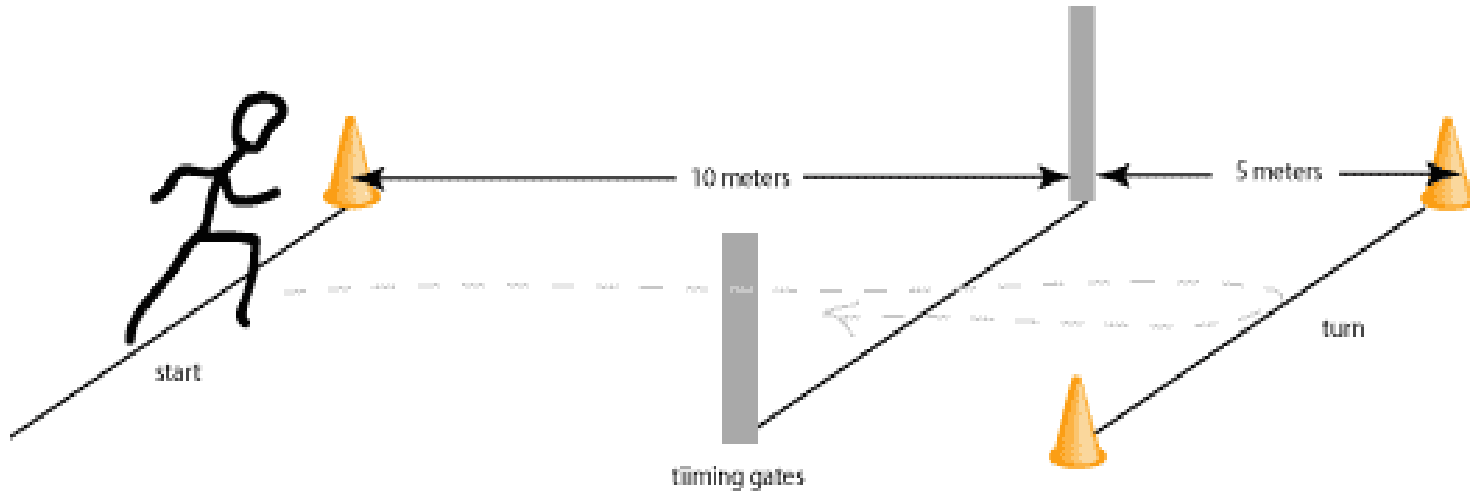
SPRINT TEST



- **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 distance (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.



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



IN-SEASON

WEEK 24 DAY 3

**In a 4-4-2 Coach Team to
Support & Change Places**



In a 4-4-2 coach a team to support & change places

- Organisation : 9 v 9 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

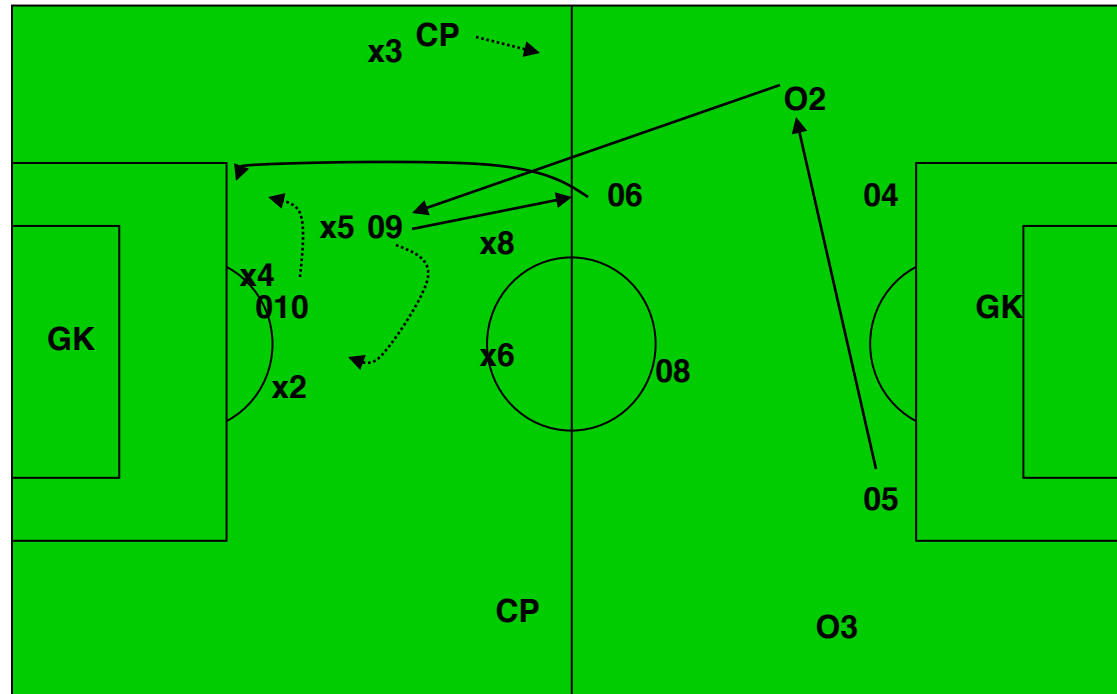
Angles & distance of support

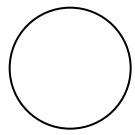
Support of forward pass – how far? when?

Body position – Dynamic movement

Quality of passing - forward

Use of triggers





IN-SEASON

WEEK 24 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 9
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 24 DAY 5

Tactical Training Game



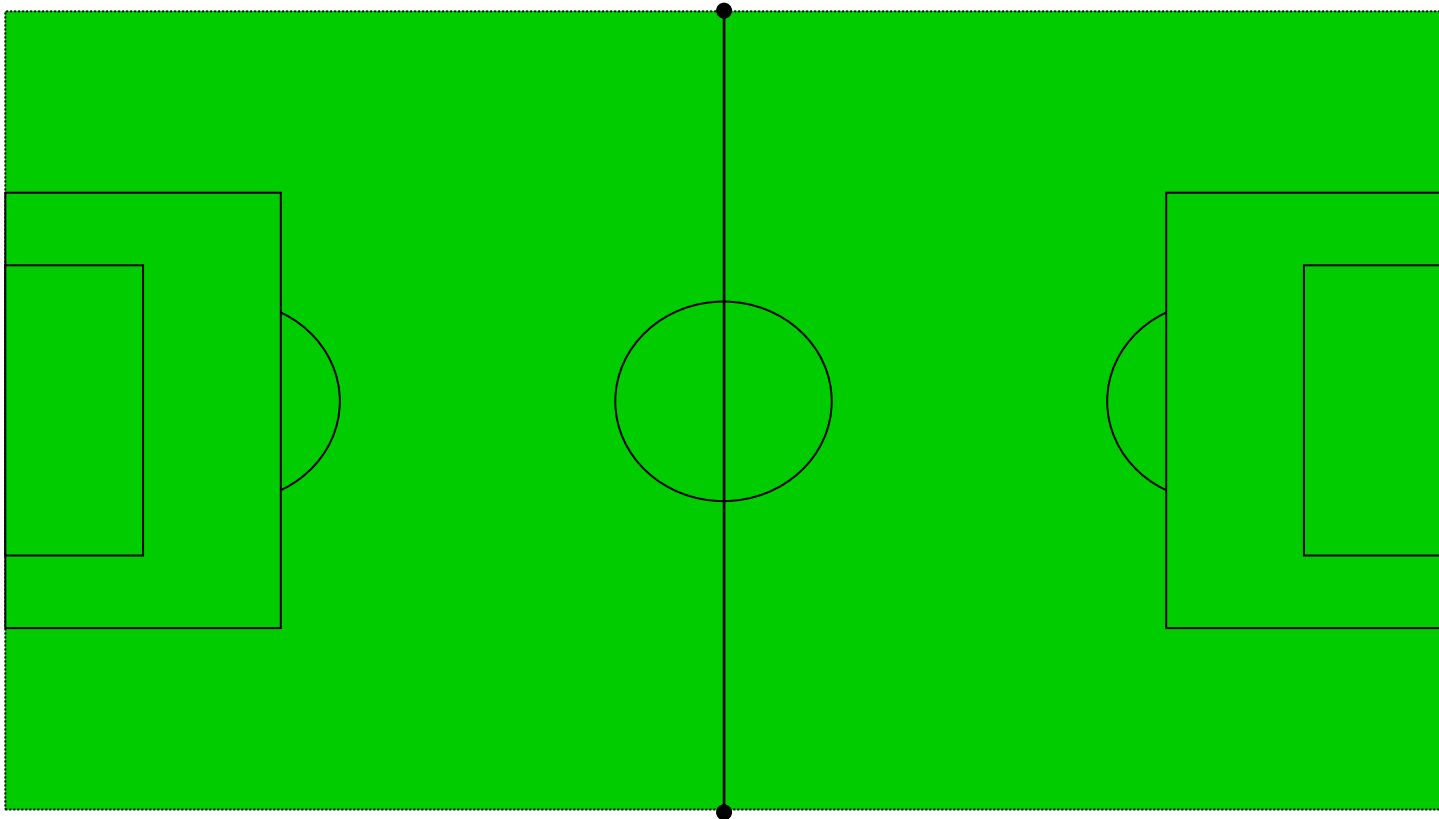
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





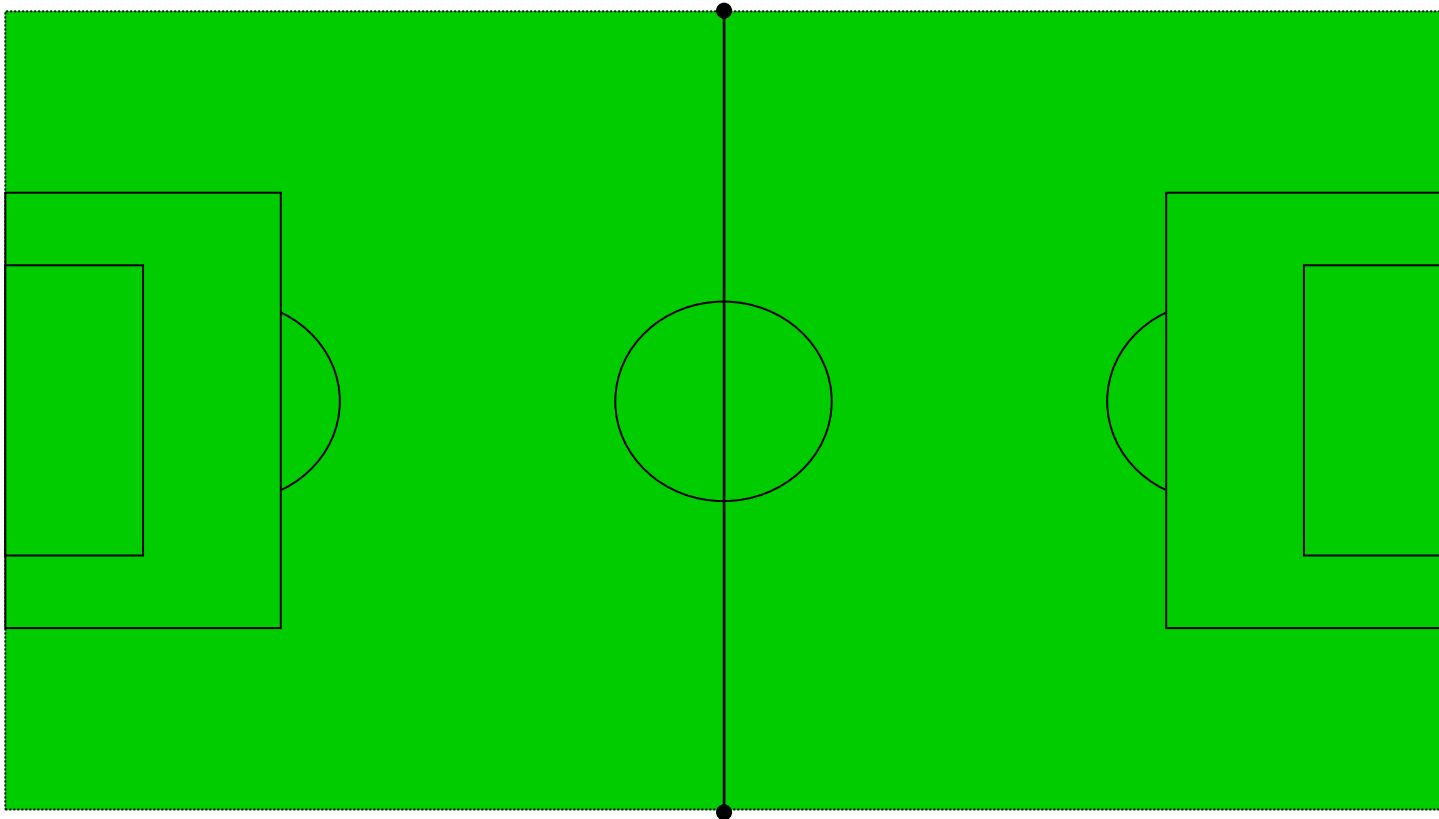
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





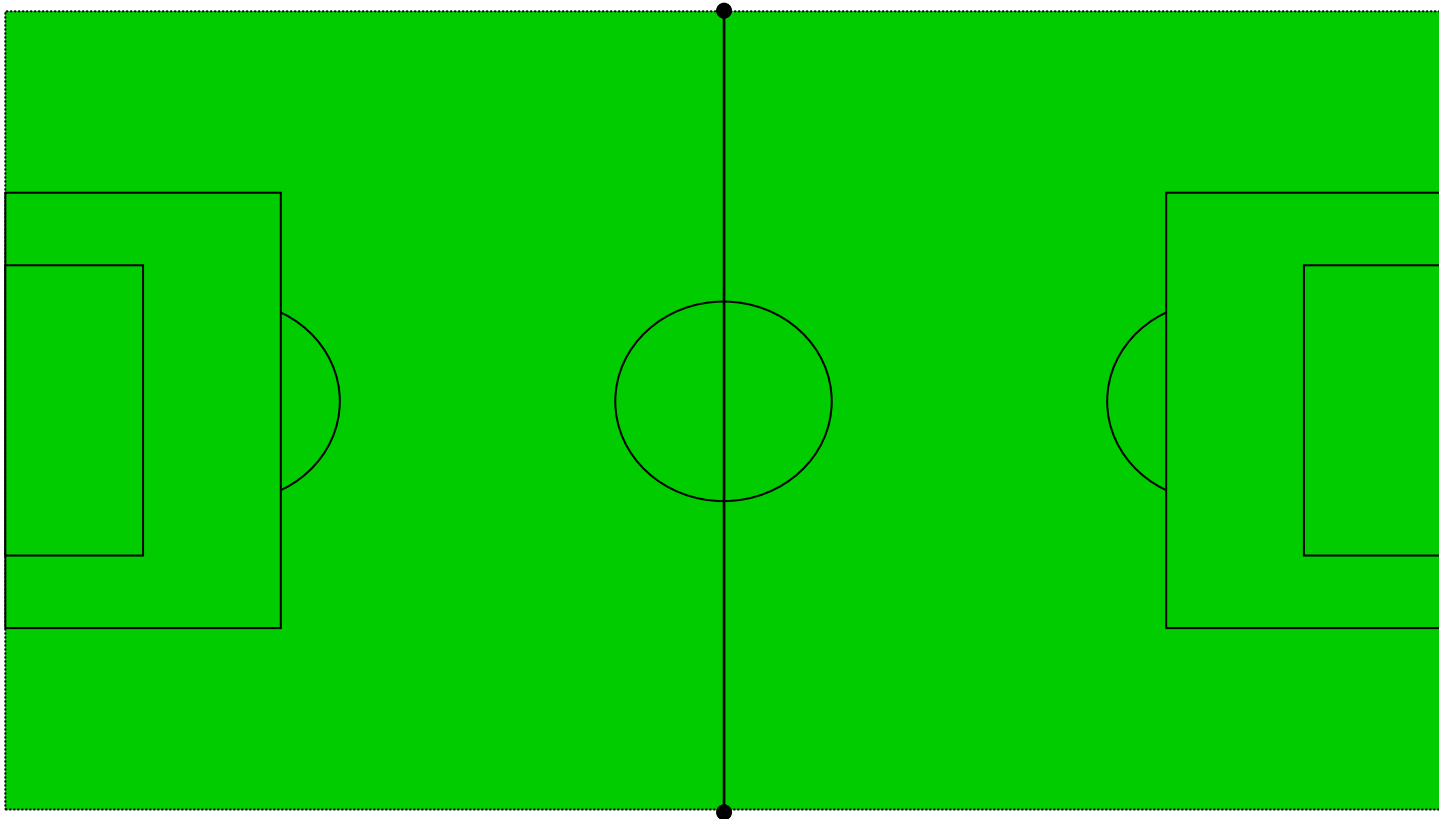
Tactical Training Game

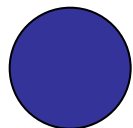
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

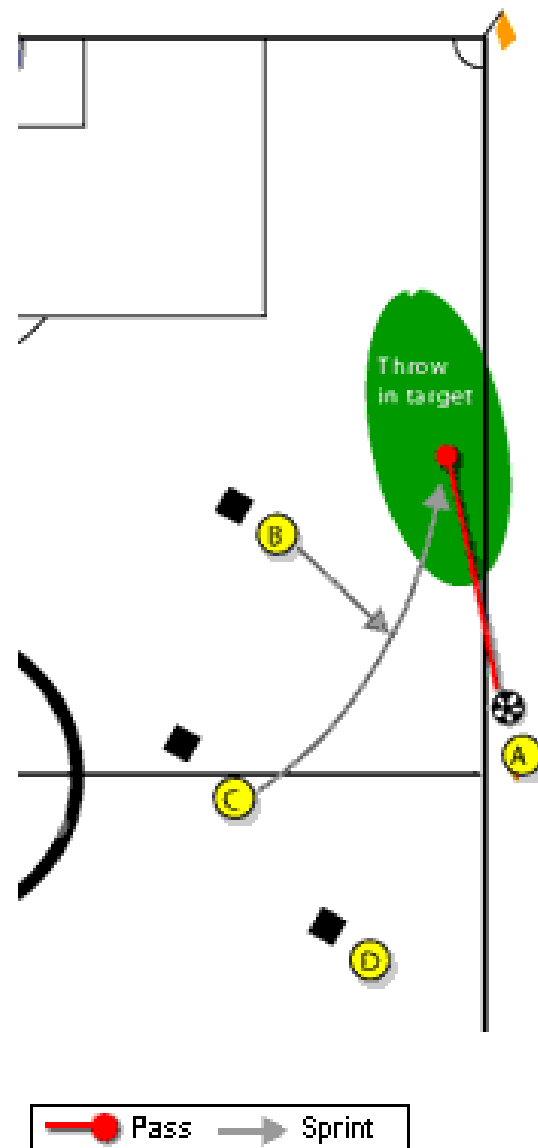


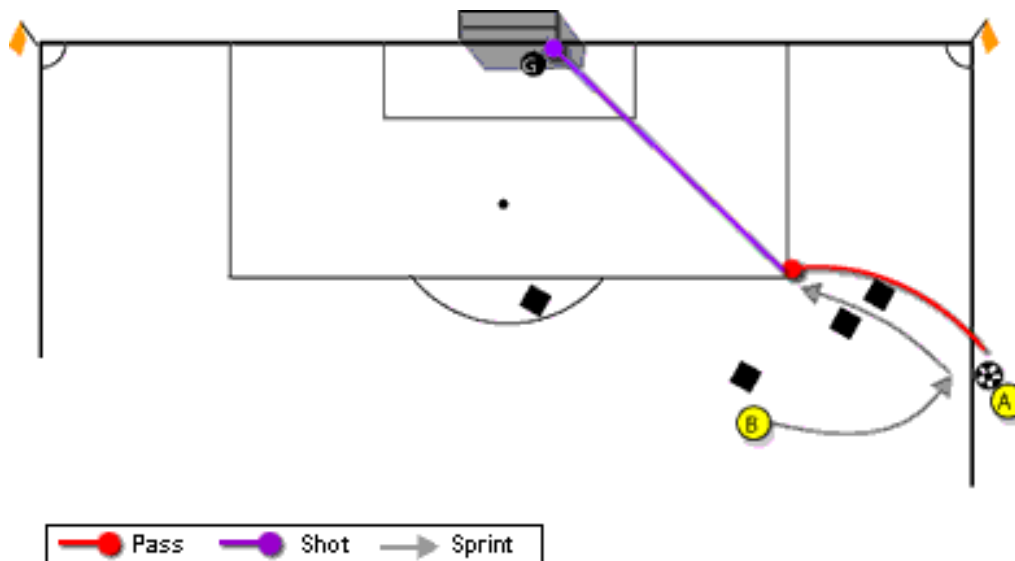
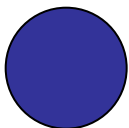


Set Pieces – Throw In

Clearing Some Grass

- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !

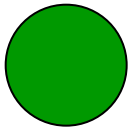




Set Pieces – Throw In

Fake Out

- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.



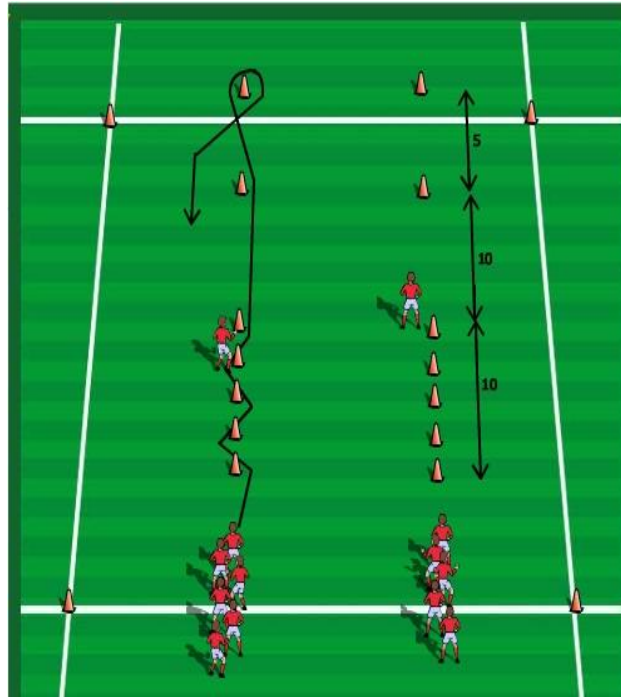
MATCH DAY

Match Day Warm Up



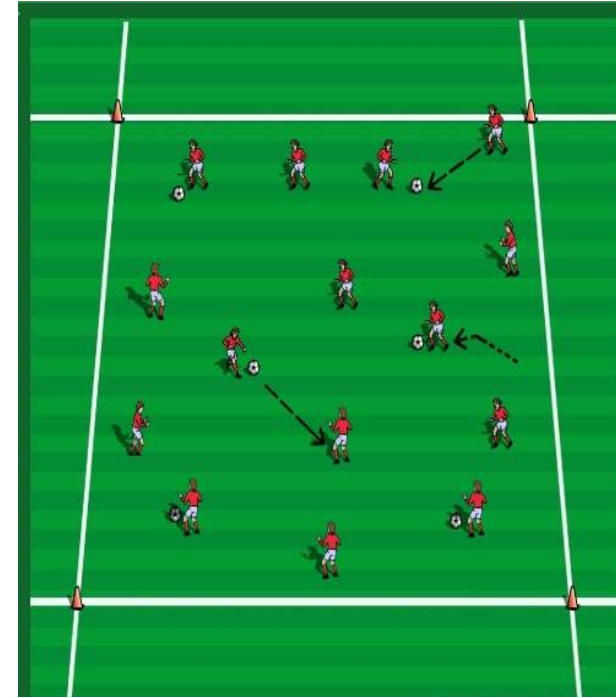
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



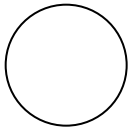
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 25

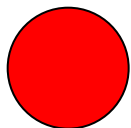
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Coach Strikers to Play for and with each other	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic Coach Strikers to Play for and with each other Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Free kicks Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 25 DAY 1

**Coach Strikers to Play for and
with each other**



Coach strikers to play for & with each other

- Organisation : Functional Practice
- Players are organised into two areas to attack
- Play 1 Vs 1 and progress by removing central cones to play 2 Vs 2

Focus on :

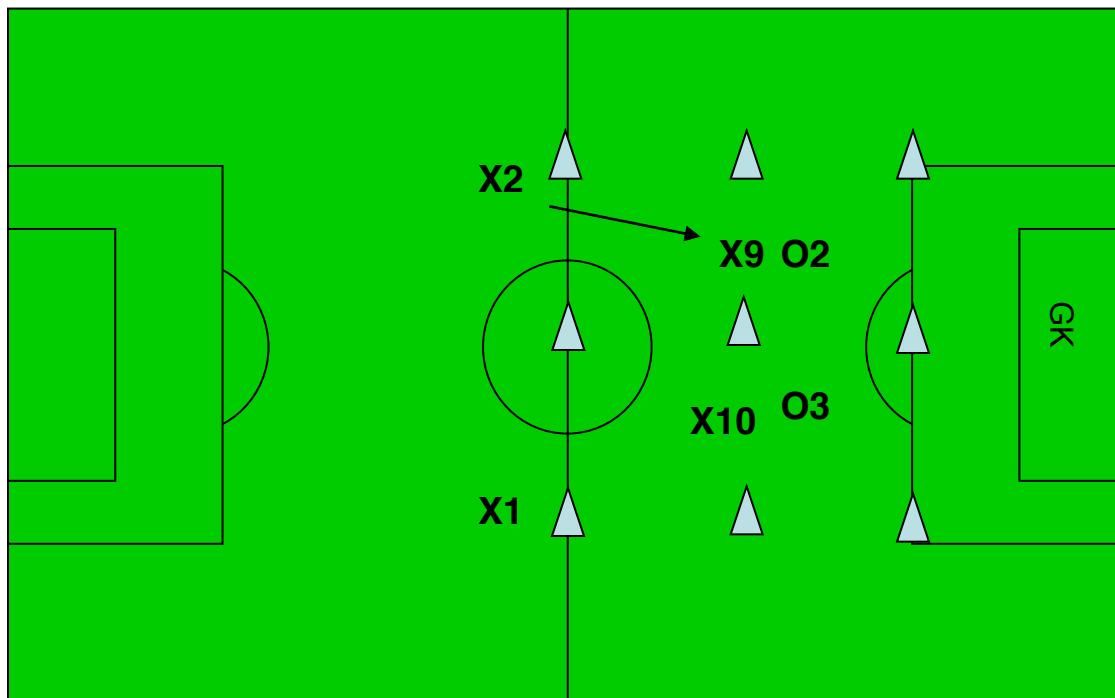
Creation of space

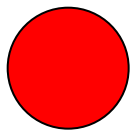
Angle / timing of runs

Decision

Attitude to turn

Combination work





Coach strikers to play for & with each other

- Organisation : Functional Practice
- Remove central cones to play 2 Vs2
- Focus on combinations that can take place in this environment.

Focus on :

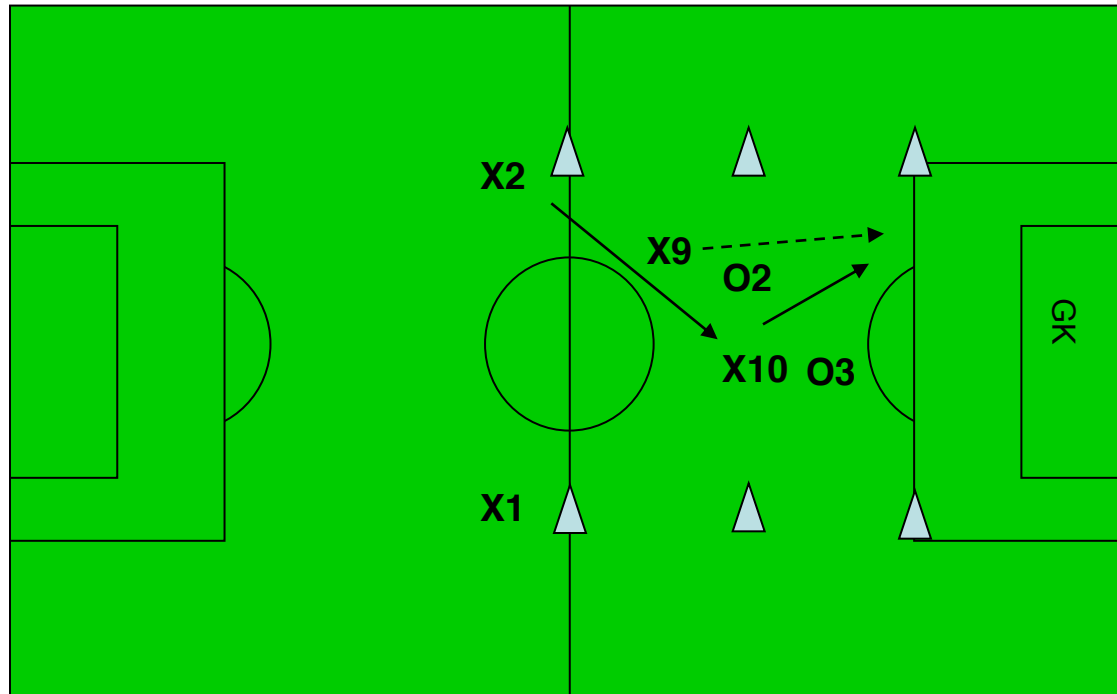
Creation of space

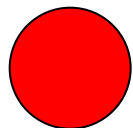
Angle / timing of runs

Decision

Attitude to turn

Combination work



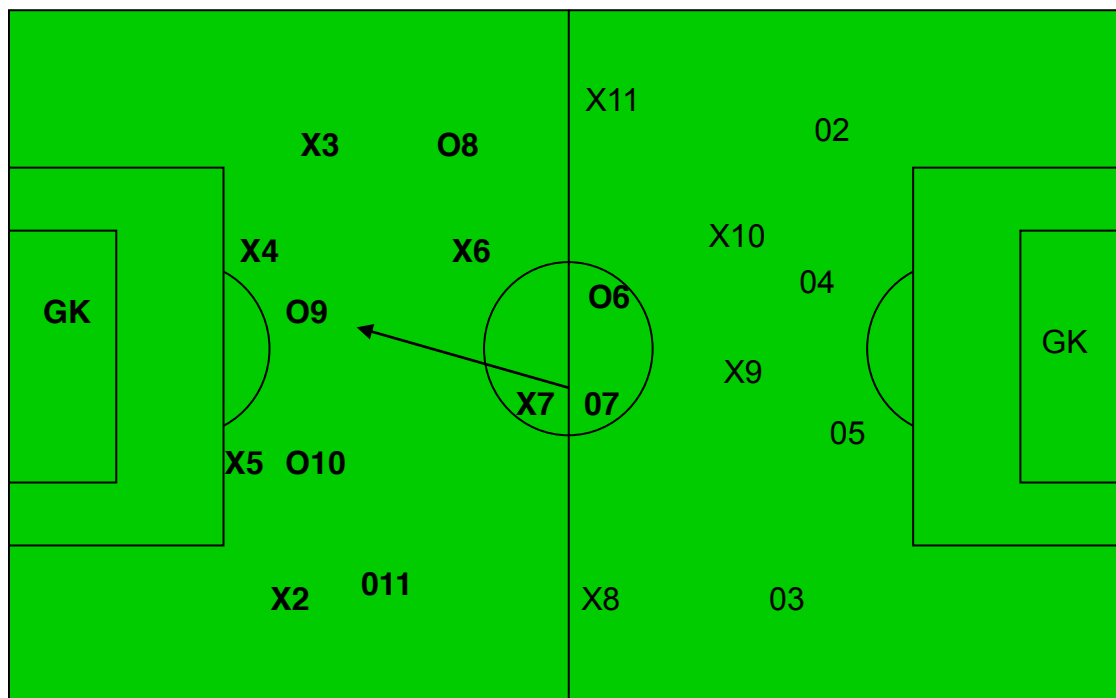


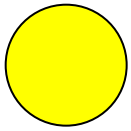
Coach strikers to play for and with each other

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Focus on :

Creation of space
Angle / timing of runs
Decision
Combination work
End Product

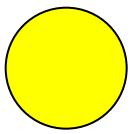




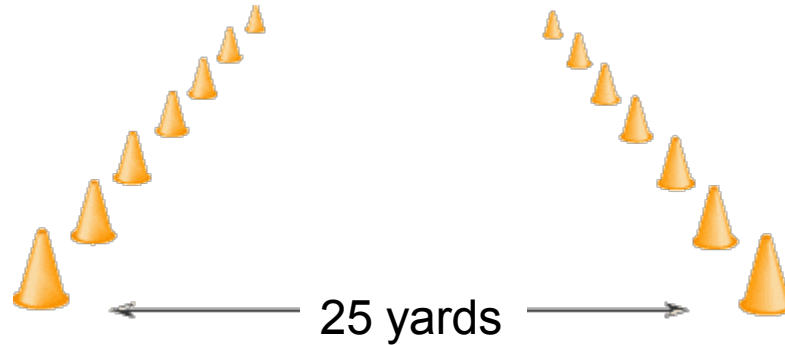
IN-SEASON

WEEK 25 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

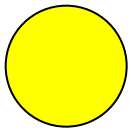
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

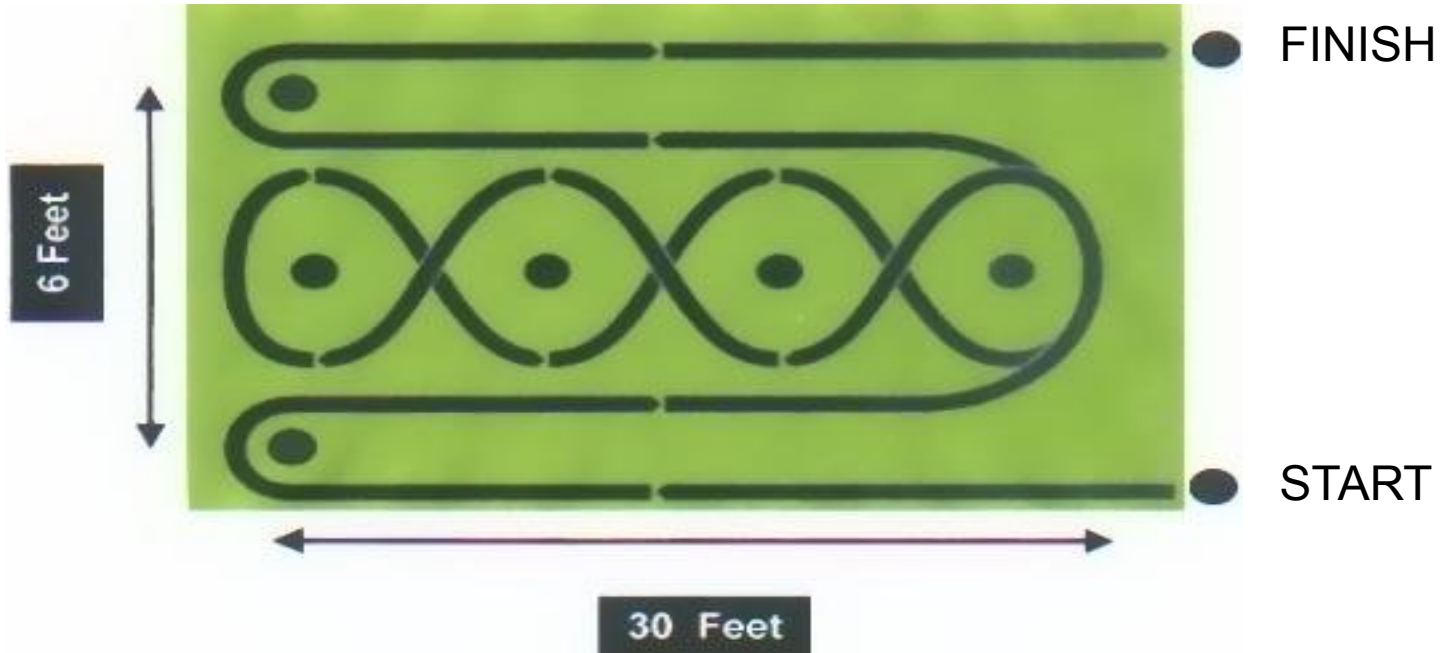
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



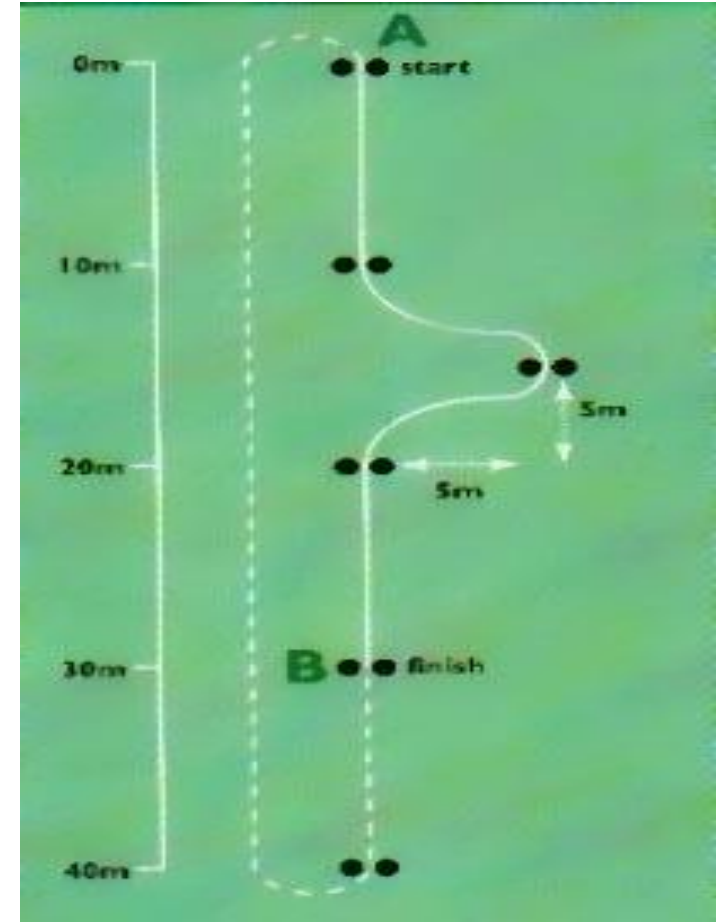
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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).



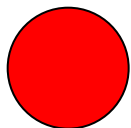
Power Maintenance		
Level	Category	% Top Speed Maintained
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%



IN-SEASON

WEEK 25 DAY 3

**Coach Strikers to Play for
and with each other**



Coach strikers to play for & with each other

- Organisation : Functional Practice
- Players are organised into two areas to attack
- Play 1 Vs 1 and progress by removing central cones to play 2 Vs 2

Focus on :

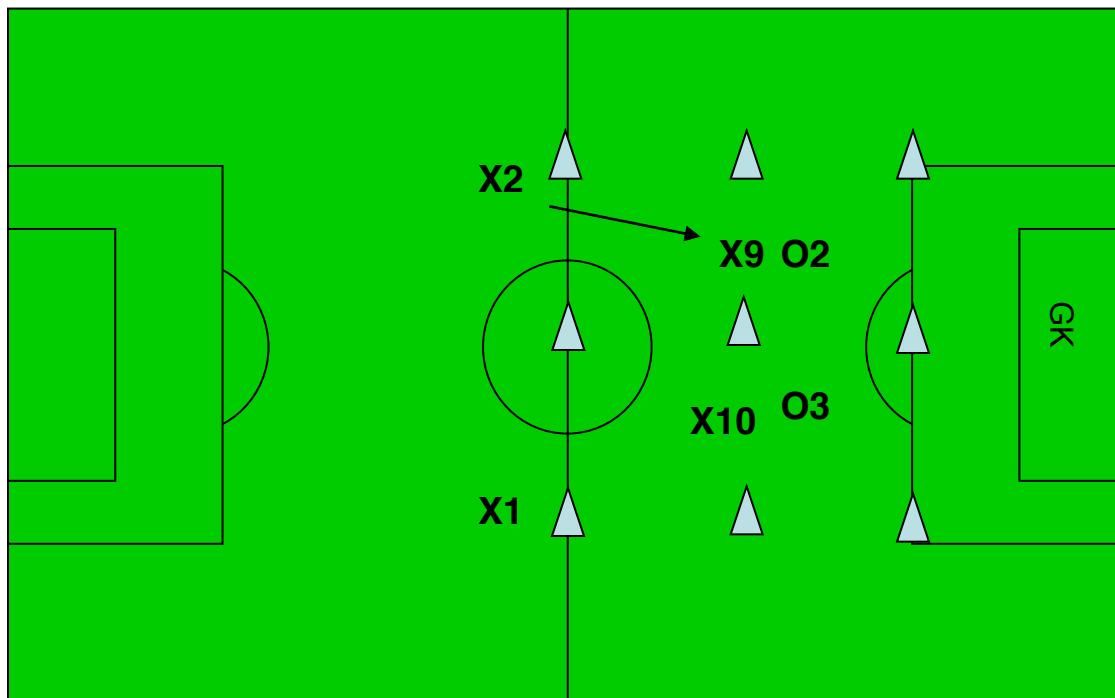
Creation of space

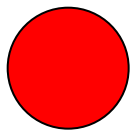
Angle / timing of runs

Decision

Attitude to turn

Combination work





Coach strikers to play for & with each other

- Organisation : Functional Practice
- Remove central cones to play 2 Vs2
- Focus on combinations that can take place in this environment.

Focus on :

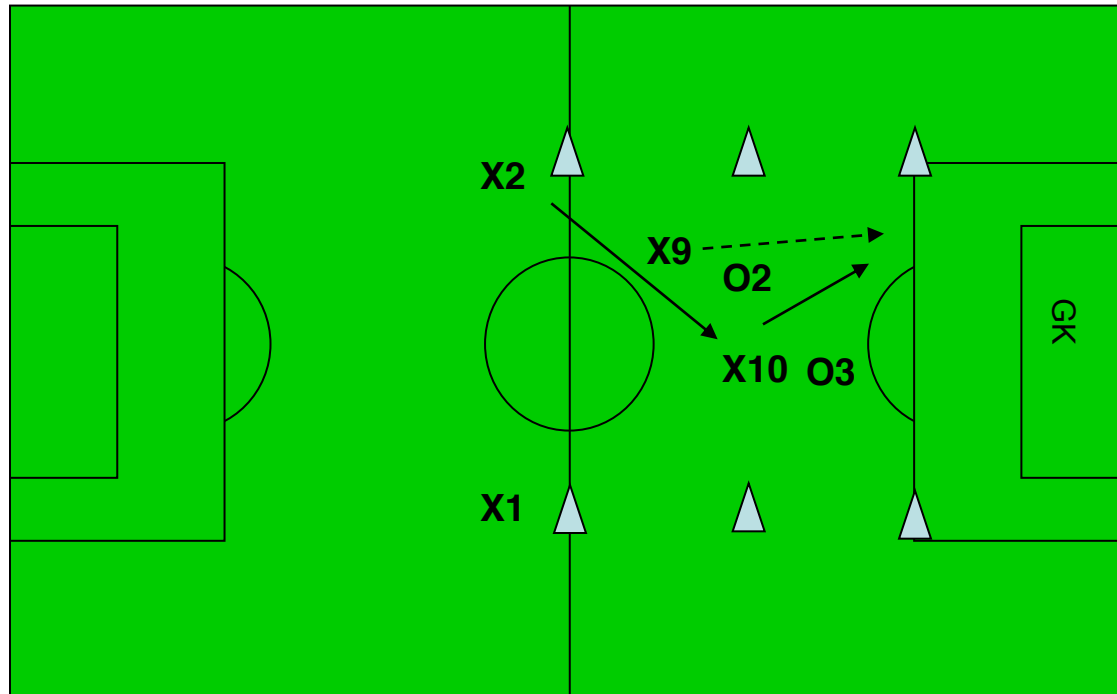
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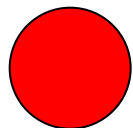
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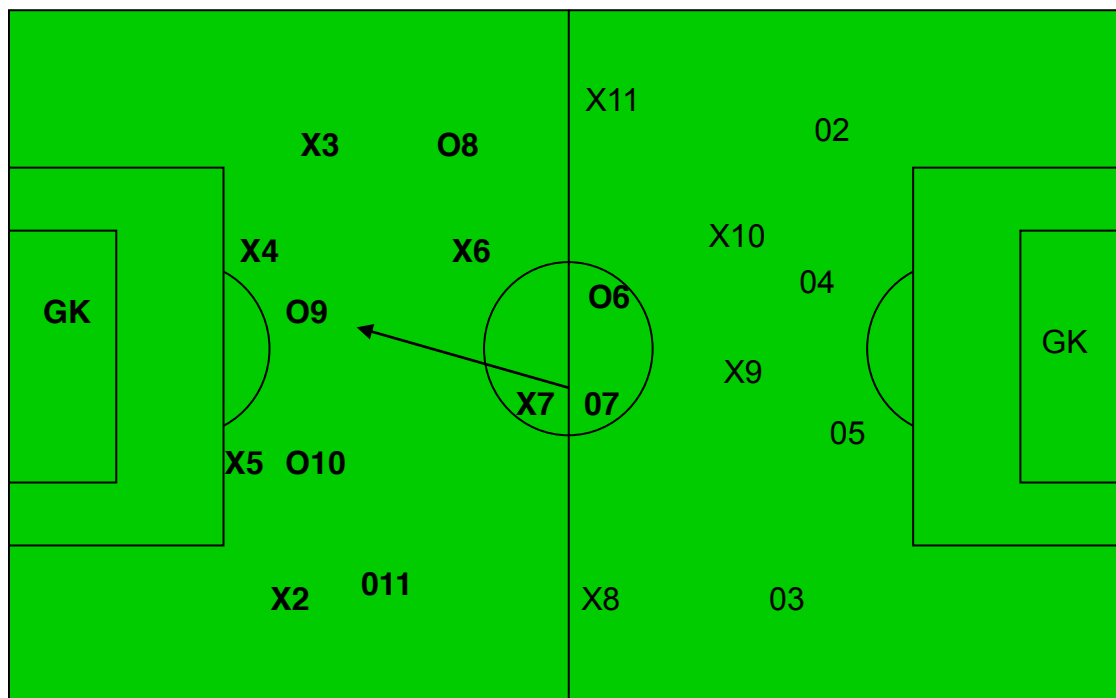


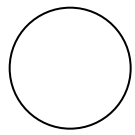
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Creation of space
Angle / timing of runs
Decision
Combination work
End Product

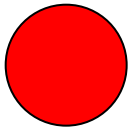




IN-SEASON

WEEK 25 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 10
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 25 DAY 5

Tactical Training Game



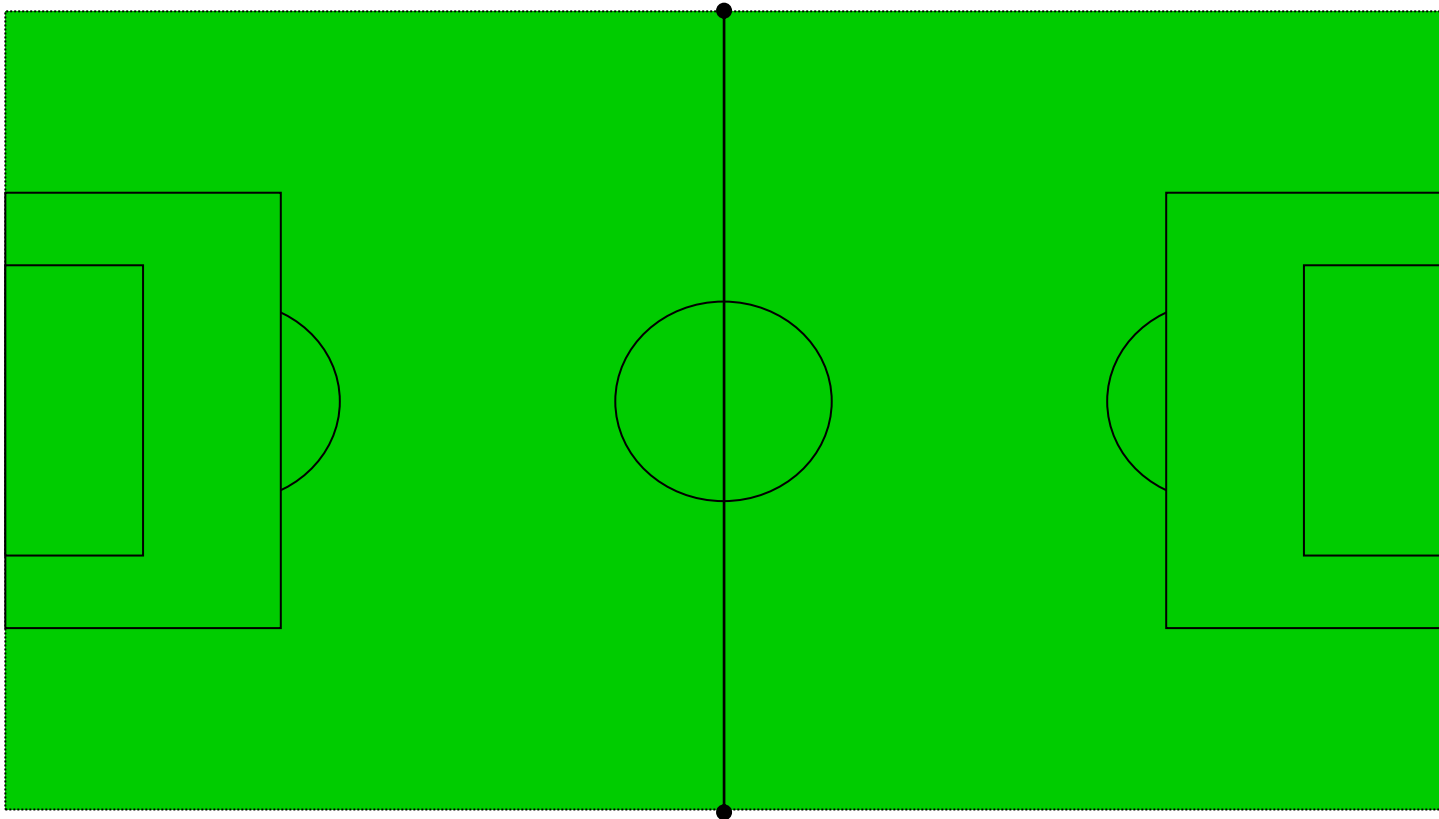
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





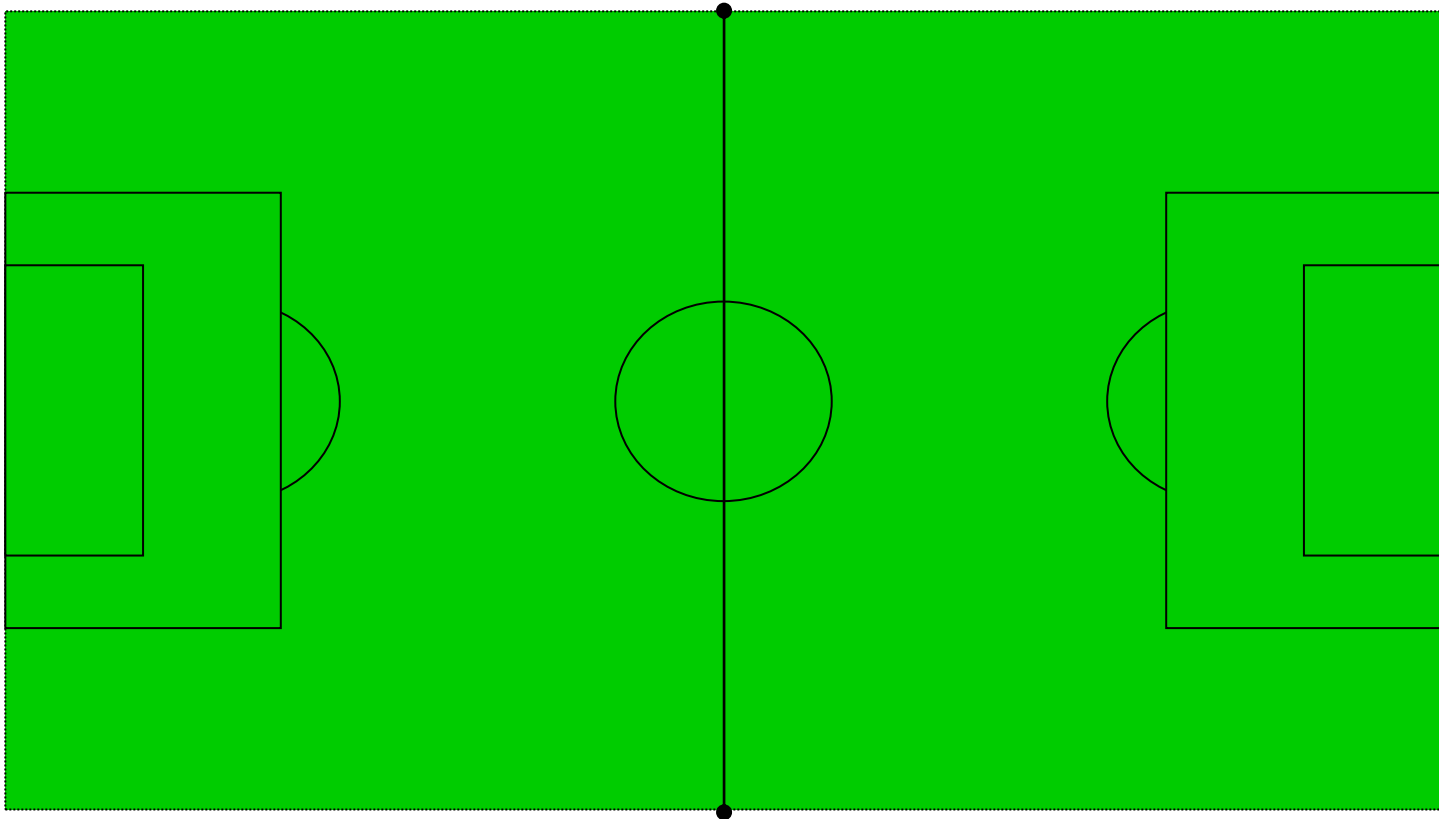
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





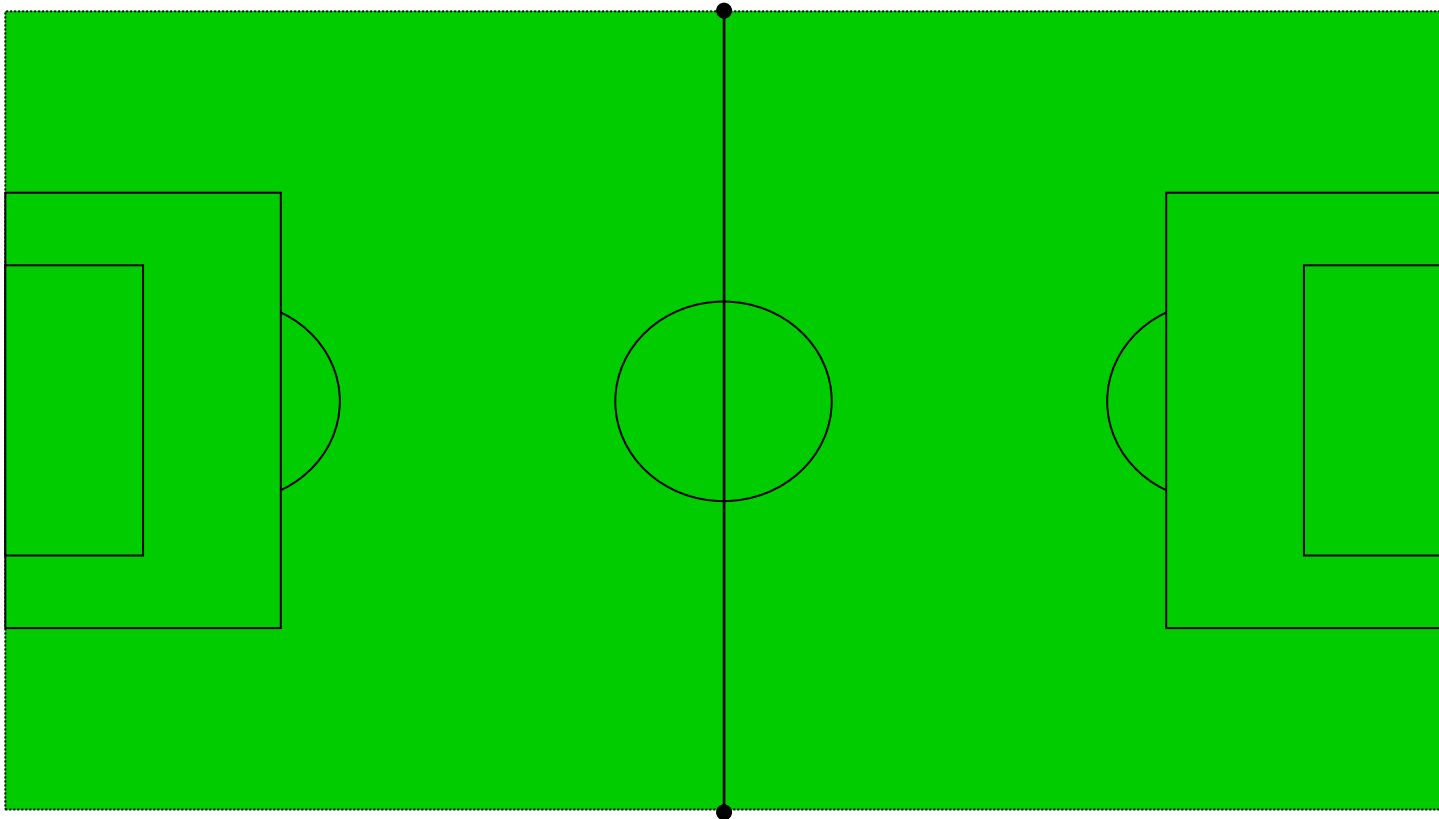
Tactical Training Game

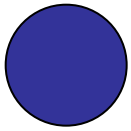
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

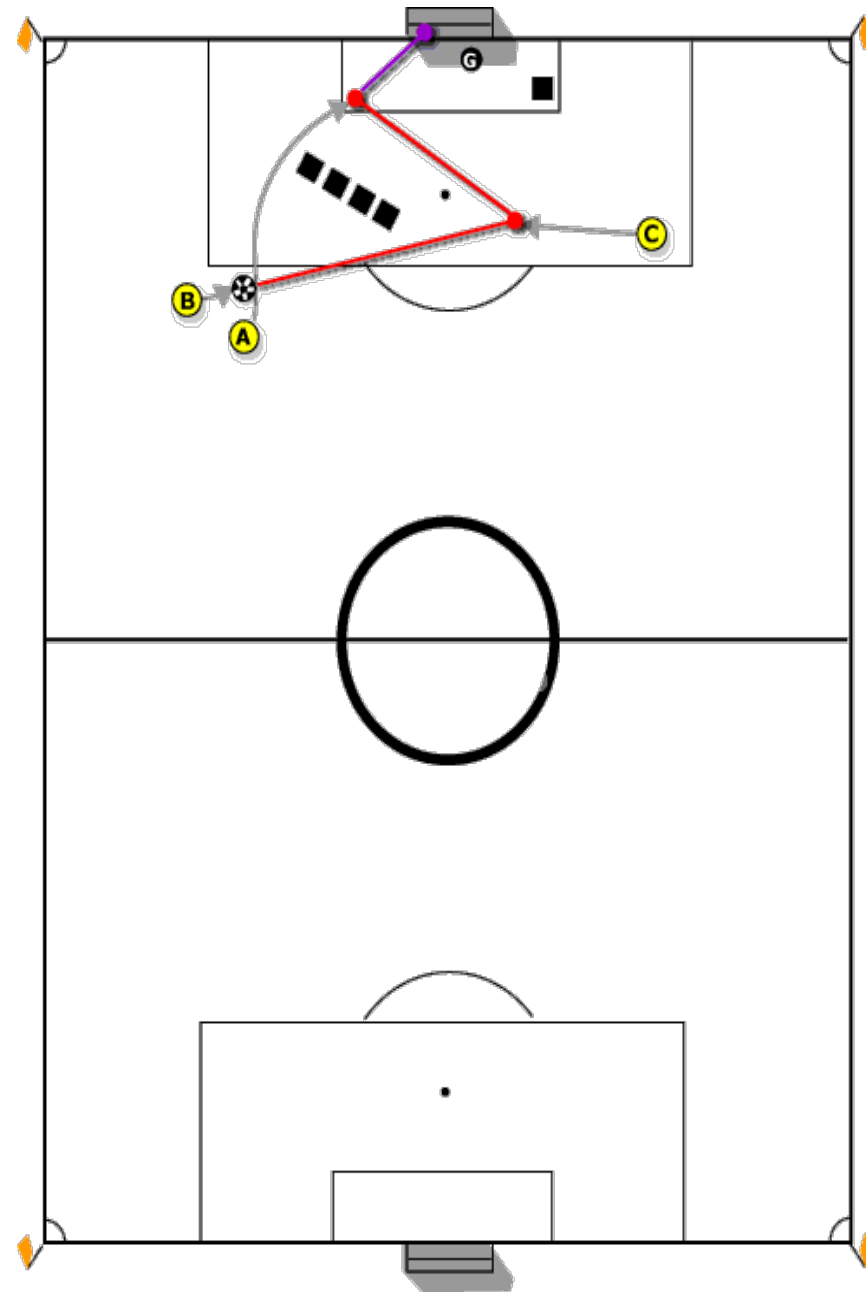


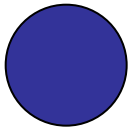


Set Pieces - Free Kicks

Going Around the Wall

- This set piece involves 3 players with other midfielders and forwards present looking for rebounds. It is intended primarily for Indirect kicks (but works just as well for Direct kicks) in or near the penalty box.
- Offence: Players A and B line up as if both are ready to take the kick. Player C is near the far corner of the box. On a set cue, either raising a hand or yelling out a number, A moves to the ball as if taking the shot but instead steps over the ball and continues to the near post side of the wall. At the same time, C begins a sprint toward the far-post end of the wall. B approaches the ball and makes a firm pass to B who then one-touches it to A, who by this time is just behind the wall and takes a one-touch shot on goal.
- Note: B also has the choice of shooting on goal if the wall 'falls-apart' by the deception of A.
- B also has the option of turning and shooting if there is a viable lane, but the centre of the box will most likely be clogged with defenders. The real trick to this piece is the firm, controllable passes. They must be quick and on-target. This is a game-winning piece that works well with practice, practice, practice.
- Defence: The trick to defending this piece is getting the wall in place very quickly and not letting the initial fake pull the wall apart. The near-post defender will have a tendency to peel off to mark A, thus shortening the wall and leaving a possible near-post shot on goal by B.

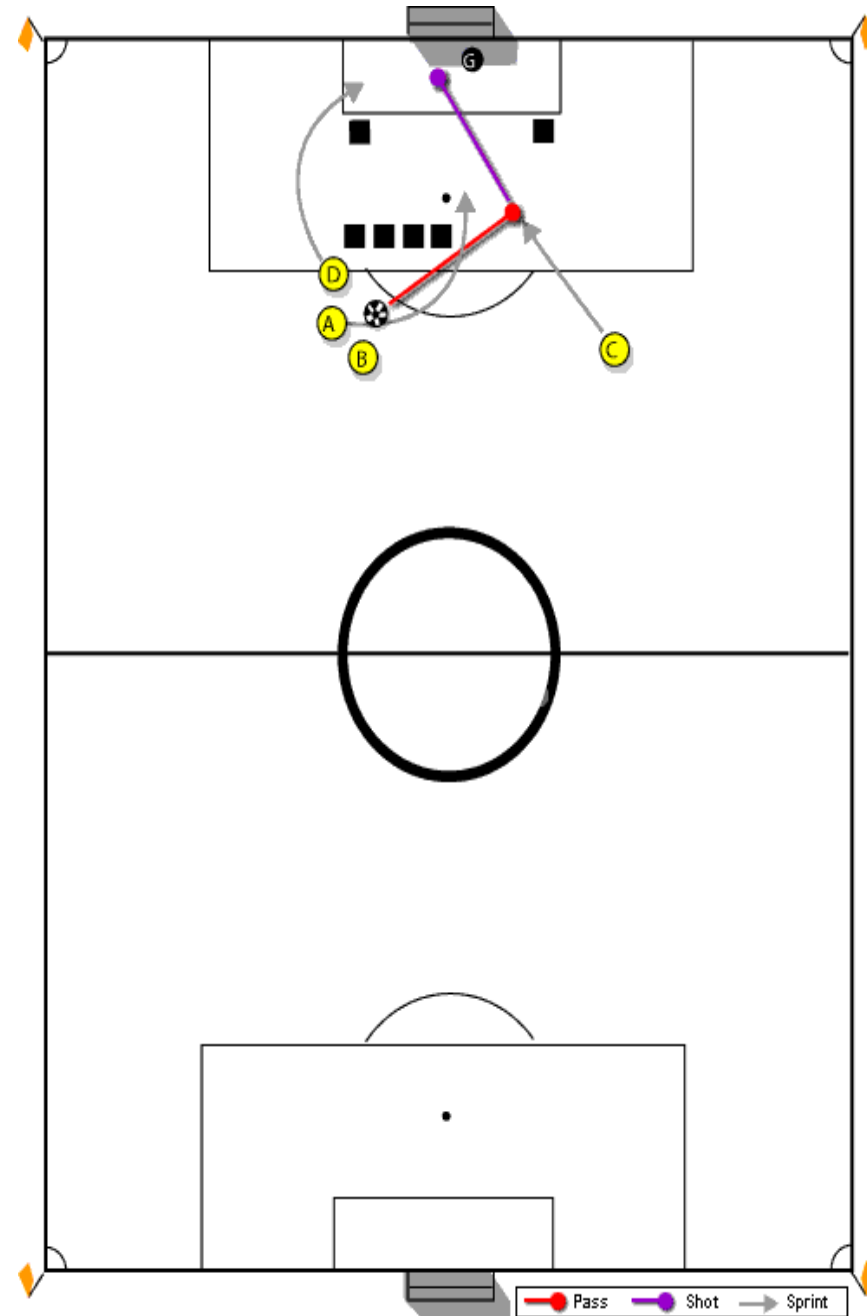


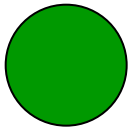


Set Pieces - Free Kicks

Angles on the Wall

- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- **Offence :** Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- **Defence :** Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.





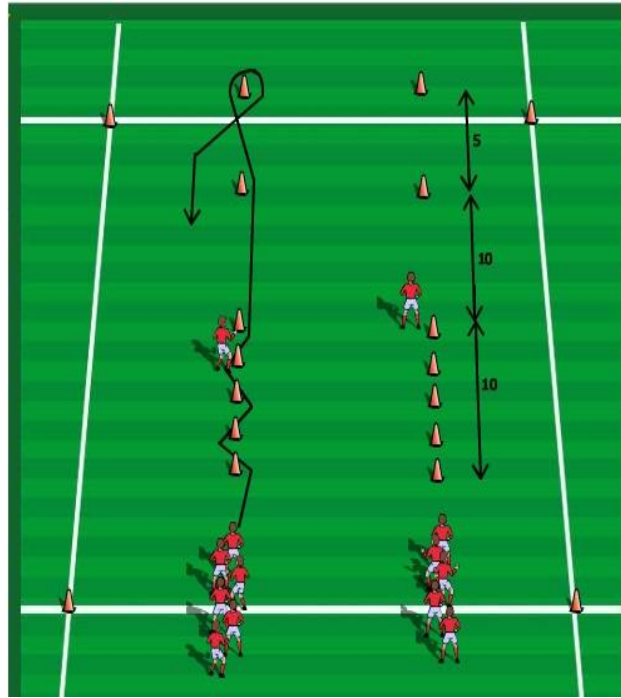
MATCH DAY

Match Day Warm Up



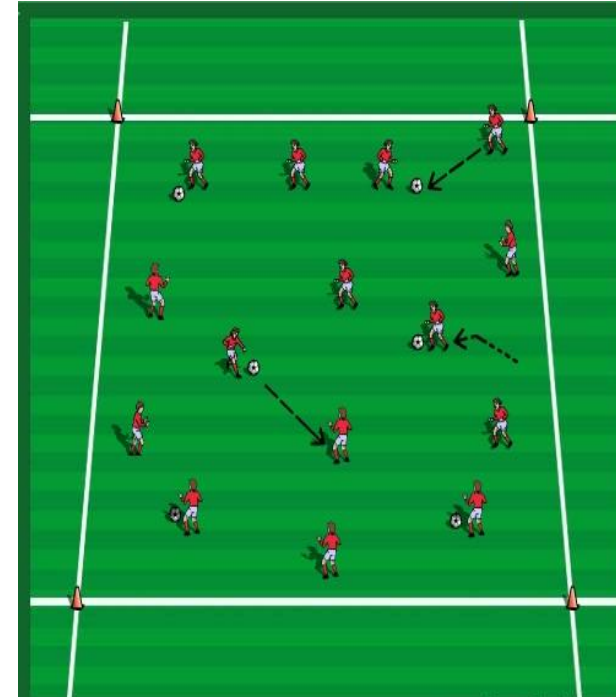
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



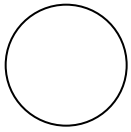
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Coach Defensive Compactness as a Team in a 4 – 3 – 3 Formation	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games	Warm Up Static & Dynamic Coach Defensive Compactness as a Team in a 4 – 3 – 3 Formation Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery		Set Plays Throw In's Cool Down Recovery		



IN-SEASON

WEEK 26 DAY 1

**Coach Defensive
Compactness as a Team in a
4 – 3 – 3 Formation**



Coach Defensive Compactness as a Team in a 4 – 3 – 3 Formation

- Organisation : Half Pitch Practice involving 6 + 2 Vs 8.
- Playing Area : Half Pitch with the defending team attempting to play back out to the central players.

Focus on :

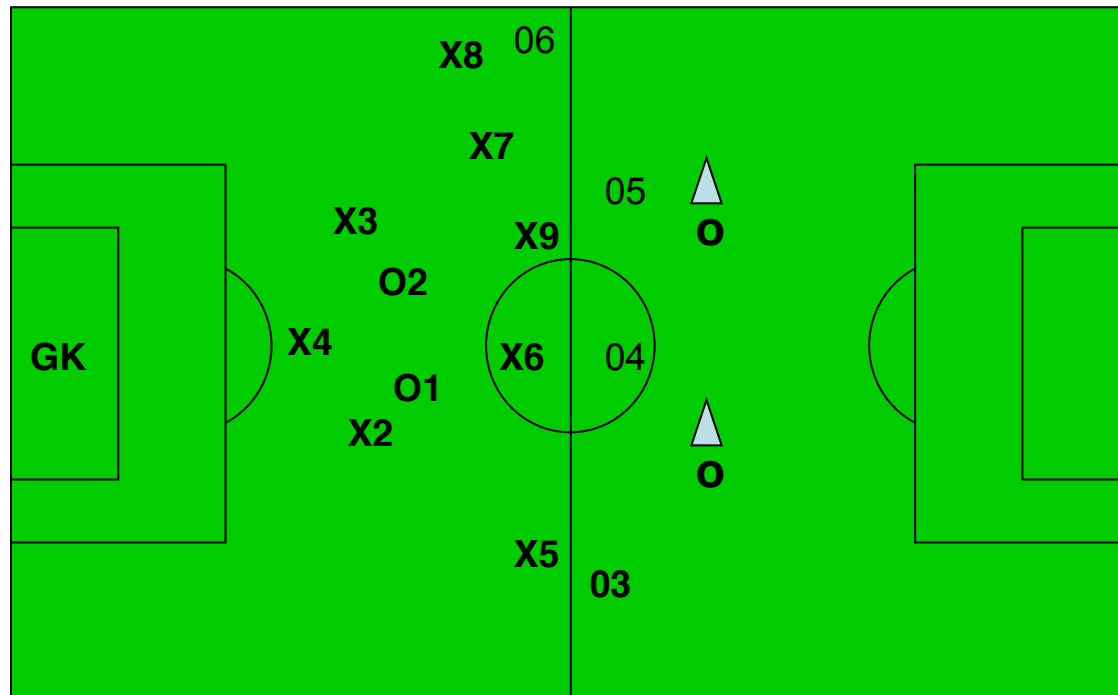
Starting Position of the defenders

Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where to pressure & Why

Recovery runs & Tracking players





Coach Defensive Compactness as a Team in a 4 - 3 - 3 Formation

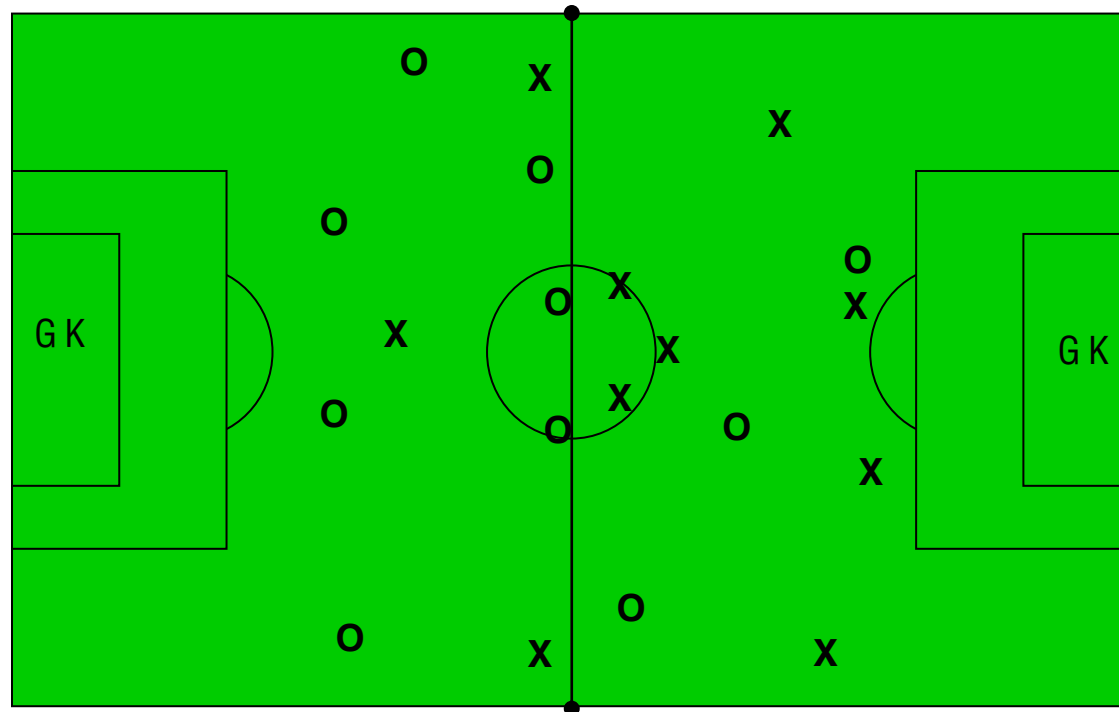
- Organisation : Full pitch

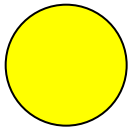
- 11 v 11

Focus on :

Roles & responsibilities of back 4

Role of MF sweeper

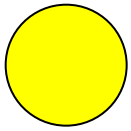




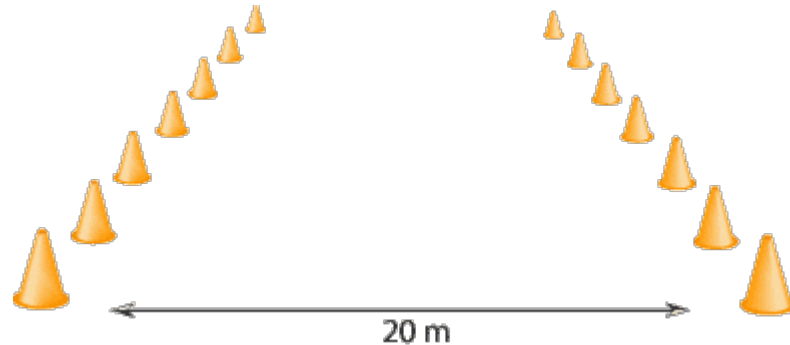
IN-SEASON

WEEK 26 DAY 2

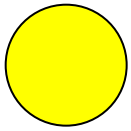
FITNESS TESTING



BLEEP TEST



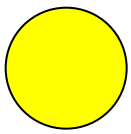
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



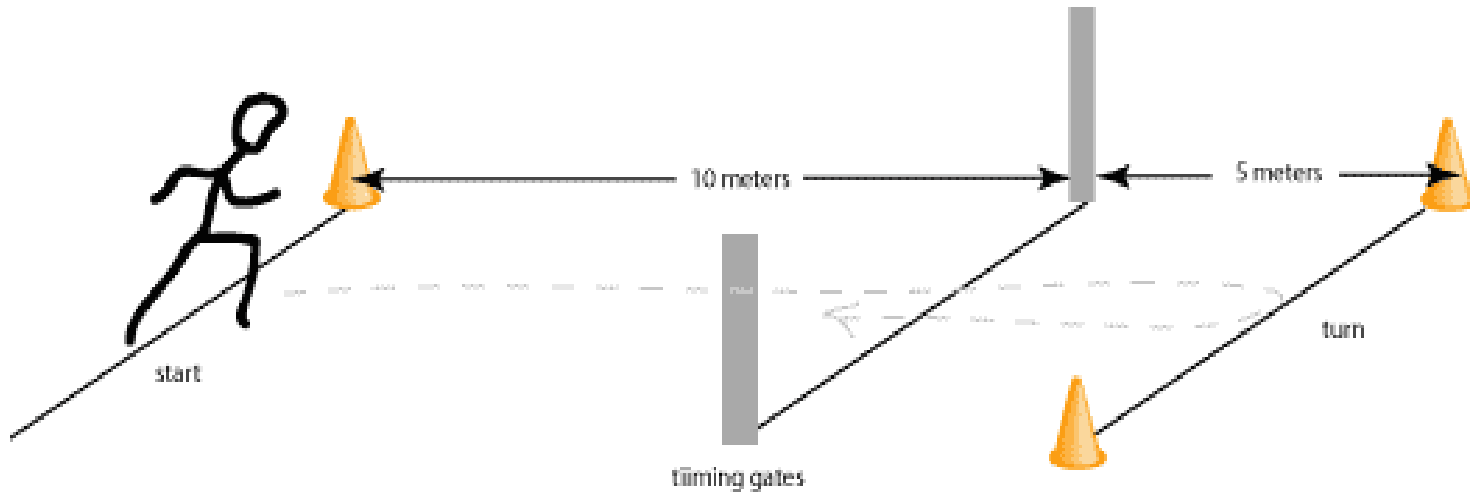
SPRINT TEST



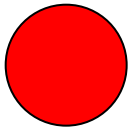
- **Description / Procedure :** The purpose of this test is to determine maximum running speed. It involves running a single maximum sprint over a set distance, with time recorded. The test is conducted over different distances, such as 10, 20, 40 and/or 50 meters or yards, depending on the sport and 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.



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



IN-SEASON

WEEK 26 DAY 3

**Coach Defensive
Compactness as a Team in a
4 – 3 – 3 Formation**



Coach Defensive Compactness as a Team in a 4 – 3 – 3 Formation

- Organisation : Half Pitch Practice involving 6 + 2 Vs 8.
- Playing Area : Half Pitch with the defending team attempting to play back out to the central players.

Focus on :

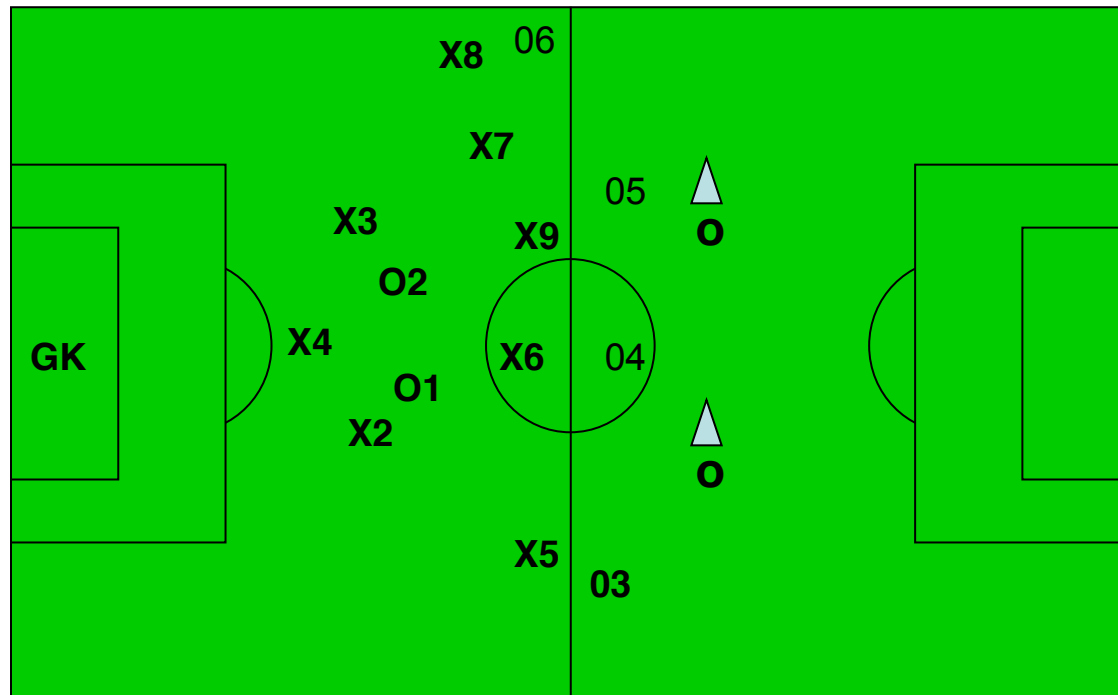
Starting Position of the defenders

Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where to pressure & Why

Recovery runs & Tracking players





Coach Defensive Compactness as a Team in a 4 - 3 - 3 Formation

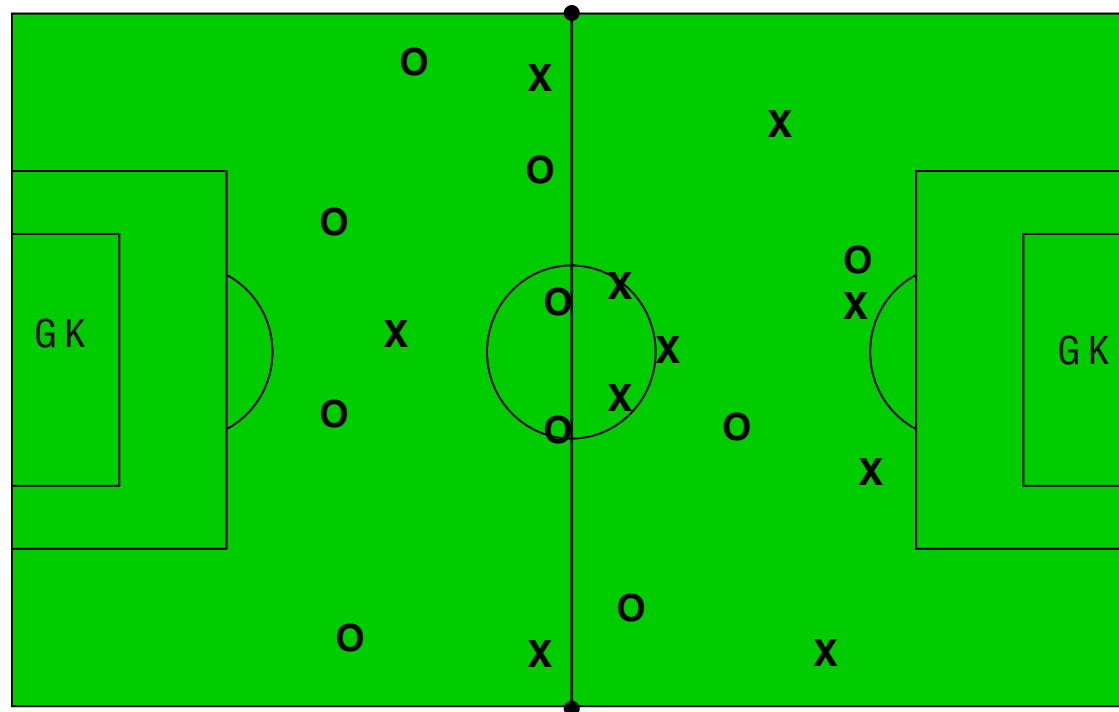
- Organisation : Full pitch

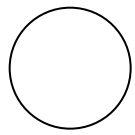
- 11 v 11

Focus on :

Roles & responsibilities of back 4

Role of MF sweeper





IN-SEASON

WEEK 26 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 11
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 26 DAY 5

Tactical Training Game



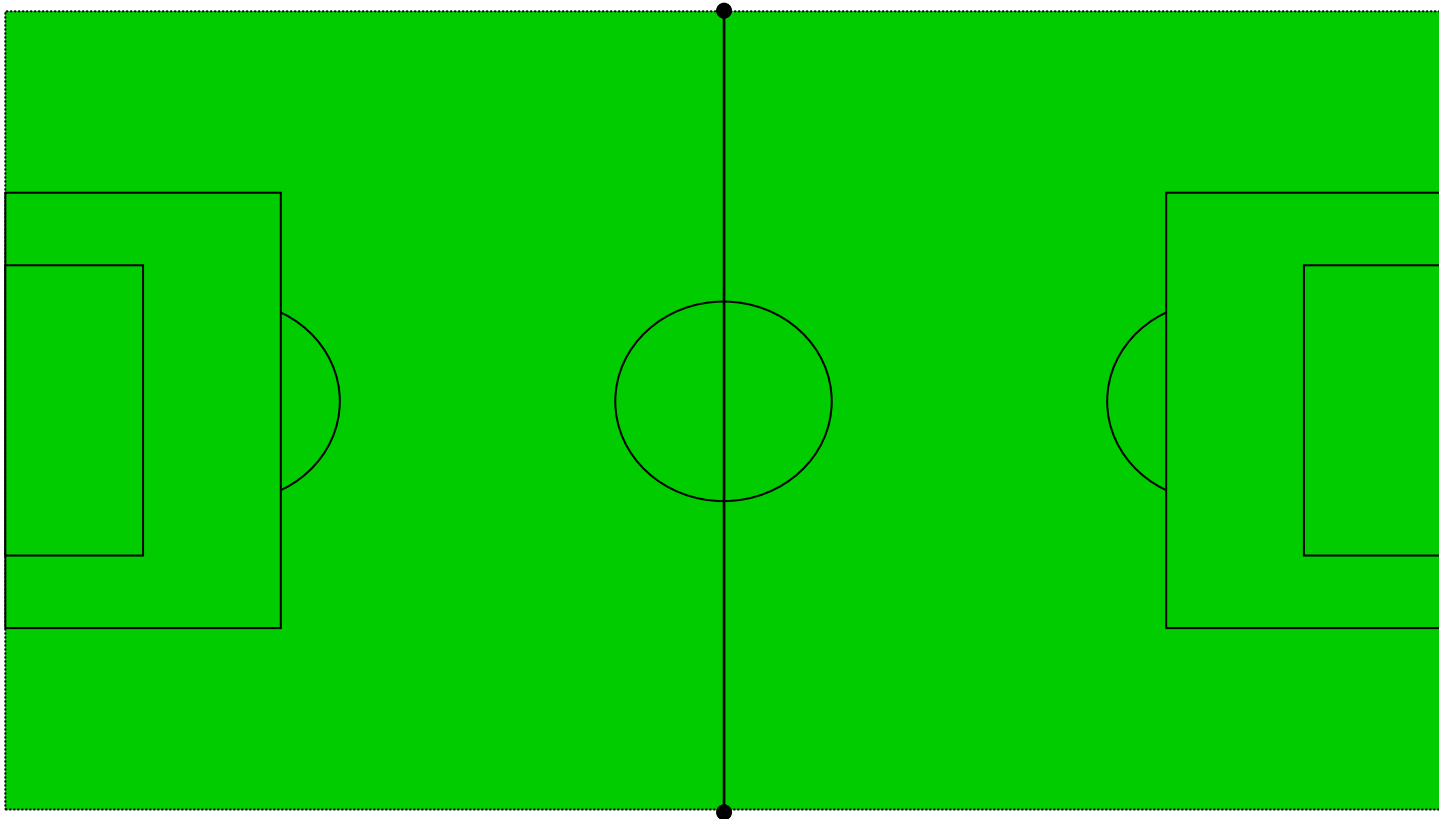
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





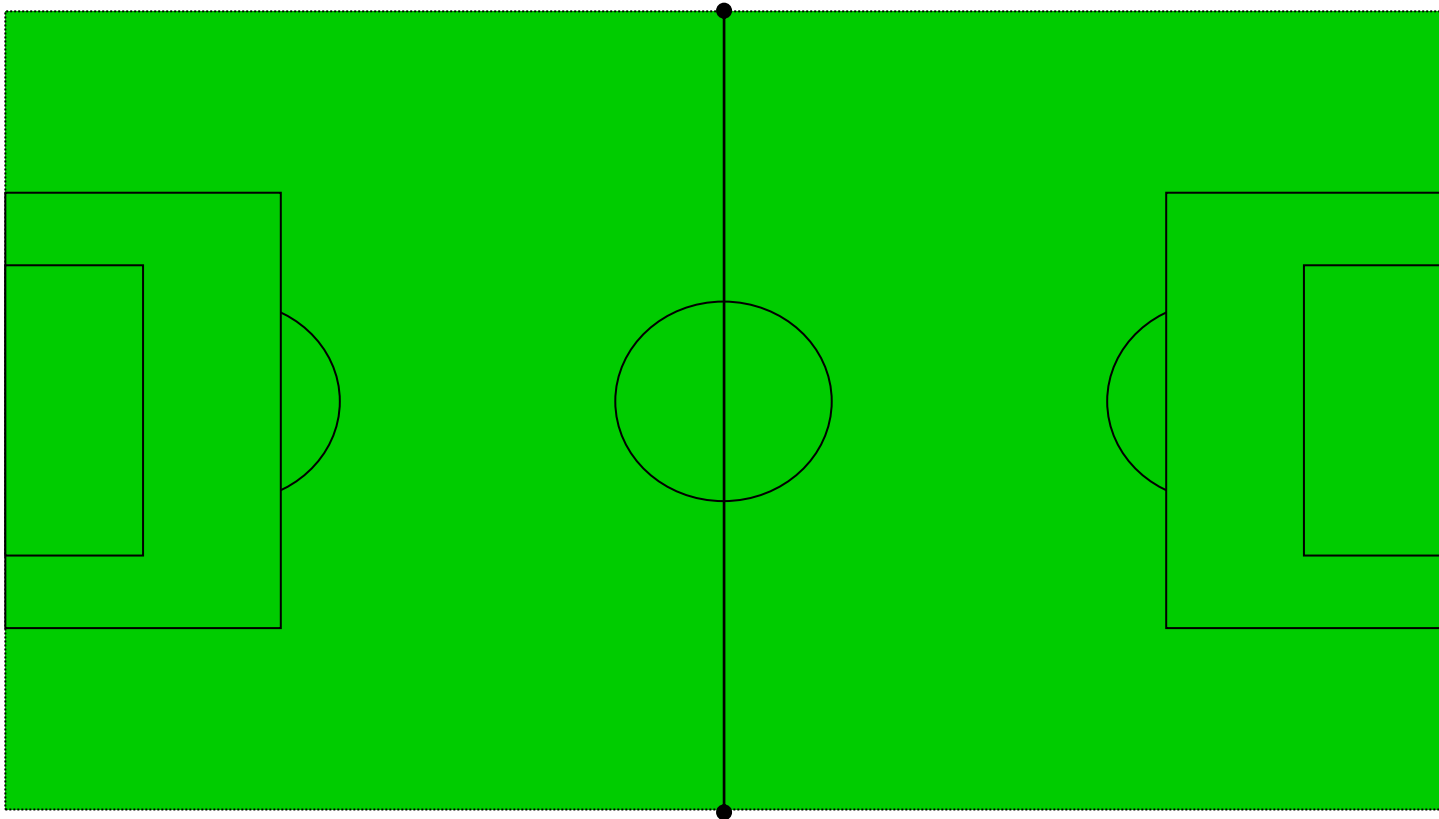
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





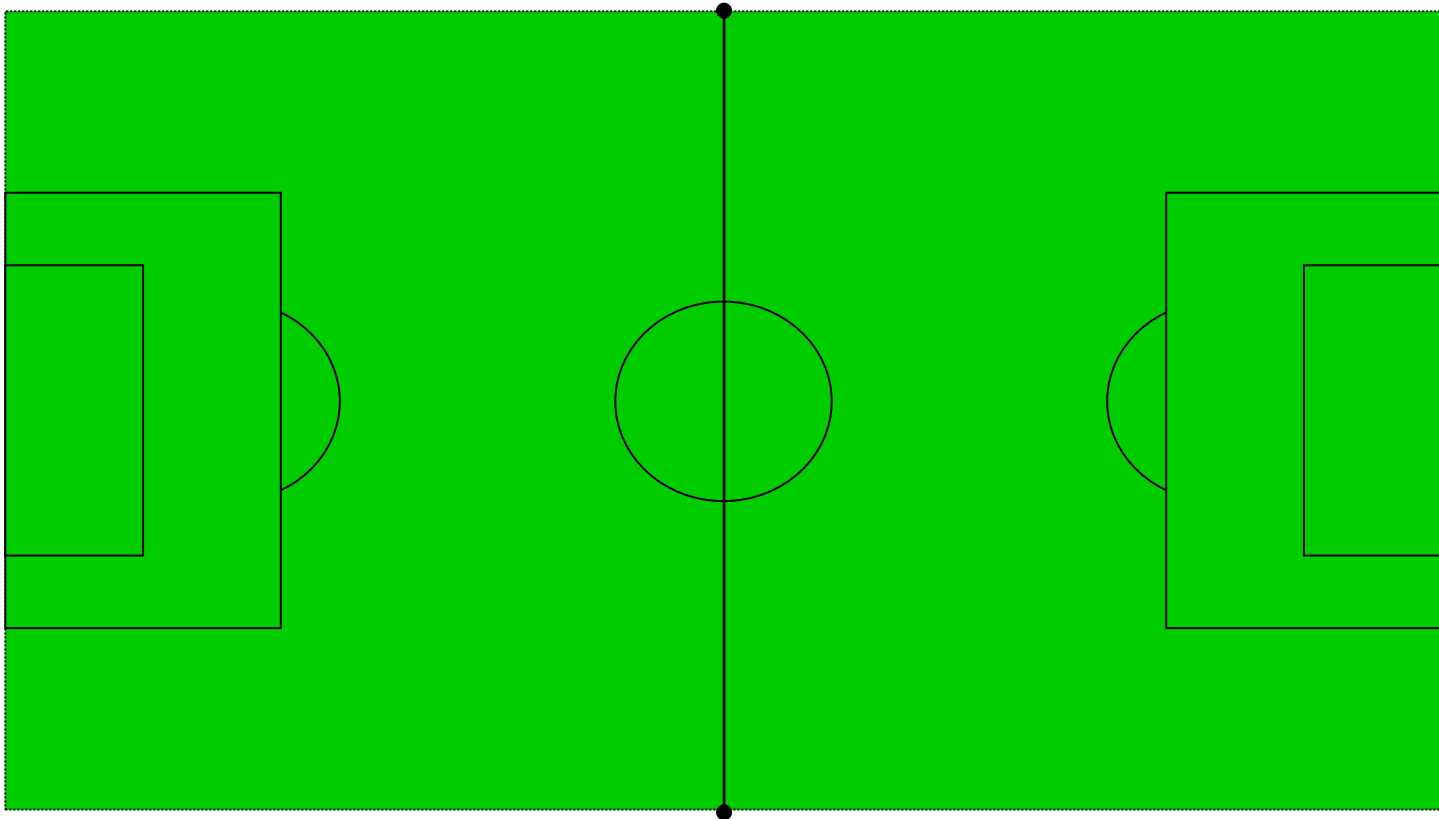
Tactical Training Game

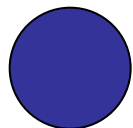
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

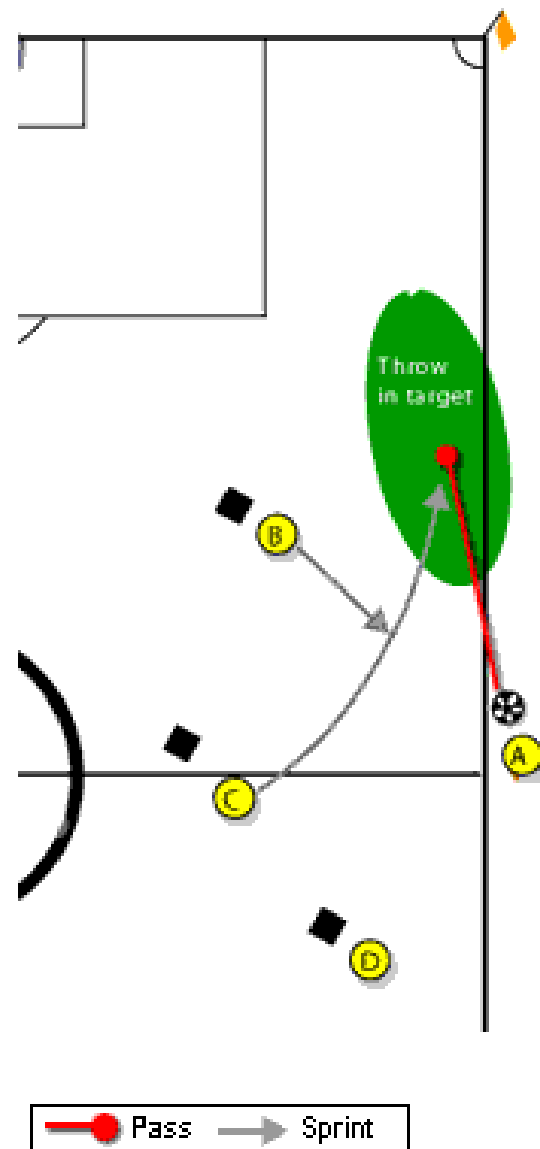


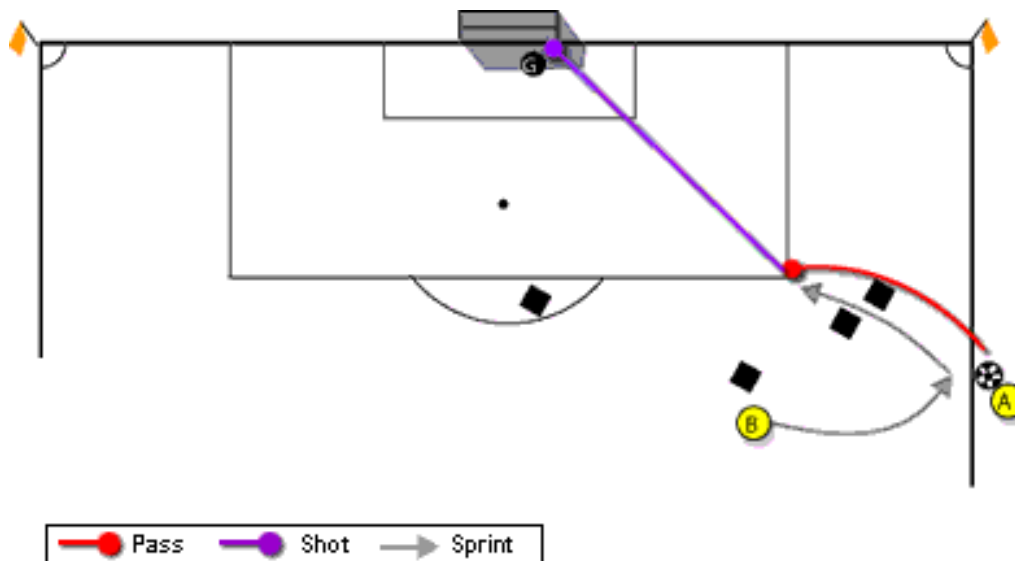
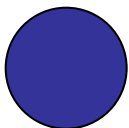


Set Pieces – Throw In

Clearing Some Grass

- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !

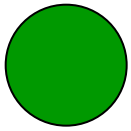




Set Pieces – Throw In

Fake Out

- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.



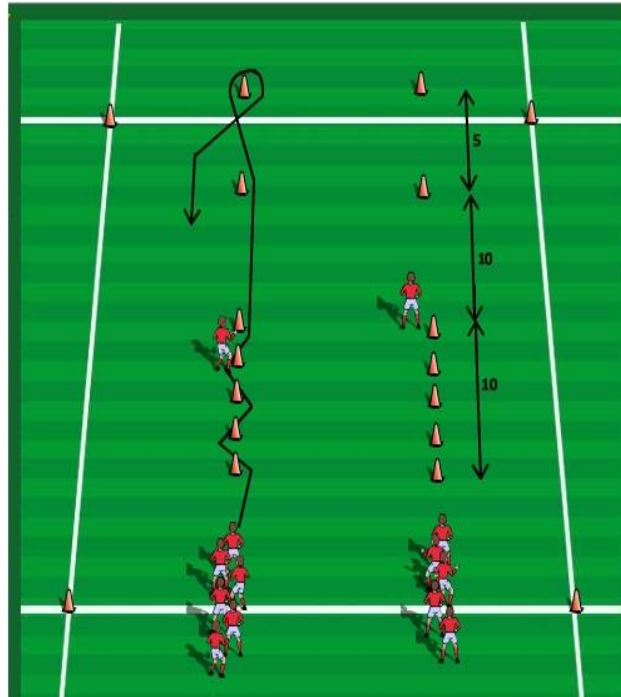
MATCH DAY

Match Day Warm Up



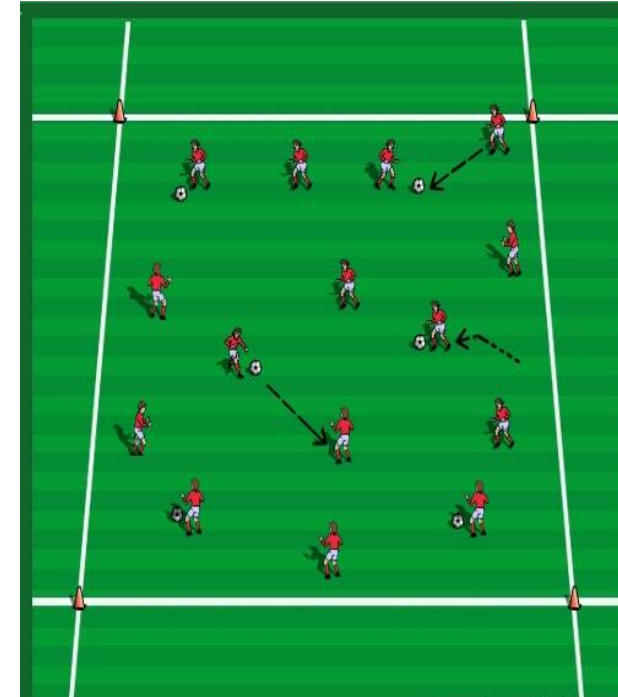
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



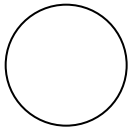
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Counter Attacking as a Team	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Counter Attacking as a Team Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Recovery	Recovery	Recovery	Recovery	Set Plays Free kicks Cool Down Recovery	Recovery	Recovery



IN-SEASON

WEEK 27 DAY 1

Counter Attacking as a Team



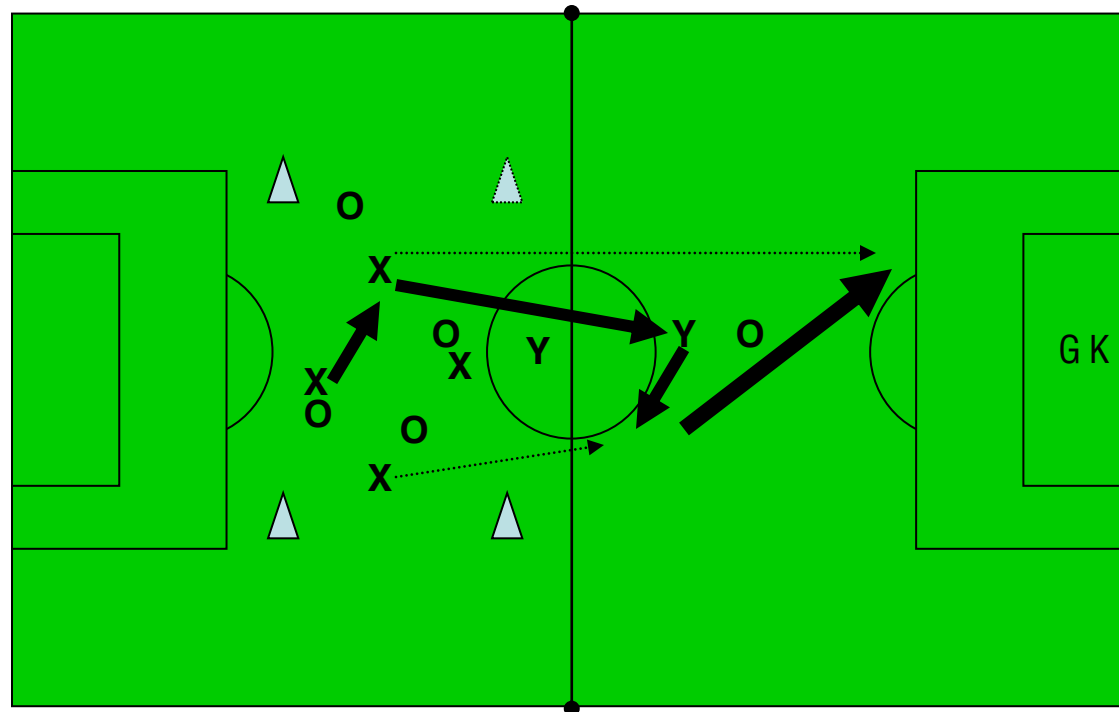
Counter Attacking as a Team

- Organisation : 4 V 4 + 1
- 30 X 30 AREA
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly





Counter Attacking as a Team

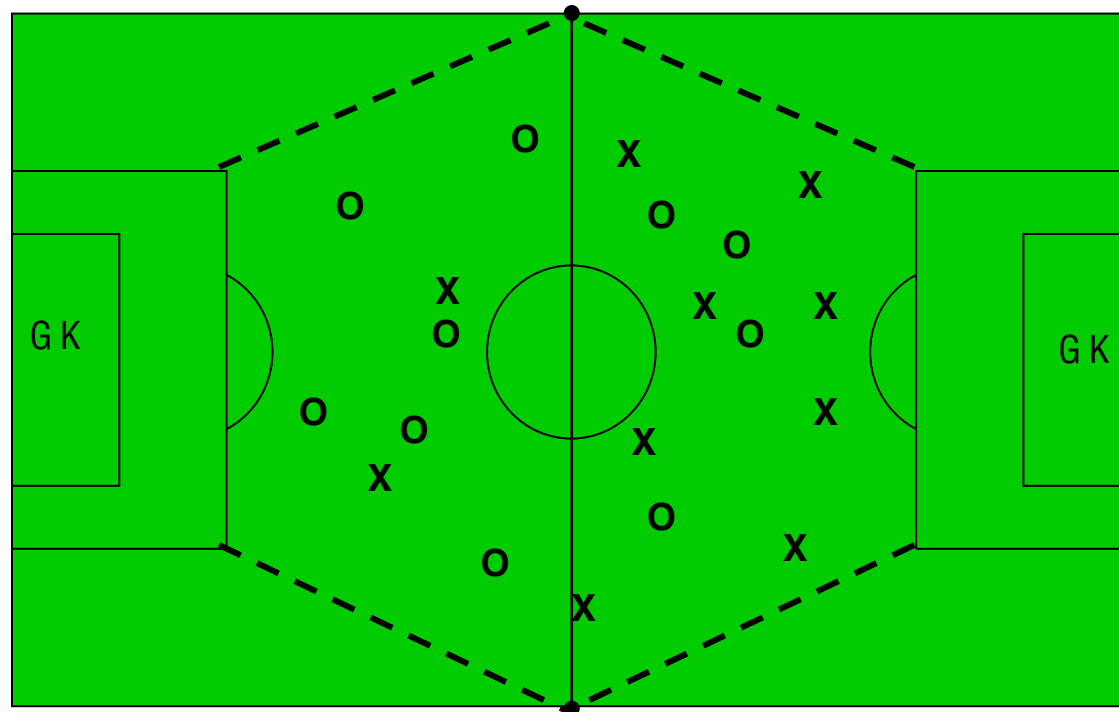
- Organisation : 11 v 11
- Full pitch with wide areas zoned off
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly

Show inside when defending





Counter Attacking as a Team

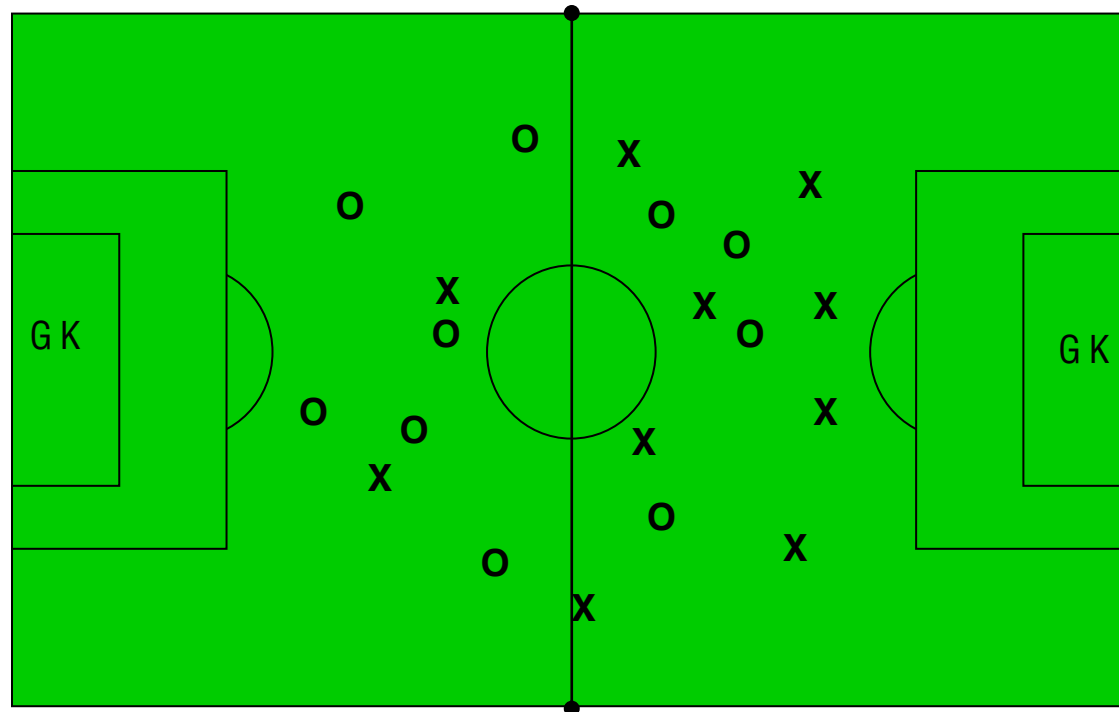
- Organisation : 11 v 11
- Full pitch
- Score a goal on the break

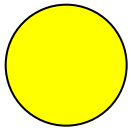
Focus on :

Playing forward early

MF to break quickly

Show inside when defending

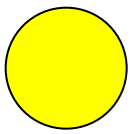




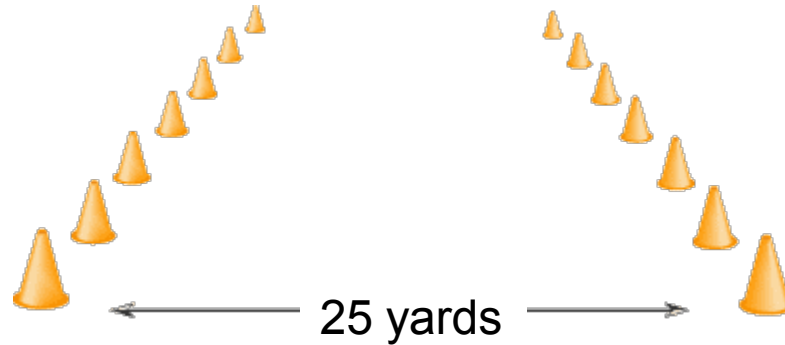
IN-SEASON

WEEK 27 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

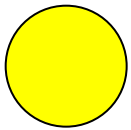
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

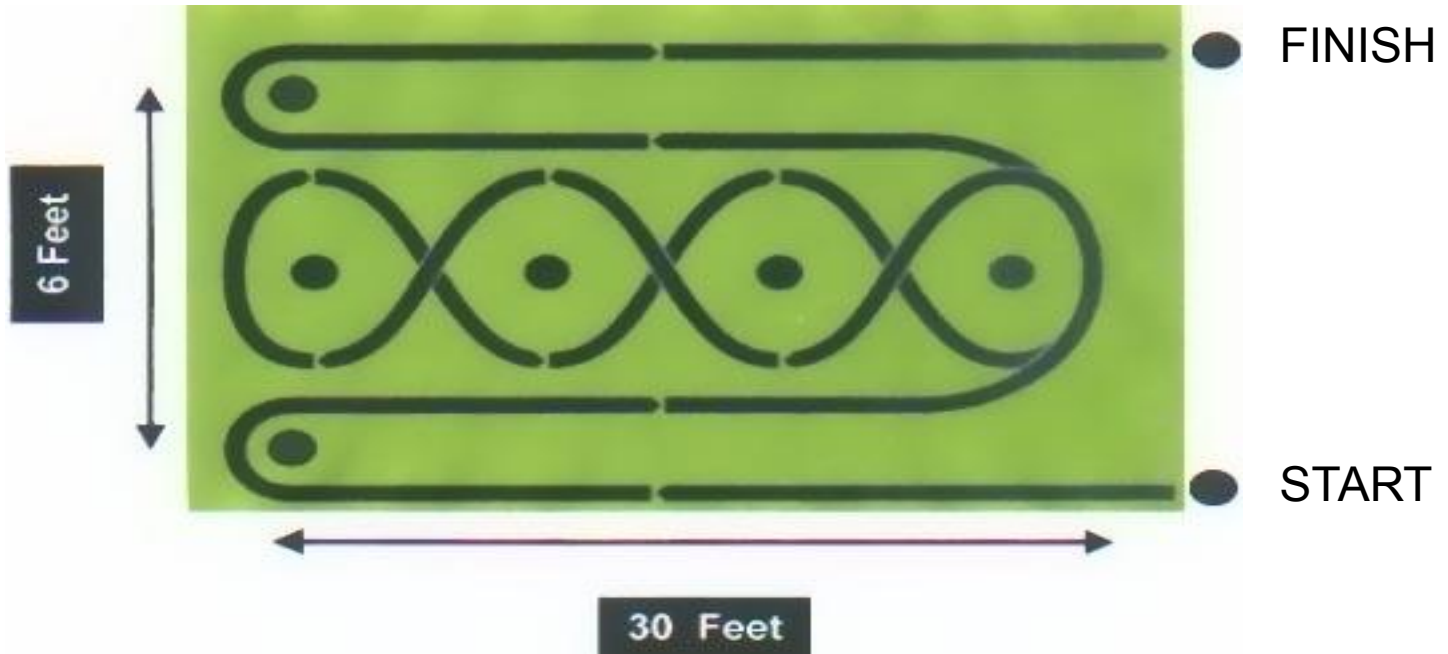
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



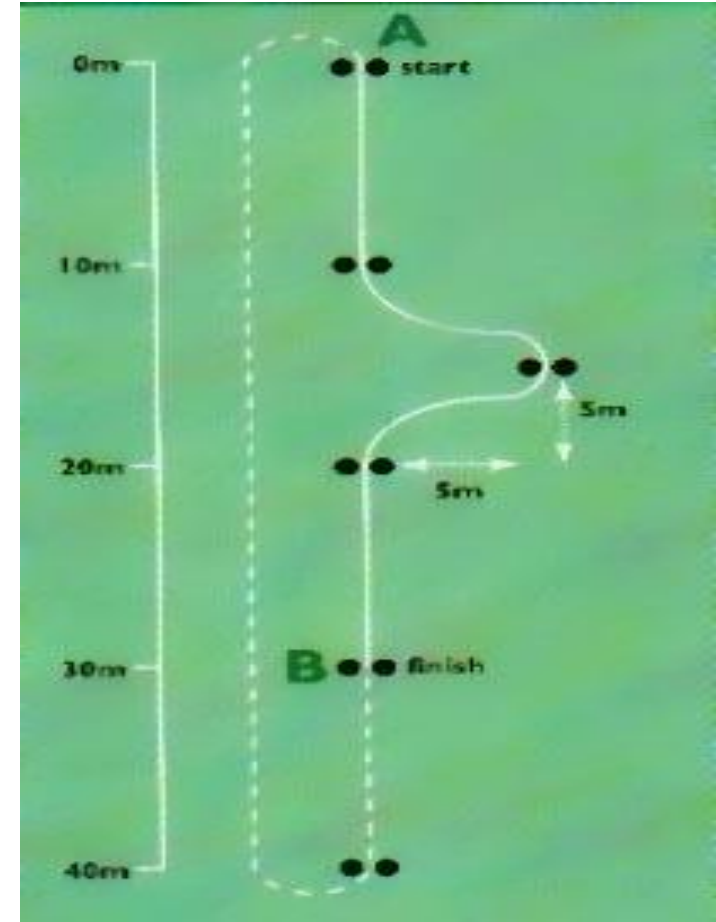
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 27 DAY 3

Counter Attacking as a Team



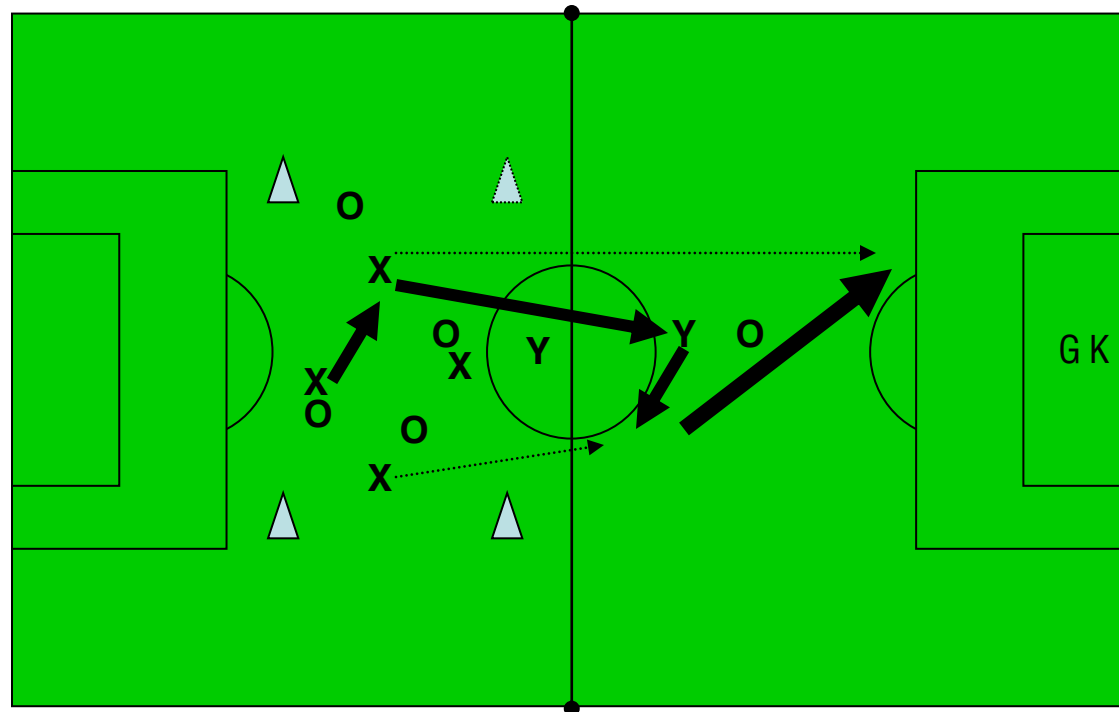
Counter Attacking as a Team

- Organisation : 4 V 4 + 1
- 30 X 30 AREA
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly





Counter Attacking as a Team

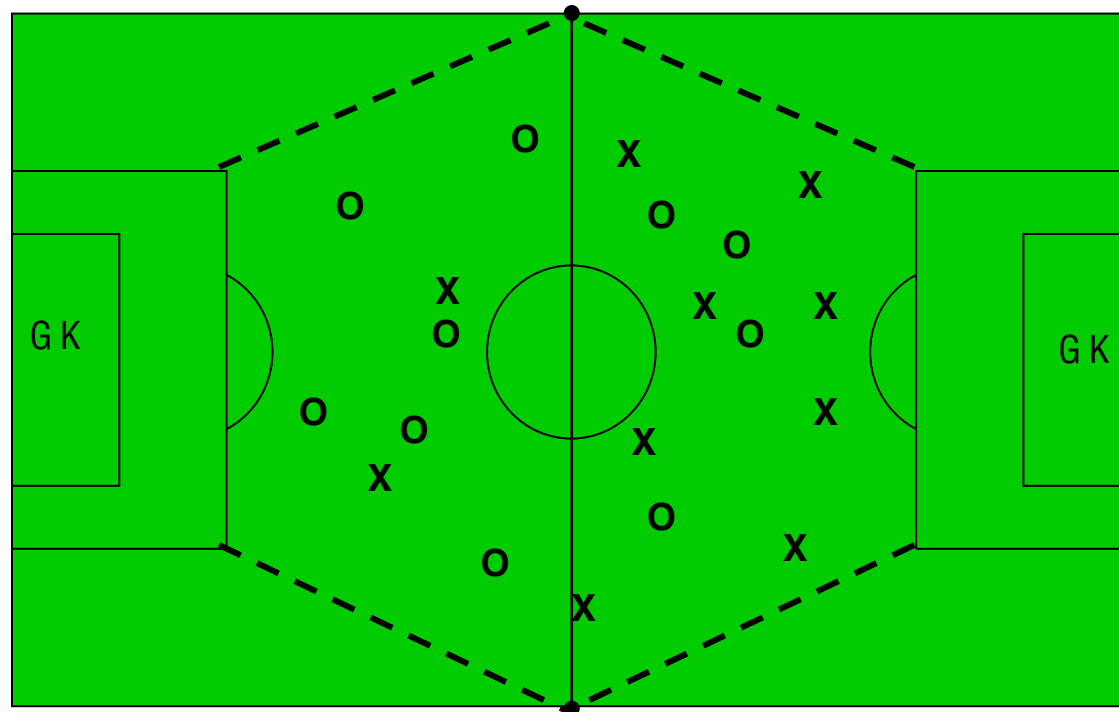
- Organisation : 11 v 11
- Full pitch with wide areas zoned off
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly

Show inside when defending





Counter Attacking as a Team

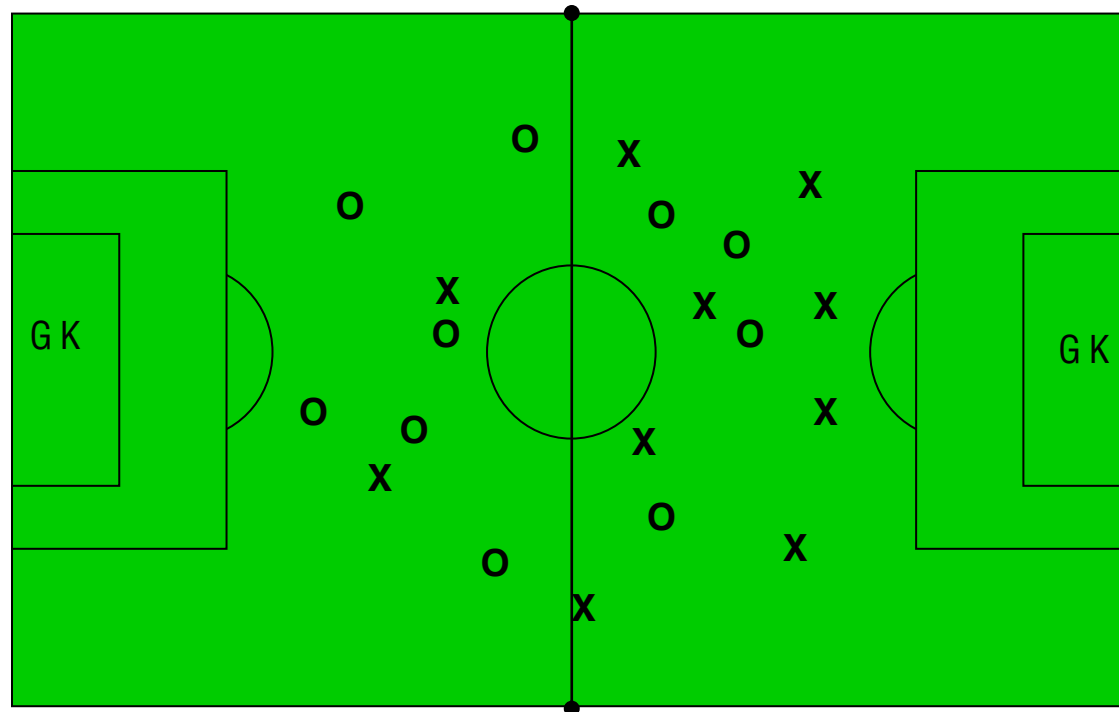
- Organisation : 11 v 11
- Full pitch
- Score a goal on the break

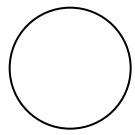
Focus on :

Playing forward early

MF to break quickly

Show inside when defending





IN-SEASON WEEK 27 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 12
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 27 DAY 5

Tactical Training Game



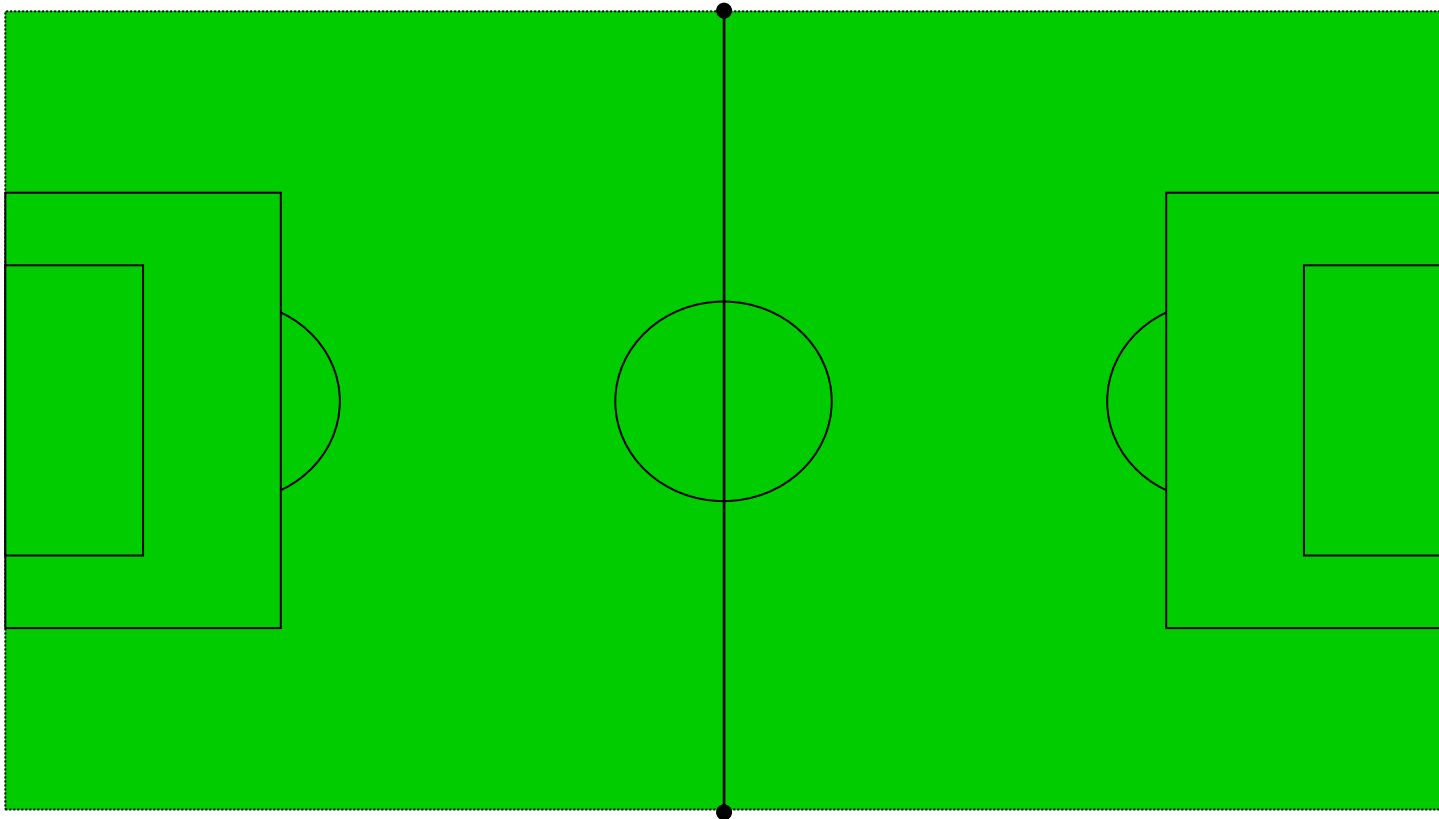
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





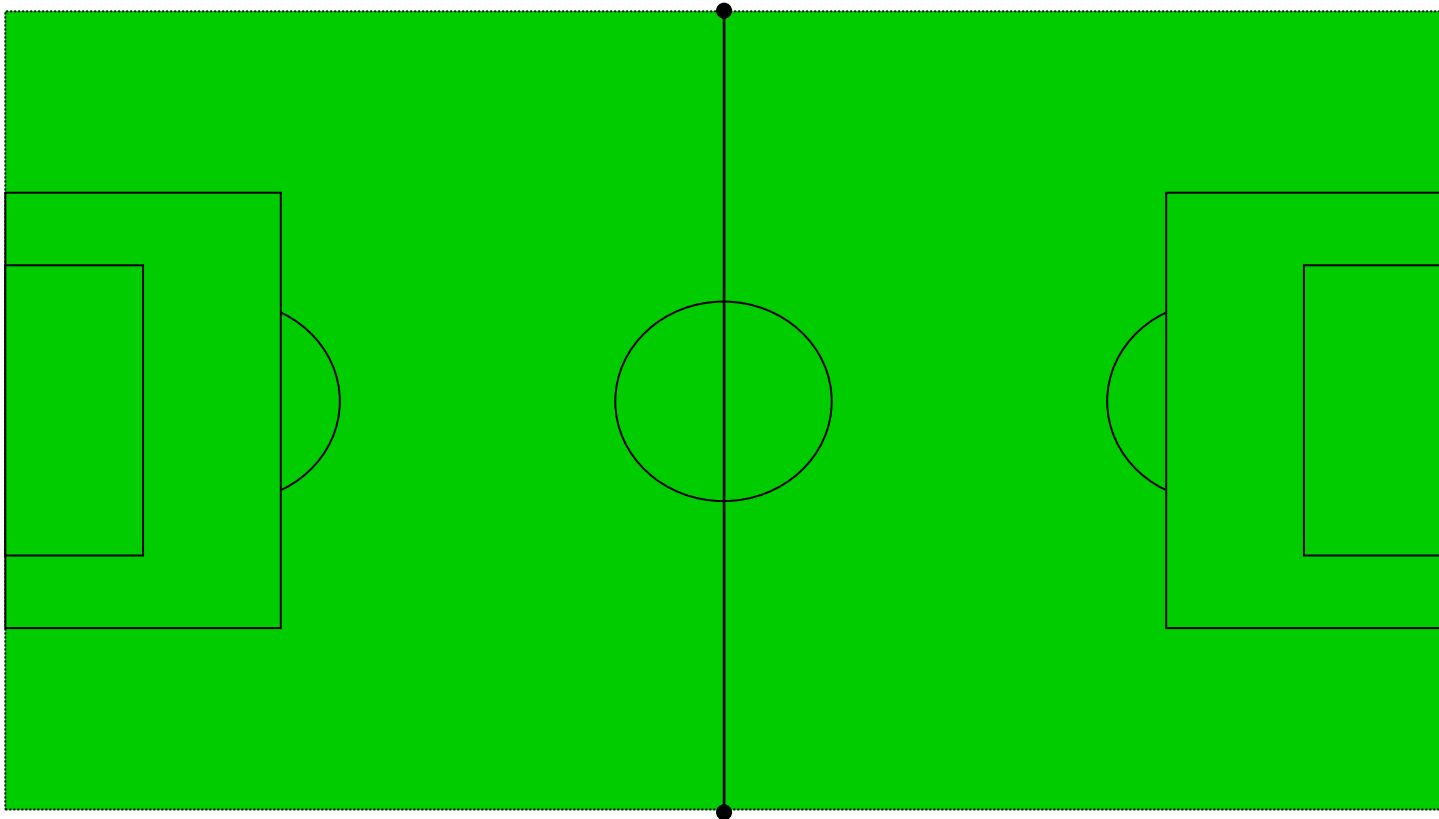
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





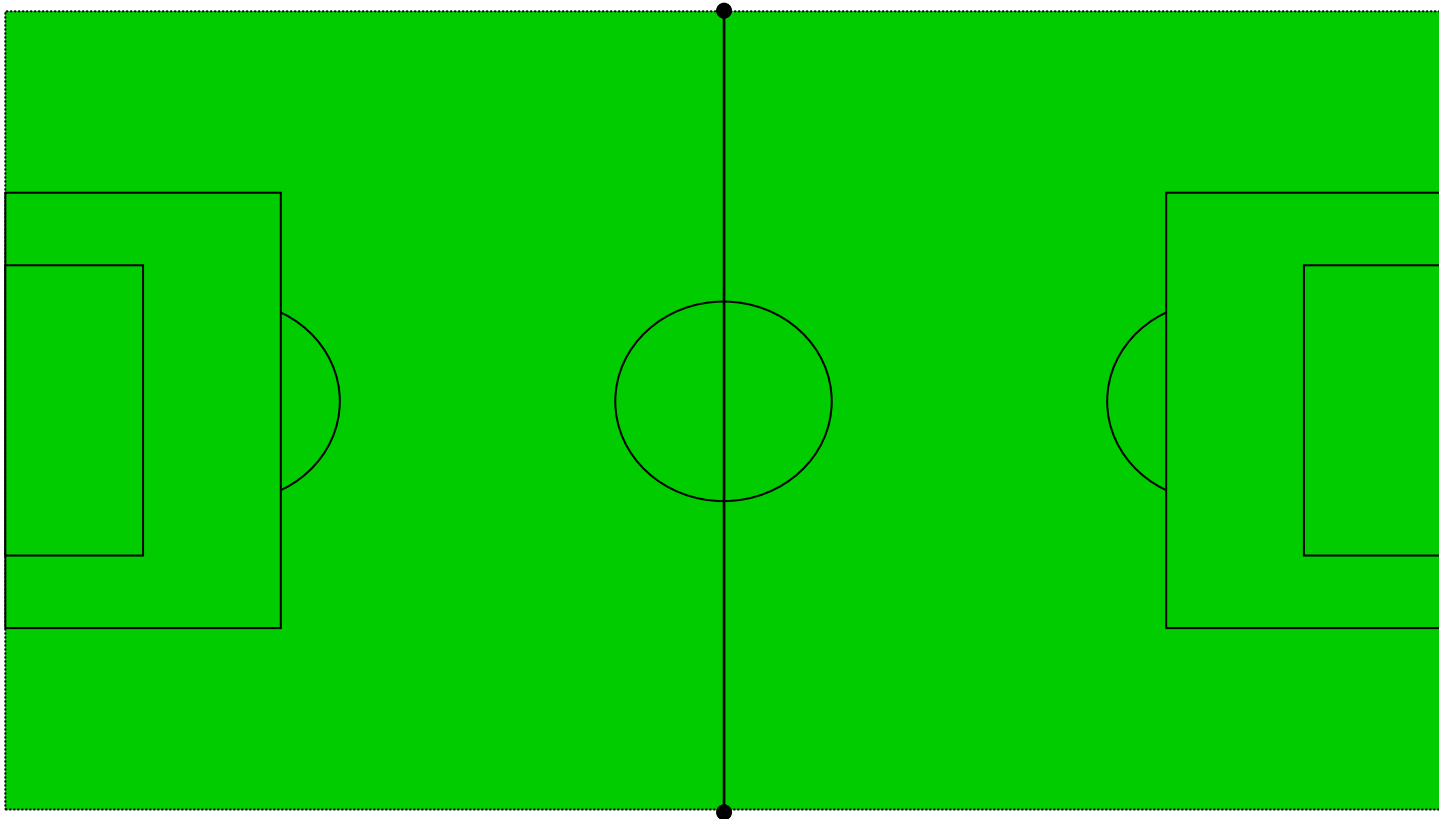
Tactical Training Game

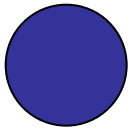
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

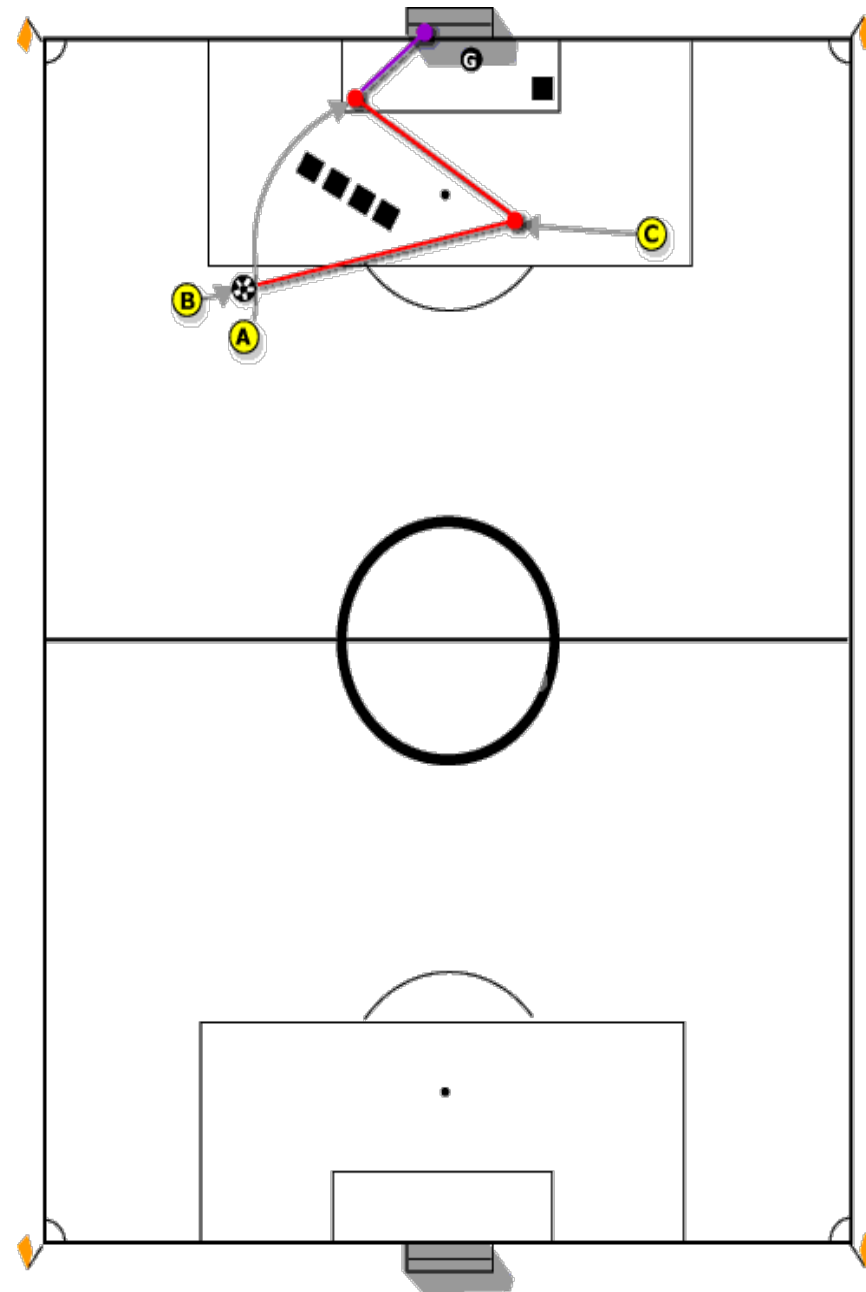


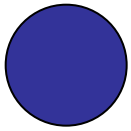


Set Pieces - Free Kicks

Going Around the Wall

- This set piece involves 3 players with other midfielders and forwards present looking for rebounds. It is intended primarily for Indirect kicks (but works just as well for Direct kicks) in or near the penalty box.
- Offence: Players A and B line up as if both are ready to take the kick. Player C is near the far corner of the box. On a set cue, either raising a hand or yelling out a number, A moves to the ball as if taking the shot but instead steps over the ball and continues to the near post side of the wall. At the same time, C begins a sprint toward the far-post end of the wall. B approaches the ball and makes a firm pass to B who then one-touches it to A, who by this time is just behind the wall and takes a one-touch shot on goal.
- Note: B also has the choice of shooting on goal if the wall 'falls-apart' by the deception of A.
- B also has the option of turning and shooting if there is a viable lane, but the centre of the box will most likely be clogged with defenders. The real trick to this piece is the firm, controllable passes. They must be quick and on-target. This is a game-winning piece that works well with practice, practice, practice.
- Defence: The trick to defending this piece is getting the wall in place very quickly and not letting the initial fake pull the wall apart. The near-post defender will have a tendency to peel off to mark A, thus shortening the wall and leaving a possible near-post shot on goal by B.

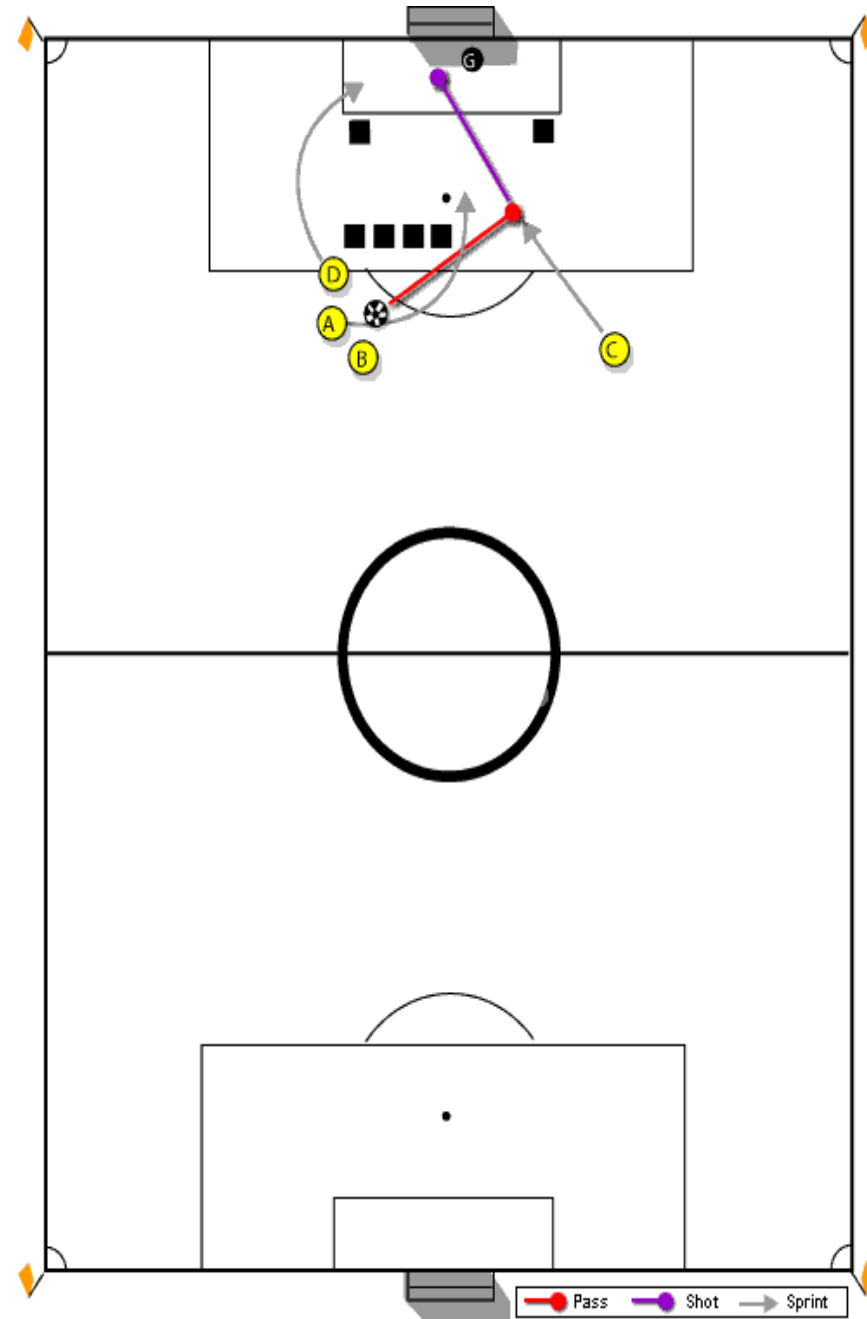


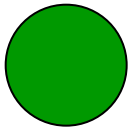


Set Pieces - Free Kicks

Angles on the Wall

- This play is for 3 or 4 players (you can omit the initial fake shot on goal by player A) for a direct or indirect free-kick anywhere in and around the penalty box. This is a fairly simple piece all teams can utilize.
- Offence :** Players A and B line up to take the shot. C is 7 to 10 yards to the right or left of the ball, 3 to 4 yards goal-side of the ball. Player D is in front of the wall on the near post side. Player A fakes the shot on goal and continues toward the far side of the wall. Player B then makes a short quick pass in front of player C to take the shot on goal. Player D and player A effectively 'pinch' the wall, freezing them for a second. Player A must be sure to stay wall-side of the ball and in the way of any attacking defenders, without intentionally obstructing, of course! Timing Player A's run, player D spins and sprints behind the wall looking for rebounds. Player C, taking the shot, should concentrate his shot low and on the near-post (from the initial ball position).
- Defence :** Get set up quick with the tallest player near post. Don't let the fake shot crumble the wall. And don't forget to mark player D once he makes his move to goal.





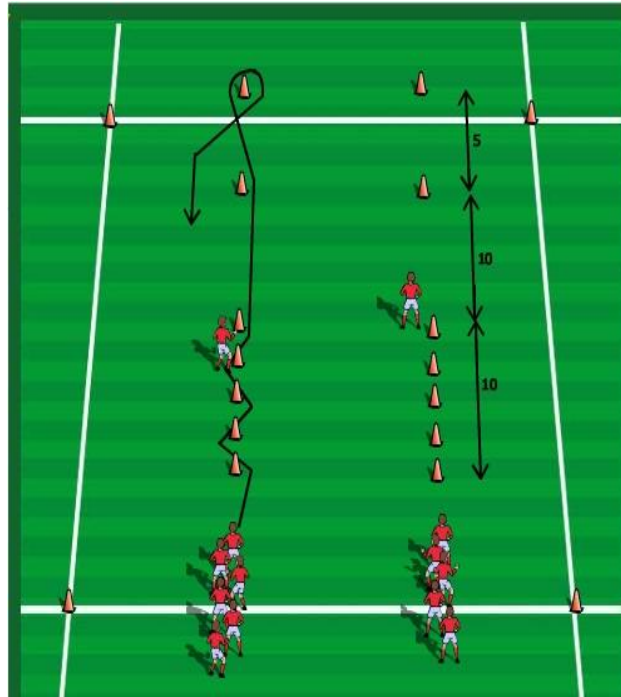
MATCH DAY

Match Day Warm Up



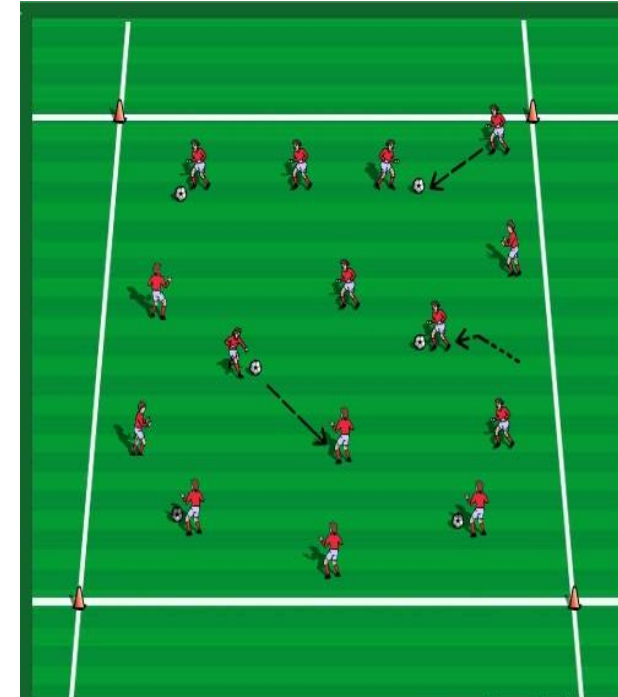
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



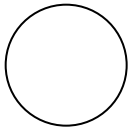
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Develop the Effectiveness of forward runs in a 4-5-1	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility	Warm Up Static & Dynamic Develop the Effectiveness of forward runs in a 4-5-1 Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	High Tempo Possession Games Cool Down Recovery			Set Plays Throw In's Cool Down Recovery		



IN-SEASON

WEEK 28 DAY 1

**Develop the Effectiveness of
forward runs in a 4-5-1**



Develop the effectiveness of forward runs in a 4-5-1

- Organisation : Half Pitch Functional Practice involving 2 Central Midfield Players, 1 striker and 2 full backs
- Starting Position ball played to full back
- Objective of practise attackers to get over end-line

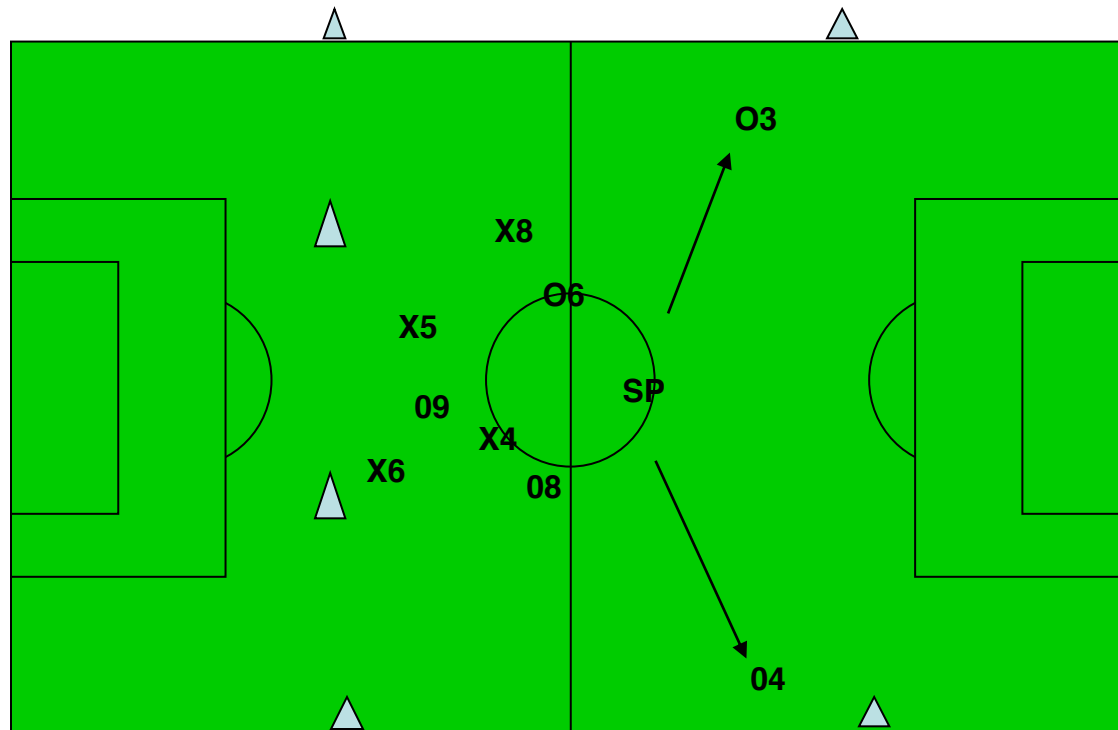
Focus on :

Starting Position of the 2 F/B's

Position of striker

Timing and support from Central midfield

Body Position and first touch of receiver





Develop the effectiveness of forward runs in a 4-5-1

Focus on :

- Organisation : Half Pitch Functional Practice involving 5 Midfield Players, 1 striker and 2 full backs against back and midfield 8

- Starting Position ball played to full back

- Objective of practise attackers to get over end-line

Starting Position of the 2 F/B's

Position of striker

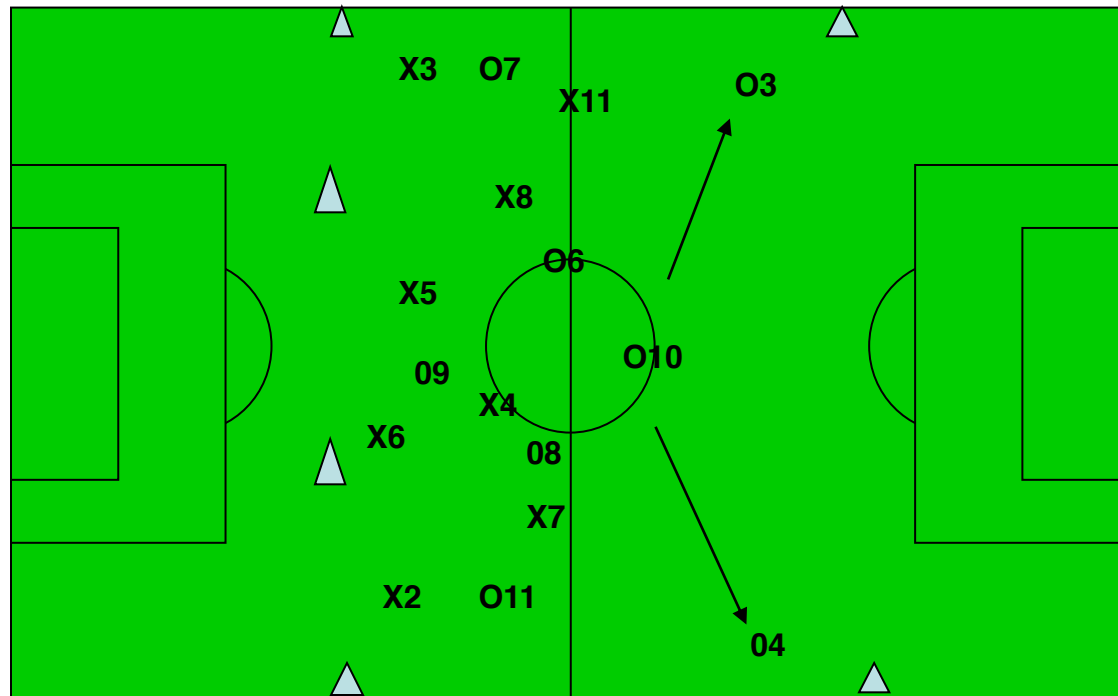
Position and movement of wide midfielder player

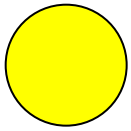
Timing and support from Central midfield

Role of deep lying midfielder player

Type of delivery

Recognition and alternative movements

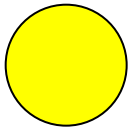




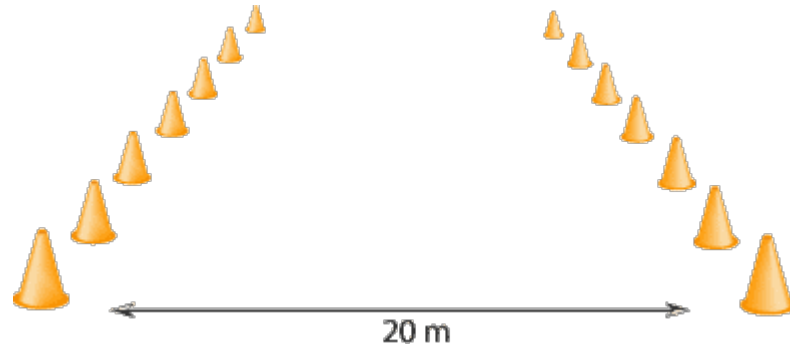
IN-SEASON

WEEK 28 DAY 2

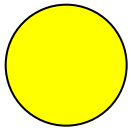
FITNESS TESTING



BLEEP TEST



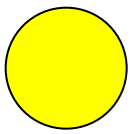
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



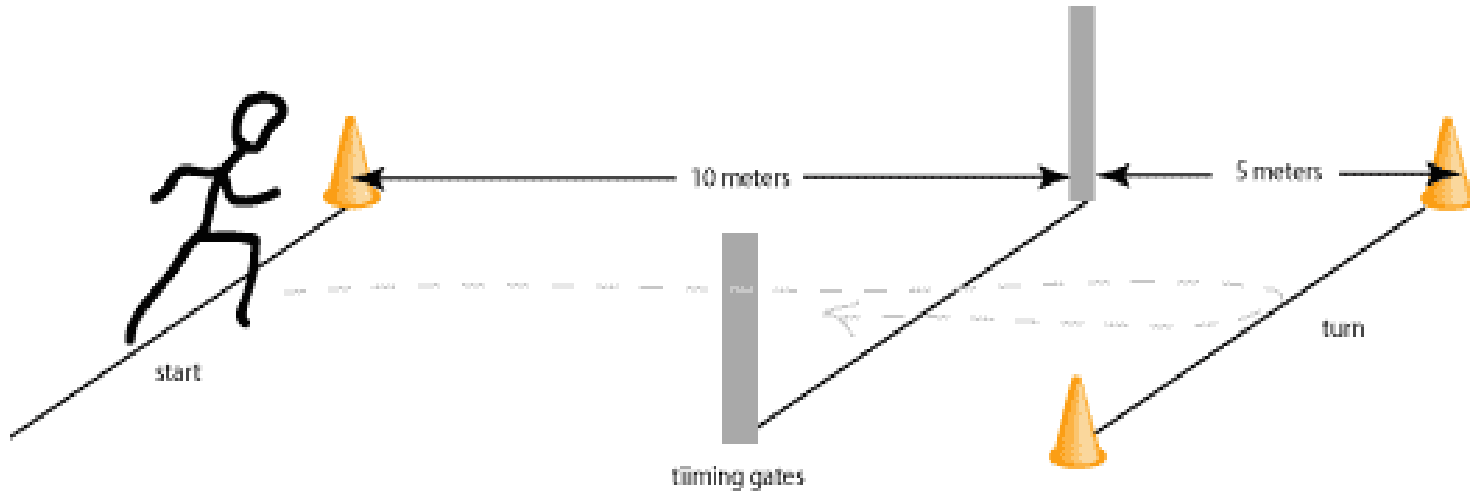
SPRINT TEST



- **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.



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



IN-SEASON

WEEK 28 DAY 3

**Develop the Effectiveness of
forward runs in a 4-5-1**



Develop the effectiveness of forward runs in a 4-5-1

- Organisation : Half Pitch Functional Practice involving 2 Central Midfield Players, 1 striker and 2 full backs
- Starting Position ball played to full back
- Objective of practise attackers to get over end-line

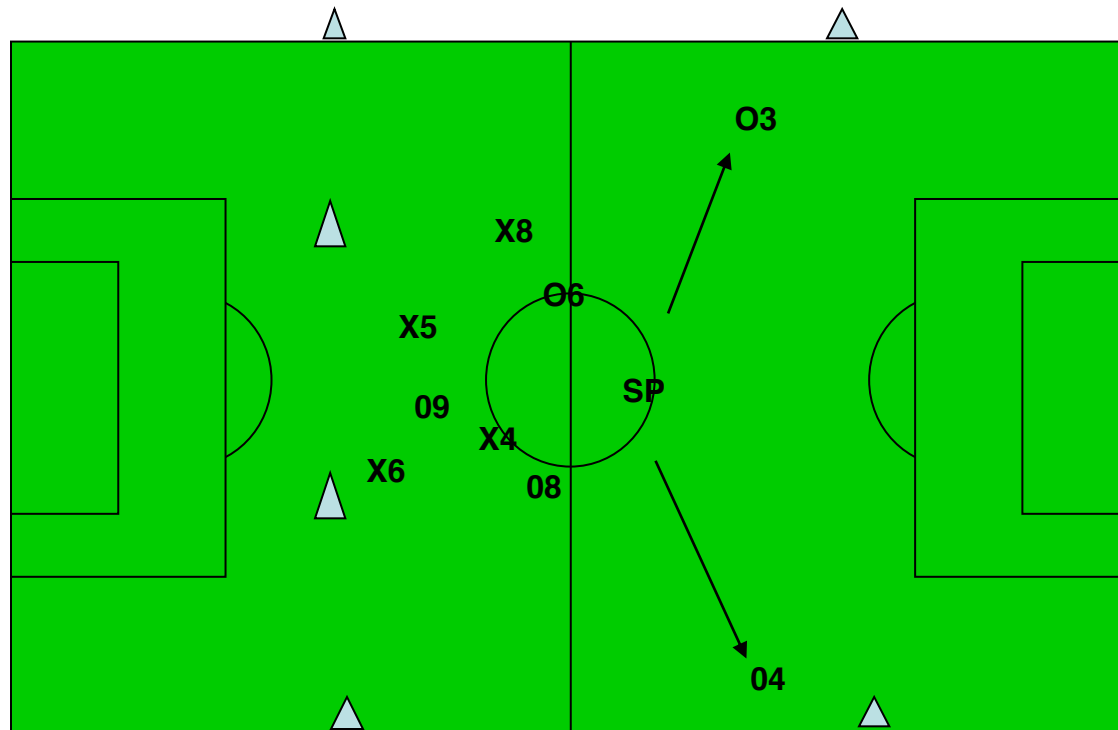
Focus on :

Starting Position of the 2 F/B's

Position of striker

Timing and support from Central midfield

Body Position and first touch of receiver





Develop the effectiveness of forward runs in a 4-5-1

Focus on :

- Organisation : Half Pitch Functional Practice involving 5 Midfield Players, 1 striker and 2 full backs against back and midfield 8

- Starting Position ball played to full back

- Objective of practise attackers to get over end-line

Starting Position of the 2 F/B's

Position of striker

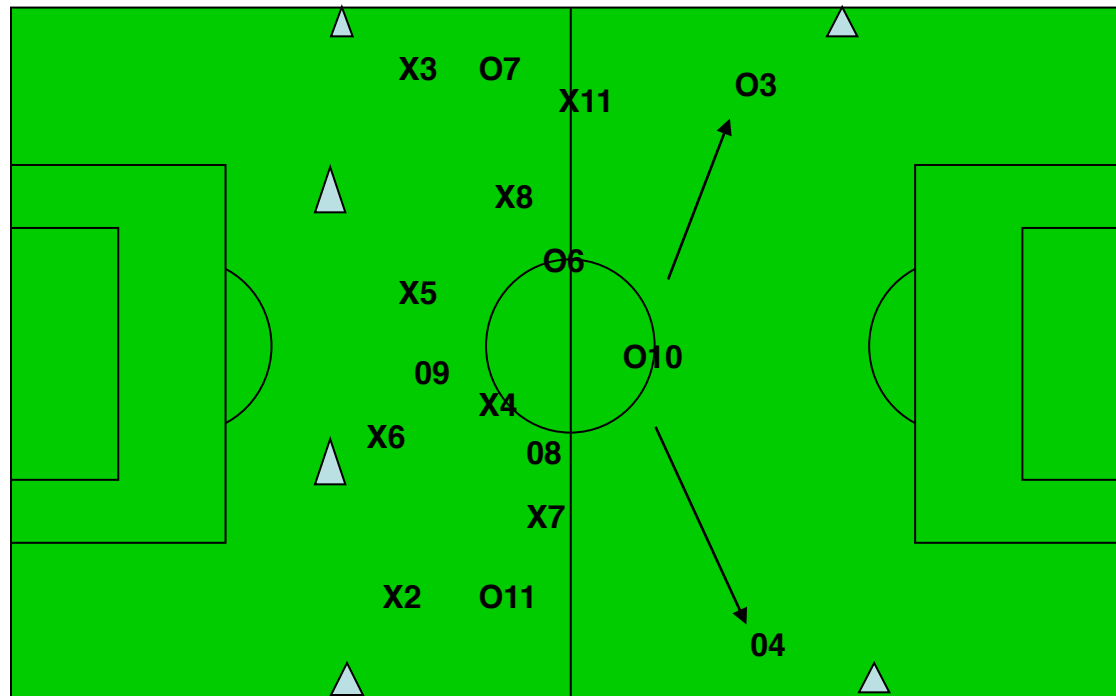
Position and movement of wide midfielder player

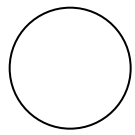
Timing and support from Central midfield

Role of deep lying midfielder player

Type of delivery

Recognition and alternative movements

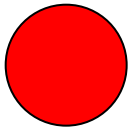




IN-SEASON

WEEK 28 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 13
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 28 DAY 5

Tactical Training Game



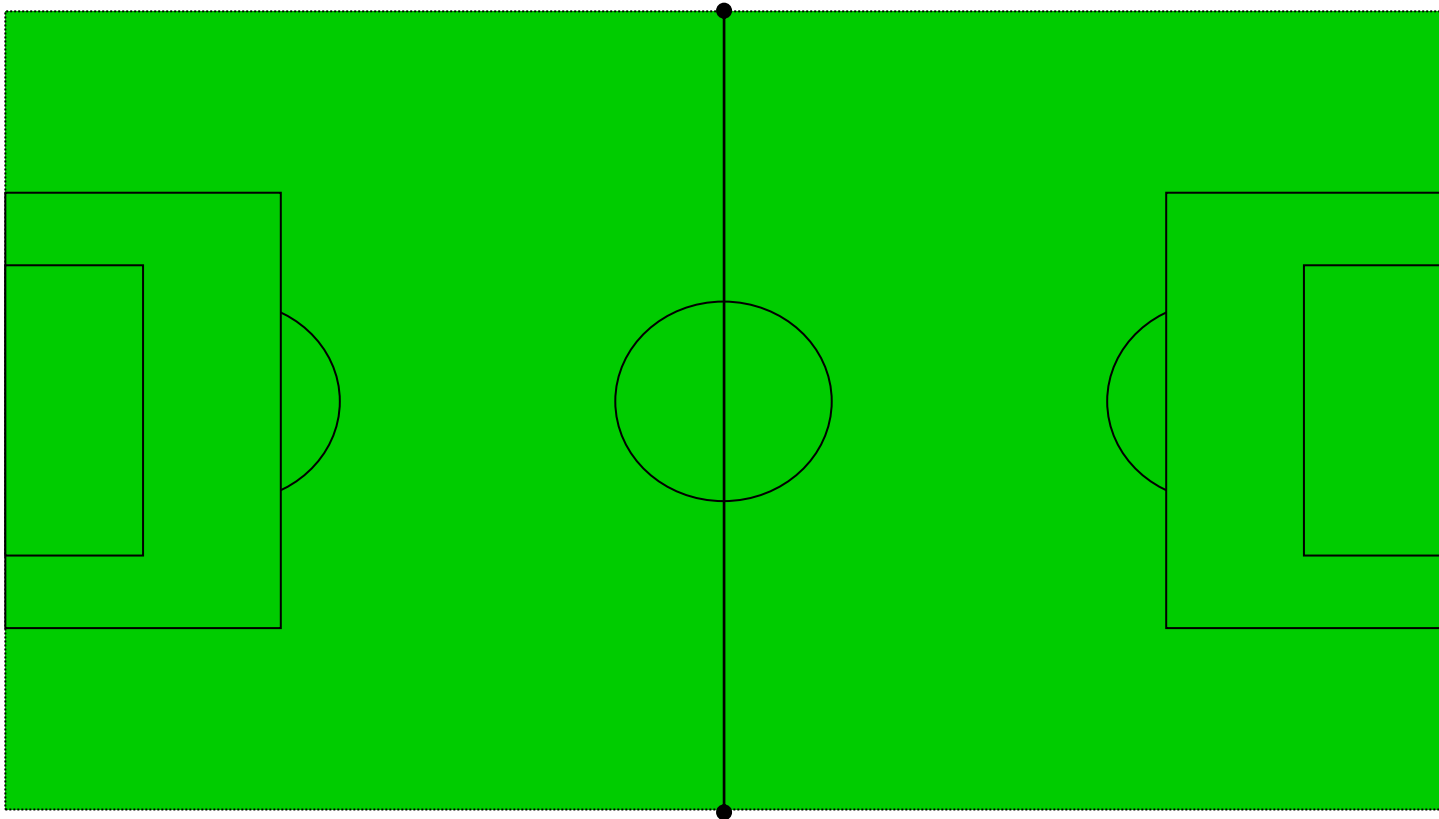
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





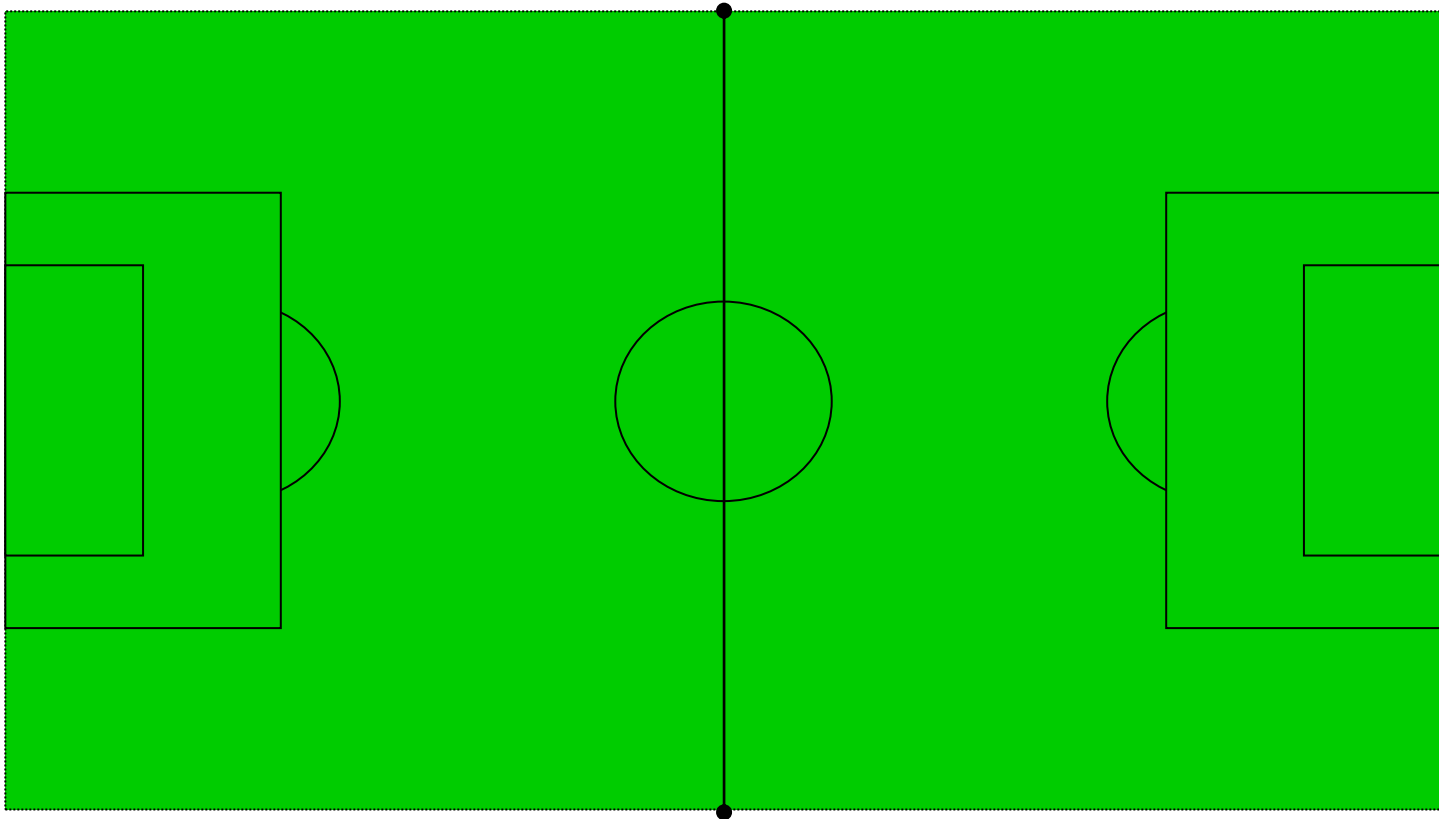
Tactical Training Game

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Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





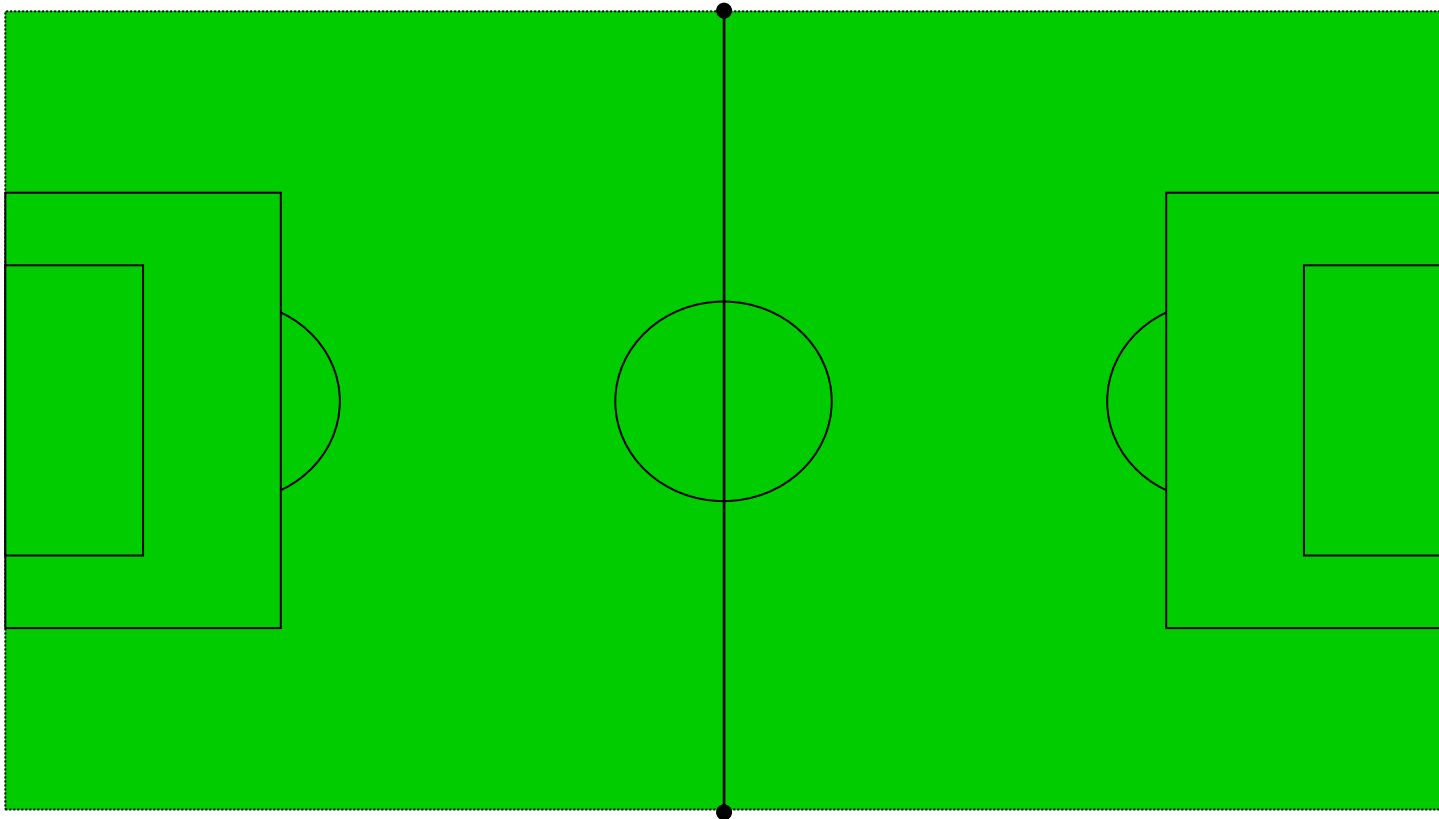
Tactical Training Game

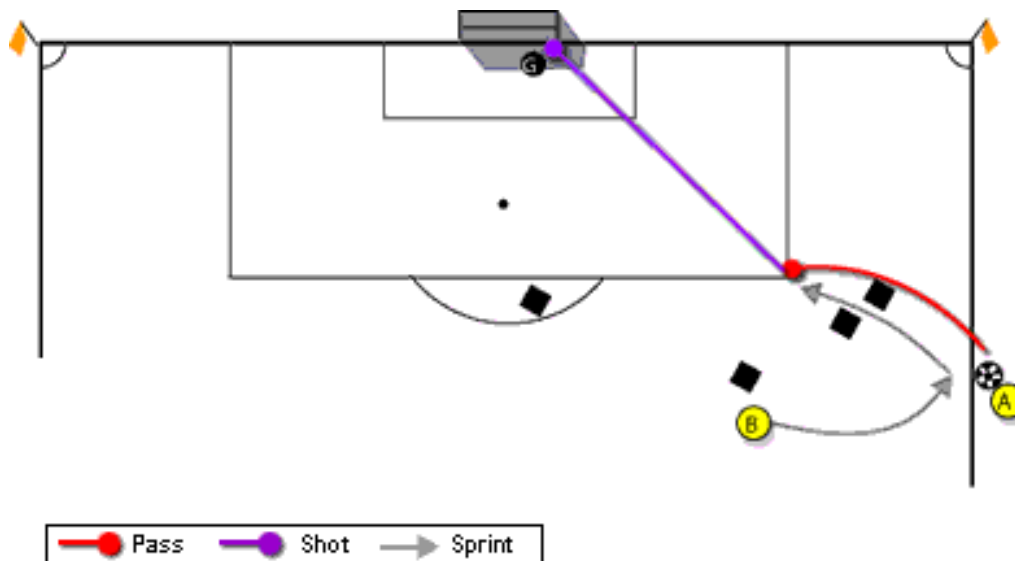
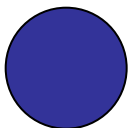
•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :

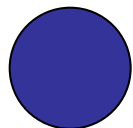




Set Pieces – Throw In

Fake Out

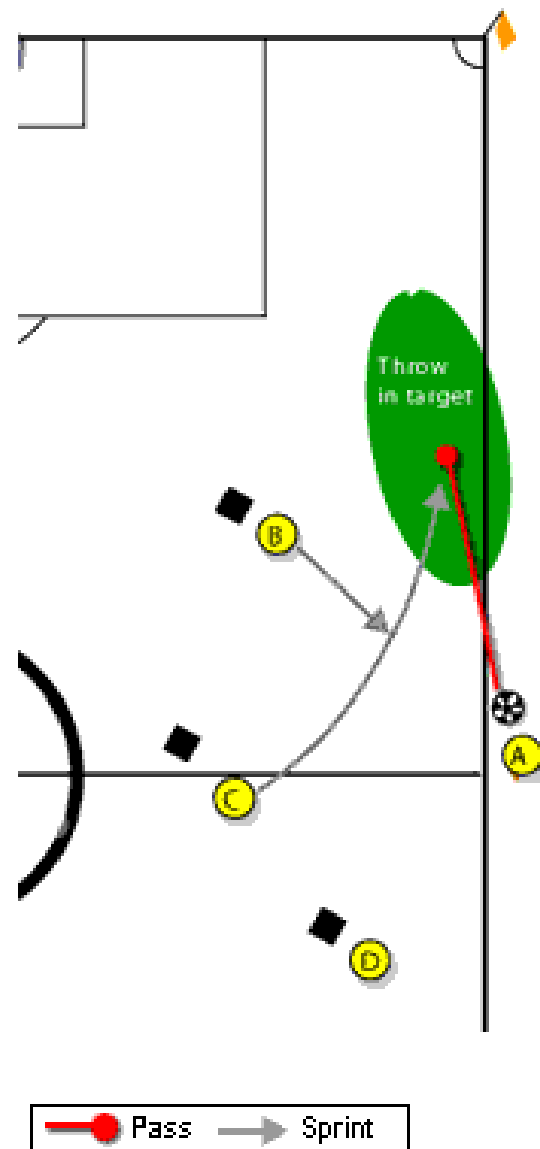
- A simple little Throw-In play primarily for the little guys and girls! Its simple, easy and usually pretty effective, since the little guys don't pay enough attention anyway. You will primarily want to use this in the attacking third of the field. You need two players, one to throw it in long and a speedy one to receive the ball. And you might get a laugh if you sing it to the tune of Freak Out.
- Offence: A gets in position to make the throw. B shouts loudly that he will take the throw and begins to jog toward A to take the ball. A has to play along and lower the ball in a non-threatening position (or even start to put it down) to get the defence to go flat-footed for an instant. About 3 to 5 yards from A, B rolls and sprints towards goal. A has to make a long and accurate ball into the space in front of the sprinting B. Be sure there is a forward or midfielder far-post to look for the rebound.
- Defence: Just pay attention. Always follow your mark! If playing more of a zone, be sure the defender B is approaching is paying attention to him.

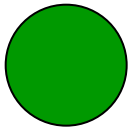


Set Pieces – Throw In

Clearing Some Grass

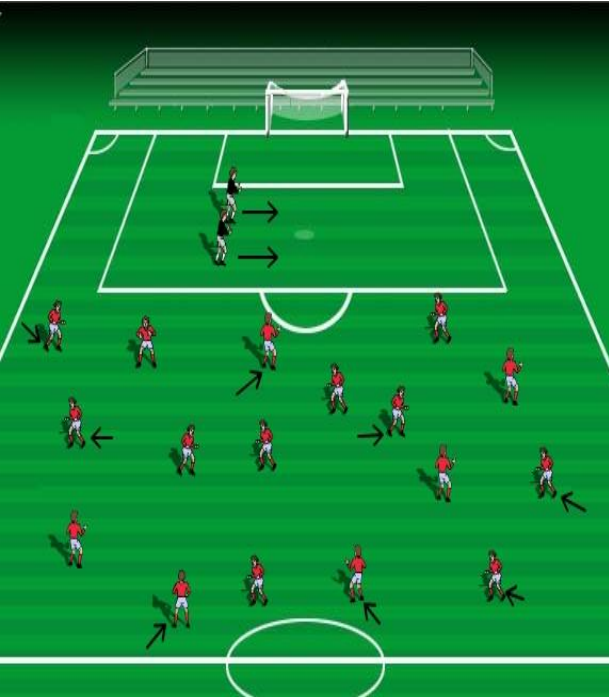
- Designed for a throw in near the midfield third of the pitch. Especially useful against tightly marking defences who aggressively defend the midfield line. Its simple and effective for players of almost any age. This play involves 3 players. The two possible receivers of the ball simply switch position, but in such a way as to screen the defenders.
- Offence: A is in position for the throw in. B is up field as far as possible for a quick throw. (No more than 20 yards). Player C is square with A about 10 yards of the sideline. B starts the play by 'showing' or running to A for the ball. Player C immediately sprints, passing just in front of B. This will briefly screen the defender. The ball should be delivered between C and the sideline so that the ball can be shielded from the defence.
- Defence: The defenders are probably best off to stay in their position and switch their marks. They'll stand a better shot of intercepting the ball !





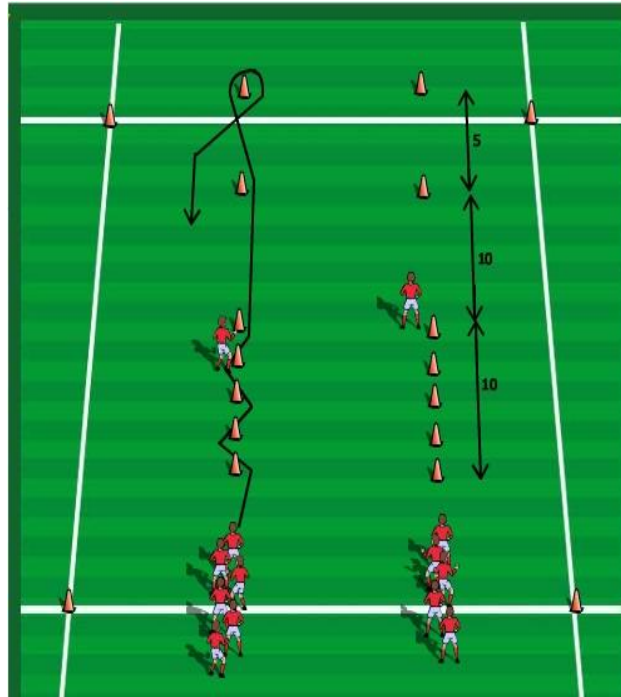
MATCH DAY

Match Day Warm Up



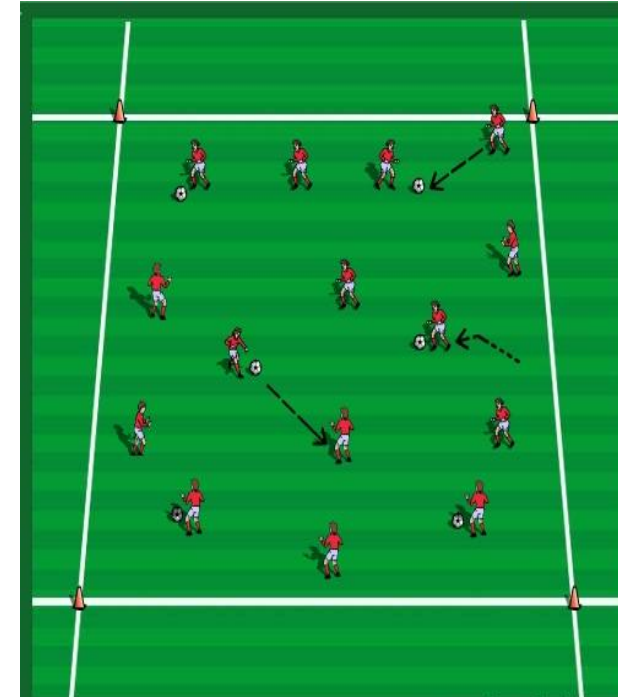
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



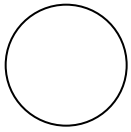
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 29

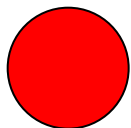
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic In a 3-5-2 coach the midfield to defend as a unit	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic In a 3-5-2 coach the midfield to defend as a unit Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery			Set Plays Corner kicks Cool Down Recovery		



IN-SEASON

WEEK 29 DAY 1

**In a 3-5-2 coach the midfield
to defend as a unit**



In a 3-5-2 coach the midfield to defend as a unit

- Organisation : 11 v 11
- Playing Area : Full pitch

Focus on :

Starting Position of the defenders/Midfielders/CF's

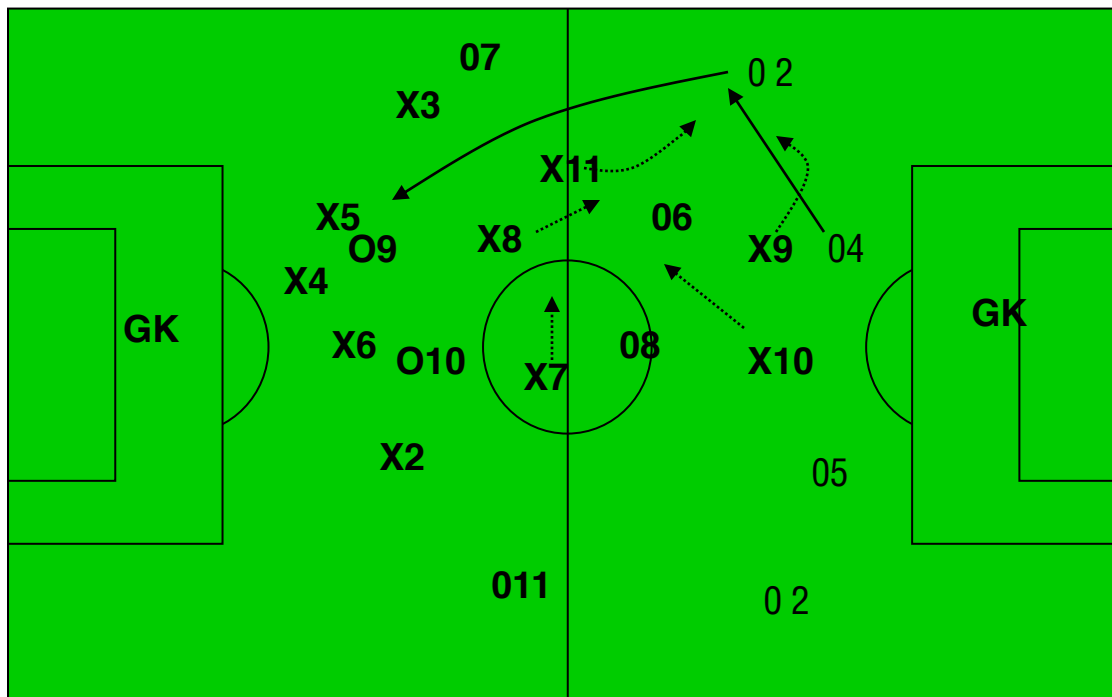
Point of Retreat

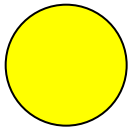
Pressure by defenders/Midfielders/CF's

Cover & Support for the pressurising players

Body Position / Where to pressure & Why

Recovery runs & Tracking players

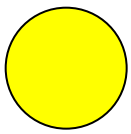




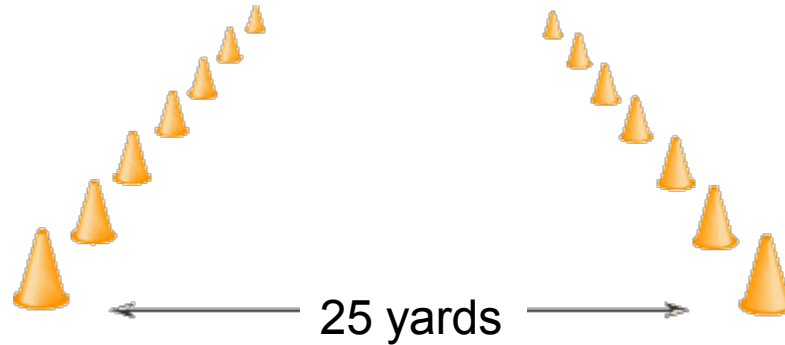
IN-SEASON

WEEK 29 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

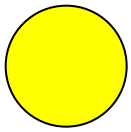
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

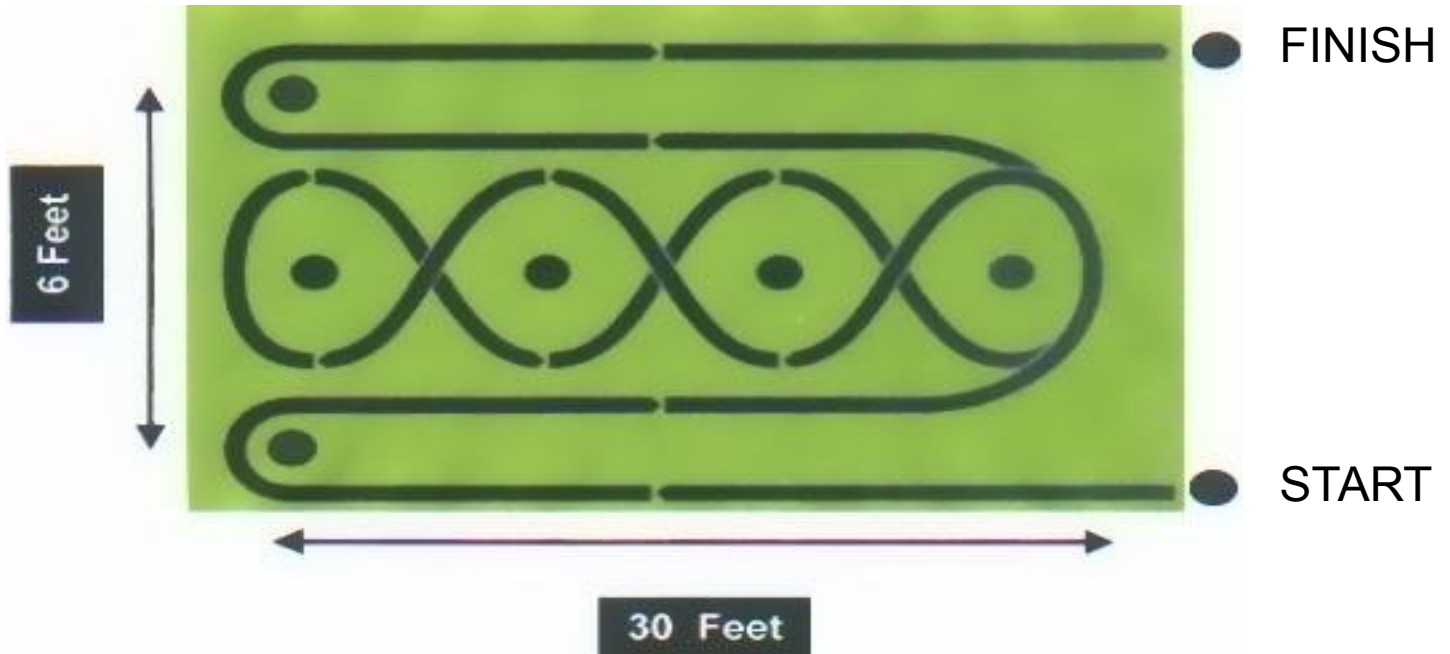
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



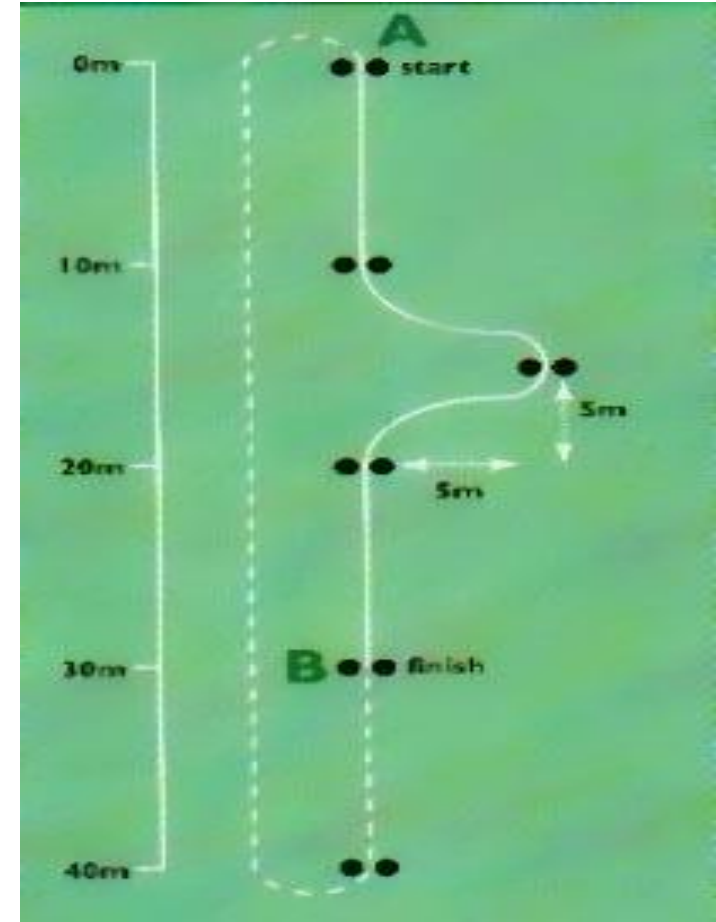
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

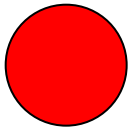
30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such as basketball, hockey, rugby, soccer 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).



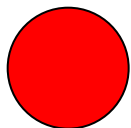
Power Maintenance		
Level	Category	% Top Speed Maintained
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%



IN-SEASON

WEEK 29 DAY 3

**In a 3-5-2 coach the midfield
to defend as a unit**



In a 3-5-2 coach the midfield to defend as a unit

- Organisation : 11 v 11
- Playing Area : Full pitch

Focus on :

Starting Position of the defenders/Midfielders/CF's

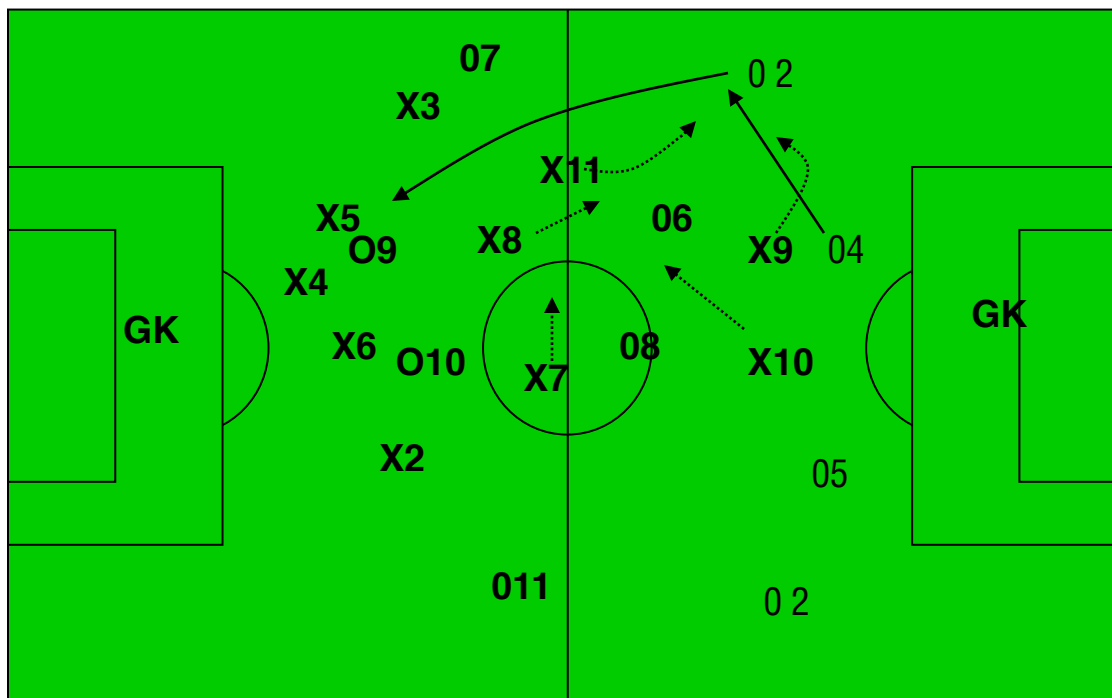
Point of Retreat

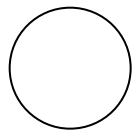
Pressure by defenders/Midfielders/CF's

Cover & Support for the pressurising players

Body Position / Where to pressure & Why

Recovery runs & Tracking players





IN-SEASON

WEEK 29 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 14
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 29 DAY 5

Tactical Training Game



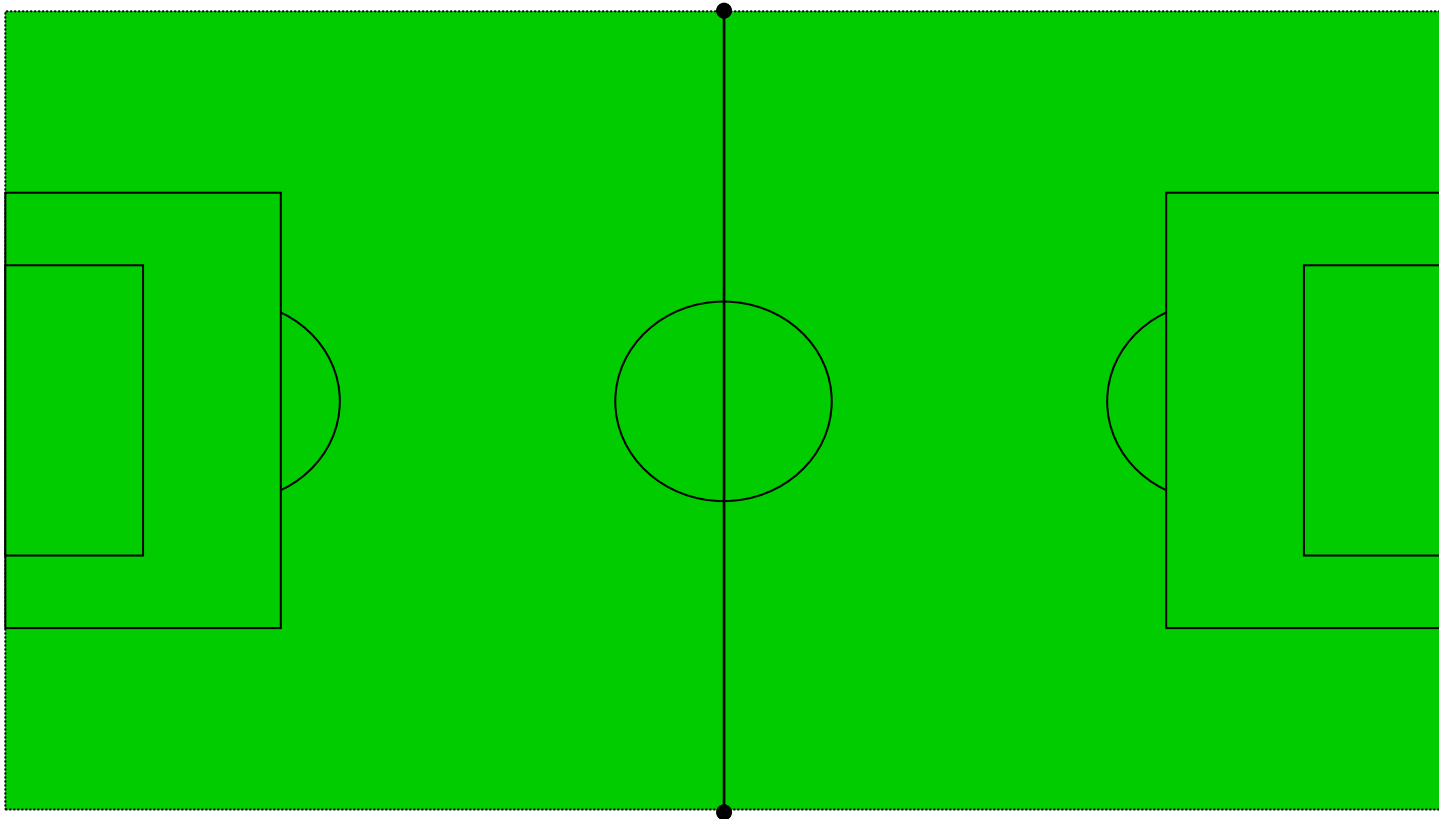
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





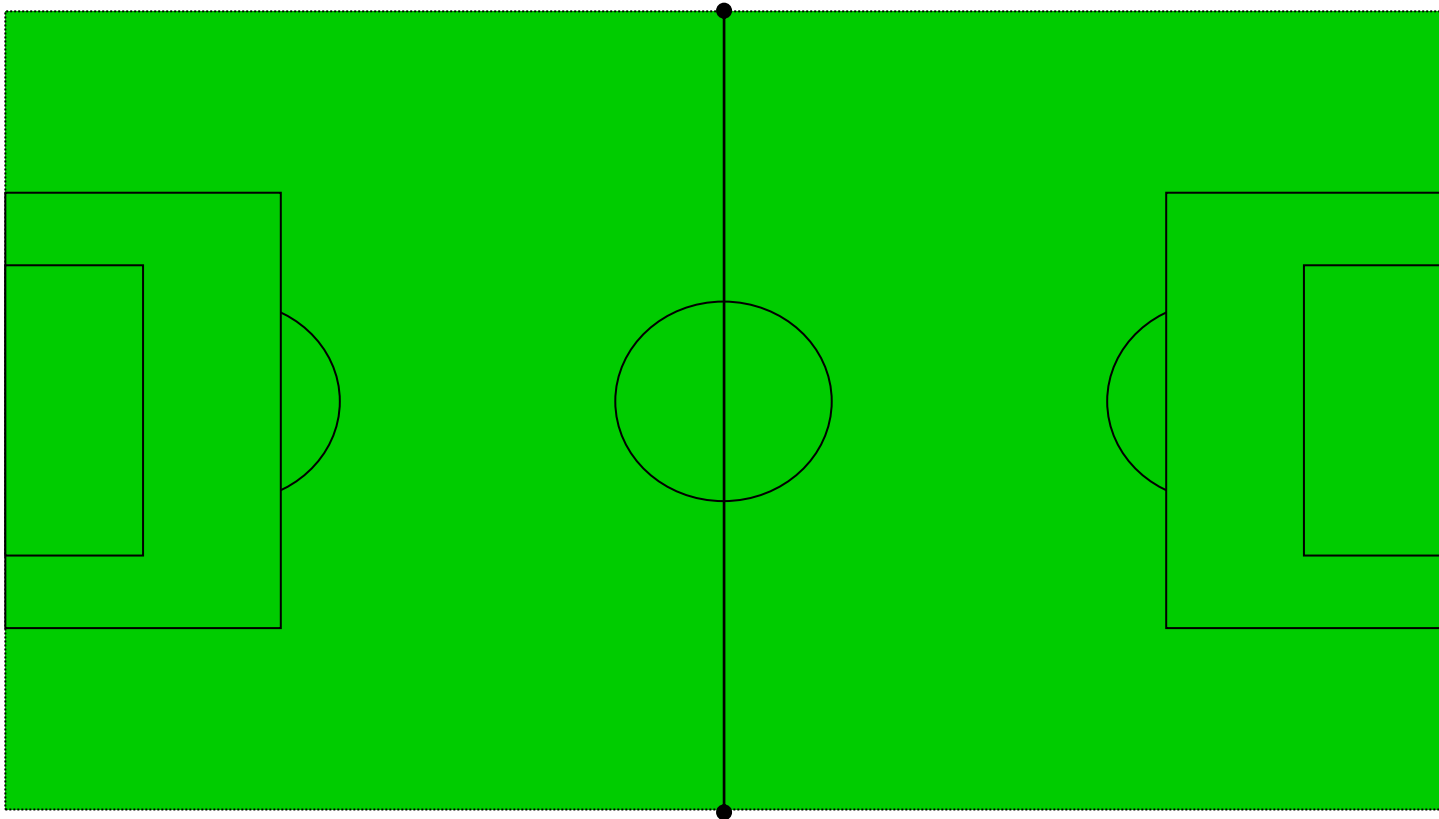
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





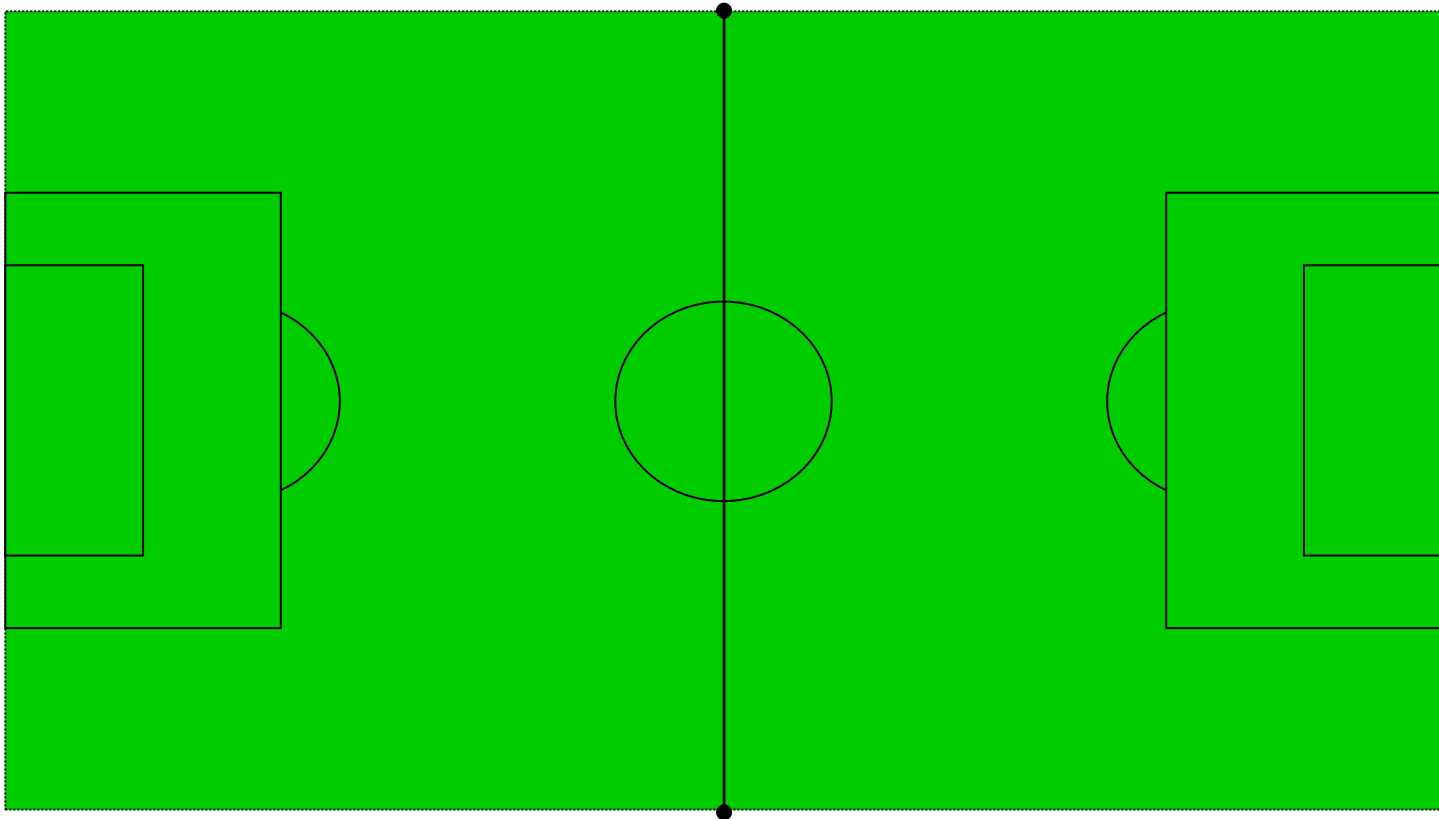
Tactical Training Game

•Organisation :

Opposition :

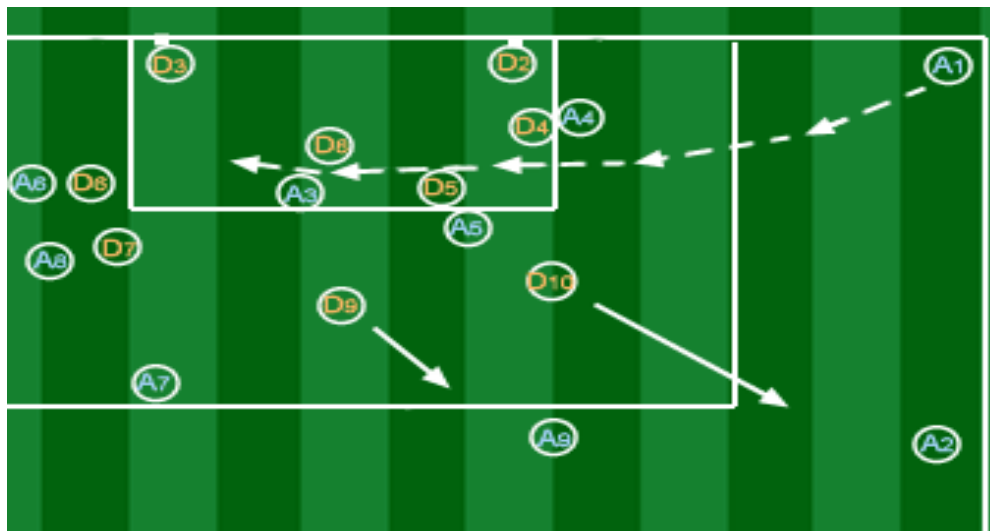
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



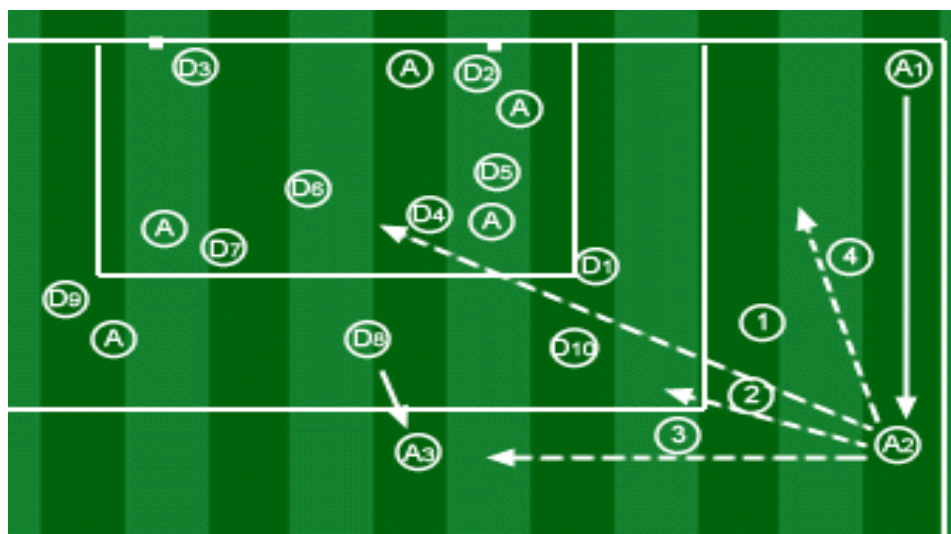
1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

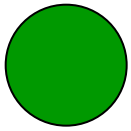
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





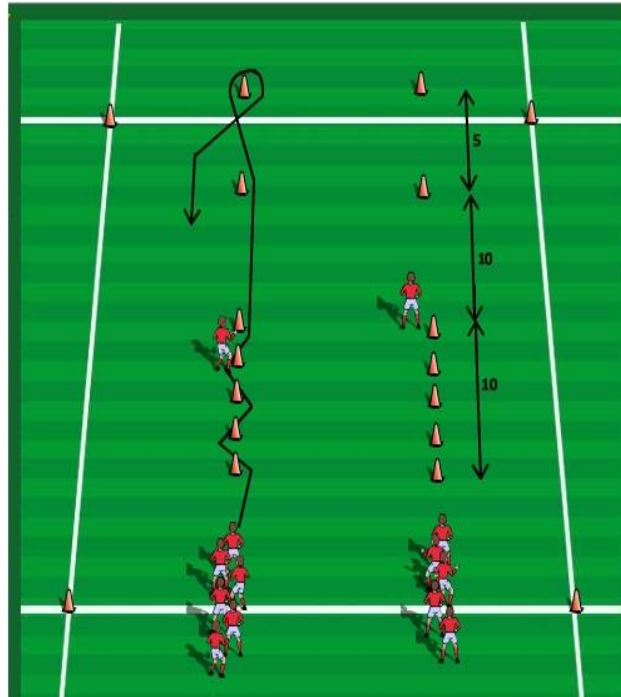
MATCH DAY

Match Day Warm Up



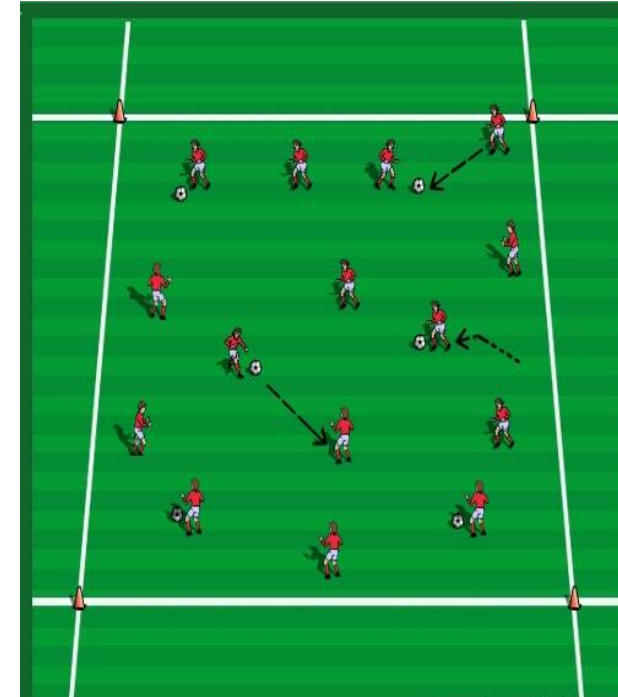
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



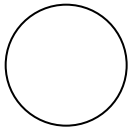
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 30

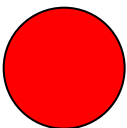
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Attacking from Deep positions in a 3-5-2	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic Attacking from Deep positions in a 3-5-2 Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 30 DAY 1

**Attacking from Deep
positions in a 3-5-2**



Attacking from Deep positions in a 3-5-2

- Organisation : 18 yd Box to 18yd box.
- 11 Vs 6 Overloaded practice. Five midfielders (S) play for both teams. One team builds up play and attacks oppositions goal. Once an attempt on goal has been made the opposing team attack the other goal.

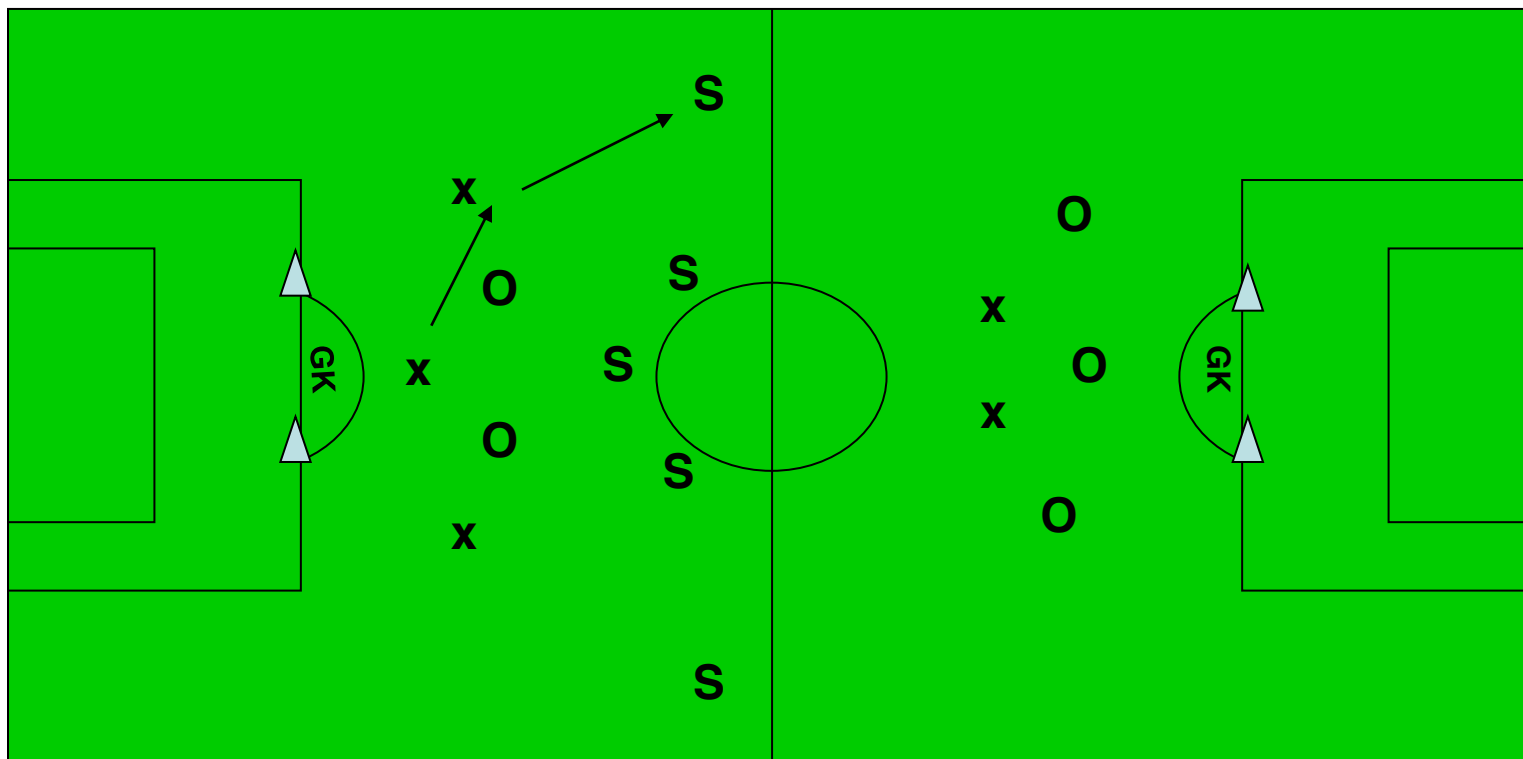
Focus on;

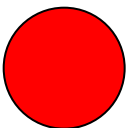
Create Space – Wide & Long

Angle & Distance of Support

Body Position

Individual & Collective roles within a 3-5-2





Attacking from Deep positions in a 3-5-2

- Organisation : 18 yd Box to 18yd box.
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- Develop the practice by focusing on roles & responsibilities and a pattern of play.

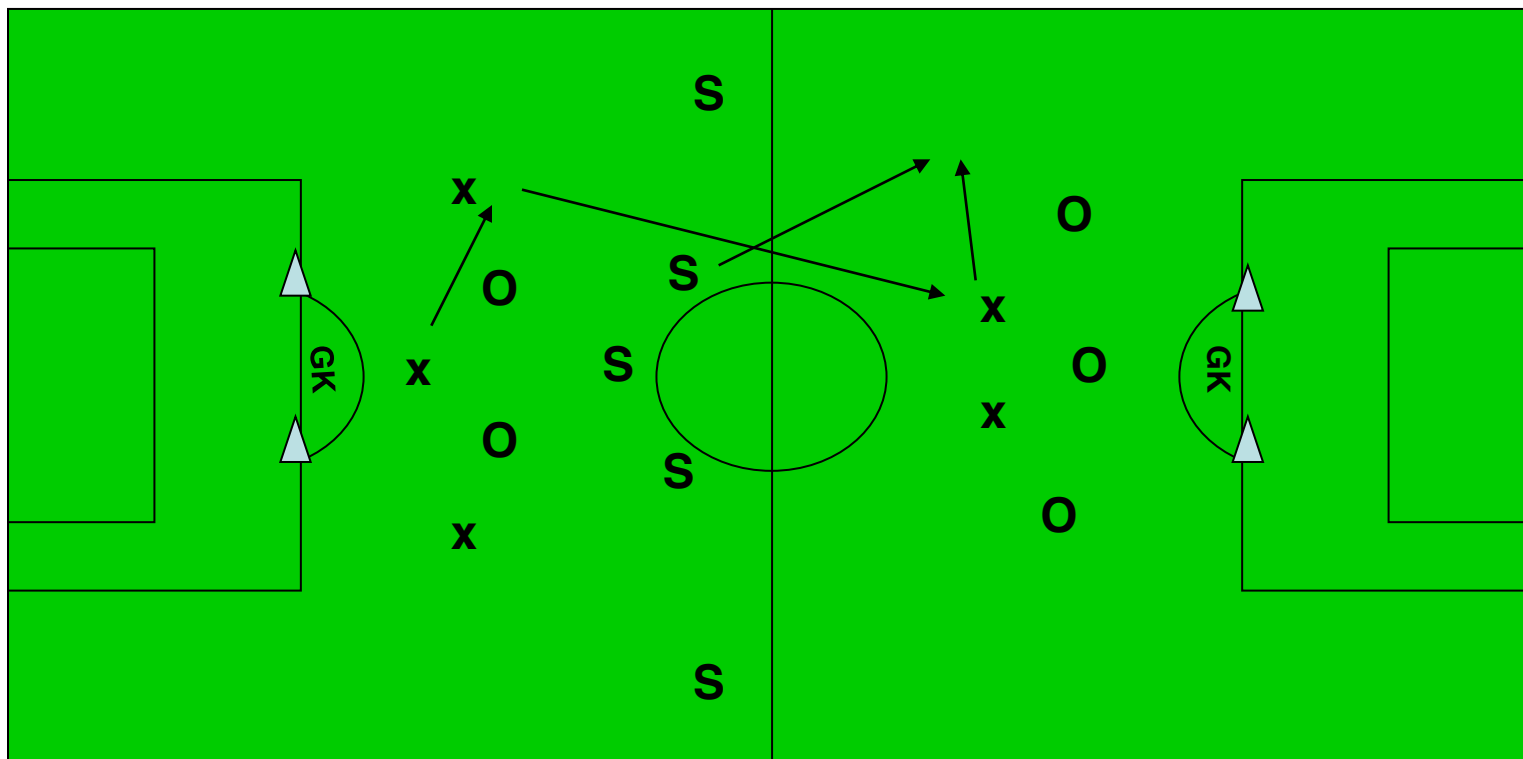
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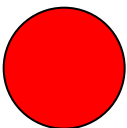
Create Space – Wide & Long

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Body Position

Individual & Collective roles within a 3-5-2





Attacking from Deep positions in a 3-5-2

Organisation : Coaching within a game
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Initial start point involves O2 playing into
GK.

Vary starting position to focus on
attacking play.

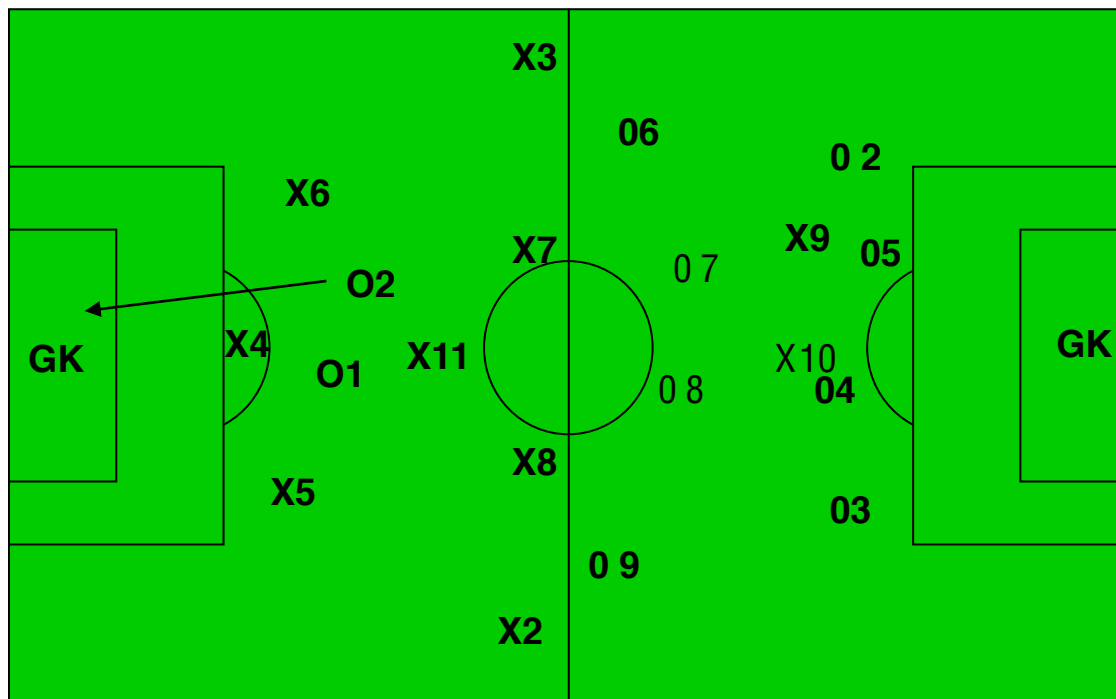
Focus on :

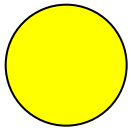
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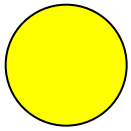




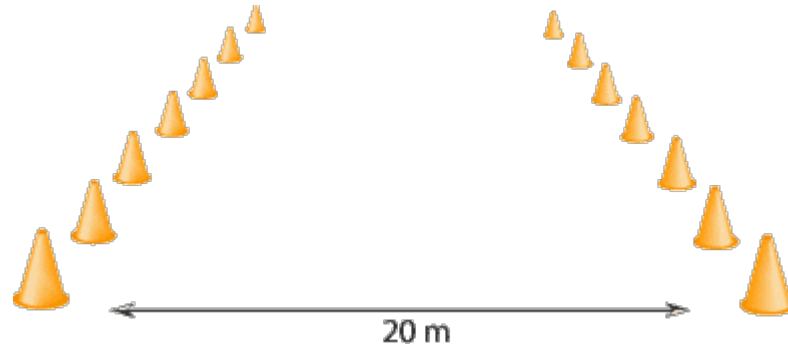
IN-SEASON

WEEK 30 DAY 2

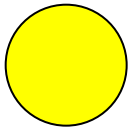
FITNESS TESTING



BLEEP TEST



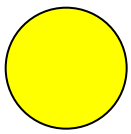
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



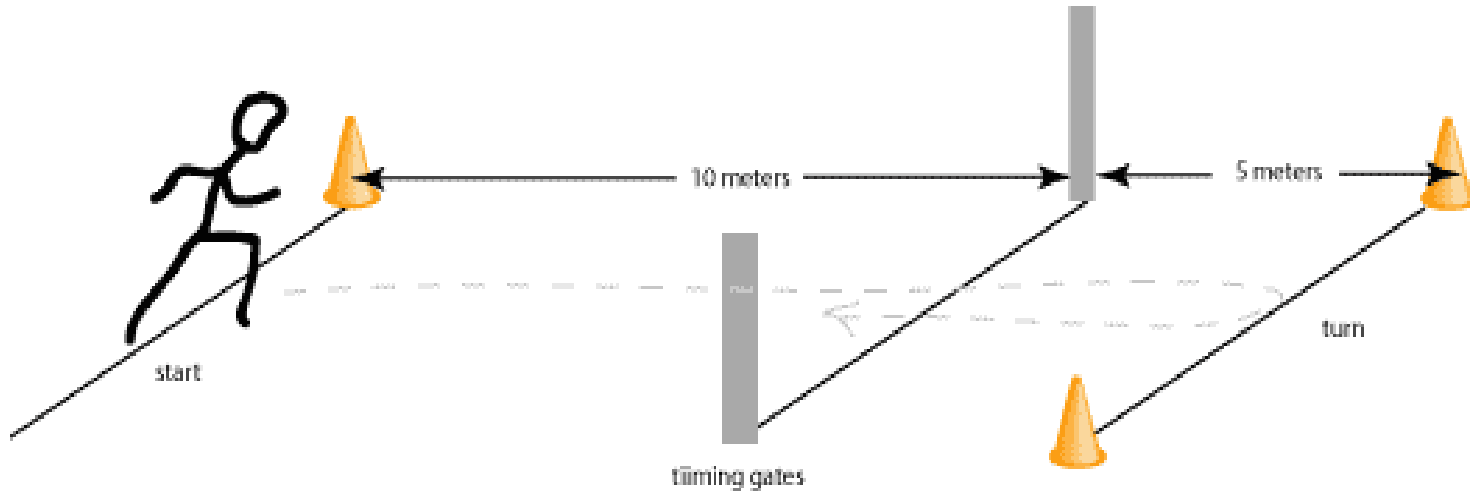
SPRINT TEST



- **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.



505 AGILITY TEST



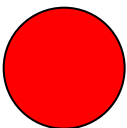
- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded 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



IN-SEASON

WEEK 30 DAY 3

**Attacking from Deep
positions in a 3-5-2**



Attacking from Deep positions in a 3-5-2

- Organisation : 18 yd Box to 18yd box.
- 11 Vs 6 Overloaded practice. Five midfielders (S) play for both teams. One team builds up play and attacks oppositions goal. Once an attempt on goal has been made the opposing team attack the other goal.

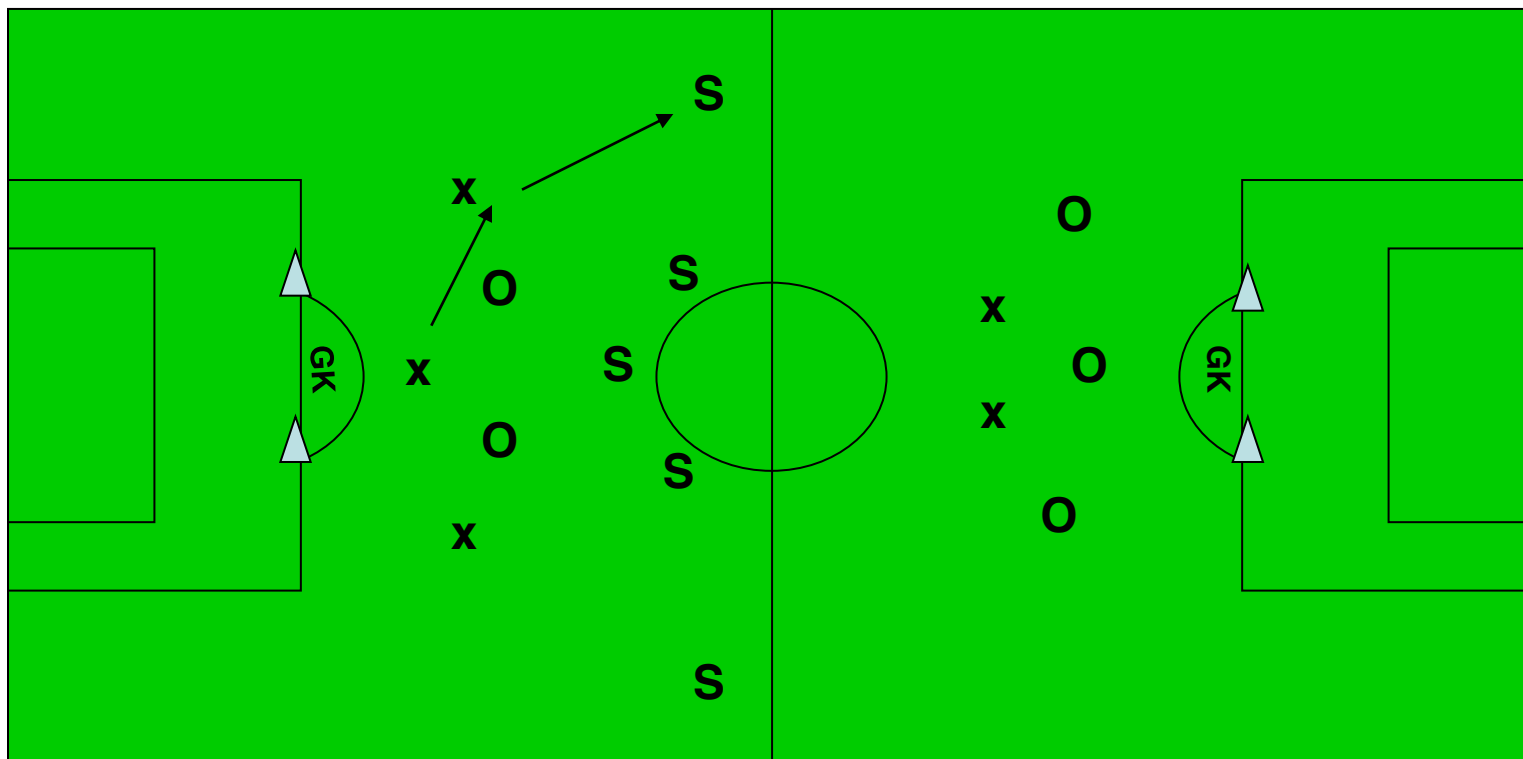
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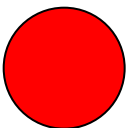
Create Space – Wide & Long

Angle & Distance of Support

Body Position

Individual & Collective roles within a 3-5-2





Attacking from Deep positions in a 3-5-2

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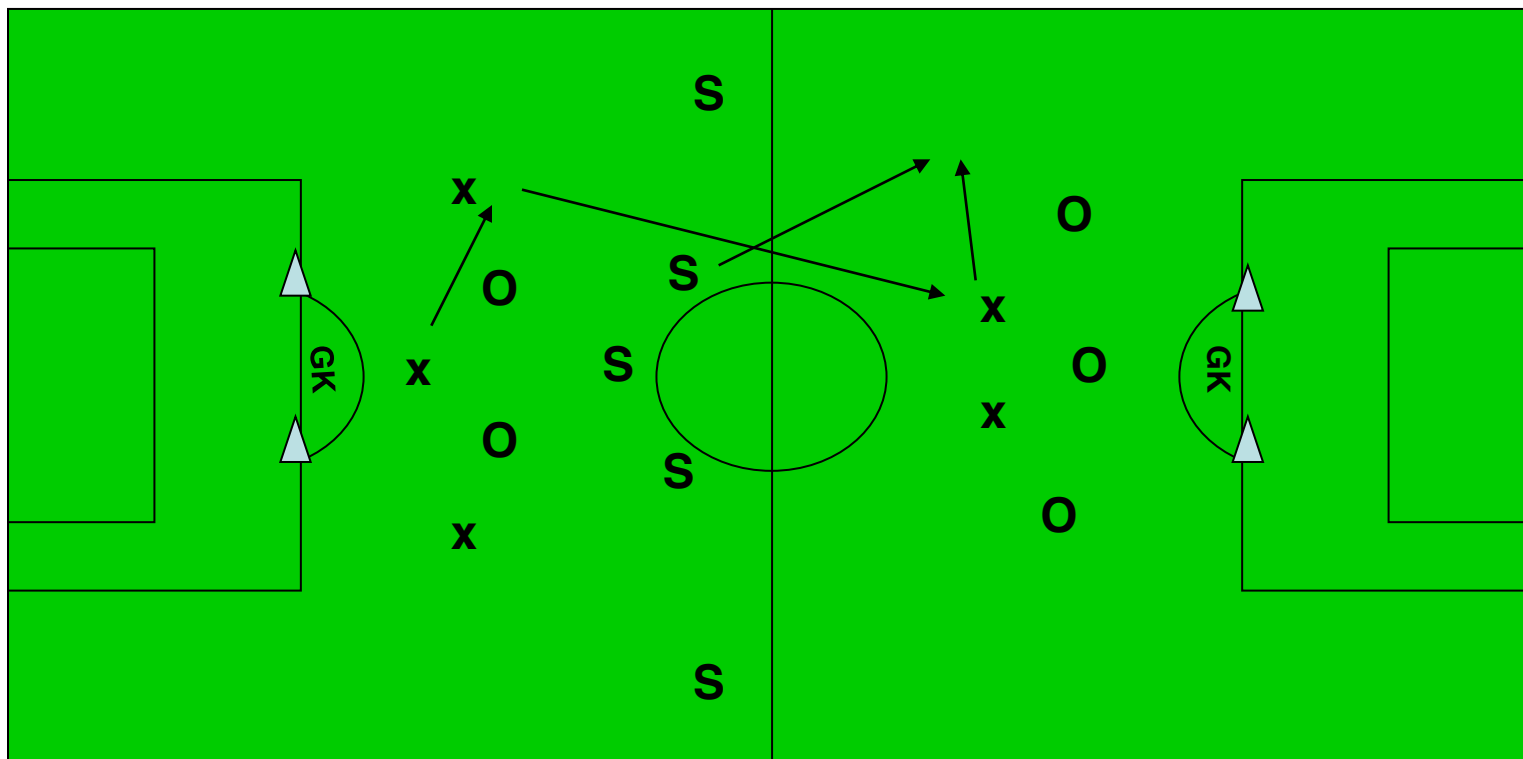
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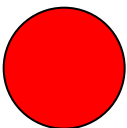
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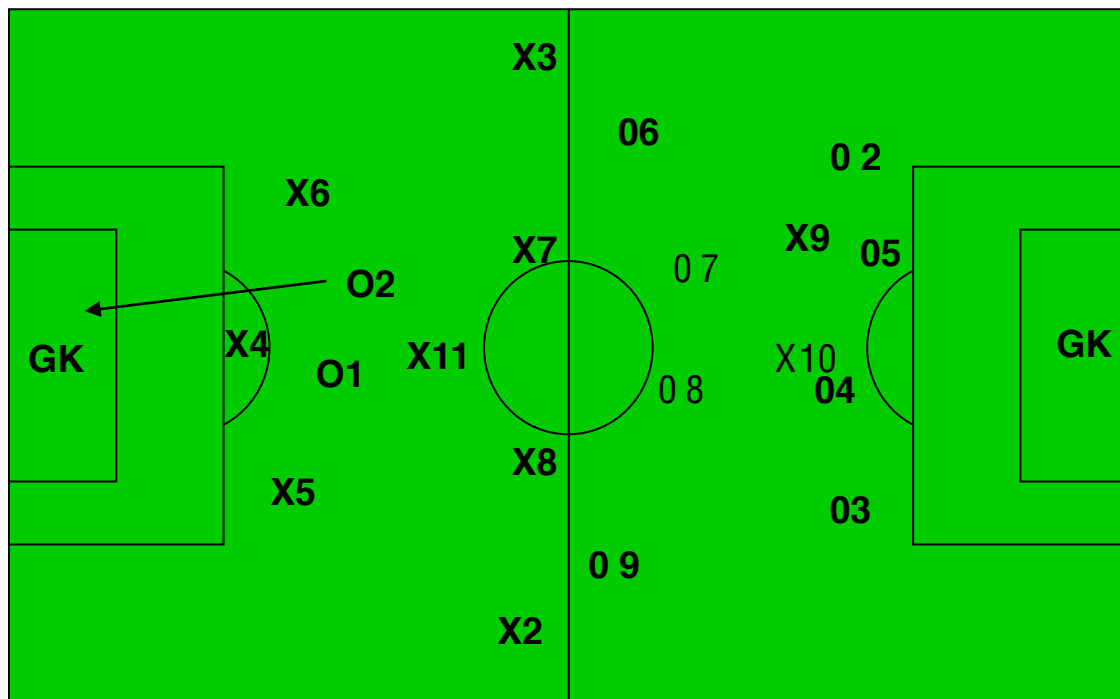
Focus on :

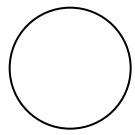
Create Space – Wide & Long

Angle & Distance of Support

Body Position

Individual & Collective roles within a 3-5-2





IN-SEASON

WEEK 30 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 15
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 30 DAY 5

Tactical Training Game



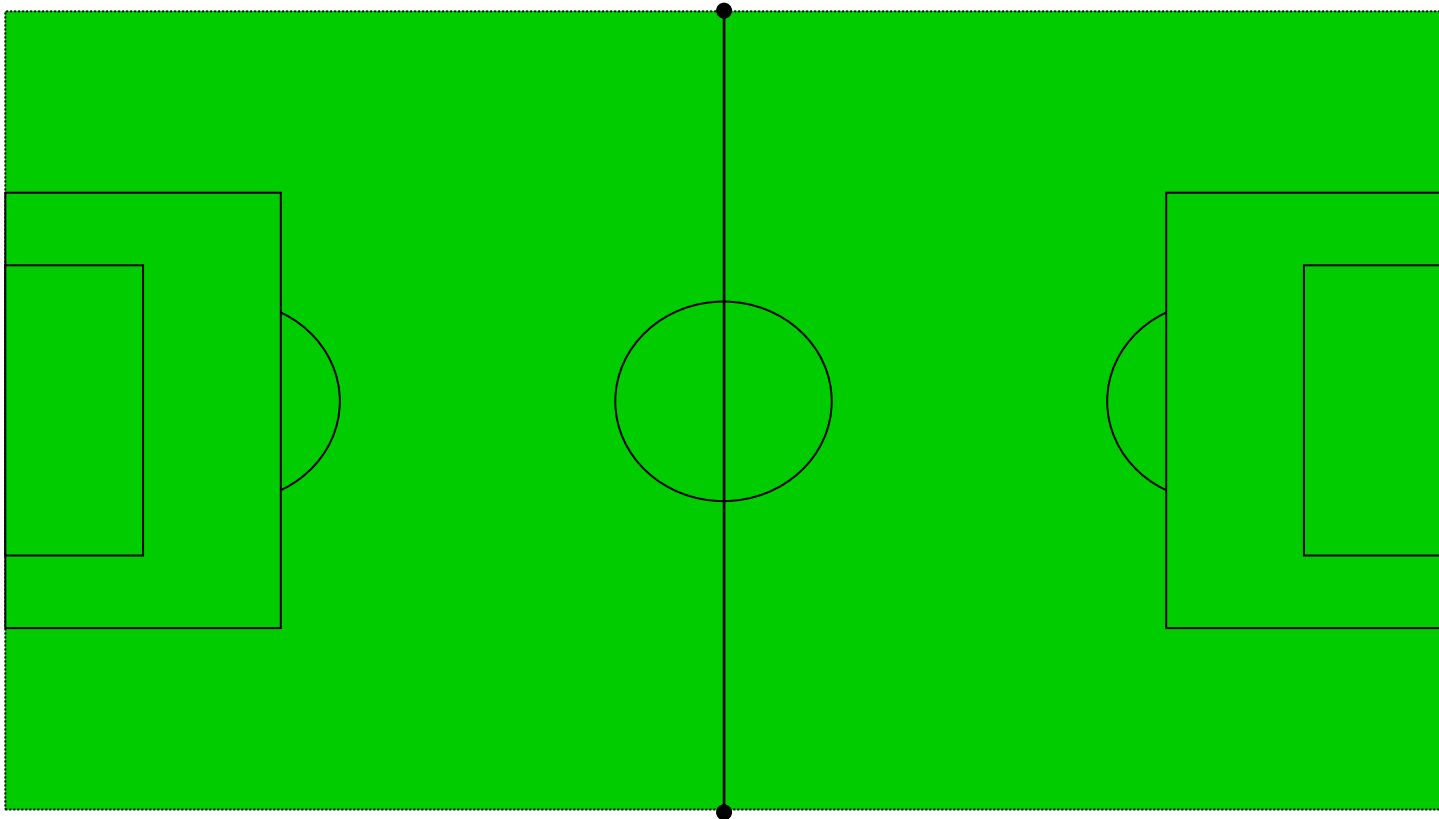
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





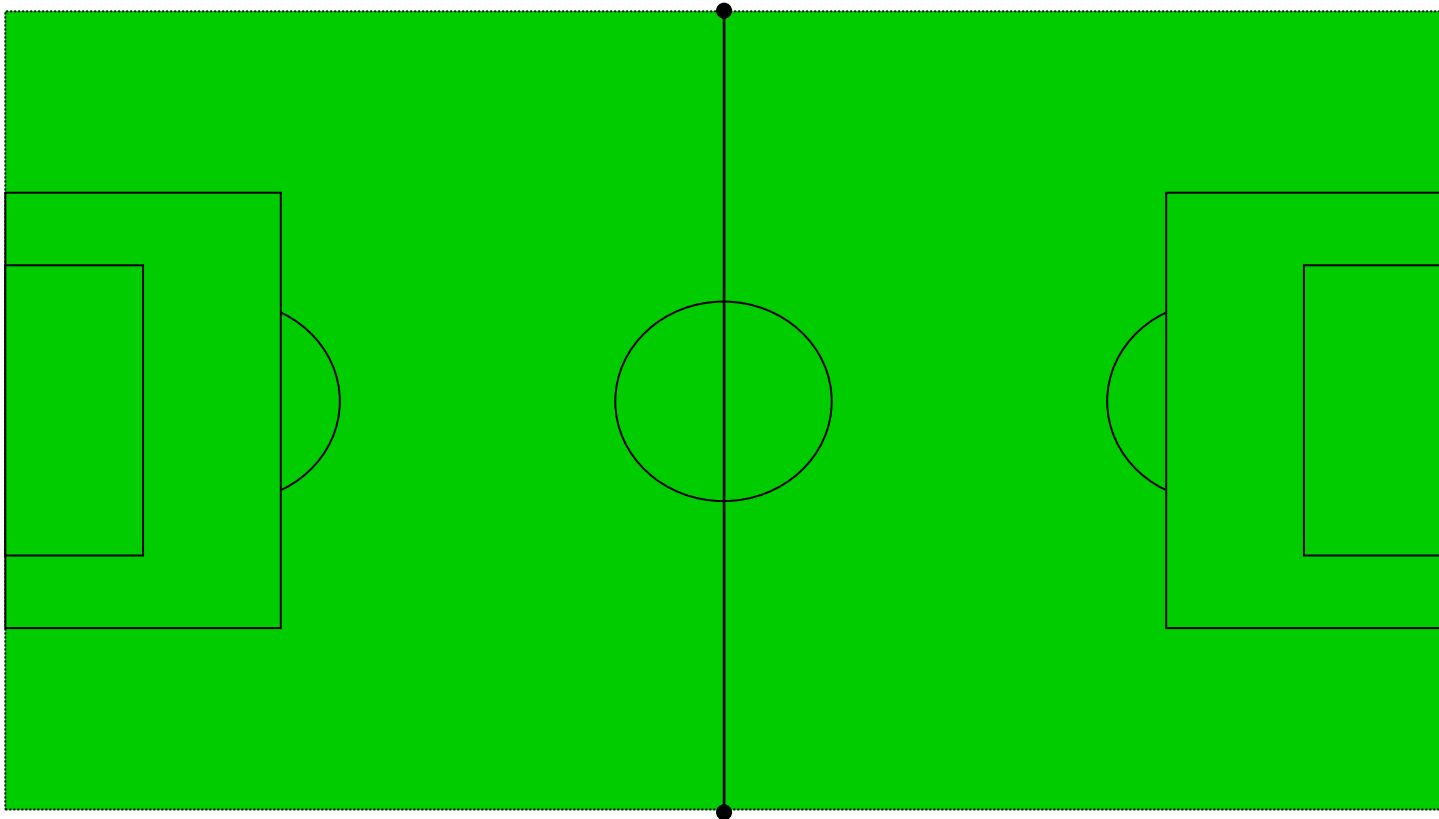
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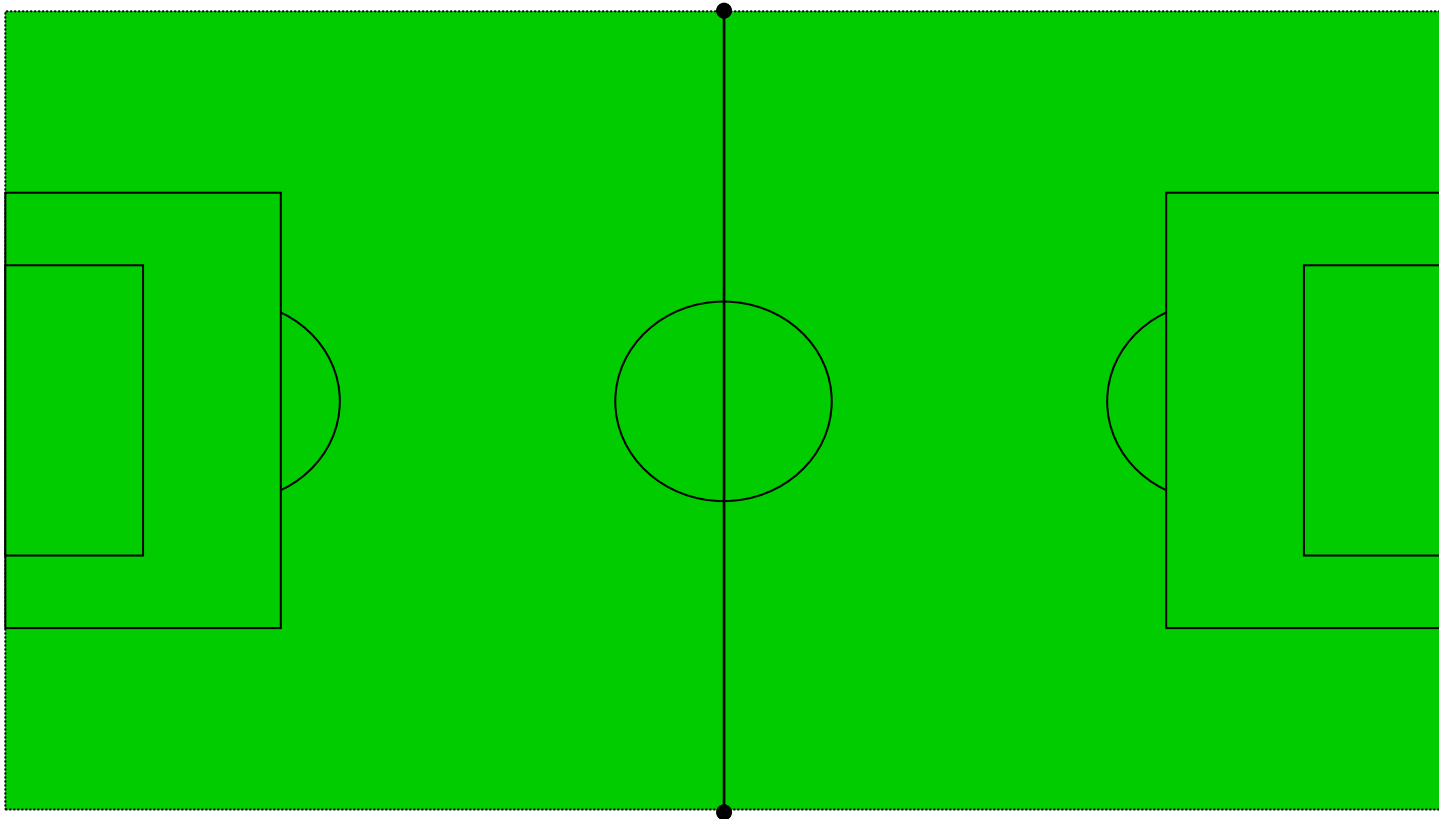
Tactical Training Game

•Organisation :

Opposition :

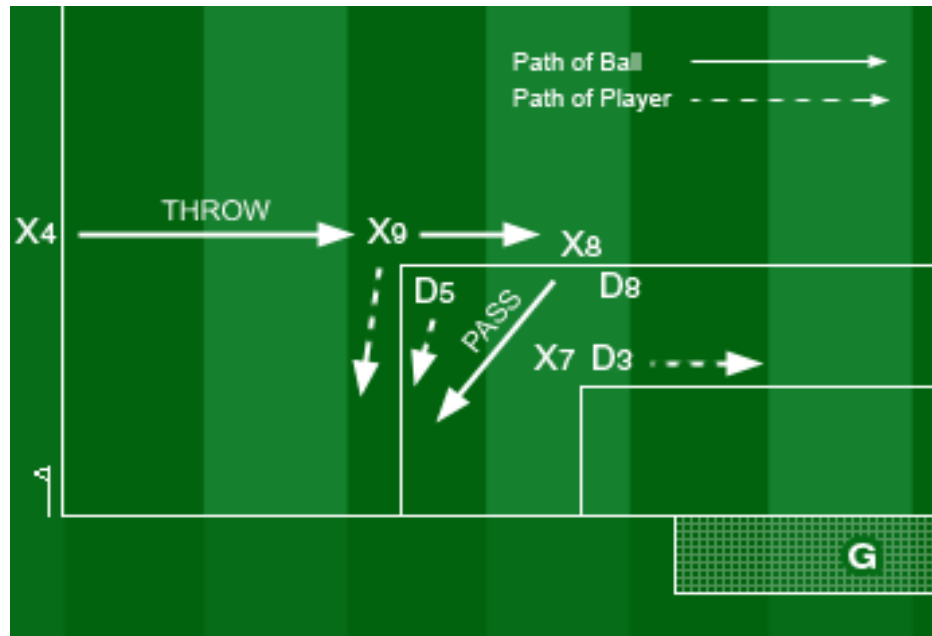
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



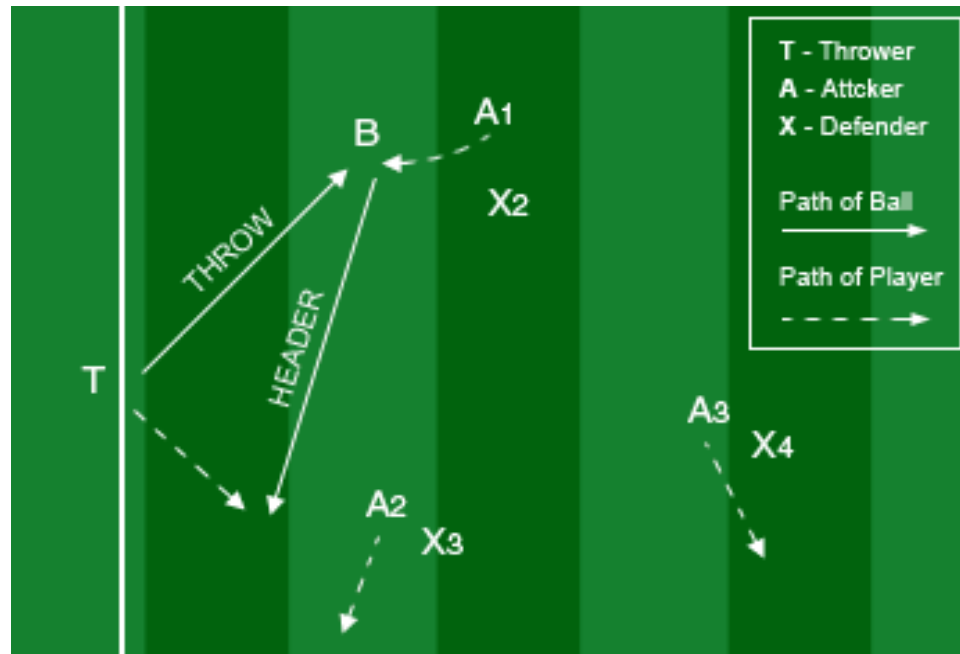
Set Plays at a Throw-in (attacking)

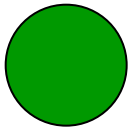
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





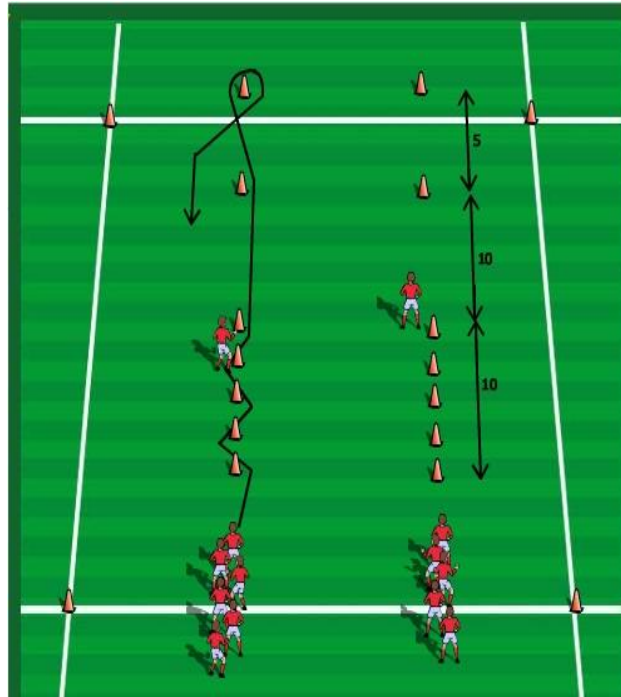
MATCH DAY

Match Day Warm Up



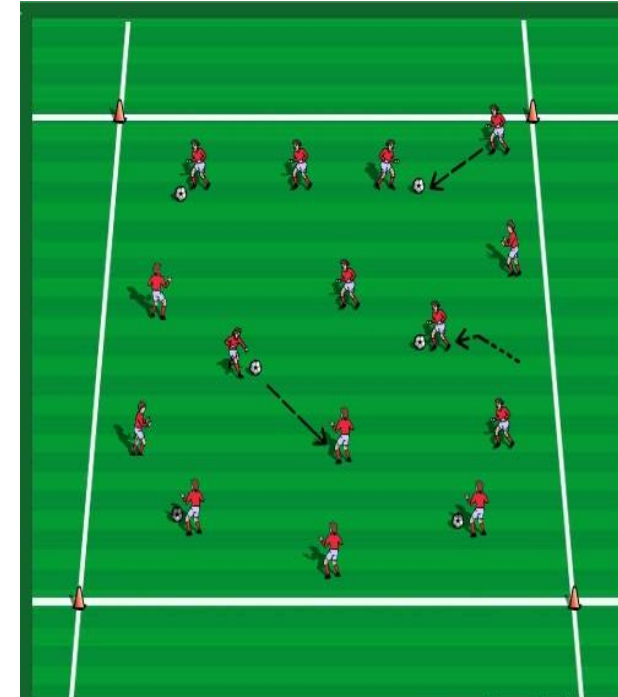
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



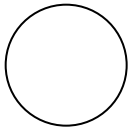
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Full backs defending	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test 30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Warm Up Static & Dynamic Full backs defending Cool Down Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Recovery	Recovery	Recovery	Rest & Recovery	Set Plays Corner kicks Cool Down Recovery	Recovery	Rest & Recovery



IN-SEASON

WEEK 31 DAY 1

Full backs defending



Full backs defending

Organisation : Full back (x) passes ball to wide player (x). As ball travels defending full back pressurises ball.

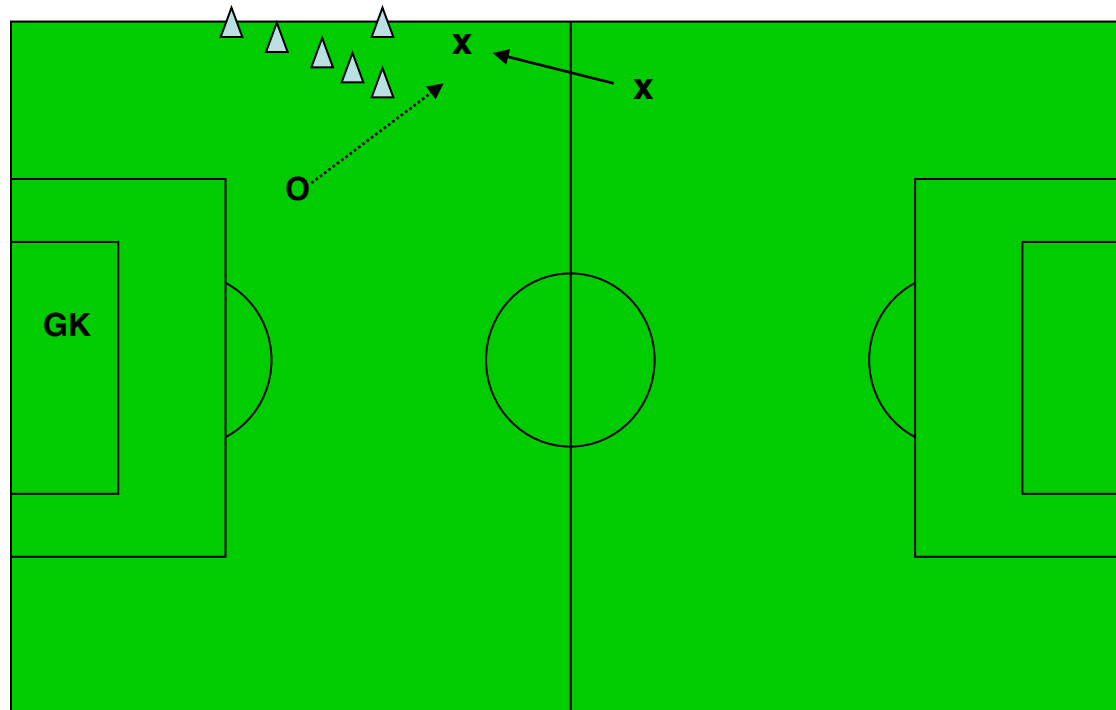
Playing Area : Serving full back serves ball from half way line. Defensive full back starts 10 yards outside of 18 yard box.

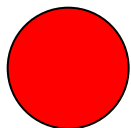
Focus on : Full back:

Close down wide player quickly cutting off the line preventing wide player getting into coned area.

Slow down within 2-3 yards to prevent wide player getting past, but close enough to prevent building up speed

Jockey and lead with nearest foot if ball can be won.





Full backs defending (progression)

Organisation : Full back (x) passes ball to wide player (x). As ball travels defending full back (o) pressurises ball. Full back can now pass to centre forward or overlapping full back. Defending centre back and wide player are added

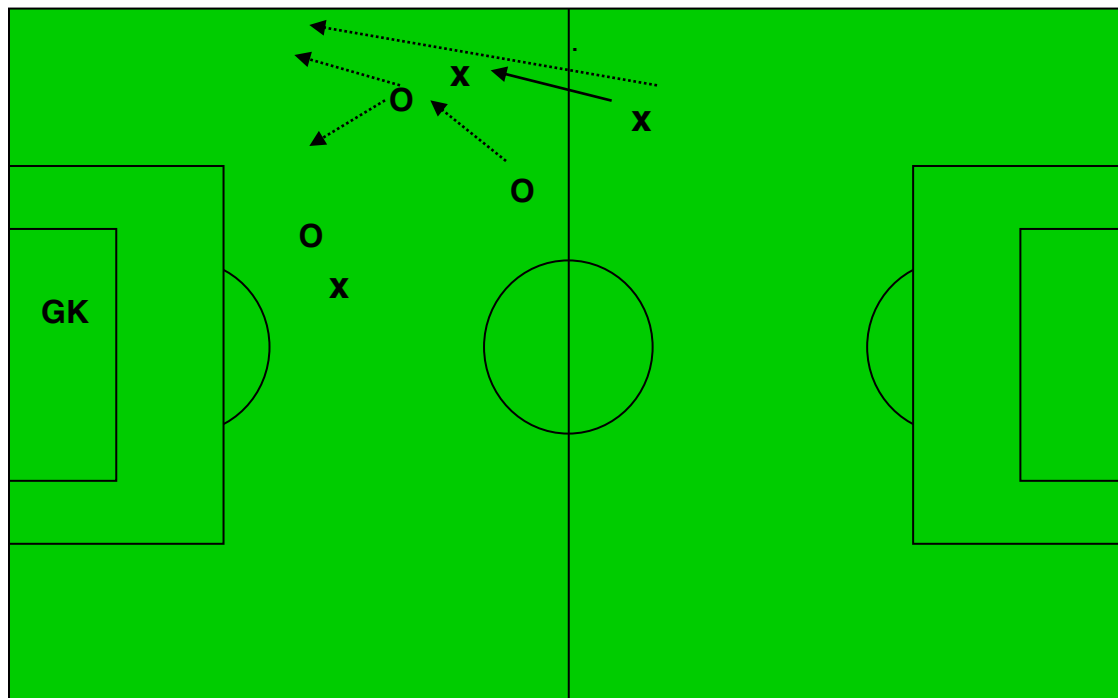
Playing Area : Serving full back serves ball from half way line. Defensive full back starts 10 yards outside of 18 yard box.

Full back: Having pressured wide player, if opposing full back overlaps, defensive full back tracks overlapping run.

If wide player passes or dribbles inside to centre forward full back “tucks” in close to centre back.

Wide player: If full back overlaps, wide player to pressurise opposing wide player and force ball down line.

Centre back: move within 10 yards of full back to remain “compact” whilst positioning ball side of centre forward.





Full backs defending in a 11 v 11

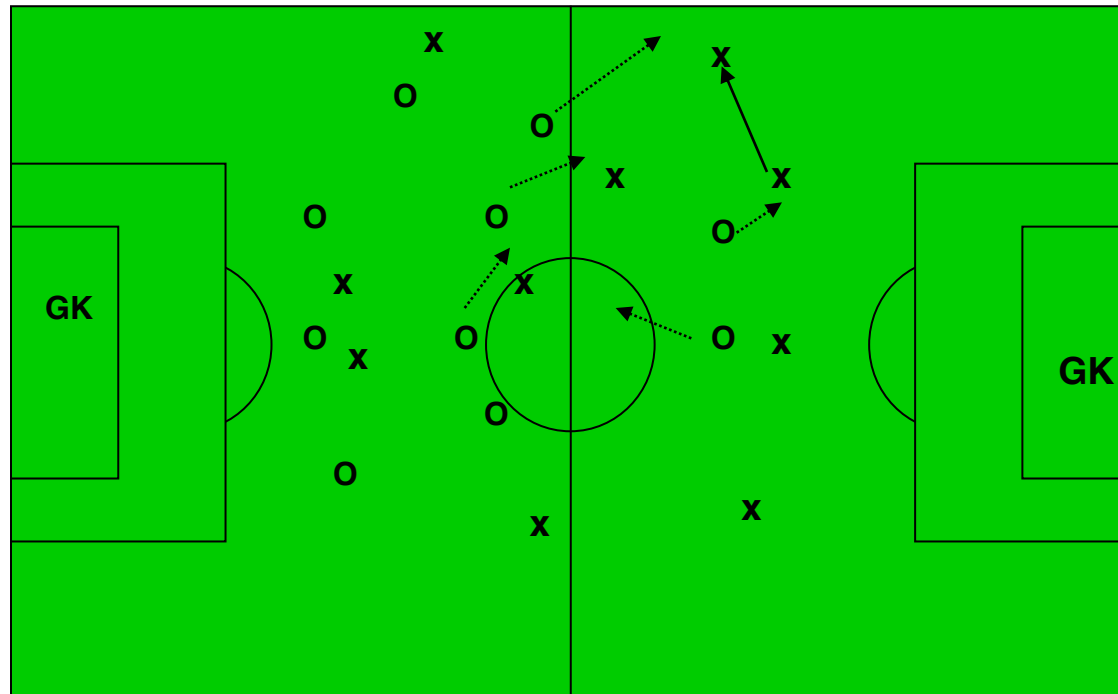
Organisation : Open play ensuring ball is started from wide and central areas of defensive, midfield and attacking zones.

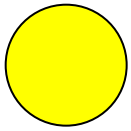
Playing Area : Full pitch

Back 4: Within 10 yards of each other. When central play within width of 18 yard box. When wide, full back on opposite side be in advance of centre backs. Move forward as a unit when ball moves forward if there is pressure on ball (until ball stops)

Midfield Unit: When central force play wide. When wide pressure player on ball if overlap occurs. Keep within 10 yards and keep play in front.

Forwards: When central force play wide, and prevent play back to central defender. When wide force play inside for midfield to win ball ballside.

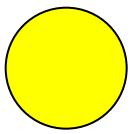




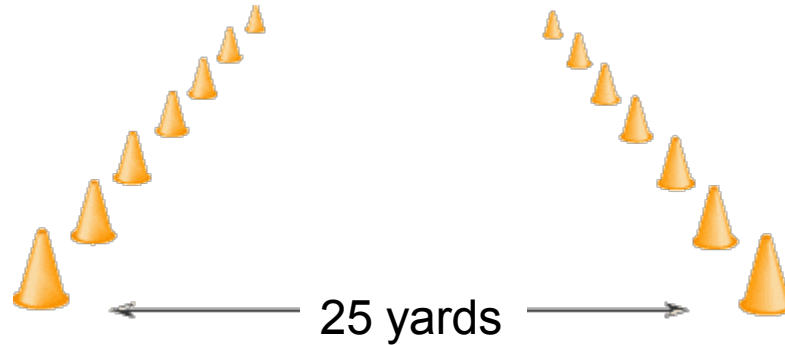
IN-SEASON

WEEK 31 DAY 2

FITNESS TESTING



300 YARDS SHUTTLE TEST



Objective :

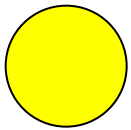
- The objective of this test is to monitor the athlete's intermediate anaerobic power (lactate system).

Required resources to undertake this test :

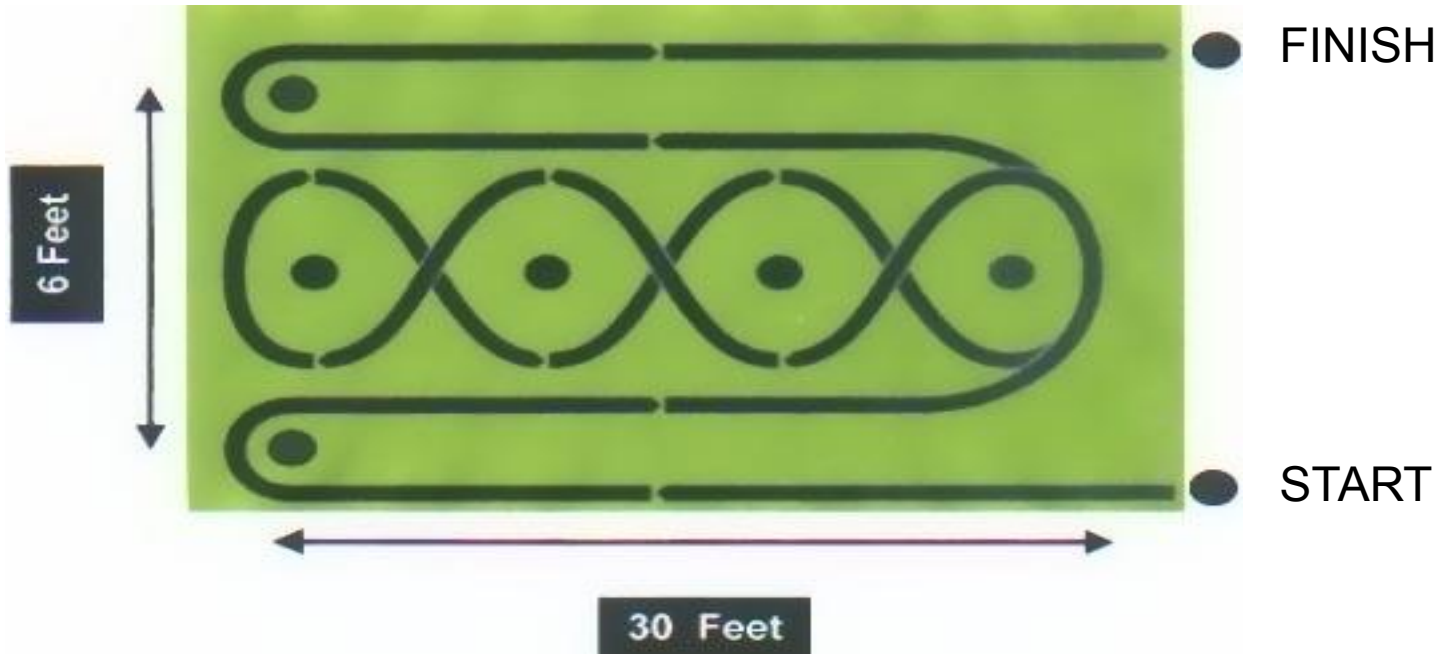
- Two cones placed 25 yard (22.8 metres) apart
- Stop watch
- An assistant

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



ILLINOIS AGILITY TEST



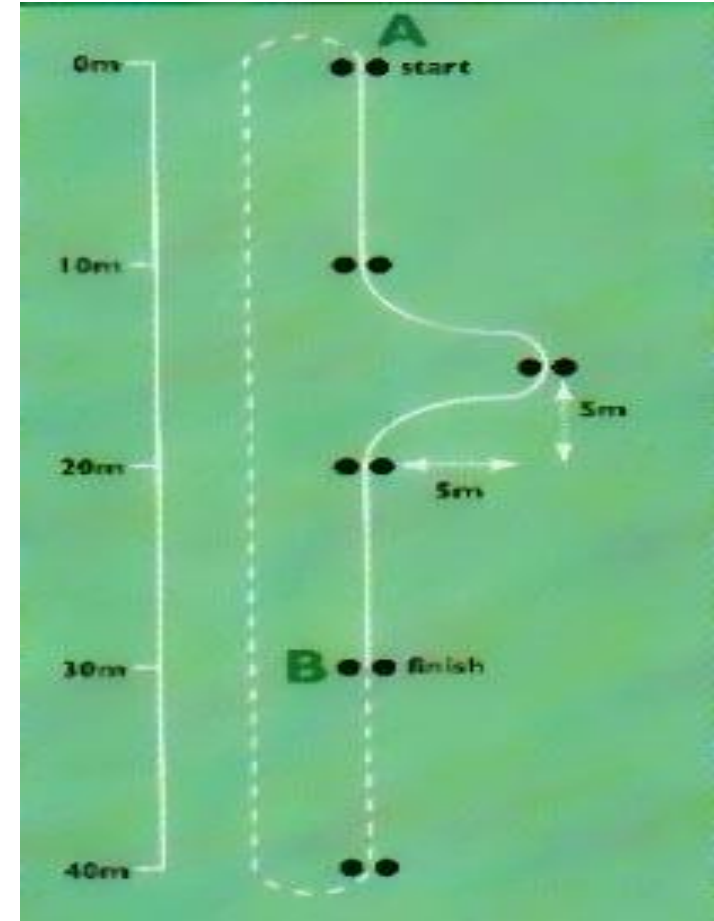
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 31 DAY 3

Full backs defending



Full backs defending

Organisation : Full back (x) passes ball to wide player (x). As ball travels defending full back pressurises ball.

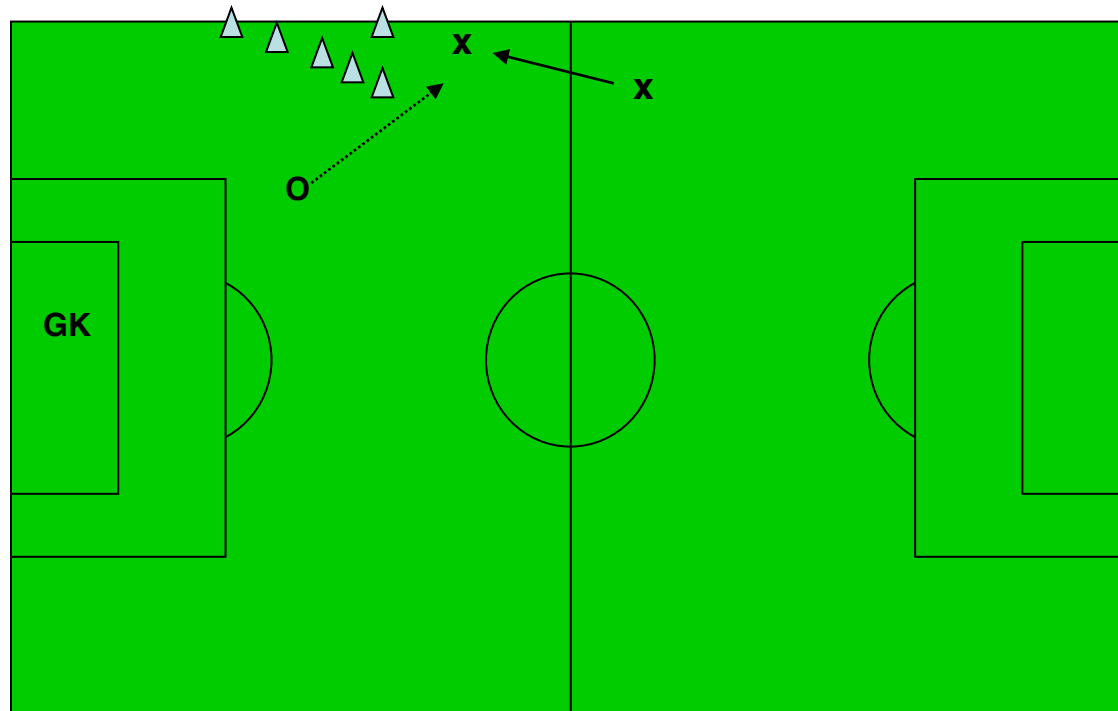
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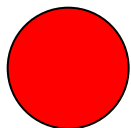
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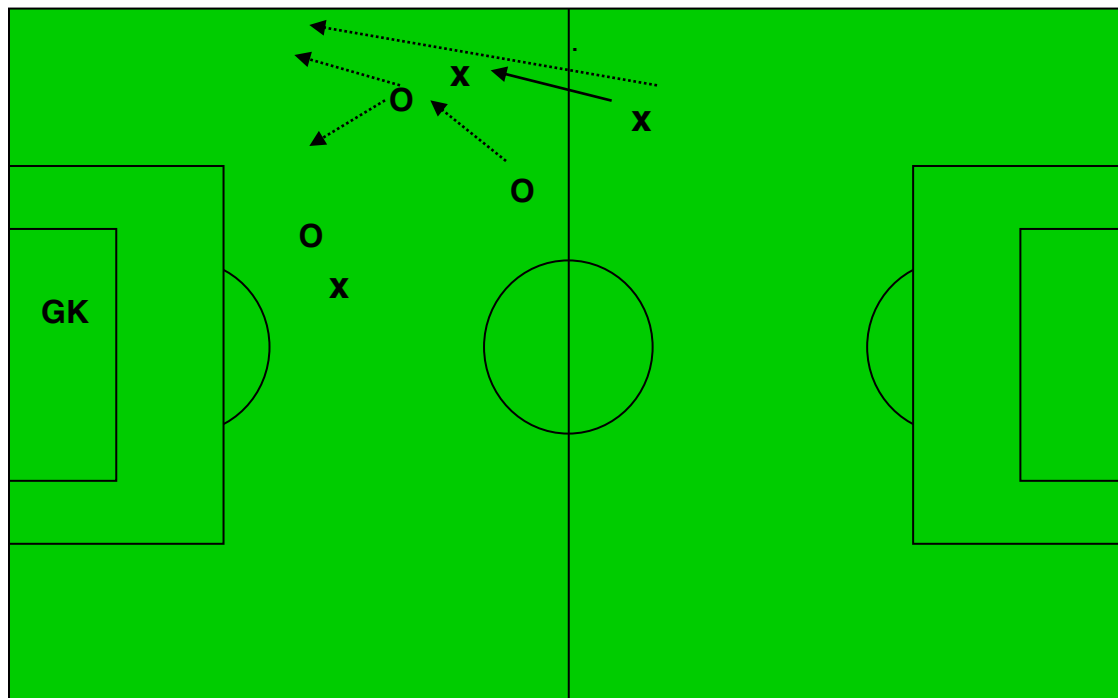
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Centre back: move within 10 yards of full back to remain “compact” whilst positioning ball side of centre forward.





Full backs defending in a 11 v 11

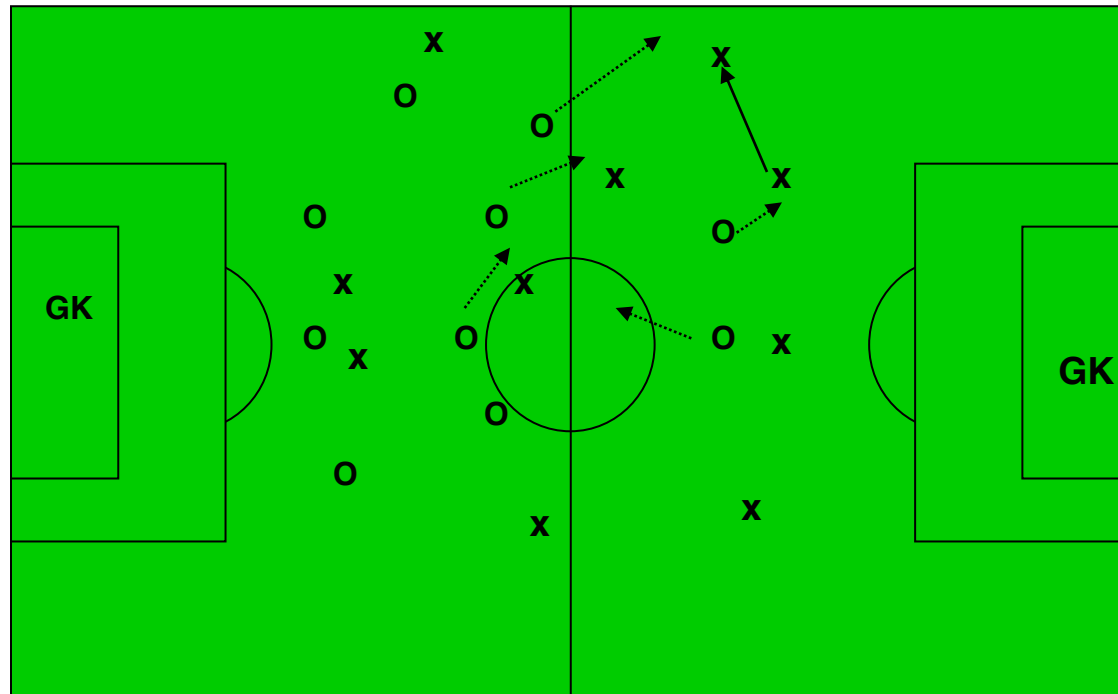
Organisation : Open play ensuring ball is started from wide and central areas of defensive, midfield and attacking zones.

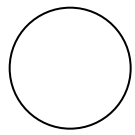
Playing Area : Full pitch

Back 4: Within 10 yards of each other. When central play within width of 18 yard box. When wide, full back on opposite side be in advance of centre backs. Move forward as a unit when ball moves forward if there is pressure on ball (until ball stops)

Midfield Unit: When central force play wide. When wide pressure player on ball if overlap occurs. Keep within 10 yards and keep play in front.

Forwards: When central force play wide, and prevent play back to central defender. When wide force play inside for midfield to win ball ballside.

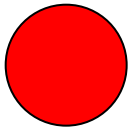




IN-SEASON

WEEK 31 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 16
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 31 DAY 5

Tactical Training Game



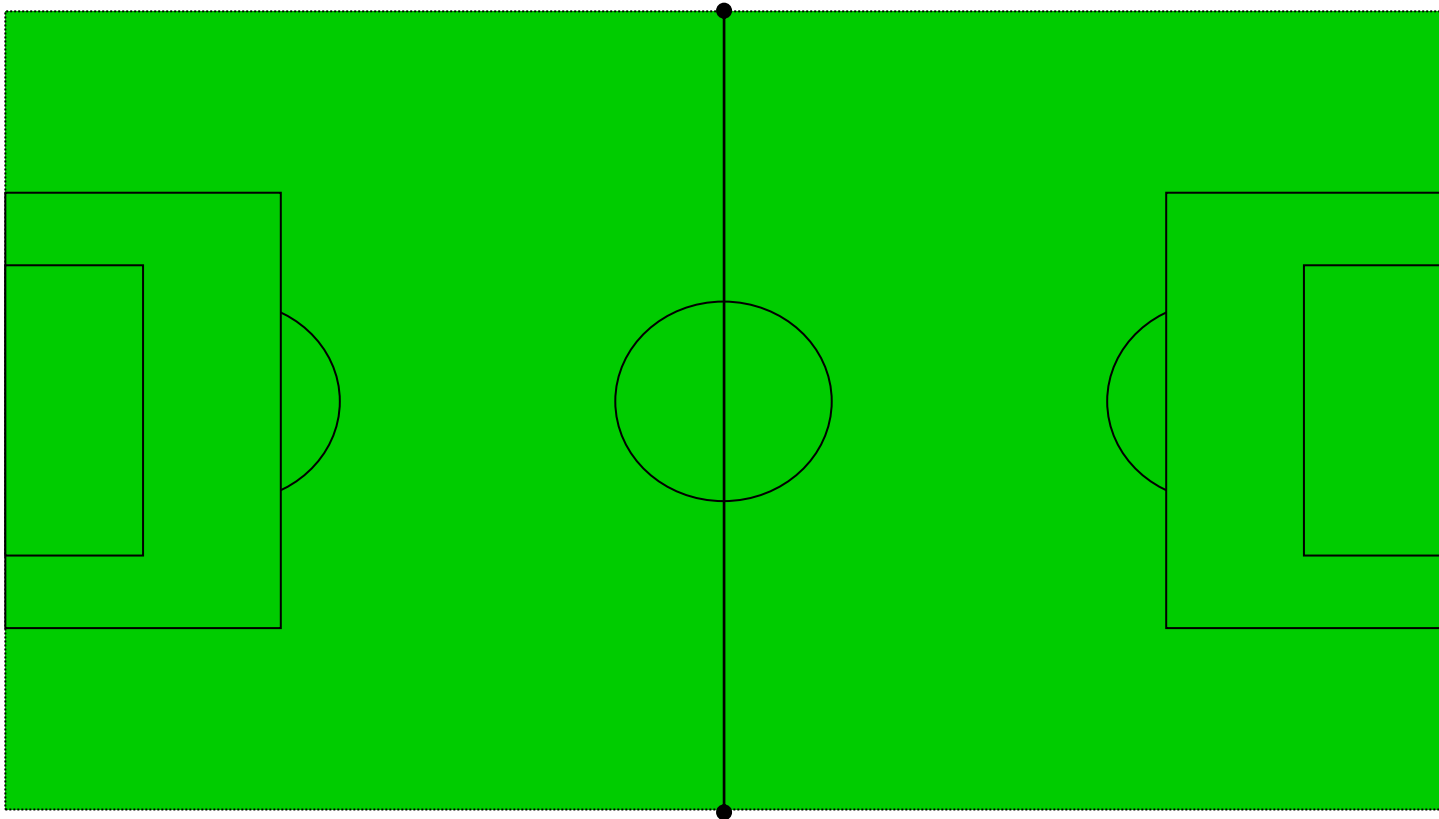
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





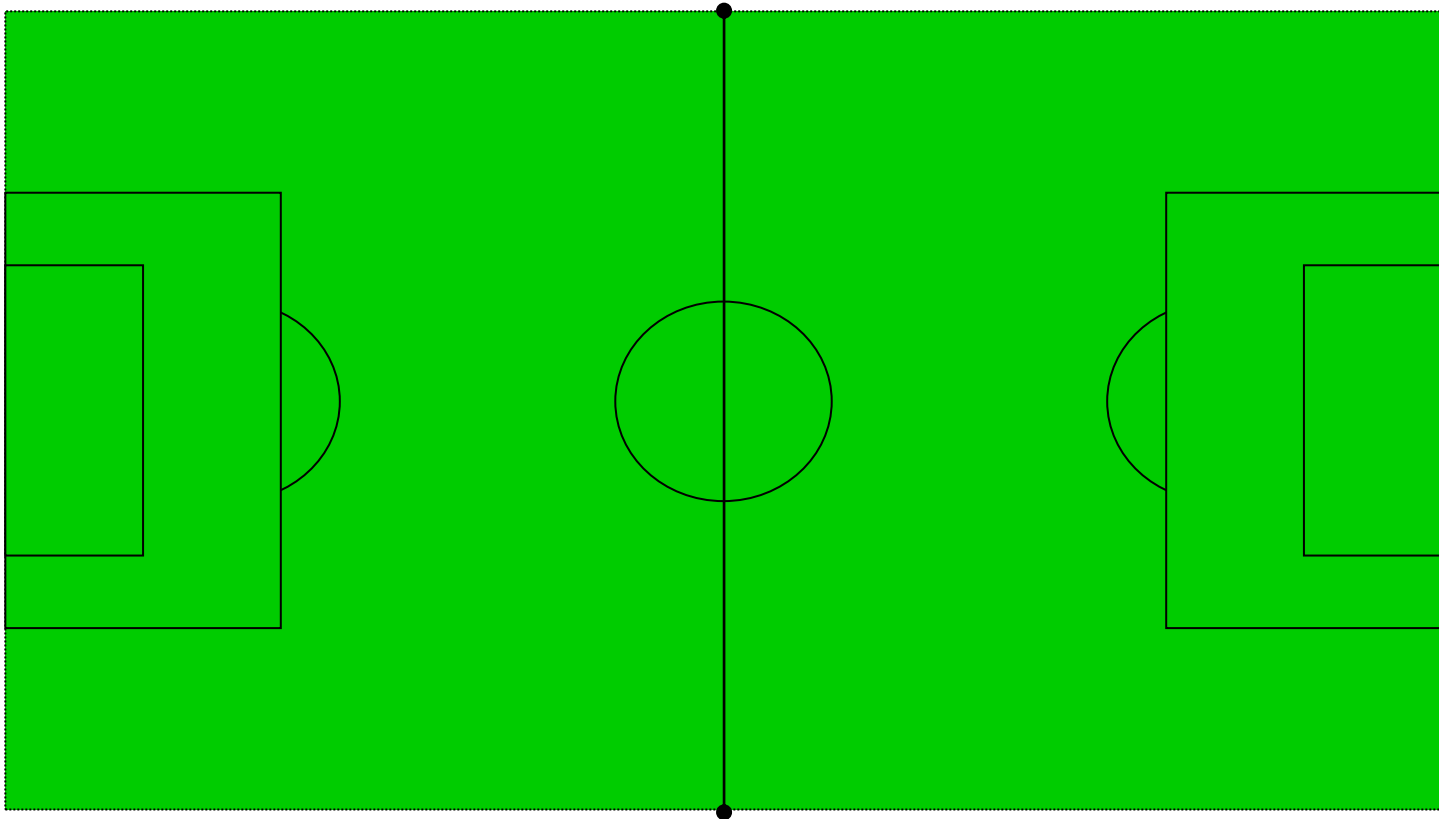
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





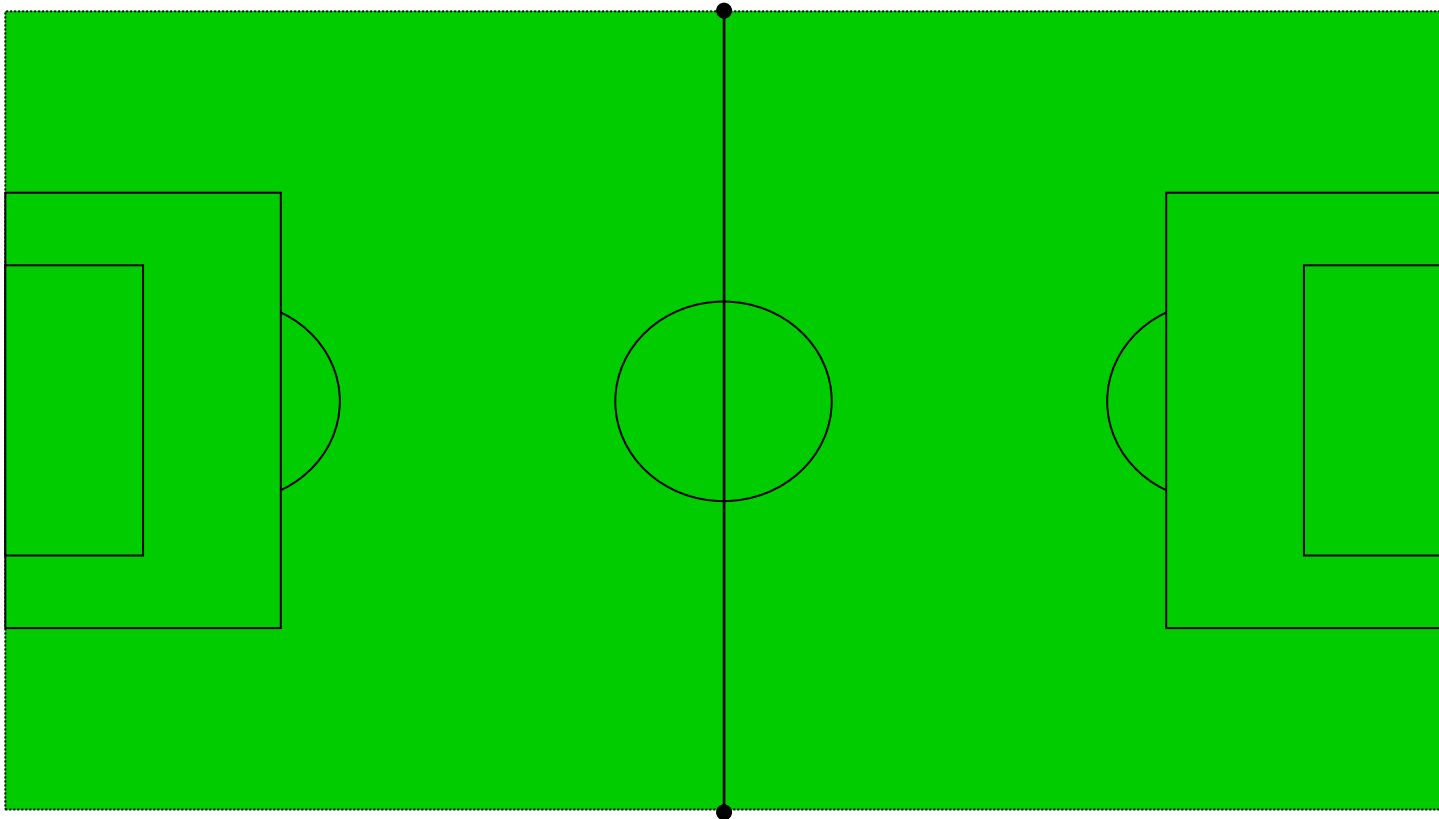
Tactical Training Game

•Organisation :

Opposition :

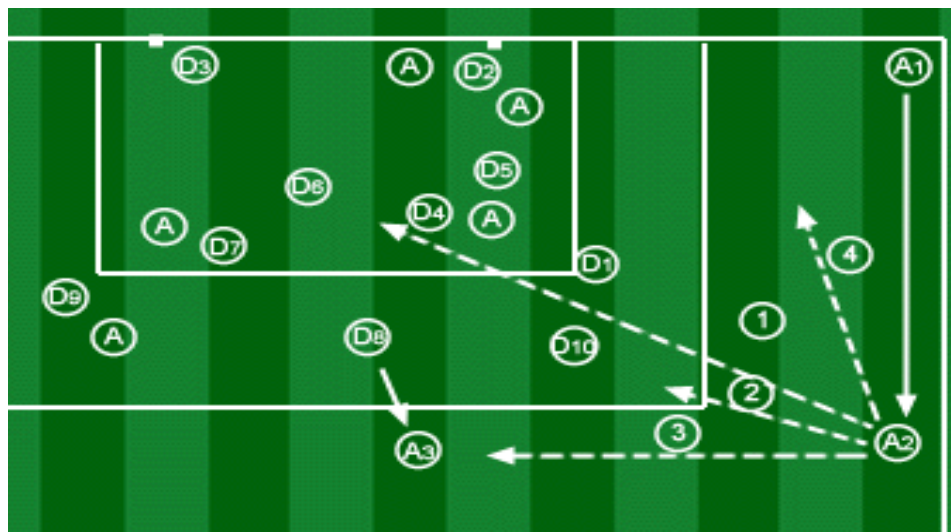
Expected formation : 4-4-2 4-5-1 4-3-3

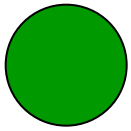
Focus on :



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





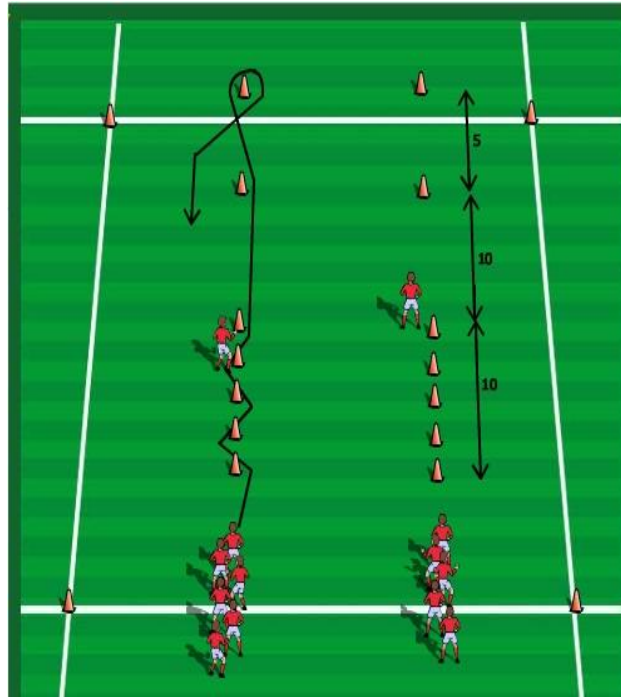
MATCH DAY

Match Day Warm Up



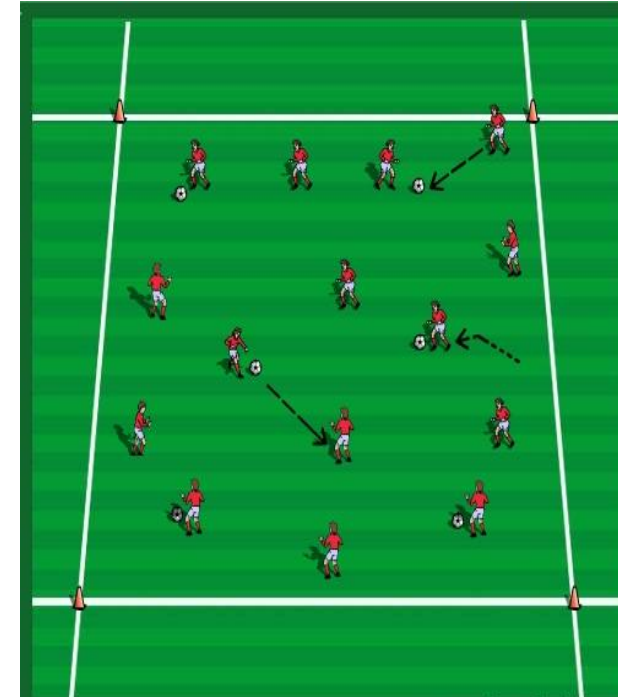
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



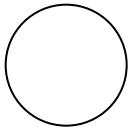
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



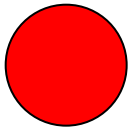
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 32

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Attacking Corners	Dynamic Warm Up Fitness Testing Bleep Spring	Warm Up Static & Dynamic Attacking Corners	Gym Session Lower Body Workout	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY	Rest & Recovery
PM	Cool Down Recovery	505 Agility High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Flexibility Swimming Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Cool Down Recovery	



IN-SEASON

WEEK 32 DAY 1

Attacking Corners



Attacking Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Start with the corner taker and 5 attacking players in area

Focus on :

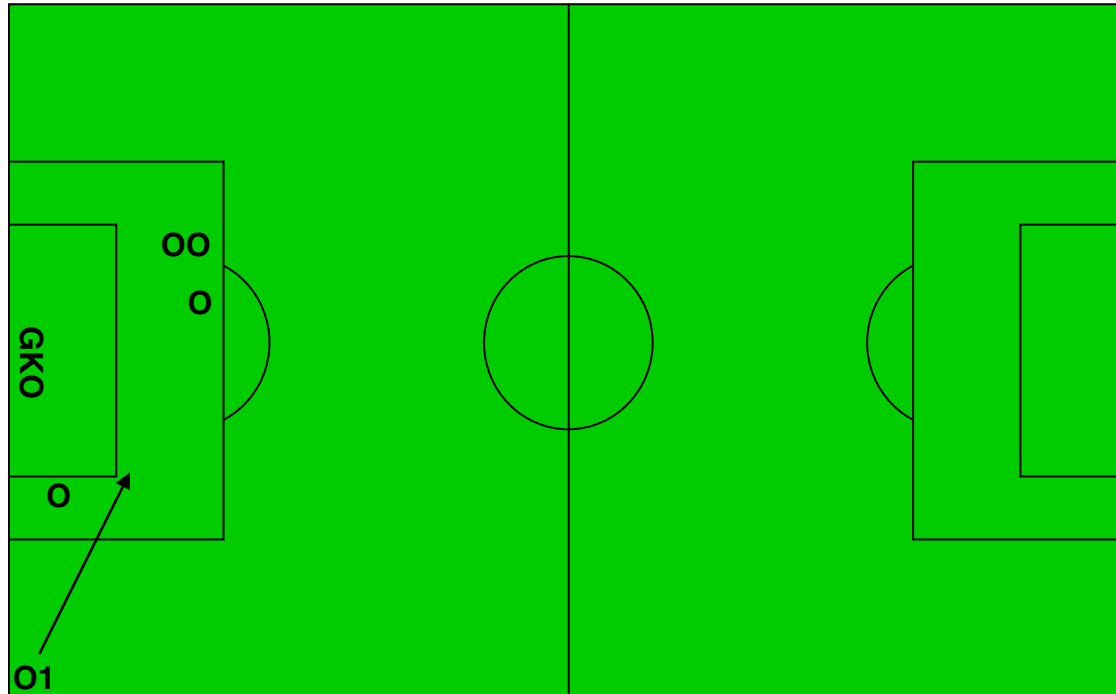
Starting positions

Type and quality of delivery

Discipline - concentration - Alertness -
Determination- read the delivery-anticipate
movements/deflections

When and how does attacking commence

What is involved in attacking





Attacking Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Add players on outside of area

Focus on :

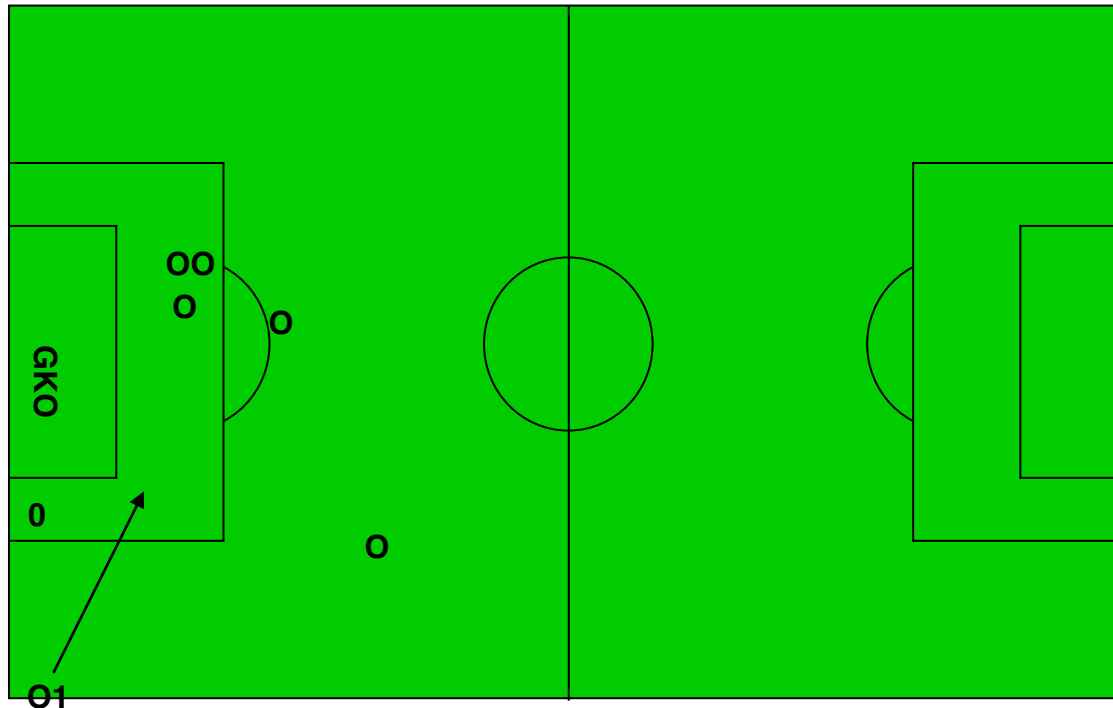
Starting positions

Type and quality of delivery

Discipline - concentration - Alertness -
Determination- read the delivery-anticipate
movements/deflections

When and how does attacking commence

What is involved in attacking





Attacking Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Position all members of the team and add a defending team to defend against

Focus on :

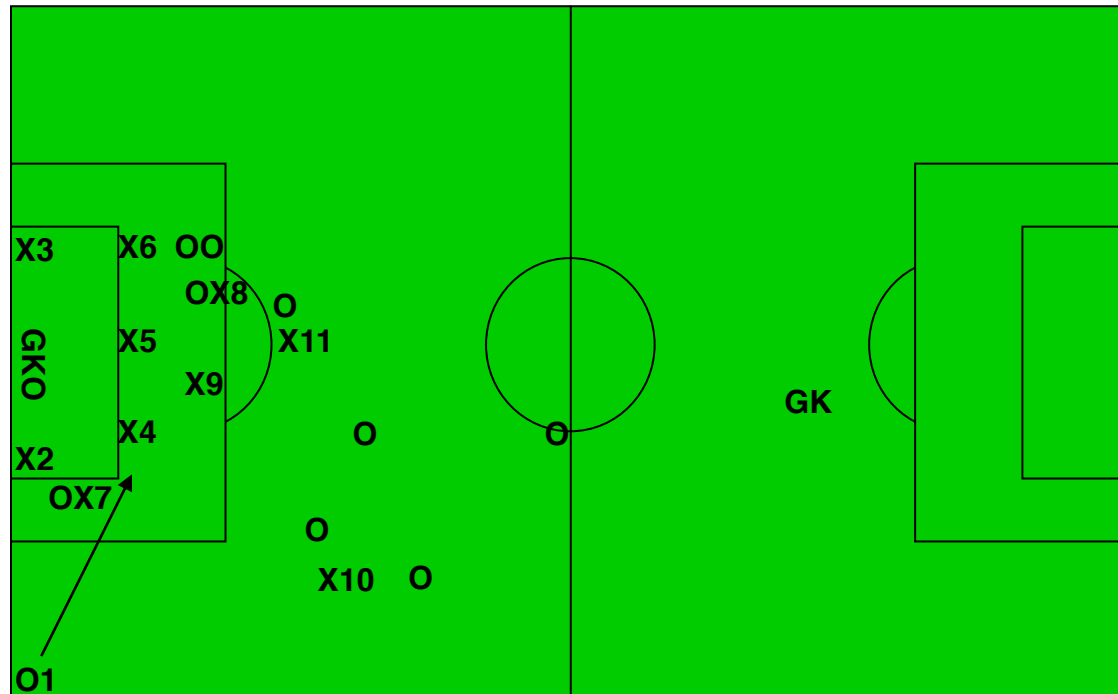
Starting positions

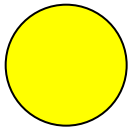
Type and quality of delivery

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When and how does attacking commence

What is involved in attacking

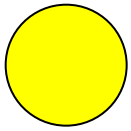




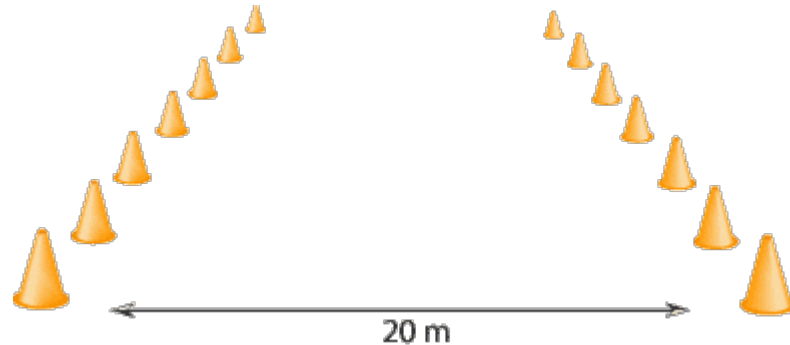
IN-SEASON

WEEK 32 DAY 2

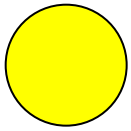
FITNESS TESTING



BLEEP TEST



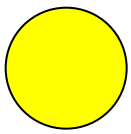
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



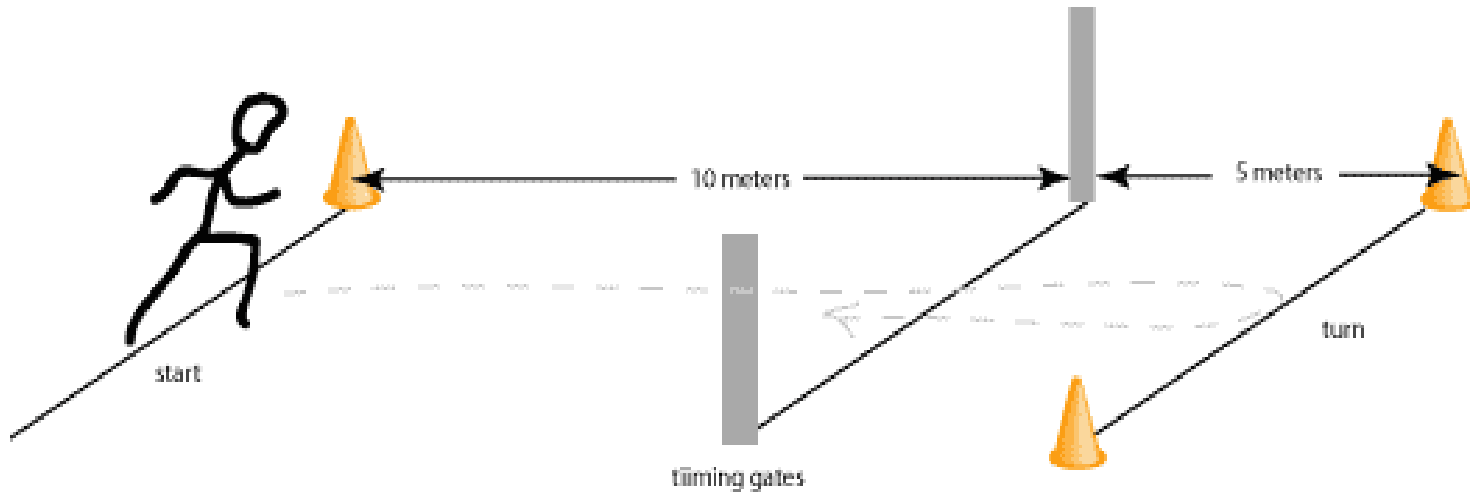
SPRINT TEST



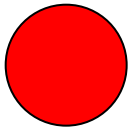
- **Description / Procedure :** The purpose of this test is to determine maximum running speed. It involves running a single maximum sprint over a set distance, with time recorded. The test is conducted over different distances, such as 10, 20, 40 and/or 50 meters or yards, depending on the sport and 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.



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



IN-SEASON

WEEK 32 DAY 3

Attacking Corners



Attacking Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Start with the corner taker and 5 attacking players in area

Focus on :

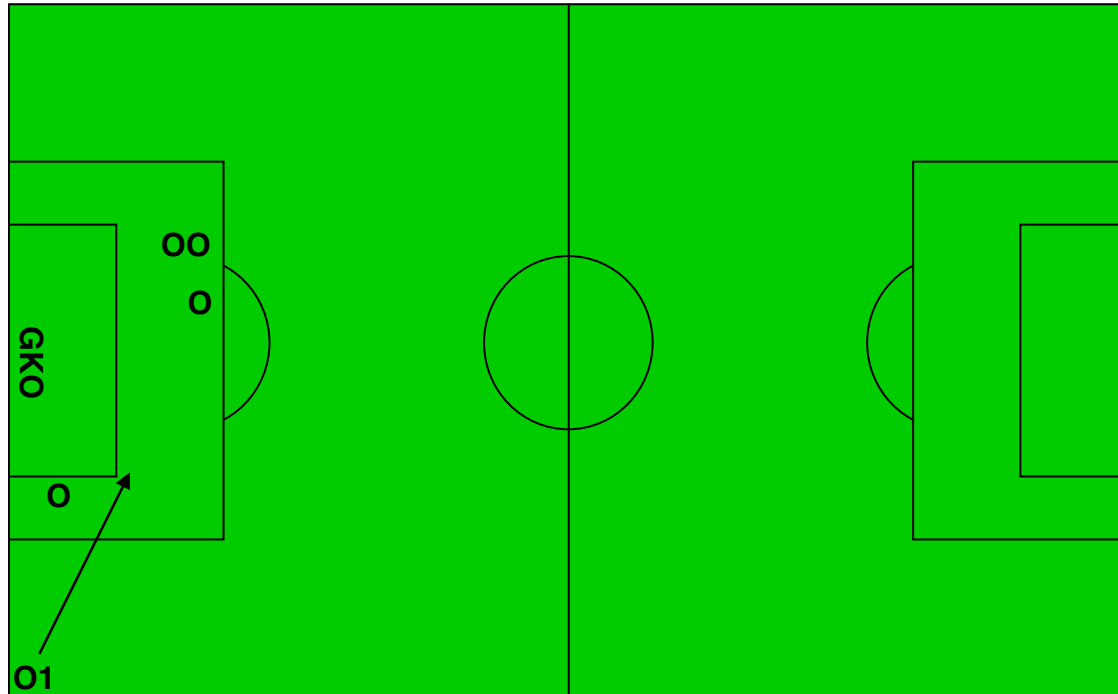
Starting positions

Type and quality of delivery

Discipline - concentration - Alertness -
Determination- read the delivery-anticipate
movements/deflections

When and how does attacking commence

What is involved in attacking





Attacking Corners

- Organisation :
- Start with a game, after two minutes stop it, clear the pitch of players and begin to organise into defensive positions
- Add players on outside of area

Focus on :

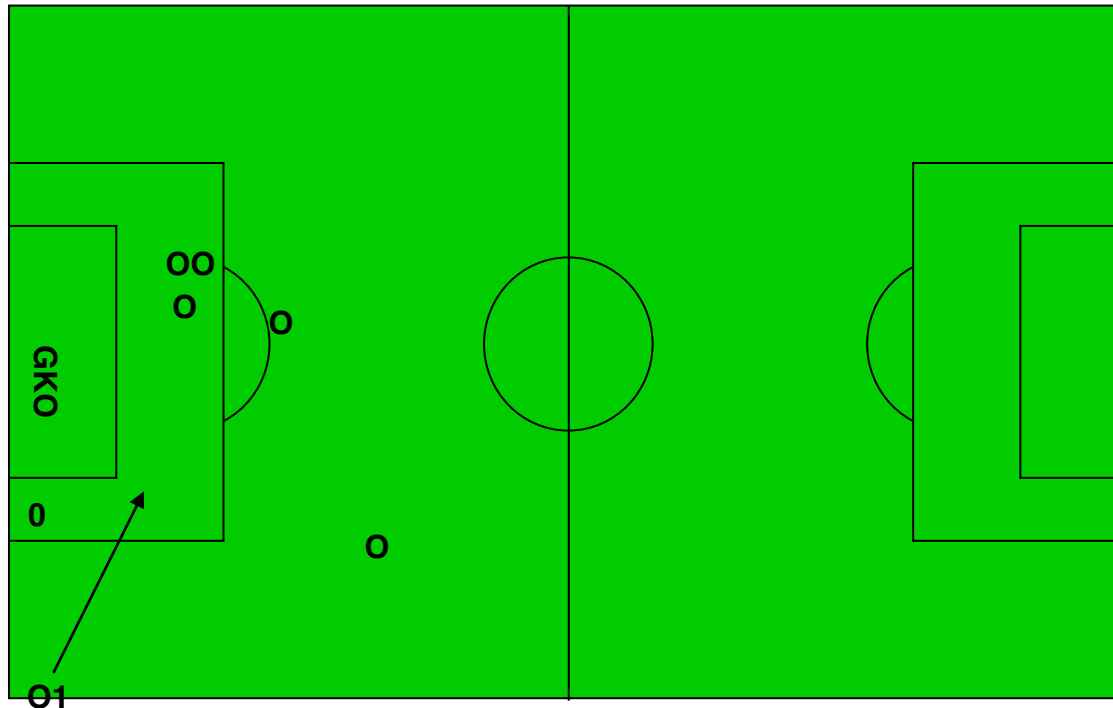
Starting positions

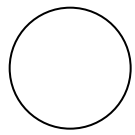
Type and quality of delivery

Discipline - concentration - Alertness -
Determination- read the delivery-anticipate
movements/deflections

When and how does attacking commence

What is involved in attacking





IN-SEASON

WEEK 32 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 17
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 32 DAY 5

Tactical Training Game



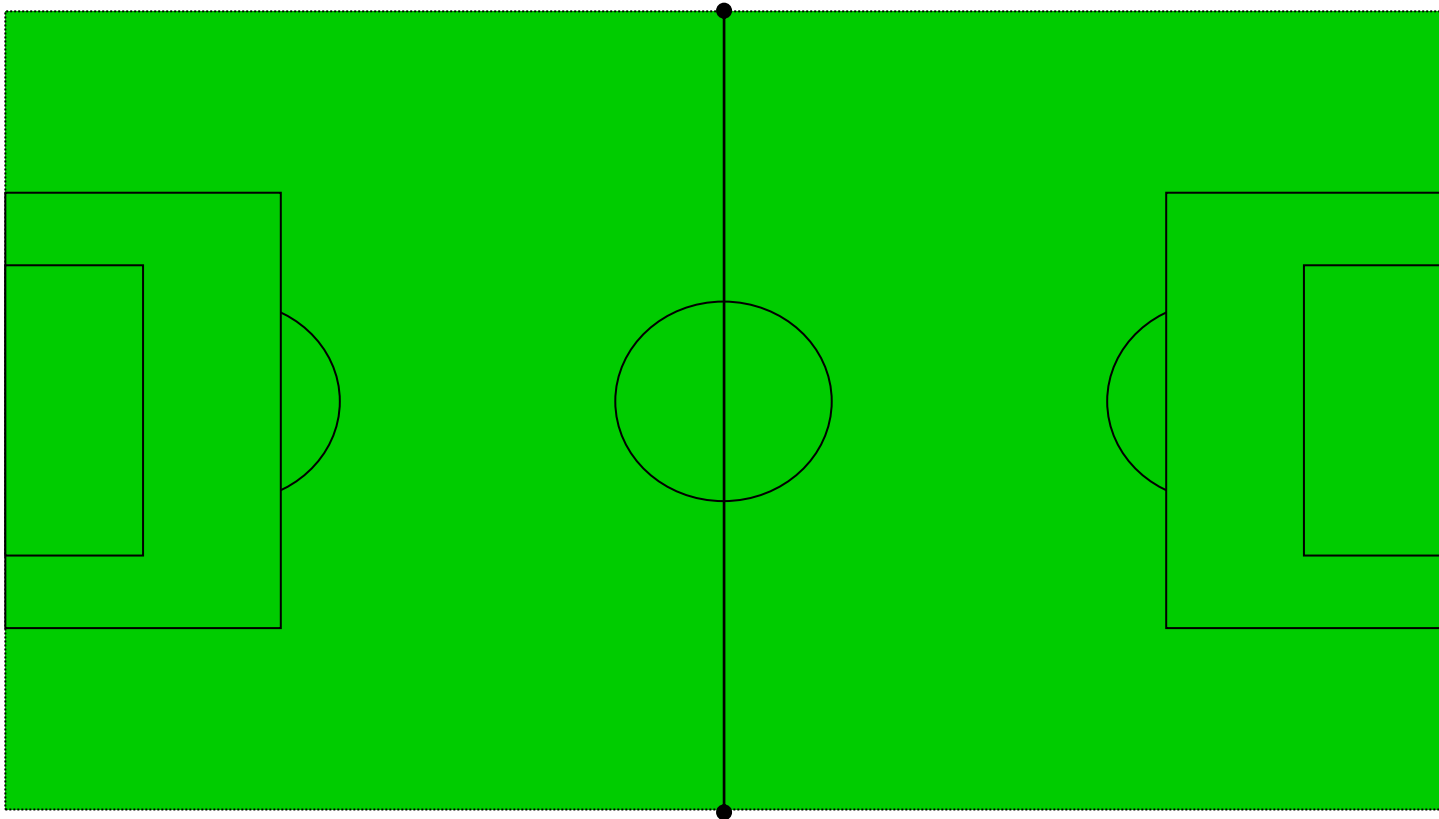
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





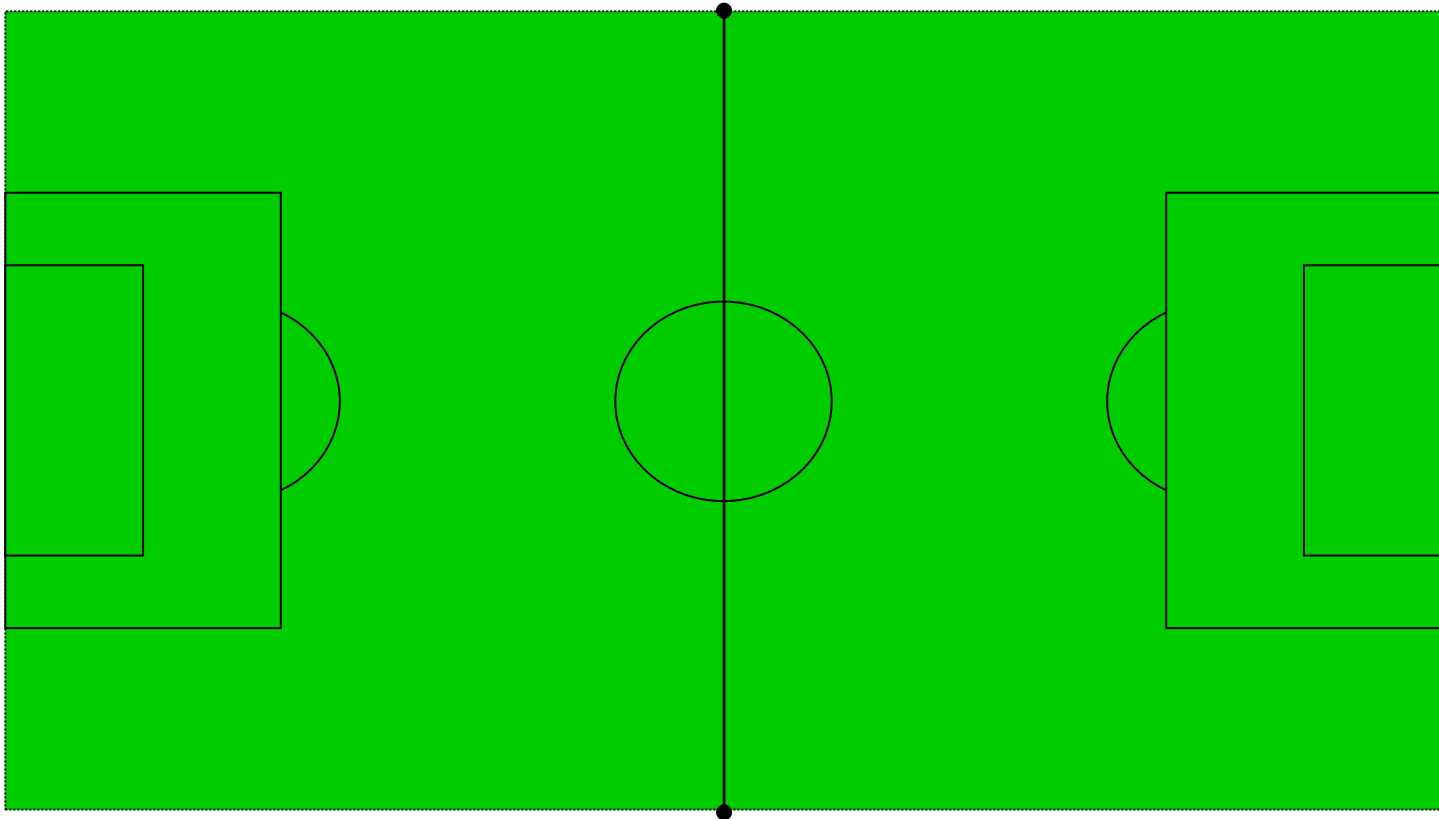
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





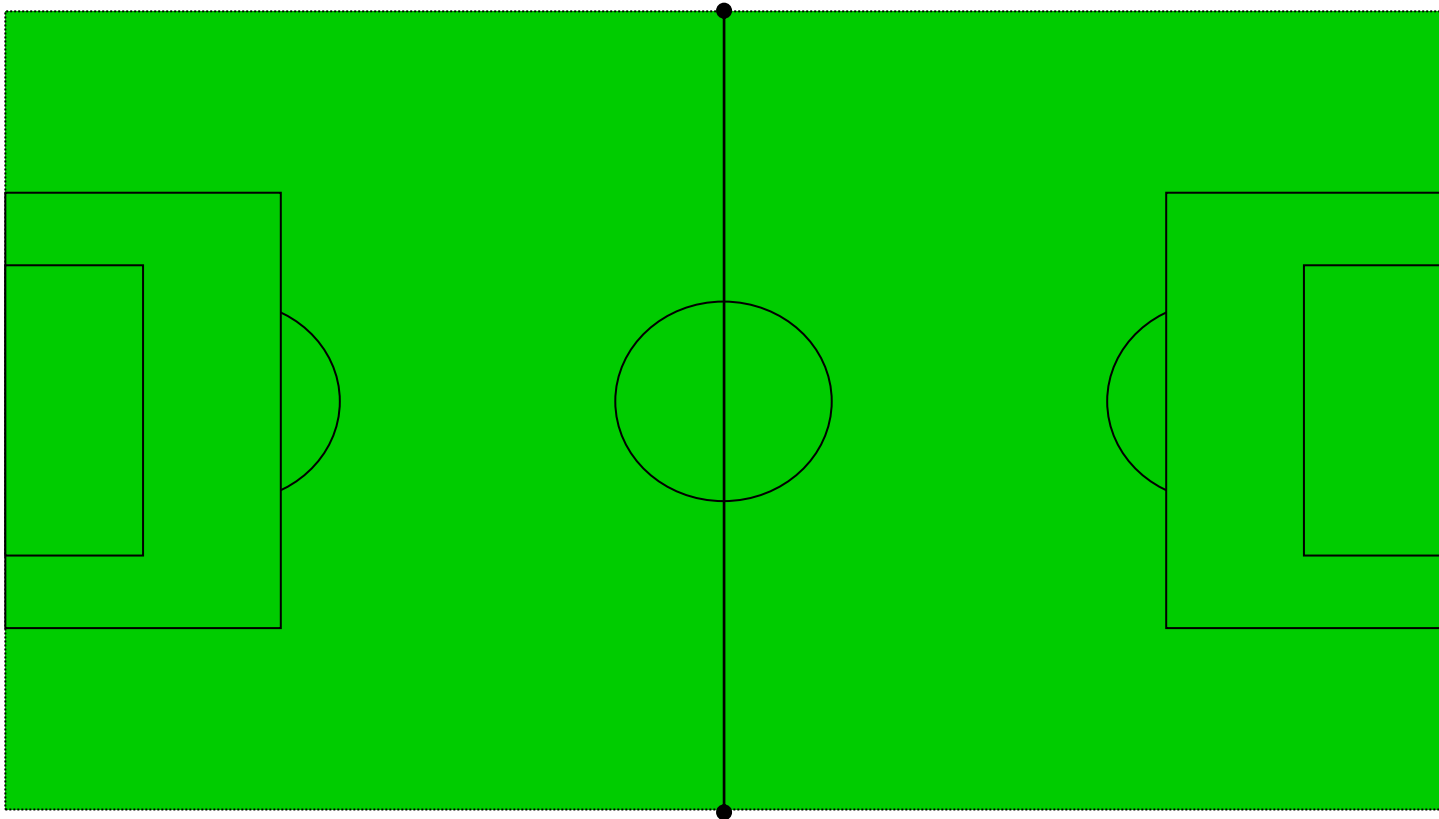
Tactical Training Game

•Organisation :

Opposition :

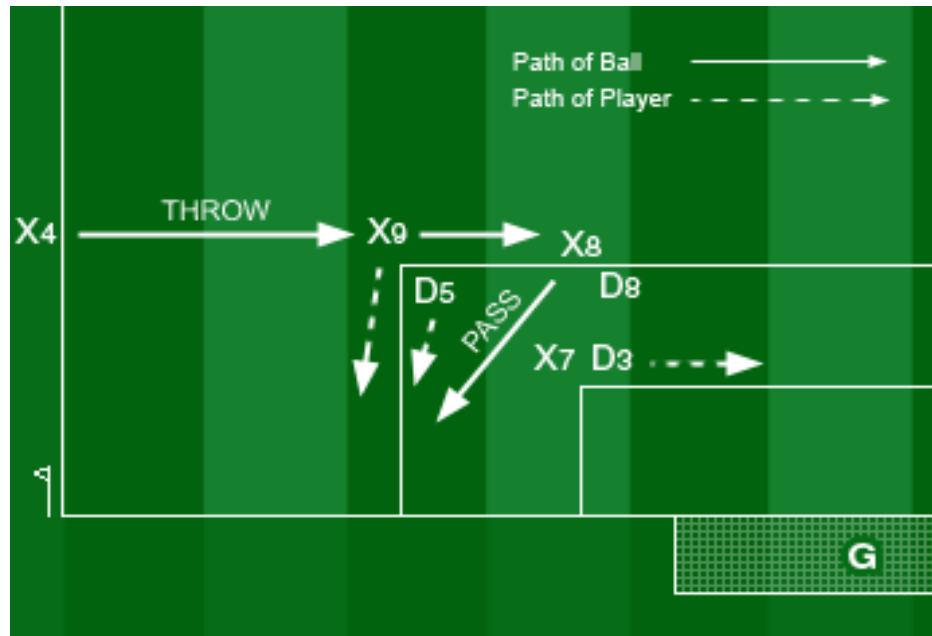
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



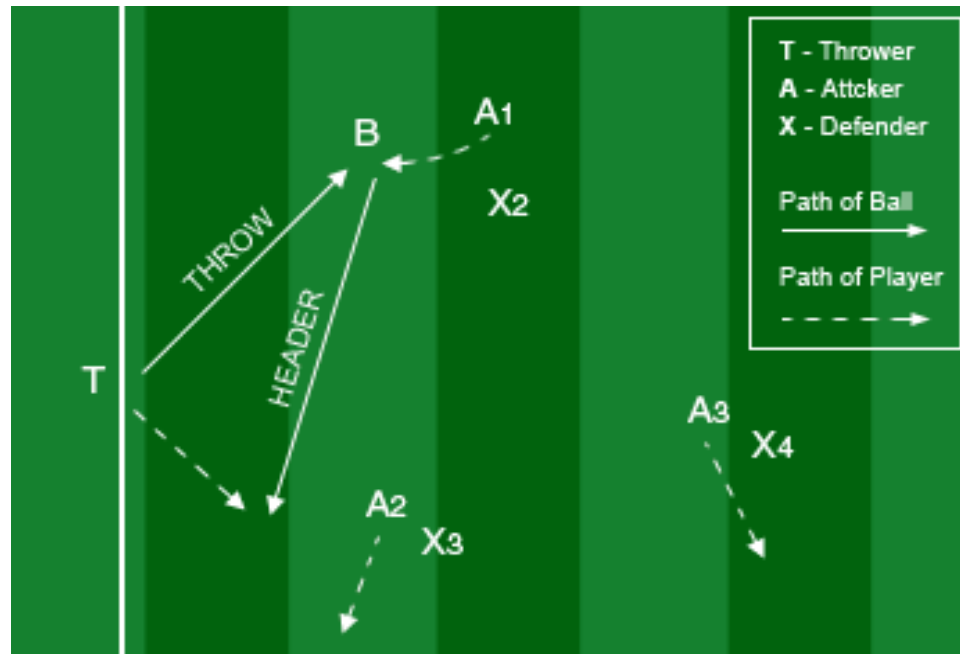
Set Plays at a Throw-in (attacking)

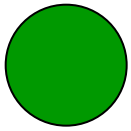
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

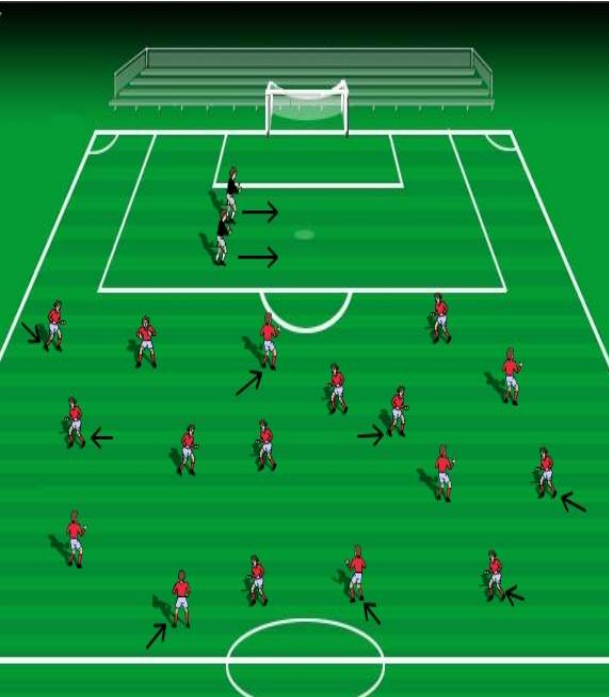
- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





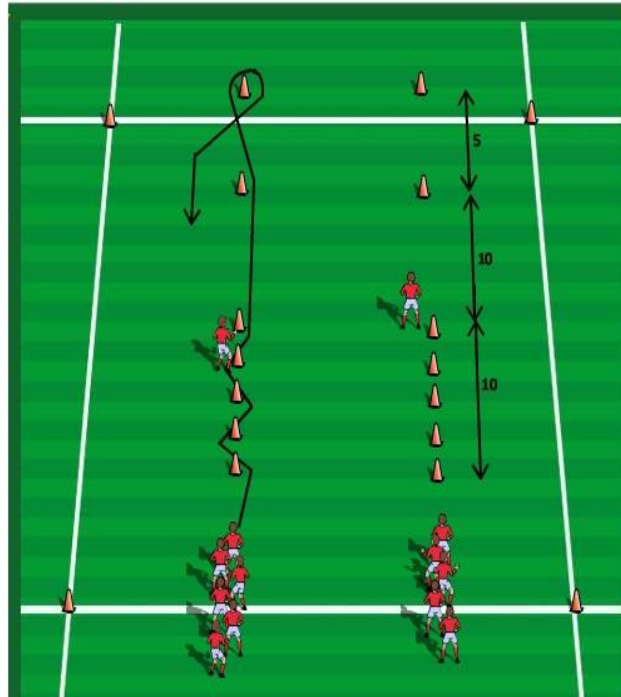
MATCH DAY

Match Day Warm Up



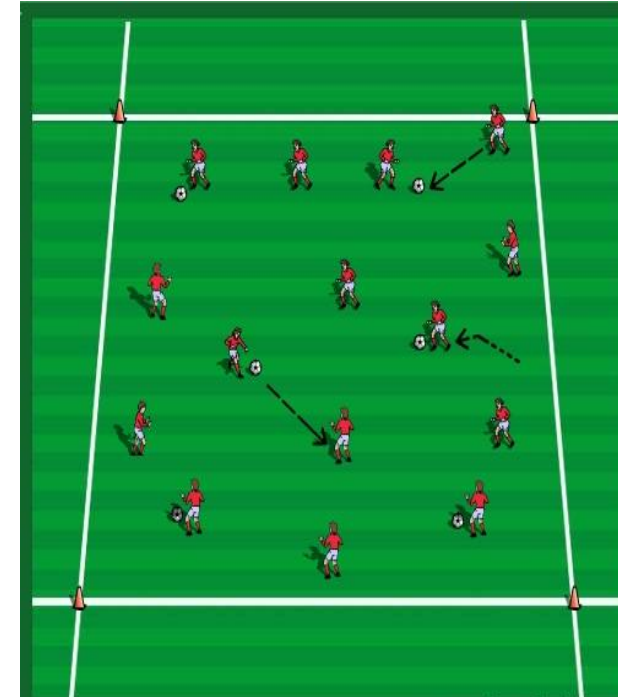
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



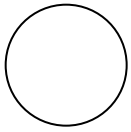
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 33

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Roles and Responsibilities in a Zonal 3-5-2 Formation	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test	Warm Up Static & Dynamic Roles and Responsibilities in a Zonal 3-5-2 Formation	Gym Session Upper Body Workout Flexibility	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Support & Distribution of the Goalkeeper Cool Down Recovery	30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Swimming Rest & Recovery	Set Plays Corner kicks Cool Down Recovery		



IN-SEASON

WEEK 33 DAY 1

**Roles and Responsibilities in
a Zonal 3-5-2 Formation**



Roles and Responsibilities in a Zonal 3-5-2 Formation

- Organisation : Half Pitch Practice involving 3 Vs 2. The ball is played by feeders into the two strikers. Strikers can play back out and transfer through holding players.

- Playing Area : Half Pitch with the defending team attempting to play back out to the wide players.

Focus on :

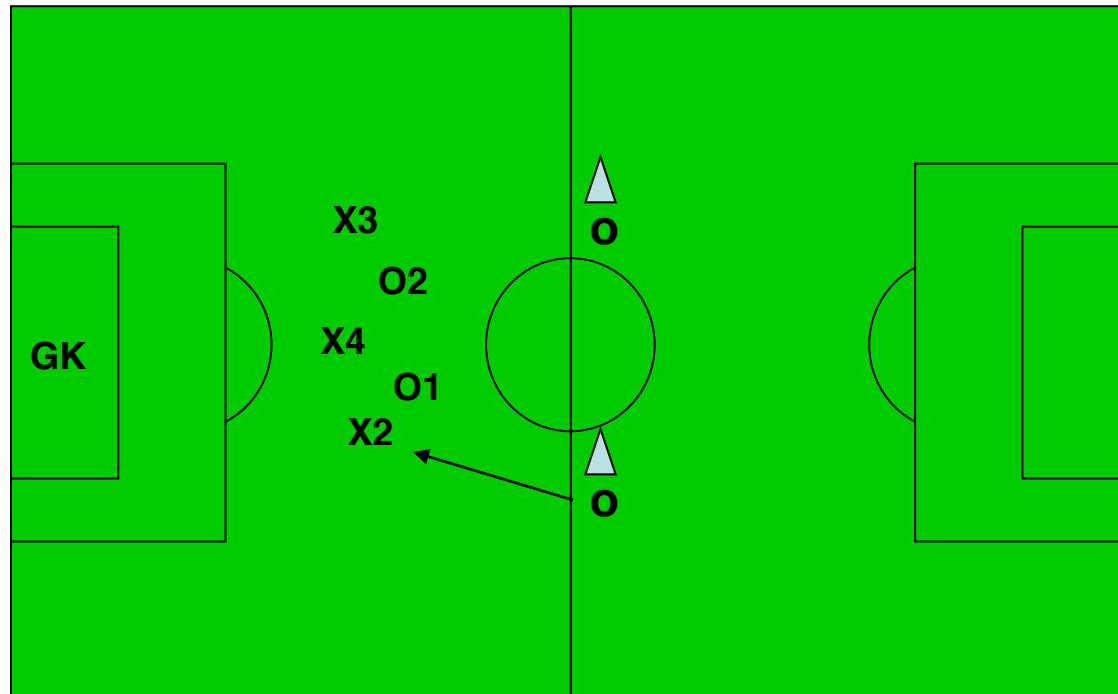
Starting Position of the defenders

Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where to pressure & Why

Recovery runs & Tracking players





Roles and Responsibilities in a Zonal 3-5-2 Formation

- Organisation : Half Pitch Practice involving 6 + 2 Vs 8.

- Playing Area : Two thirds of pitch with the defending team attempting to play back out to the central players.

Focus on :

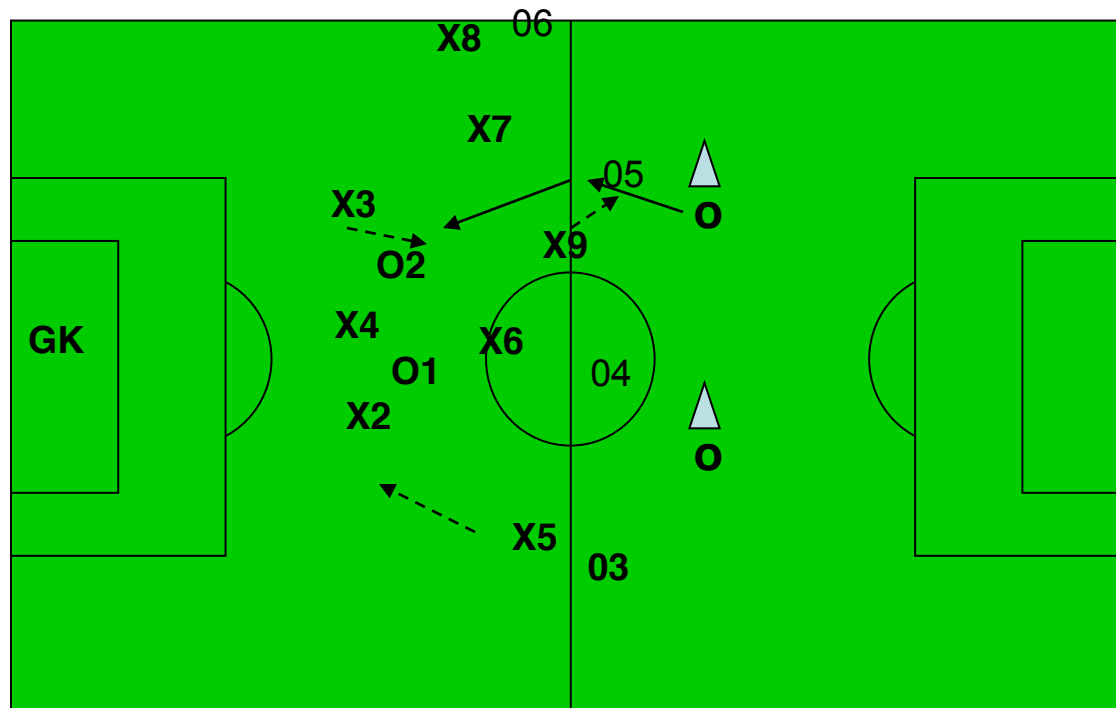
Starting Position of the defenders

Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where, who & Why to pressure

Recovery runs & Tracking players





Roles and Responsibilities in a Zonal 3-5-2 Formation

- Organisation : Progressing to 11 v 11
- Playing Area : Full Pitch

Focus on :

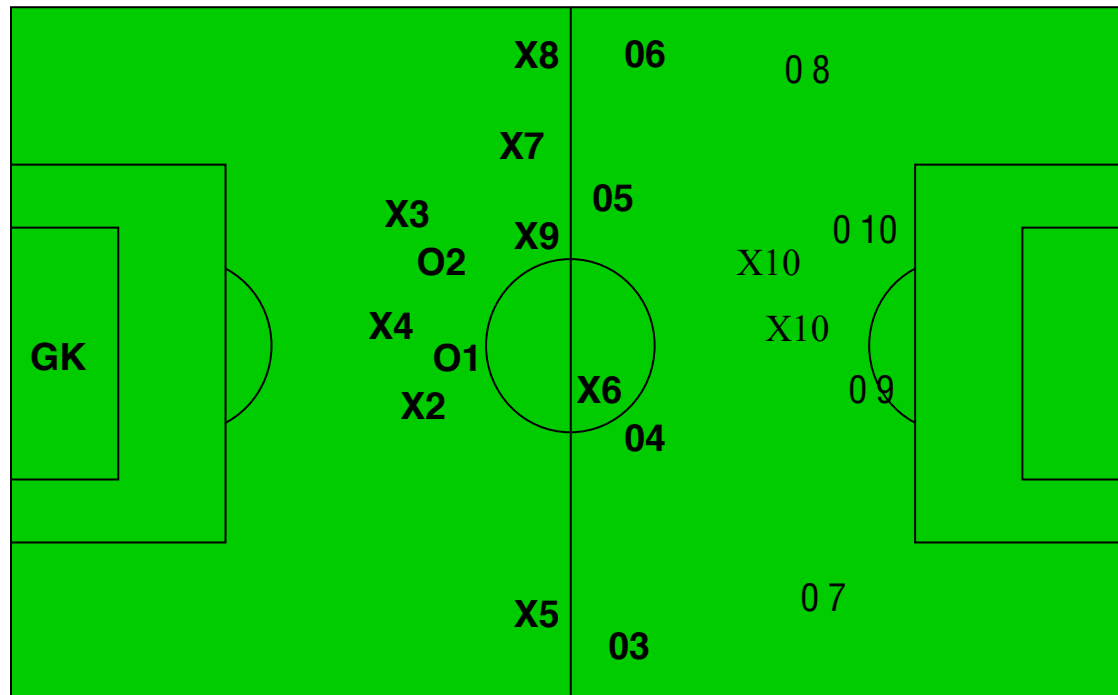
Starting Position of the defenders

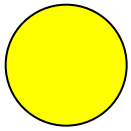
Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where, who & Why to pressure

Recovery runs & Tracking players

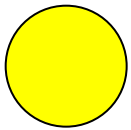




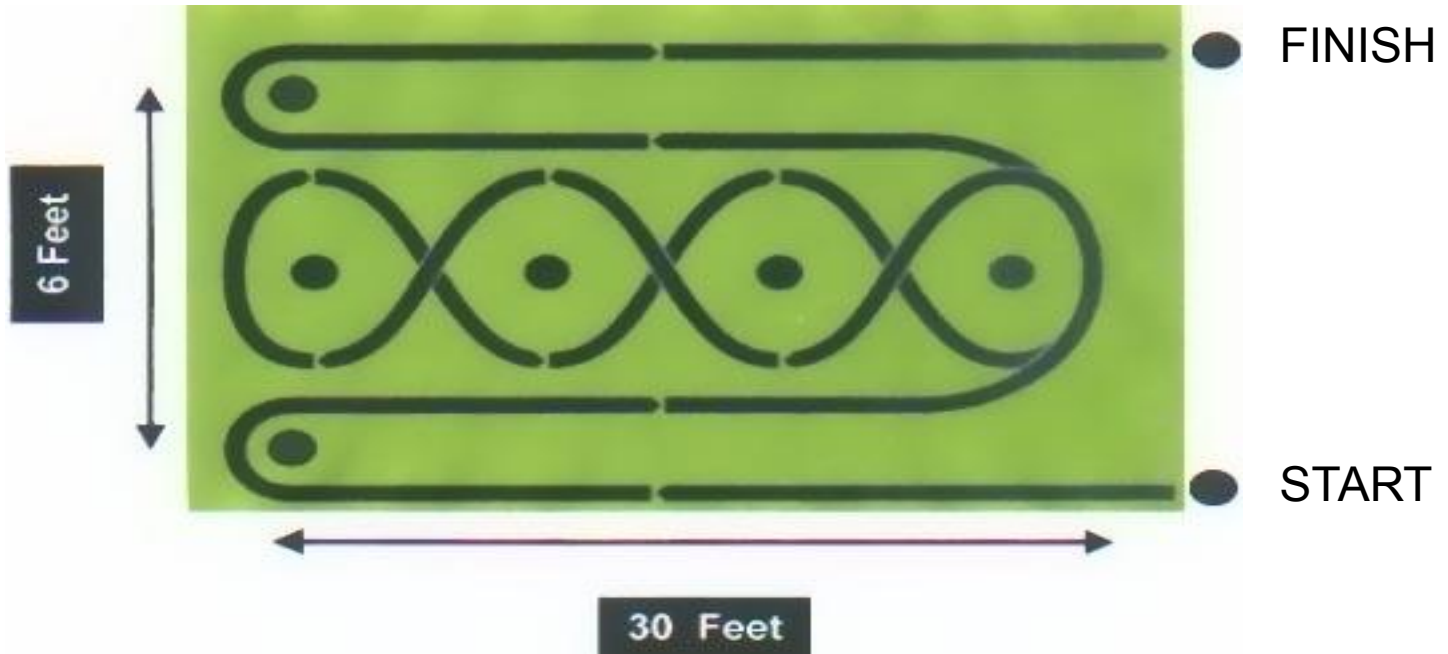
IN-SEASON

WEEK 33 DAY 2

FITNESS TESTING



ILLINOIS AGILITY TEST



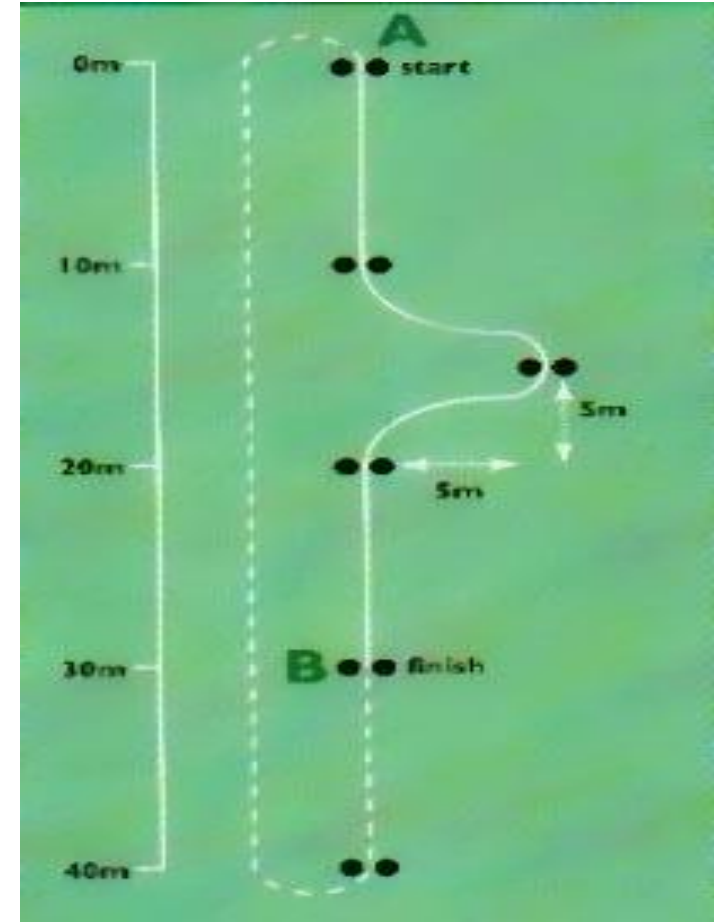
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 33 DAY 3

**Roles and Responsibilities in
a Zonal 3-5-2 Formation**



Roles and Responsibilities in a Zonal 3-5-2 Formation

- Organisation : Half Pitch Practice involving 3 Vs 2. The ball is played by feeders into the two strikers. Strikers can play back out and transfer through holding players.

- Playing Area : Half Pitch with the defending team attempting to play back out to the wide players.

Focus on :

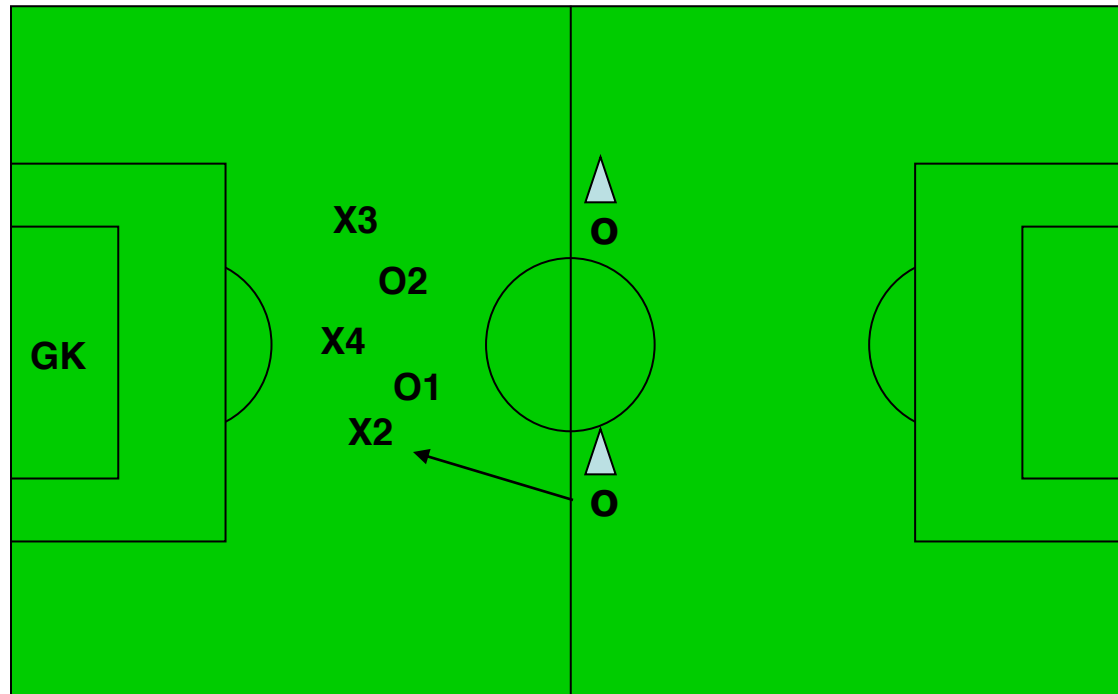
Starting Position of the defenders

Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where to pressure & Why

Recovery runs & Tracking players





Roles and Responsibilities in a Zonal 3-5-2 Formation

- Organisation : Half Pitch Practice involving 6 + 2 Vs 8.

- Playing Area : Two thirds of pitch with the defending team attempting to play back out to the central players.

Focus on :

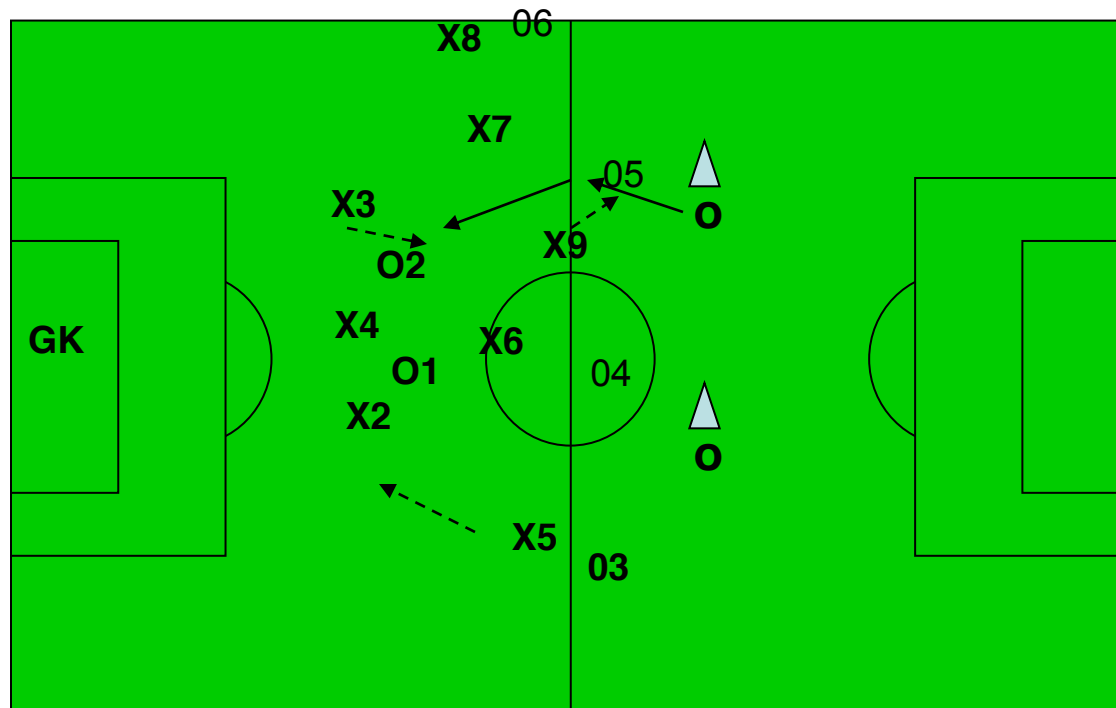
Starting Position of the defenders

Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where, who & Why to pressure

Recovery runs & Tracking players





Roles and Responsibilities in a Zonal 3-5-2 Formation

- Organisation : Progressing to 11 v 11
- Playing Area : Full Pitch

Focus on :

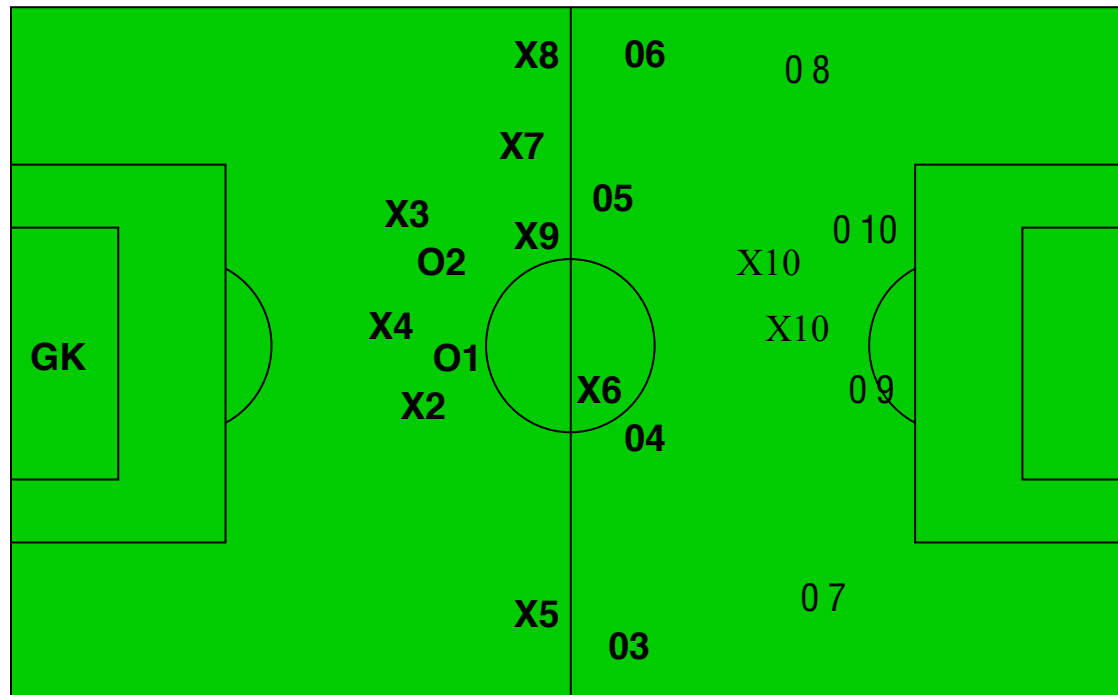
Starting Position of the defenders

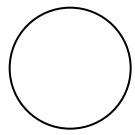
Pressure by defenders

Cover & Support for the pressurising players

Body Position / Where, who & Why to pressure

Recovery runs & Tracking players





IN-SEASON

WEEK 33 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 18
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 33 DAY 5

Tactical Training Game



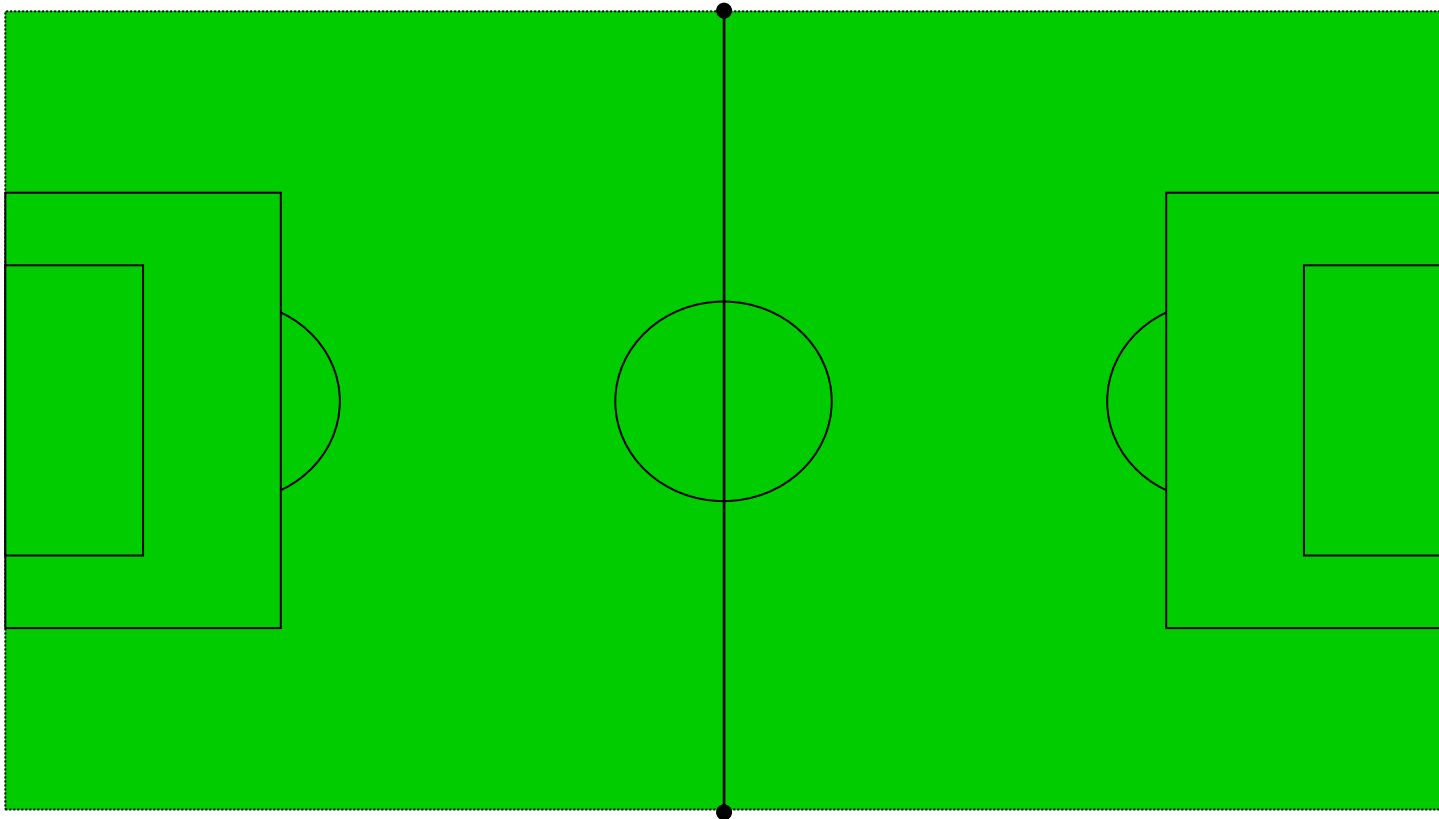
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





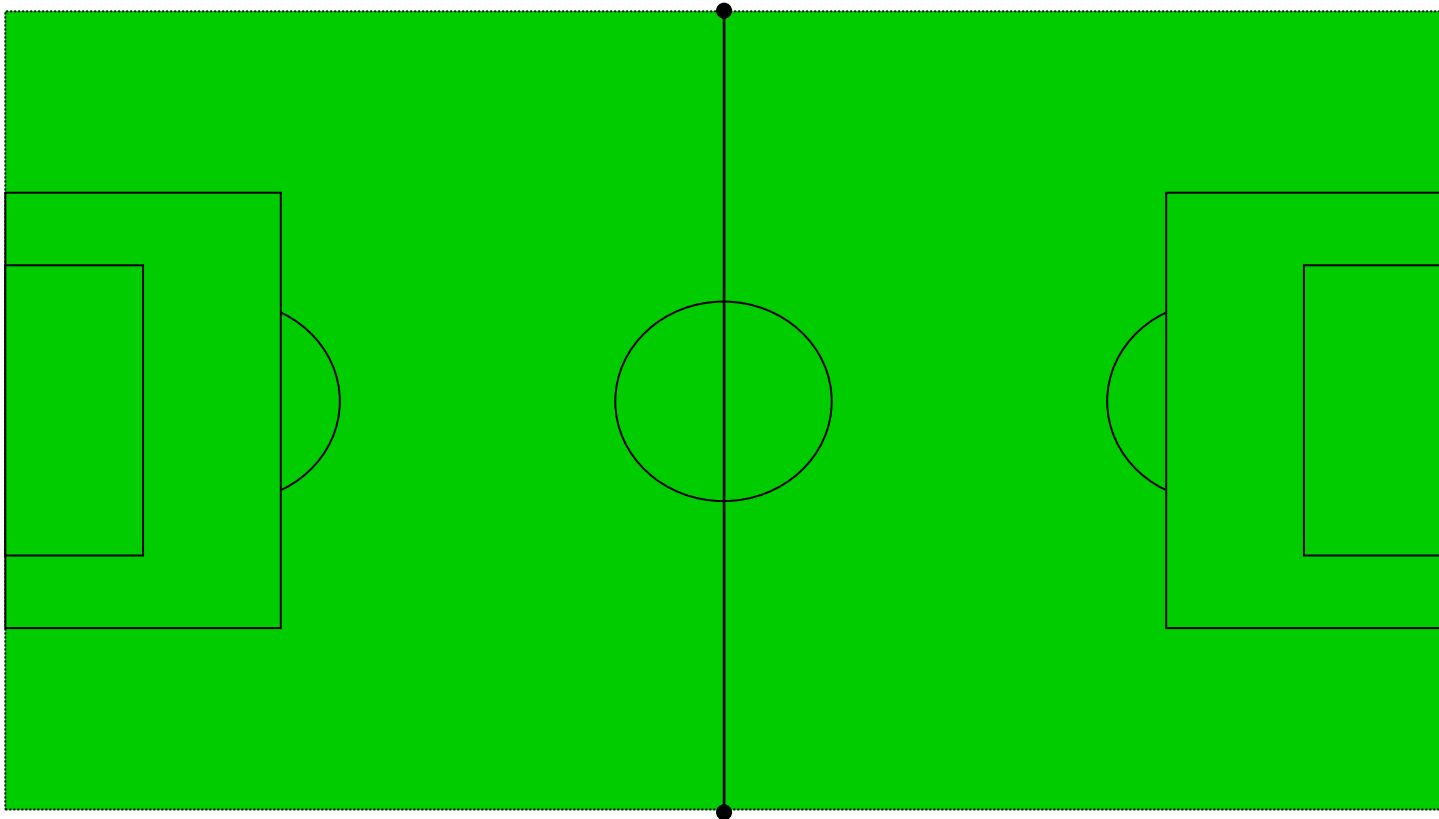
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





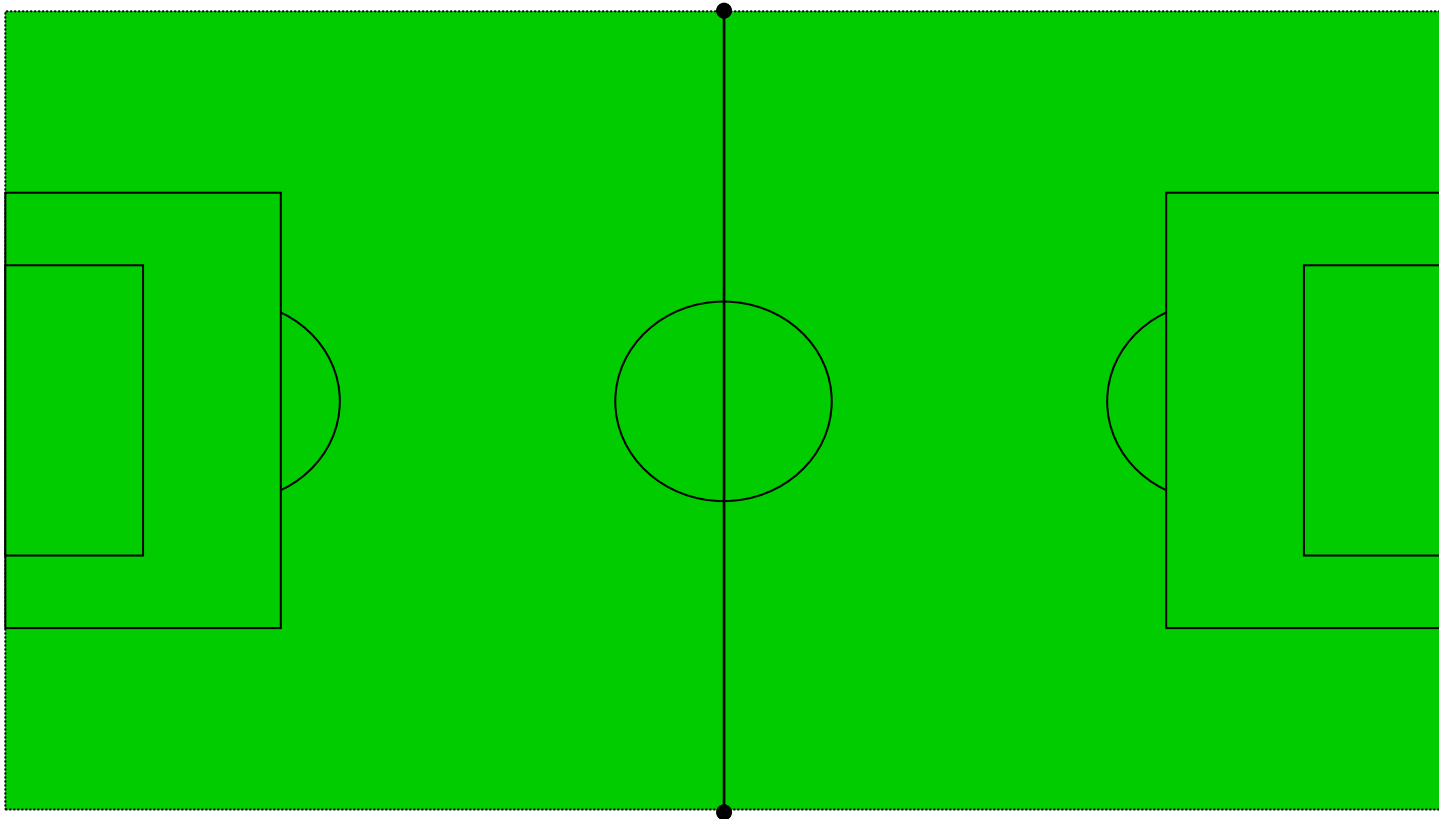
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



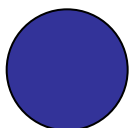
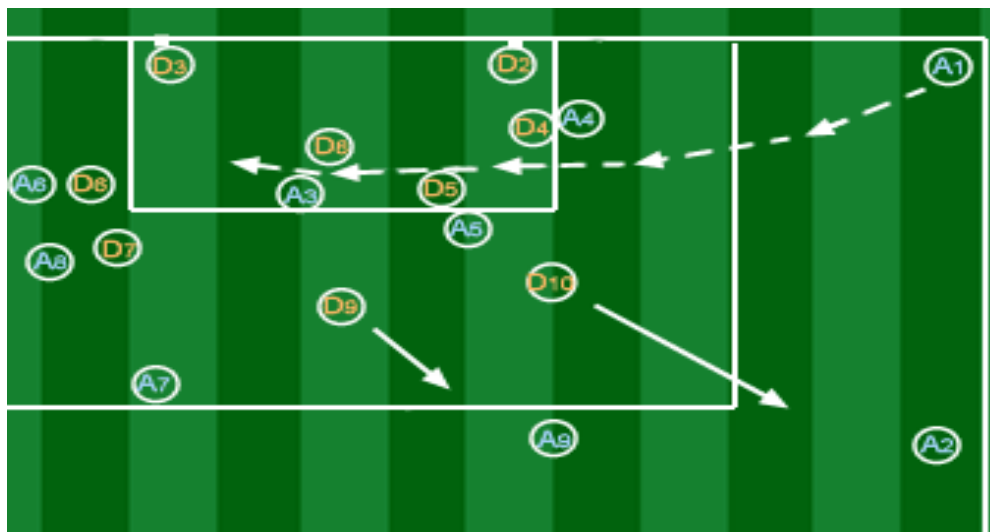
SET PIECES - DEFENDING THE CORNER KICK DELIVERED TO AND BEYOND THE FAR POST

- No defence can ever be totally sure what the attacking side has in mind when they win a corner kick, and so they have to line up preparing for any eventuality.
- The near post has to be covered, as in diagram (i) by (D2), (D4) and (D5).
- They must be ready to check a ball played back to an attacking defender along the touchline (A2) - Hence the position of (D10).
- While (D9) has to be ready should (A1) direct the corner to the edge of the penalty area and or (A9).
- So with (D3) committed to guarding the goal line on the far post eight players already have set tasks.
- So what about the corner kick played long towards the far point of the 6 yard area with attackers (A6) and (A8) coming in hoping to get a header or goal?
CLEARLY THEY MUST BE MARKED - GOAL SIDE BY (D6) AND (D7).

1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

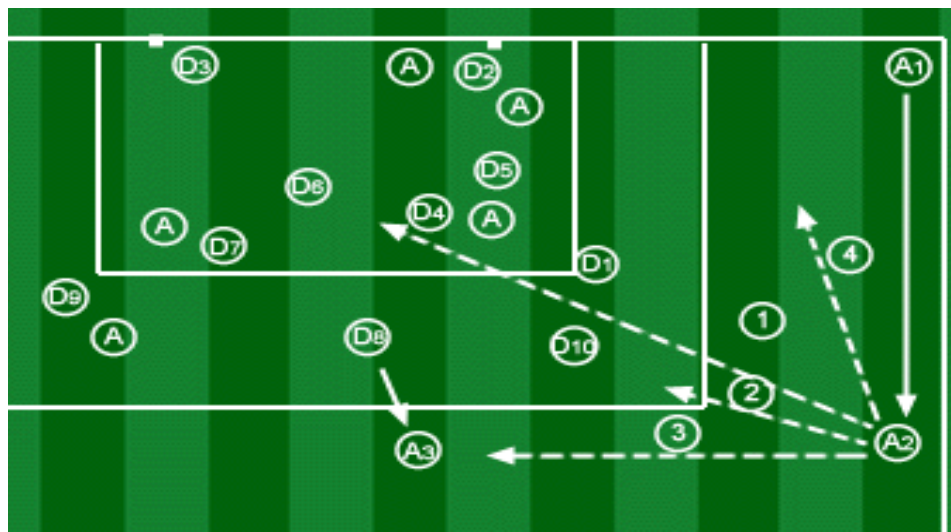
POINTS TO NOTE

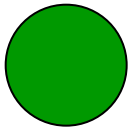
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





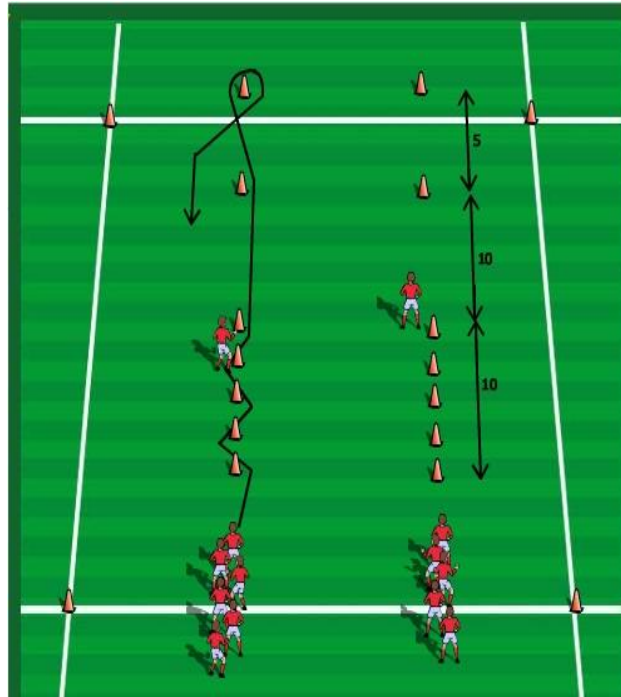
MATCH DAY

Match Day Warm Up



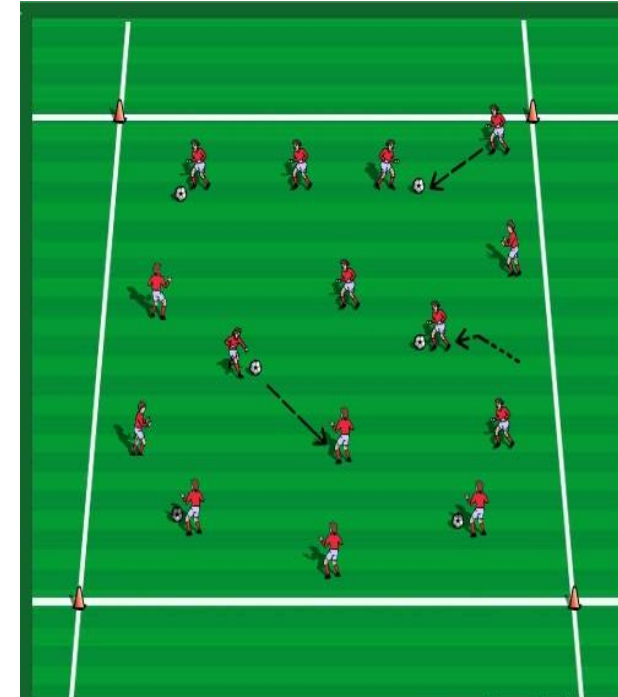
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



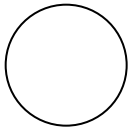
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 34

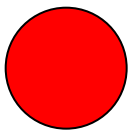
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Coach attacking Play in a 4-3-3 formation	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility High Tempo Possession Games Cool Down Recovery Cool Down Recovery	Warm Up Static & Dynamic Coach attacking Play in a 4-3-3 formation Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	Cool Down Recovery	Cool Down Recovery	Rest & Recovery	Set Plays Throw In's Cool Down Recovery	Recovery	



IN-SEASON

WEEK 34 DAY 1

**Coach attacking Play in a
4-3-3 formation**

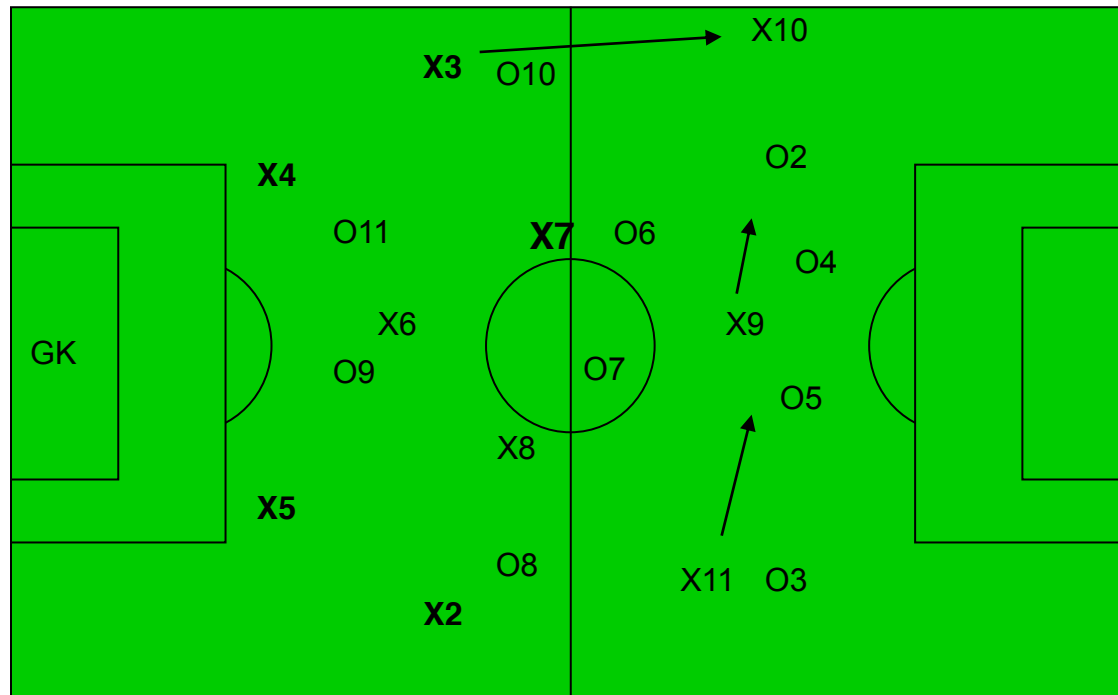


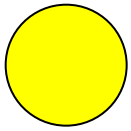
Coach attacking Play in a 4-3-3 formation

•Organisation : Developed towards 11 Vs 11 focusing on the roles and responsibilities of midfield and front three.

•Playing Area : Full Pitch.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.

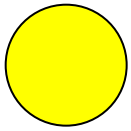




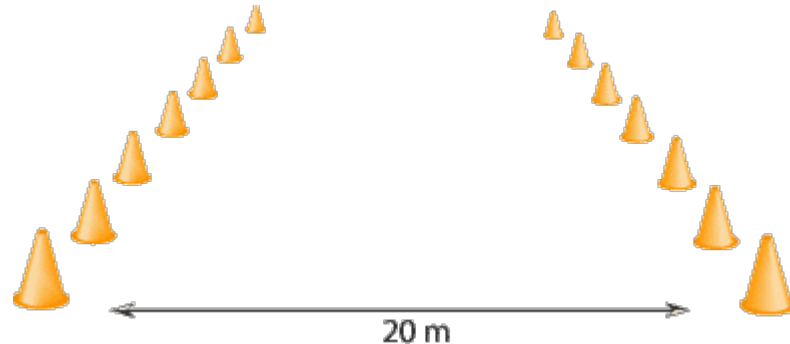
IN-SEASON

WEEK 34 DAY 2

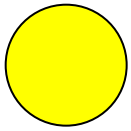
FITNESS TESTING



BLEEP TEST



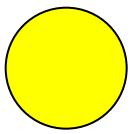
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



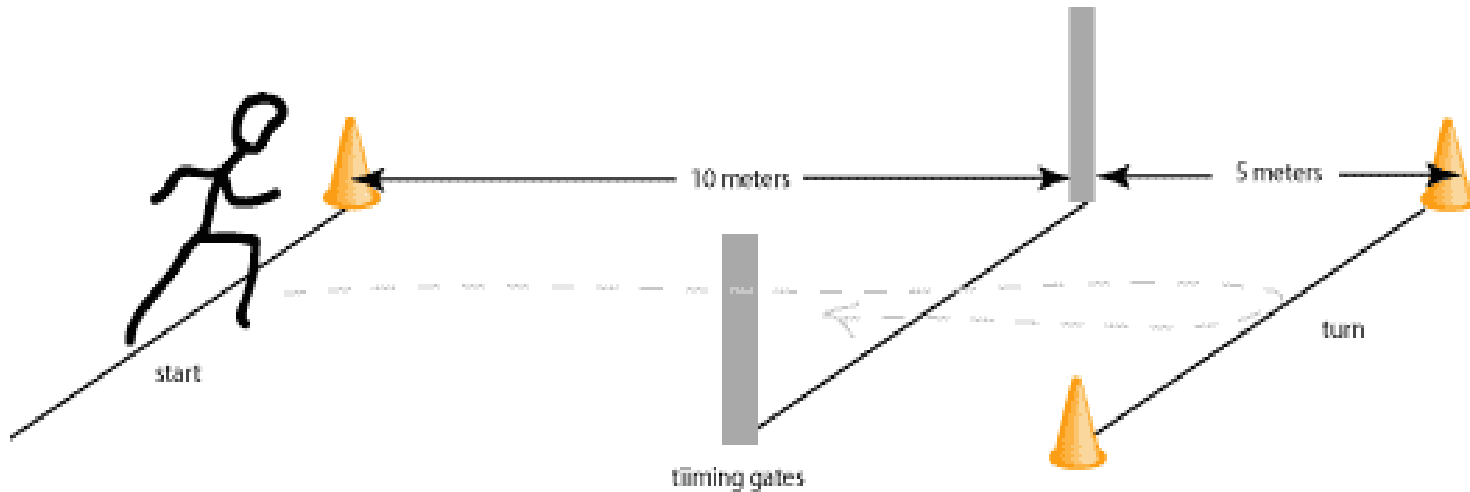
SPRINT TEST



- **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.



505 AGILITY TEST



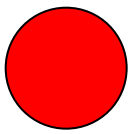
- **Description / Procedure** : markers are set up 10 and 15 meters from a line marked on the ground. The athlete runs from the 15 meter marker towards the line (run in distance to build up speed) and through the 5 m markers, turns on the line and runs back through the 5 m markers.
- The time is recorded 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



IN-SEASON

WEEK 34 DAY 3

**Coach attacking Play in a
4-3-3 formation**

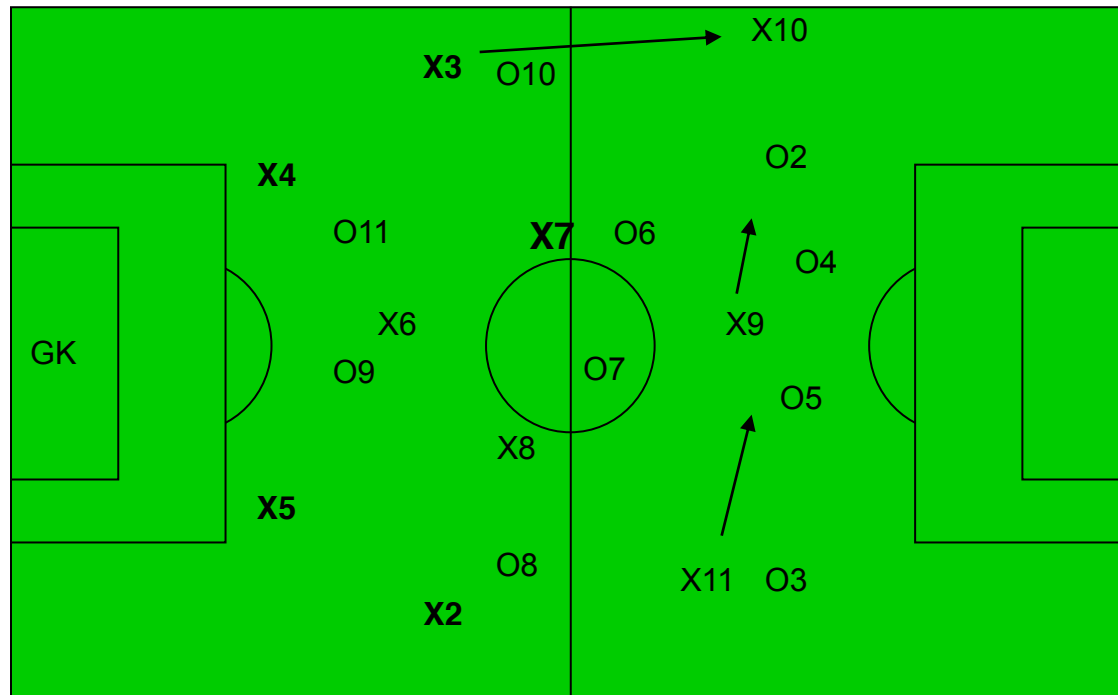


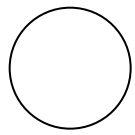
Coach attacking Play in a 4-3-3 formation

•Organisation : Developed towards 11 Vs 11 focusing on the roles and responsibilities of midfield and front three.

•Playing Area : Full Pitch.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball.





IN-SEASON

WEEK 34 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 19
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 34 DAY 5

Tactical Training Game



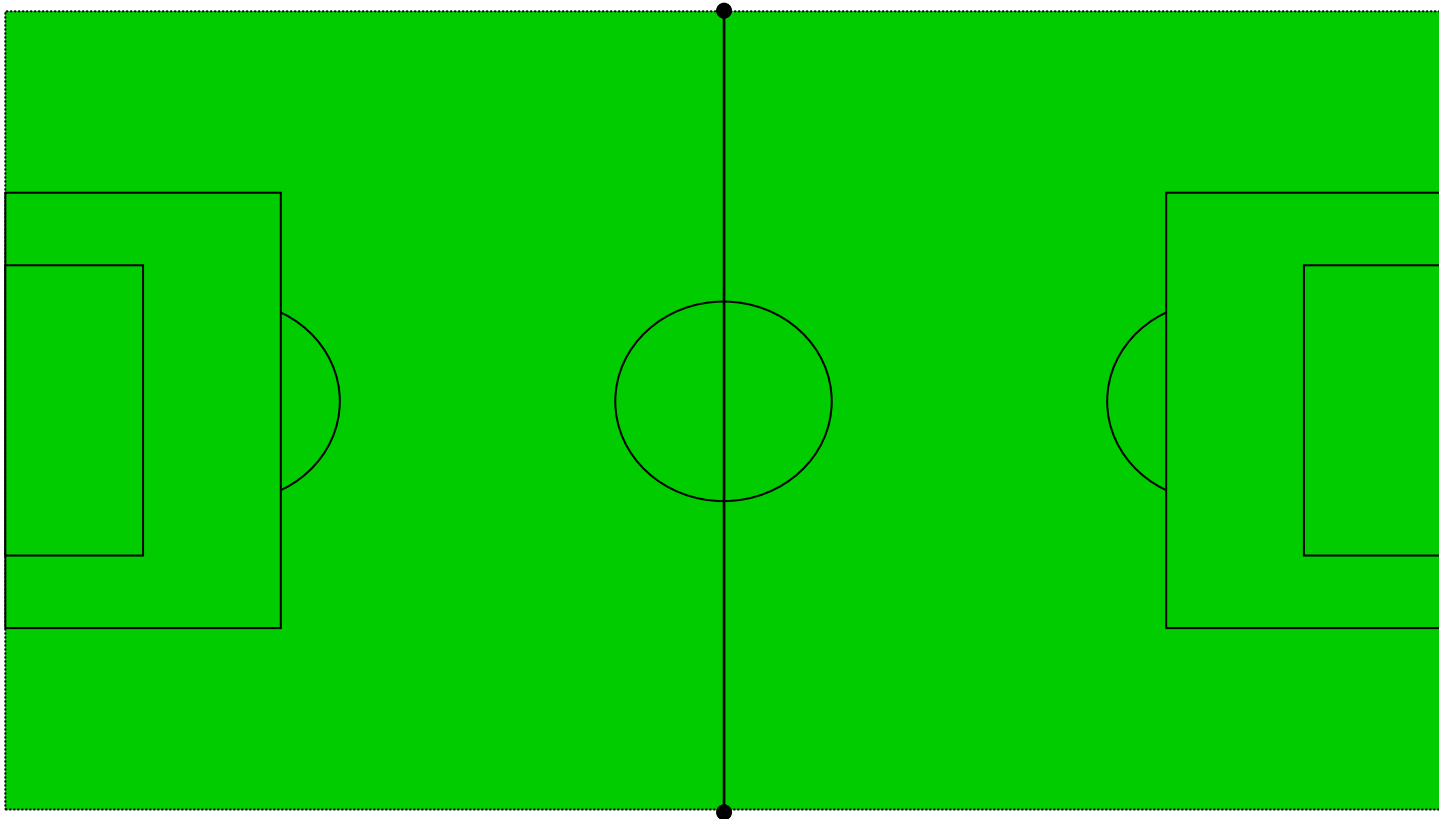
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





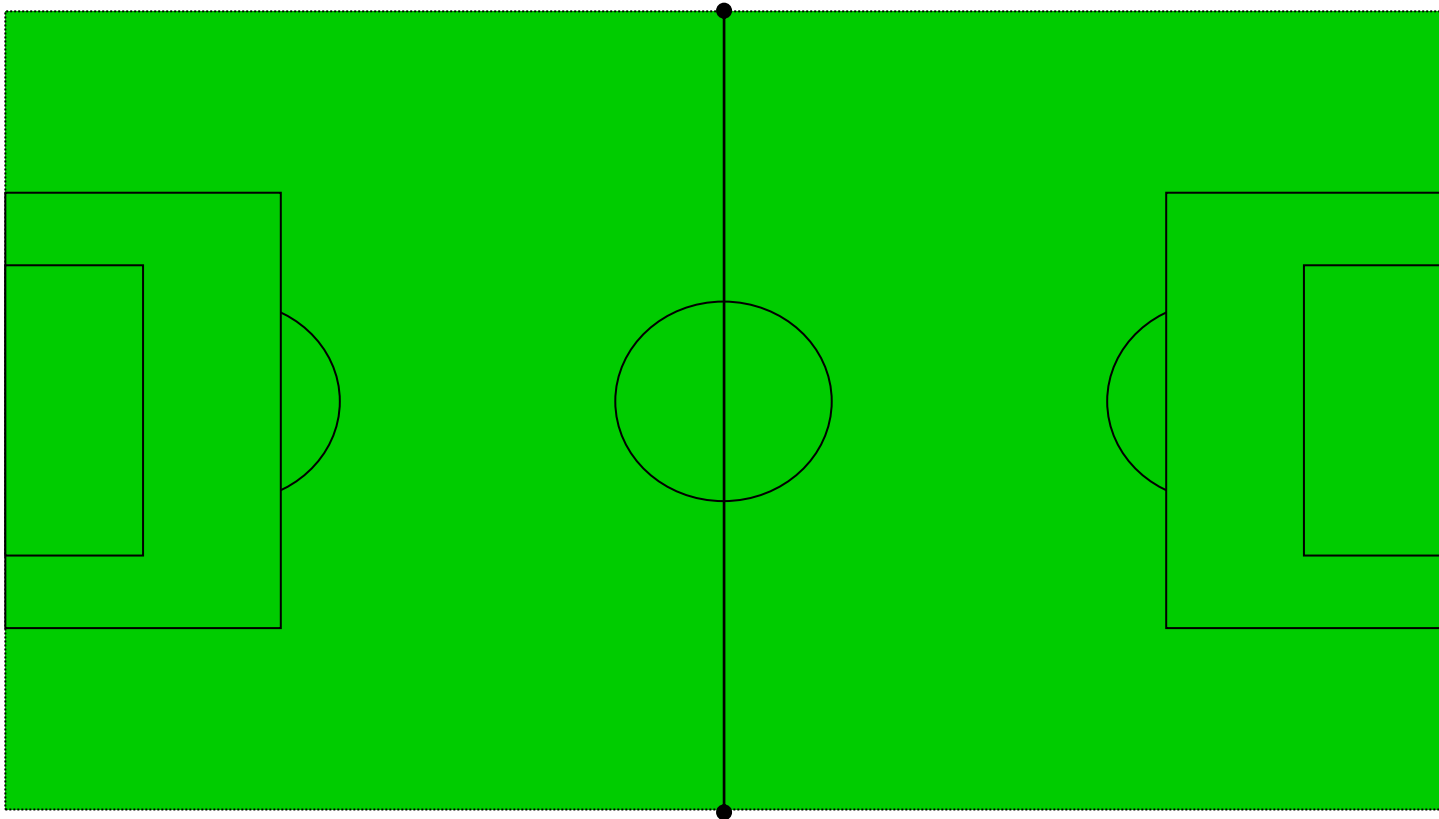
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





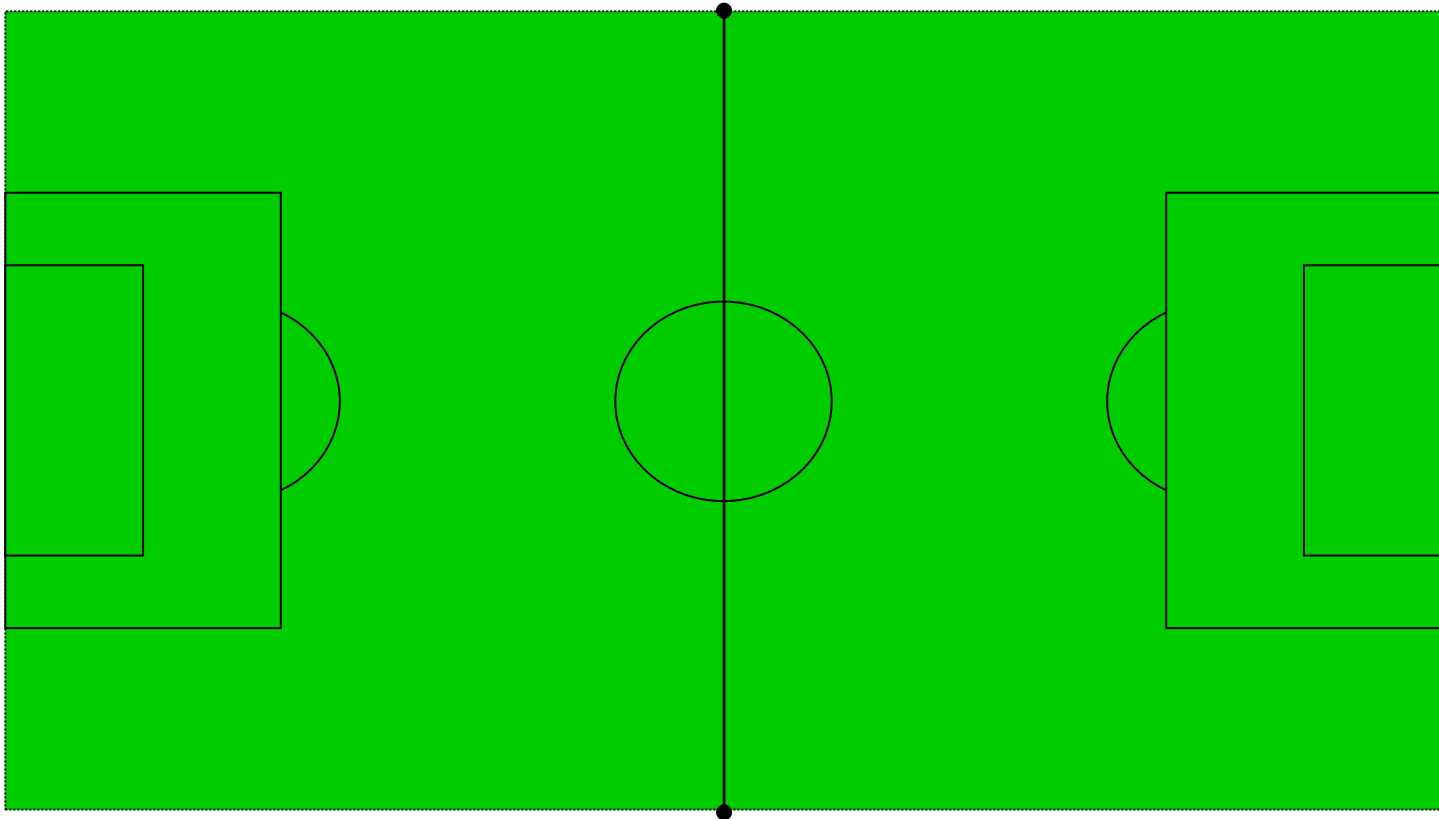
Tactical Training Game

•Organisation :

Opposition :

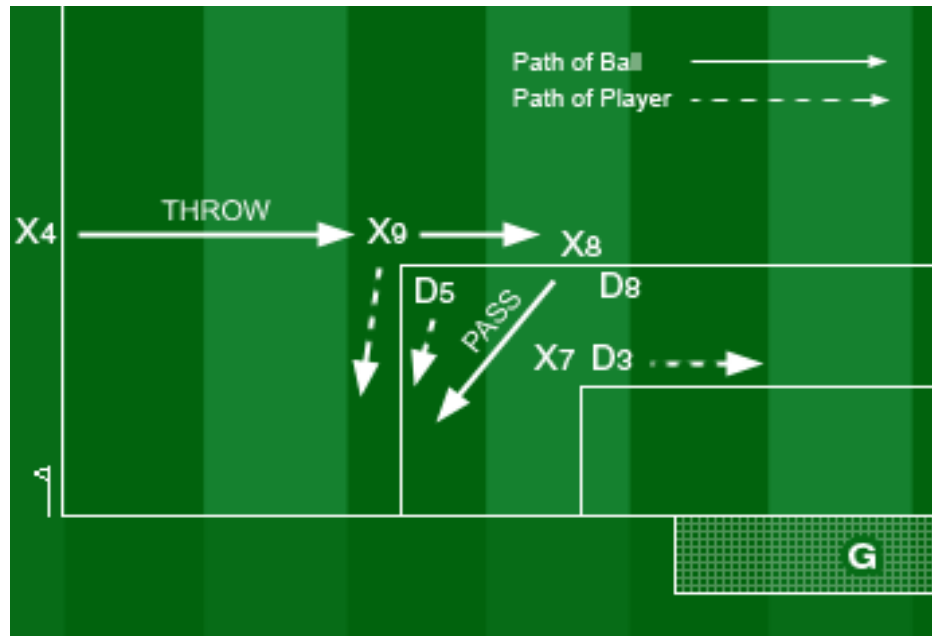
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



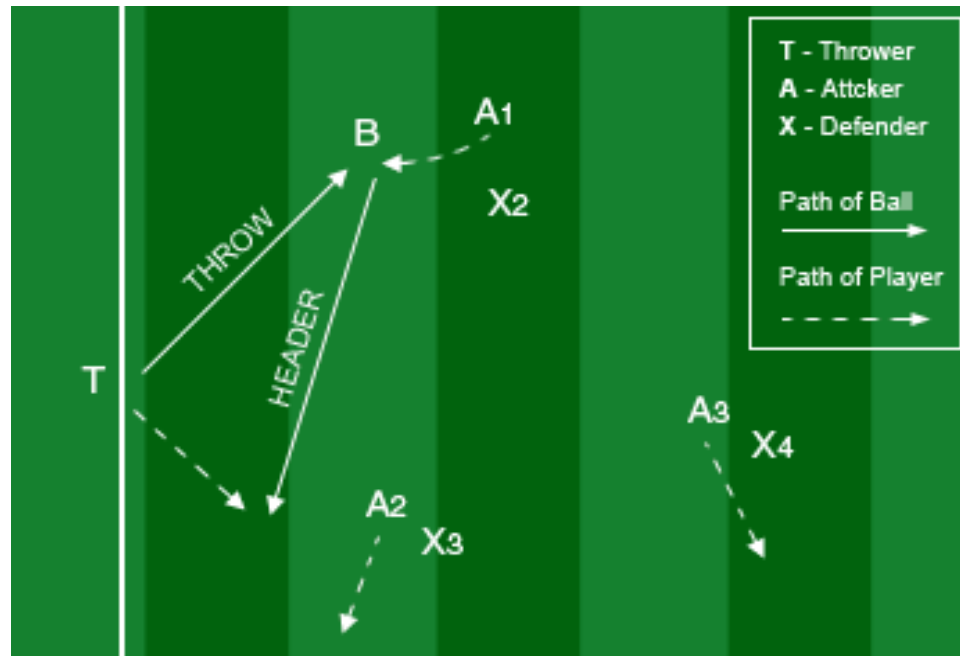
Set Plays at a Throw-in (attacking)

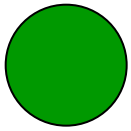
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





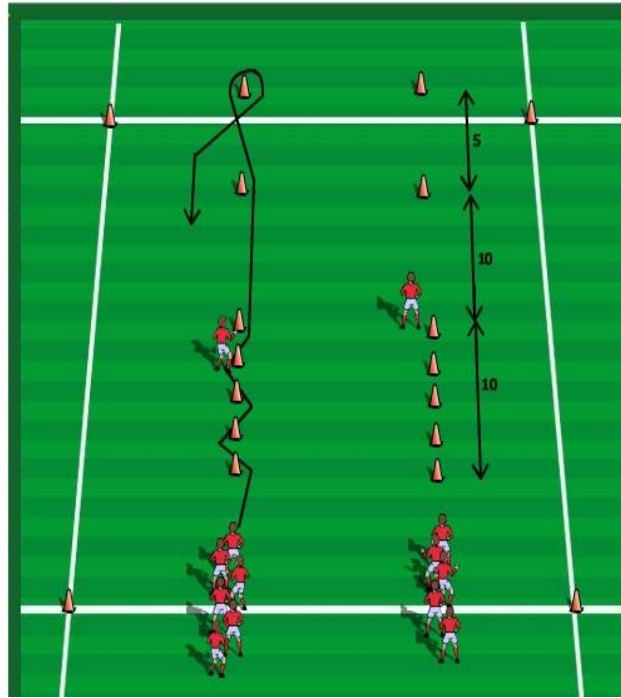
MATCH DAY

Match Day Warm Up



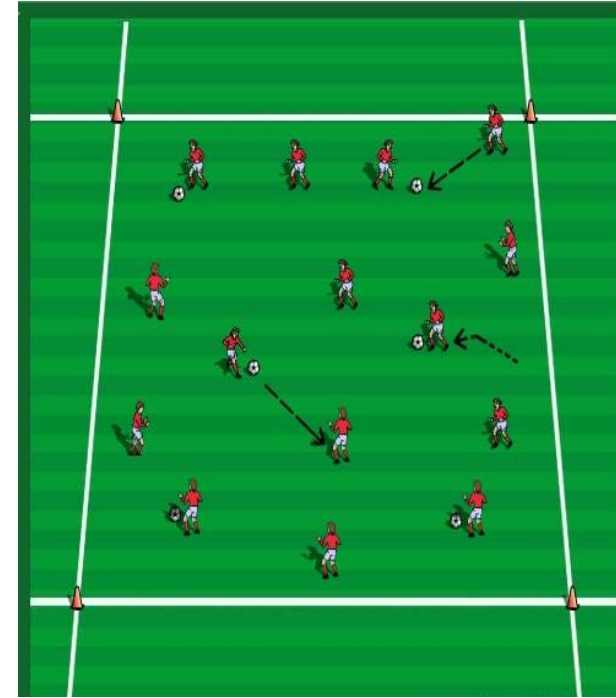
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



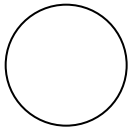
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 35

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic	Dynamic Warm Up Fitness Testing 300 Yd Shuttle Illinois Test	Warm Up Static & Dynamic Develop the effectiveness of defending with a Sweeper	Gym Session Upper Body Workout	Warm Up Tactical Training Game with starting 11 based around next match opponents	Dynamic Football Warm Up	Rest & Recovery
PM	Develop the effectiveness of defending with a Sweeper Cool Down Recovery	30m Sprint Fatigue High Tempo Possession Games Cool Down Recovery	Cool Down Recovery	Flexibility Swimming Rest & Recovery	Recovery Set Plays Corner kicks Cool Down Recovery	MATCH DAY Cool Down Recovery	



IN-SEASON

WEEK 35 DAY 1

**Develop the effectiveness of
defending with a Sweeper**



Develop the effectiveness of defending with a Sweeper

- Organisation : 2 v 3 + GK
- Defending team attempt to get the ball to target
- Playing Area : 30 / 30 field

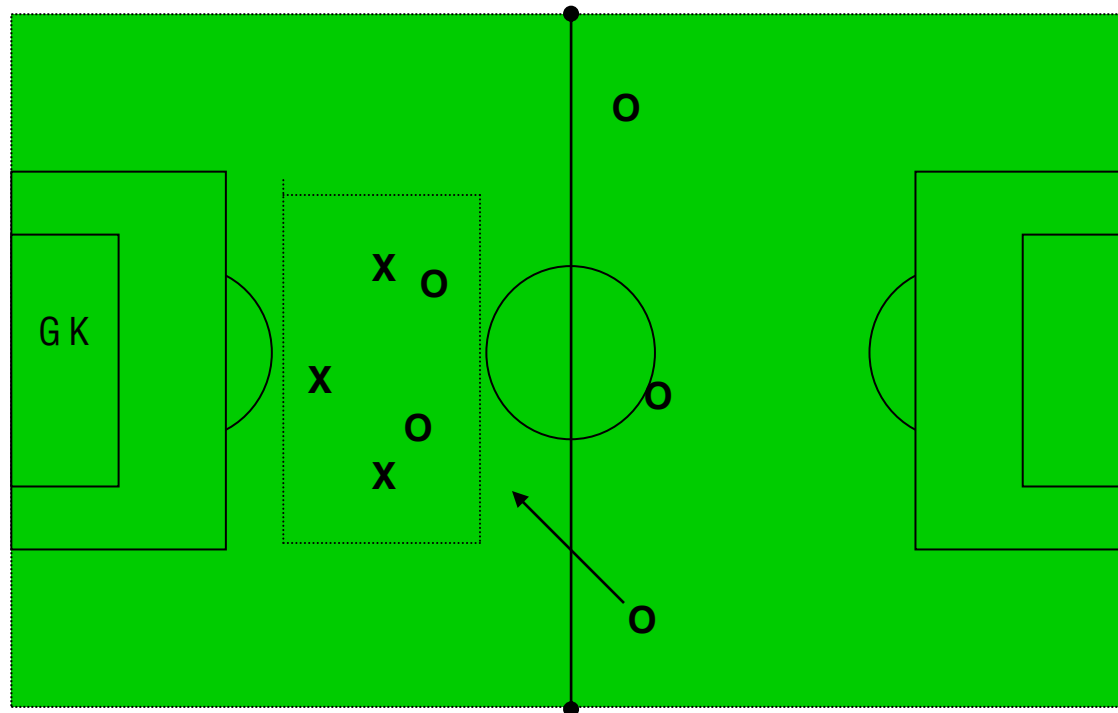
Focus on :

Starting position of Sweeper

Markers to mark outside

Communication

Decision making





Develop the effectiveness of defending with a Sweeper

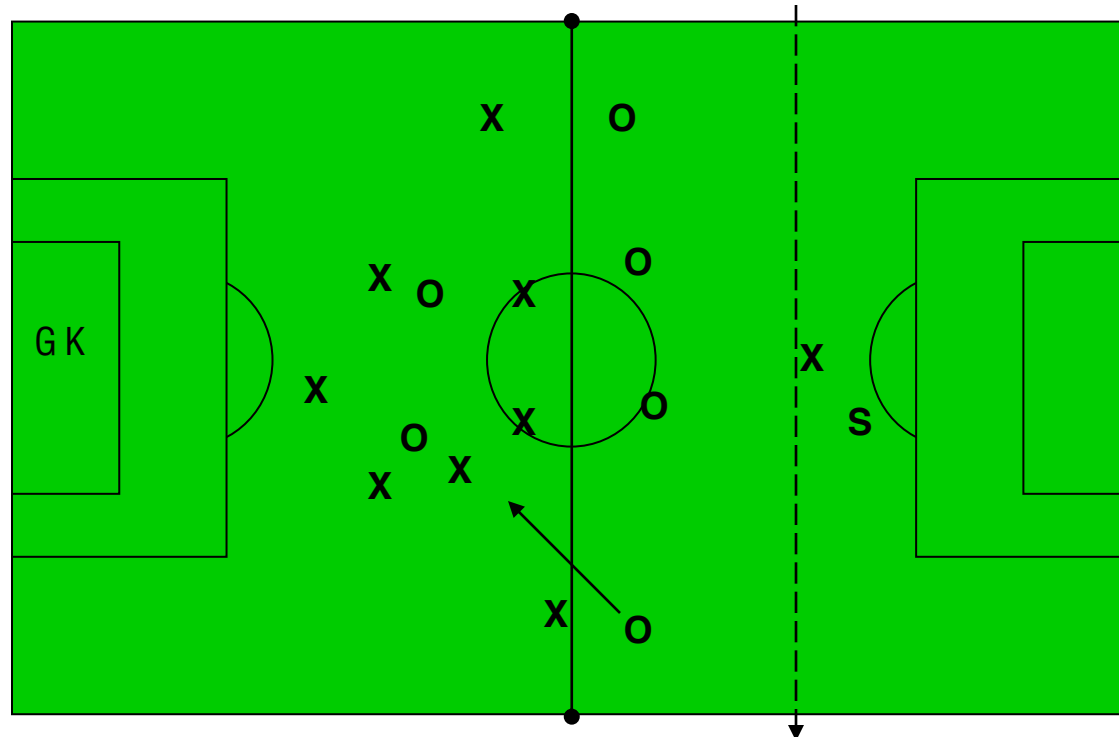
- Organisation : 10 v 6
- Defending team attempt to get the ball to target
- Playing Area : 2 / 3 field

Focus on :

Wing Backs to force the ball inside

MF Sweeper - to be between ball and goal / provide cover to MF

MF to make play predictable





Develop the effectiveness of defending with a Sweeper

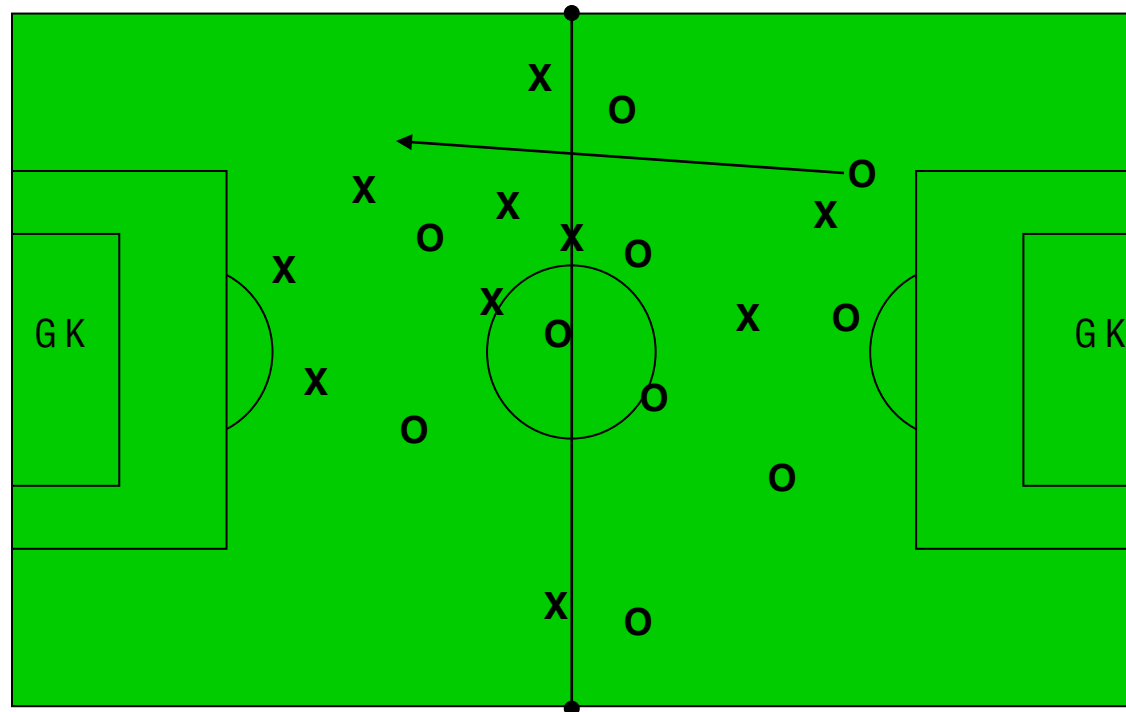
- Organisation : 11 v 11
- Playing Area : Full field

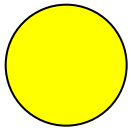
Focus on :

1st Striker forcing play one side

2nd Striker drop into MF

Attempt to force attacking team to play long

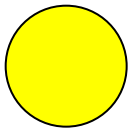




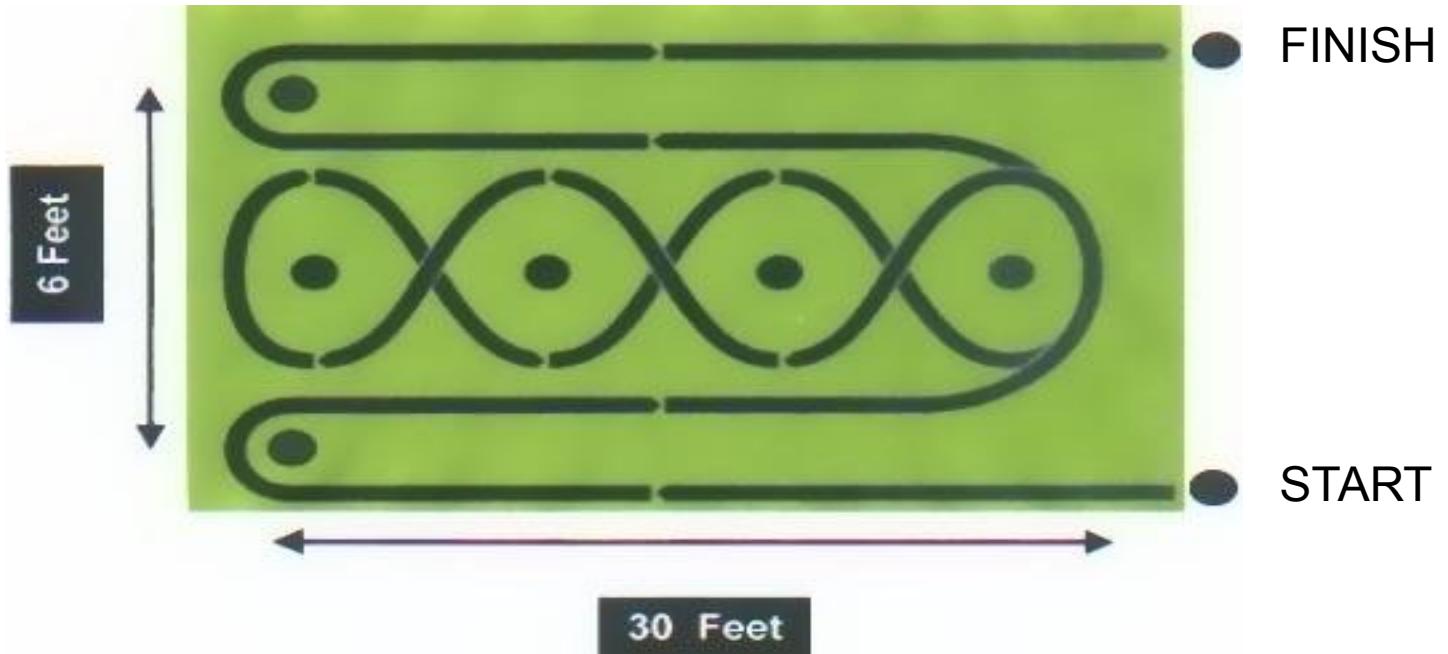
IN-SEASON

WEEK 35 DAY 2

FITNESS TESTING



ILLINOIS AGILITY TEST



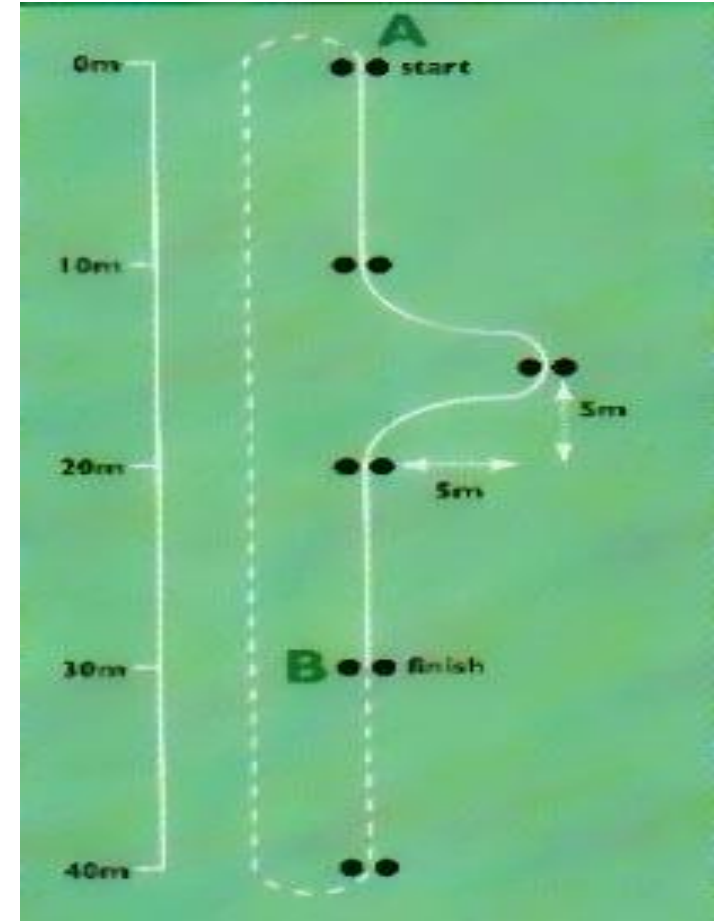
- This test measures your ability to change direction quickly, or an athlete's agility. You will require 8 cones and a stop watch. Look at the diagram to see how to set the cones out :
1. Sprint the course from start to finish and have your training partner record your time.
 2. Rest fully and repeat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

30m SPRINT FATIGUE - POWER MAINTENANCE TEST

Description / Procedure :

- In many multi-sprint sports such basketball, hockey, rugby, soccer 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%



IN-SEASON

WEEK 35 DAY 3

**Develop the effectiveness of
defending with a Sweeper**



Develop the effectiveness of defending with a Sweeper

- Organisation : 2 v 3 + GK
- Defending team attempt to get the ball to target
- Playing Area : 30 / 30 field

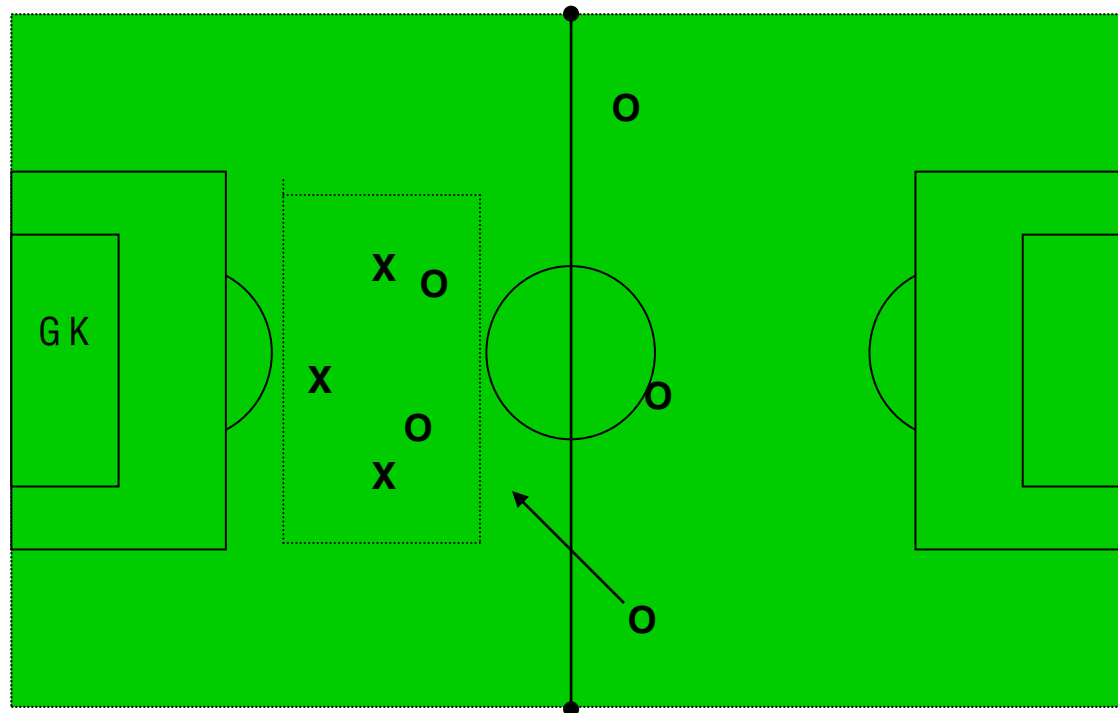
Focus on :

Starting position of Sweeper

Markers to mark outside

Communication

Decision making





Develop the effectiveness of defending with a Sweeper

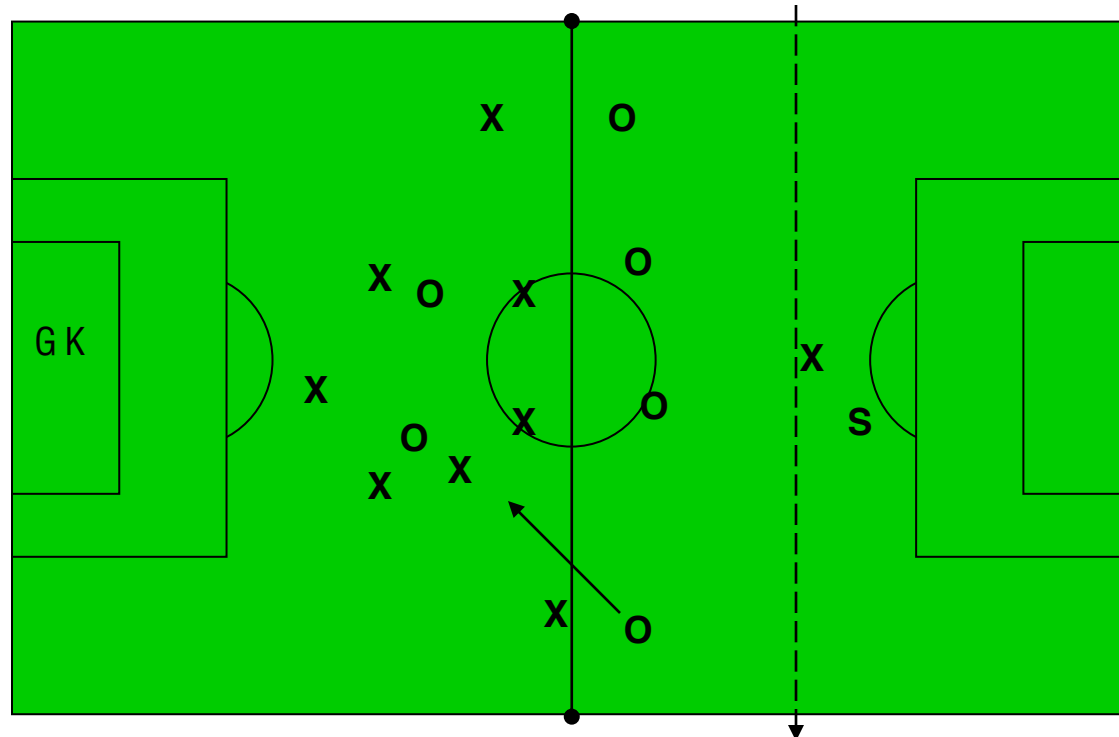
- Organisation : 10 v 6
- Defending team attempt to get the ball to target
- Playing Area : 2 / 3 field

Focus on :

Wing Backs to force the ball inside

MF Sweeper - to be between ball and goal / provide cover to MF

MF to make play predictable





Develop the effectiveness of defending with a Sweeper

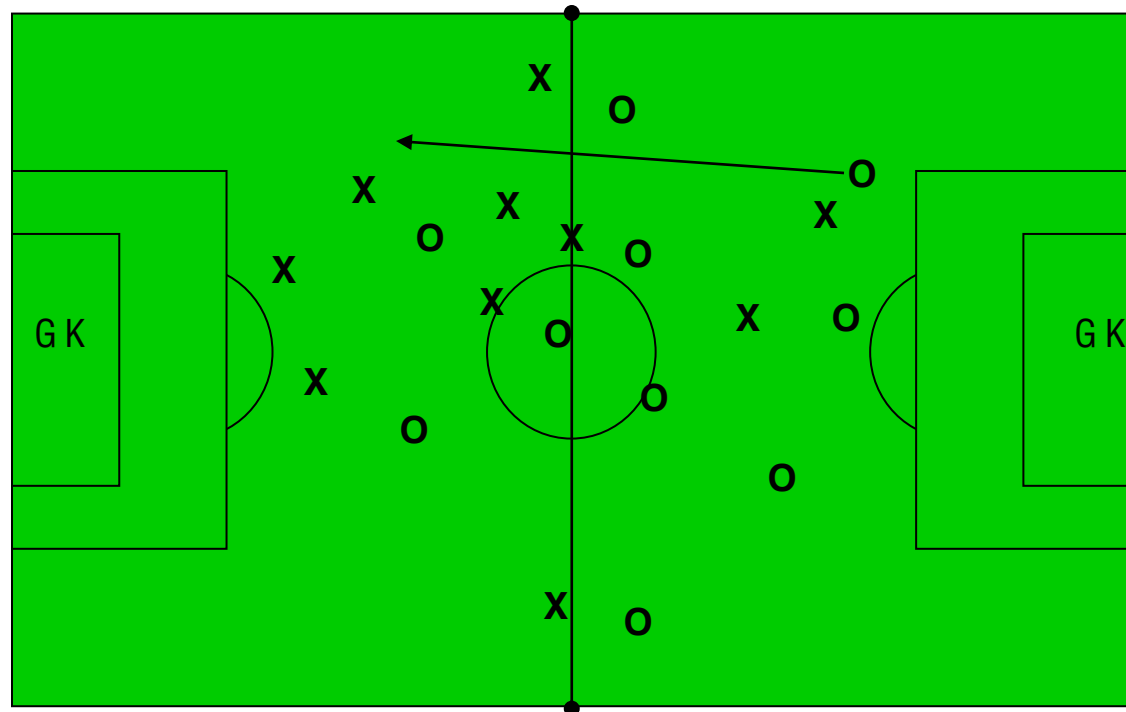
- Organisation : 11 v 11
- Playing Area : Full field

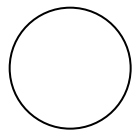
Focus on :

1st Striker forcing play one side

2nd Striker drop into MF

Attempt to force attacking team to play long





IN-SEASON

WEEK 35 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 20
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 35 DAY 5

Tactical Training Game



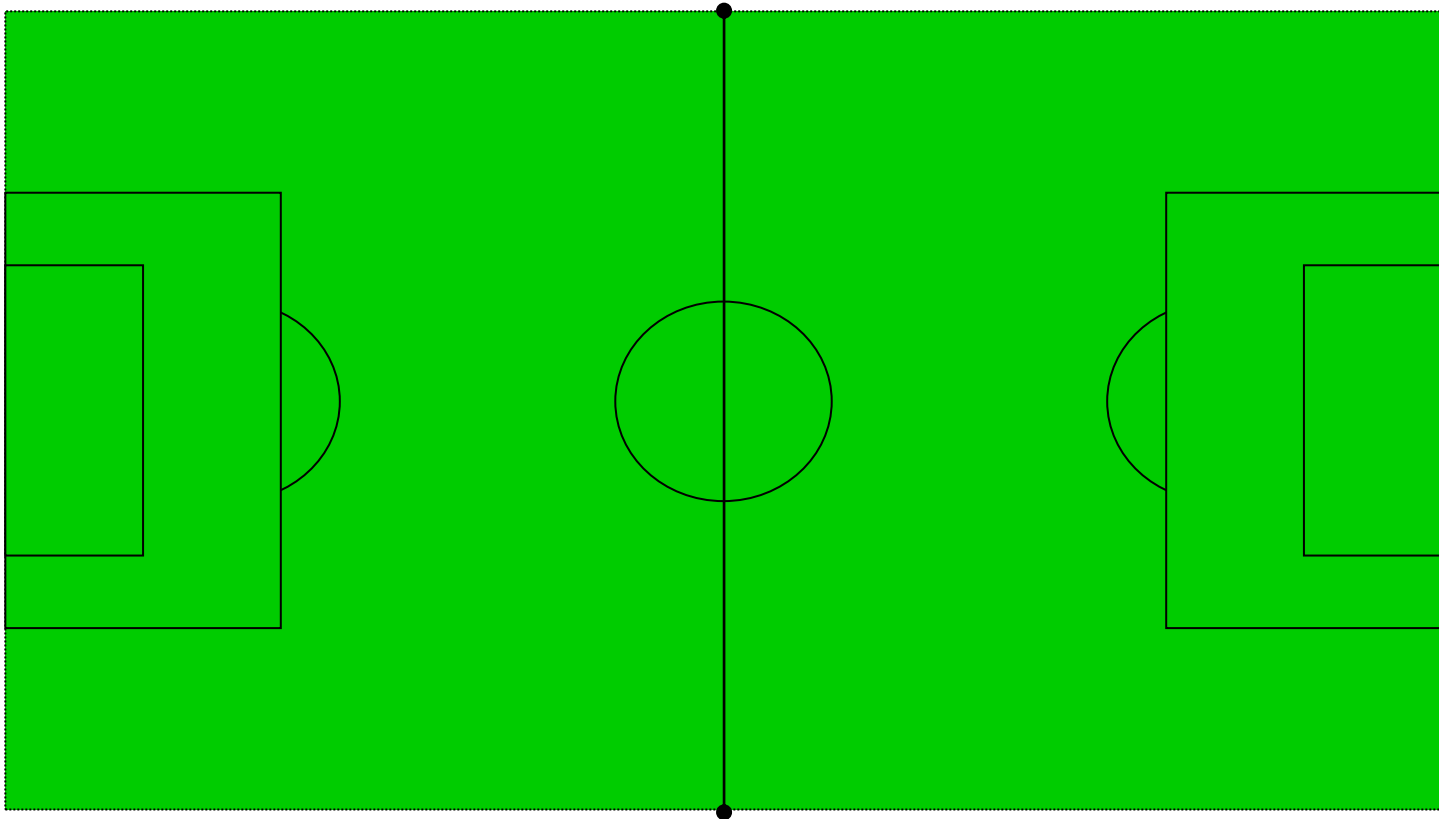
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





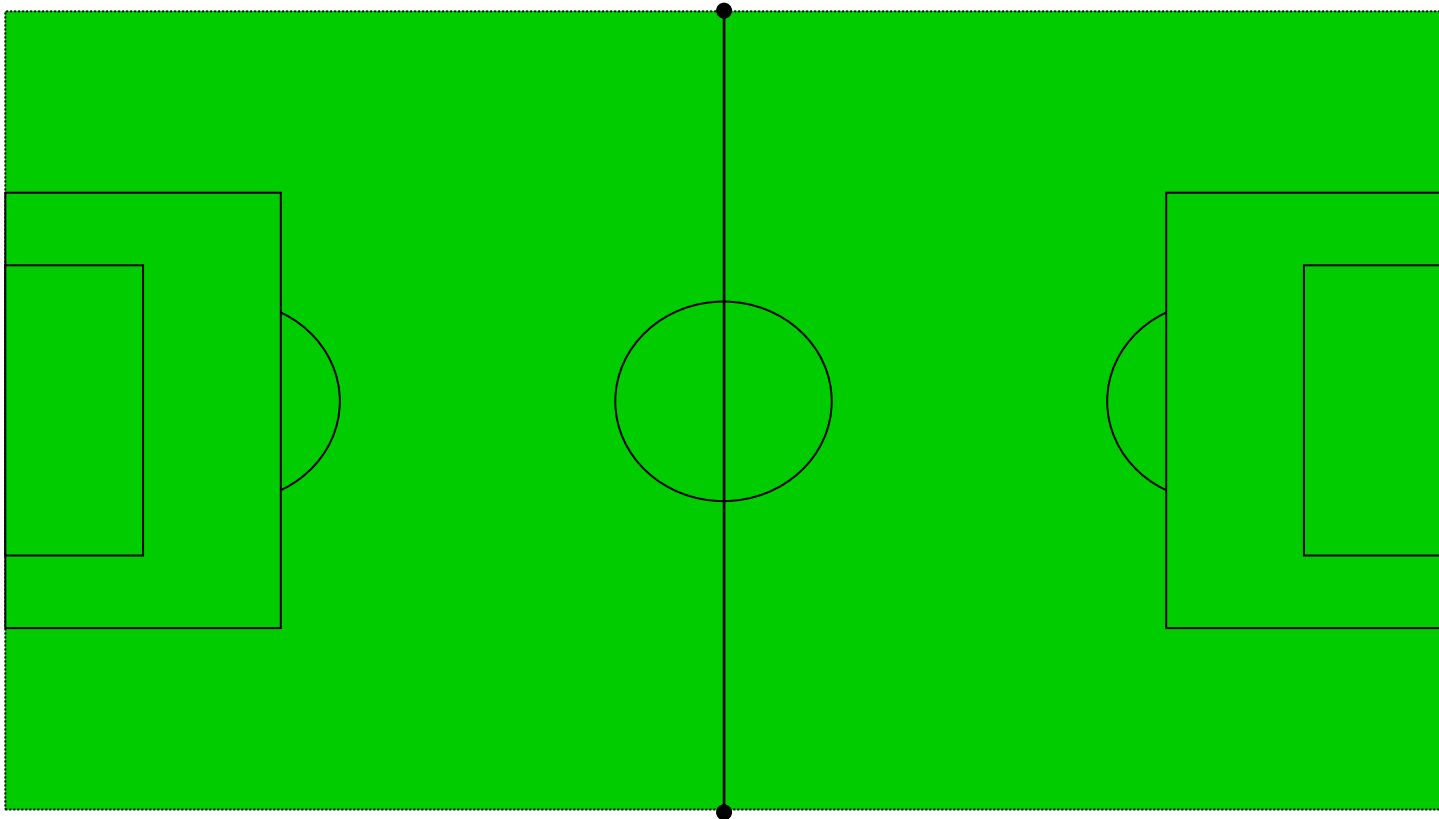
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Focus on :





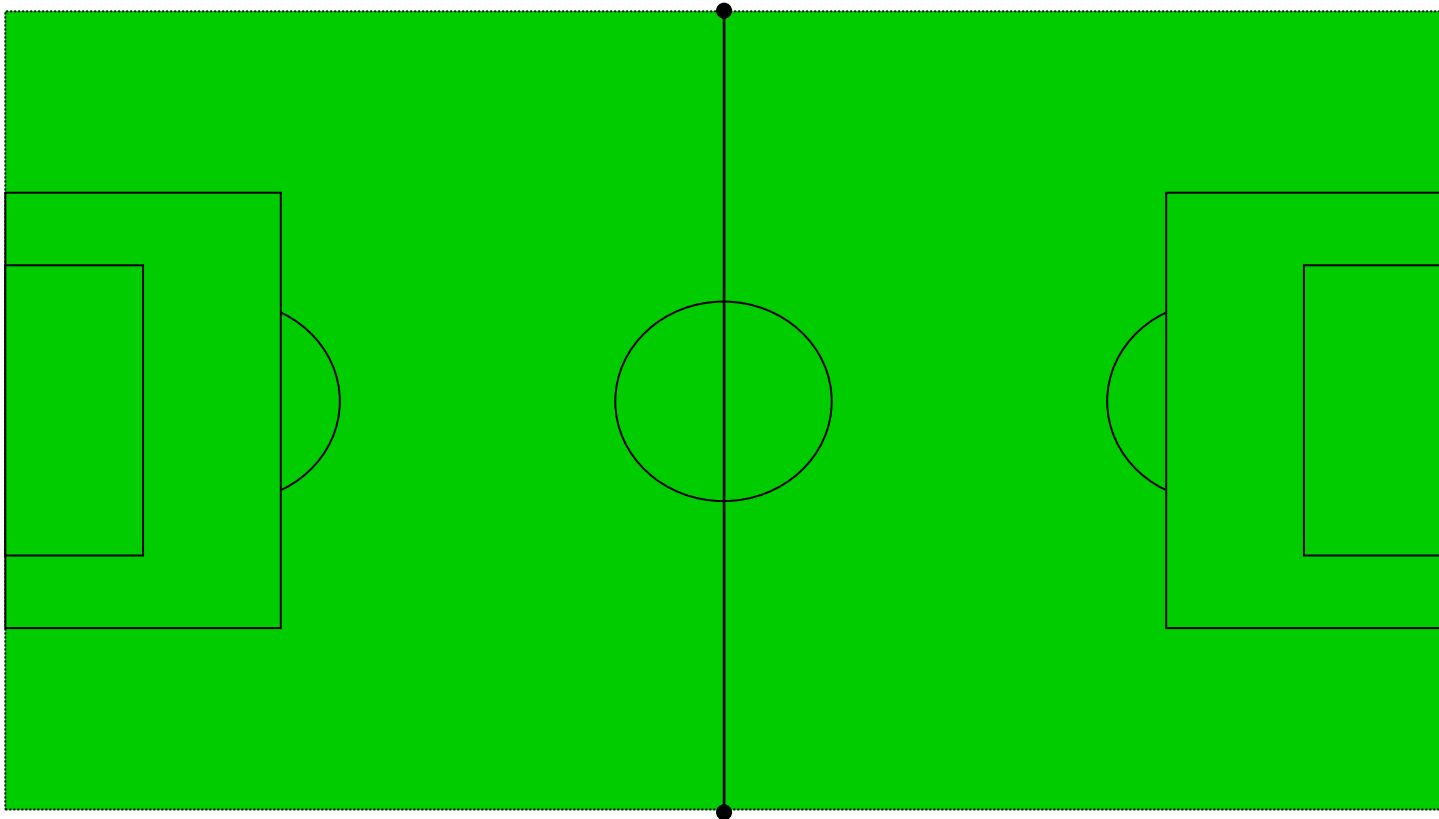
Tactical Training Game

•Organisation :

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Focus on :



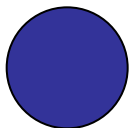
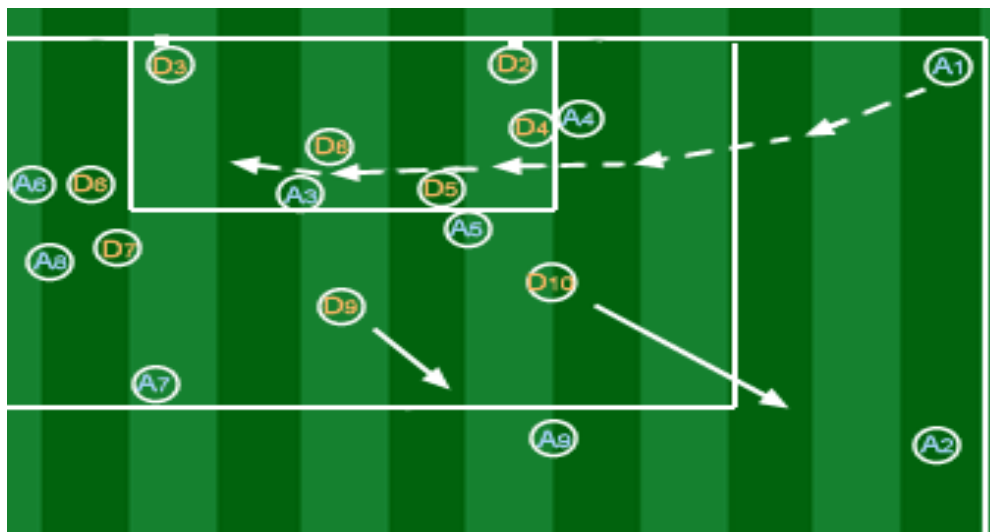
SET PIECES - DEFENDING THE CORNER KICK DELIVERED TO AND BEYOND THE FAR POST

- No defence can ever be totally sure what the attacking side has in mind when they win a corner kick, and so they have to line up preparing for any eventuality.
- The near post has to be covered, as in diagram (i) by (D2), (D4) and (D5).
- They must be ready to check a ball played back to an attacking defender along the touchline (A2) - Hence the position of (D10).
- While (D9) has to be ready should (A1) direct the corner to the edge of the penalty area and or (A9).
- So with (D3) committed to guarding the goal line on the far post eight players already have set tasks.
- So what about the corner kick played long towards the far point of the 6 yard area with attackers (A6) and (A8) coming in hoping to get a header or goal?
CLEARLY THEY MUST BE MARKED - GOAL SIDE BY (D6) AND (D7).

1. These two defenders must be strong in the air ready to challenge in any aerial duel.
2. Both must man for man mark their attacker i.e. (D6) with (A6), (D7) with (A8) until the ball is cleared.
3. (D8) must mark (A3) (on the edge of the 6 yard area) should there be any knock down into the danger area.
4. (D3) and (D2) should stay on the line either side of the goalkeeper (G) to protect the goal, acting as a last line of defence should (A6) or (A8) get in a header.
5. Similarly (D5) stays with (A5), and (D4) with (A4) - until the threat is cleared.

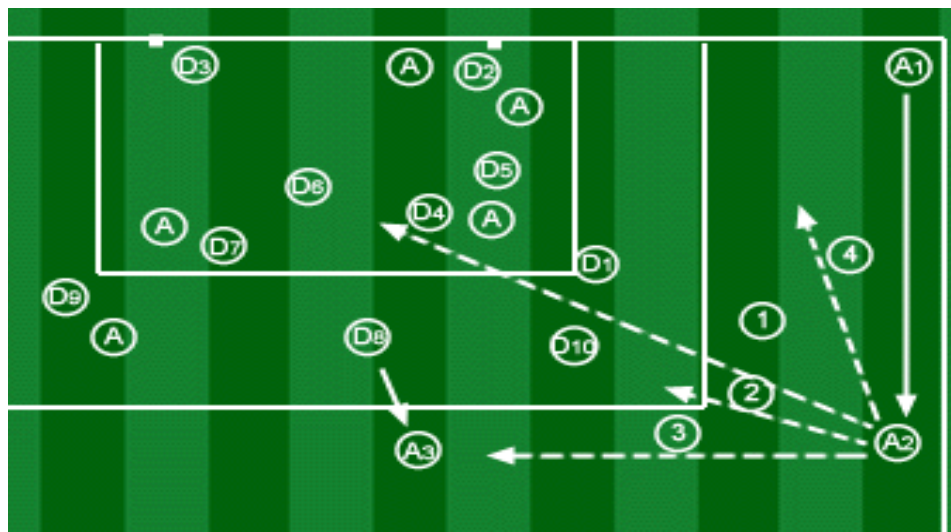
POINTS TO NOTE

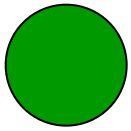
1. Once again all defenders must keep their discipline and be ready to attack should the angle of attack change, i.e. once the ball has passed over them (D4), (D5) and (D8) should all be ready to readjust to more central positions - keeping goal side of the attacker they are marking.
2. (D6) and (D7) are key players they must be strong, forceful and good in the air totally committed to winning any aerial battle. - TRYING IF POSSIBLE (Should they win the heading duel) NOT TO HEAD THE BALL TOWARDS THE CENTRAL SECTION OF THE PENALTY AREA.
3. Once the danger is cleared (G) should encourage all defenders especially (D3) and (D2) to clear the area quickly.



SET PIECES - DEFENDING THE CORNER KICK PLAYED BACK TO A SUPPORTING PLAYER

- A1 plays the ball back (almost level with the touchline) to A2 who has moved forward quickly.
- This often happens when teams aren't having success in aerial duels, and so they look to take a quick dead ball kick. The whole point being that: -
 1. A2 can centre the ball changing the angle of attack.
 2. A2 can hold the ball and try and get within a position to drive at goal.
 3. A2 can move forward before playing a pass ball to A3 moving up for a shot at goal.
- With attackers moving around - defenders must keep their discipline. To defend against this, as
- Soon as A1 plays the ball back to A2 - defenders should be on their way out of the 6 yard area, clearing the space for the goalkeeper to see and hopefully control should a cross ball arrive in from A2.
- THIS ENSURES ATTACKERS HAVE TO MOVE OUT AS WELL OR THEY WILL BE CAUGHT OFFSIDE.
- D10 sets off immediately to challenge A2 - to try and stop the early cross into the penalty area. D10 should try to 'hold up' the pace of the attack.
- D7 should move to check any move by A2 down the flank - or by A2 if he tries to move towards the penalty area.
- D8 should be ready if A2 plays to A3 running up for a shot at goal - D8 must react to the situation, holding his ground if A2 goes down the flank.
- Defenders 2-7 should clear the 6-yard area ensuring they mark attackers all the time. No attacker should be left free as A2 may simply knock the ball into the danger area first time.
- If one of the defenders does manage to clear the ball out of the penalty area then all defenders should move out together.
- ONE OF THE KEY ISSUES FOR DEFENDERS IS TO WORK AS A UNIT.
- A2 has options but he will try and catch the defenders moving out together. As a result the defenders must be alert to any eventuality - it is a disciplined reaction that is needed, stressing the importance of picking up any opponent in the penalty area.
- THE GOALKEEPER IS A KEY PLAYER - HE HAS THE BEST VIEW OF ALL THE DEFENDERS (ESPECIALLY IF THE 6-YARD AREA IS CLEARED) SO HE SHOULD INSTRUCT, (BY SHOUTING), TO HIS TEAM-MATES WHERE THE DANGER POINT IS - AND WHEN TO CLEAR THE AREA.





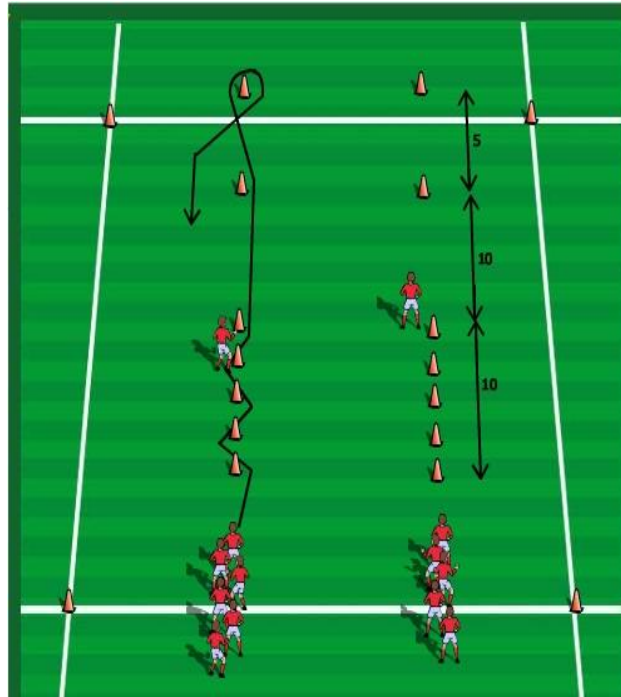
MATCH DAY

Match Day Warm Up



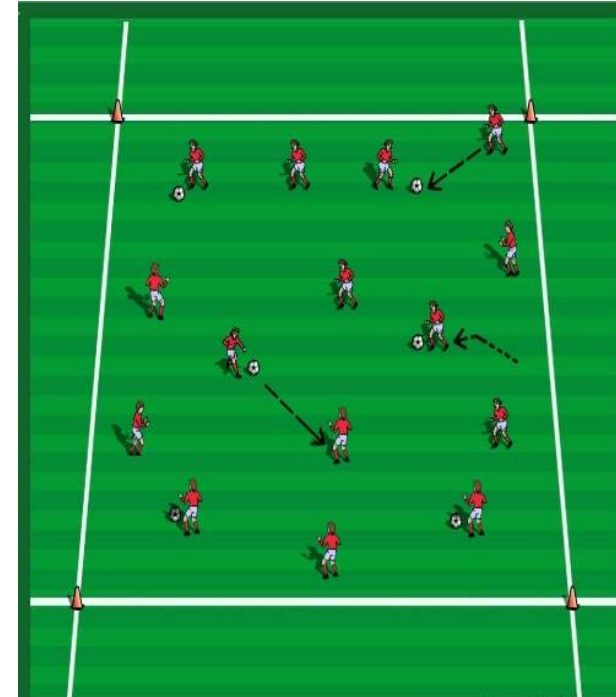
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



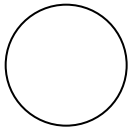
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

In-Season Training

Week 36

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Warm Up Static & Dynamic Developing a Mentality to Attack	Dynamic Warm Up Fitness Testing Bleep Spring 505 Agility	Warm Up Static & Dynamic Developing a Mentality to Attack Cool Down Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Warm Up Tactical Training Game with starting 11 based around next match opponents Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Cool Down Recovery	High Tempo Possession Games Cool Down Recovery			Set Plays Throw In's Cool Down Recovery		

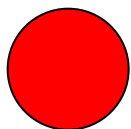


IN-SEASON

WEEK 36 DAY 1

**Developing a Mentality to
Attack**

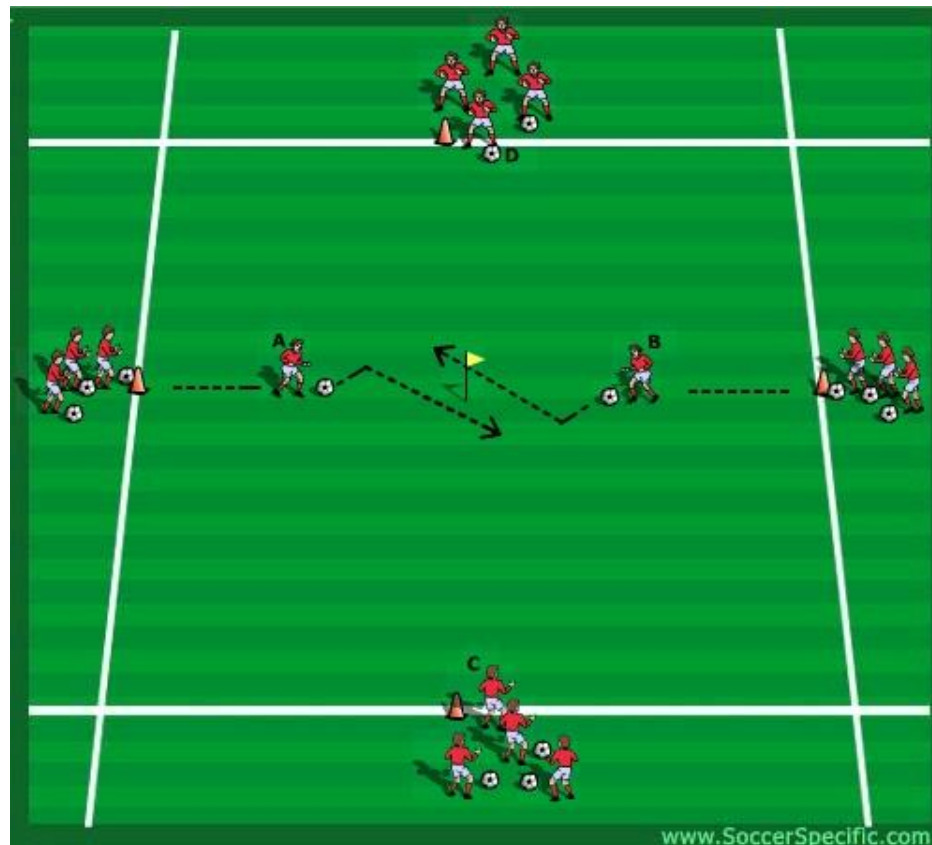
Developing a mentality to attack. Decision making in 1v1 situations



Players are divided into 4 groups and are positioned at the cones as shown in Diagram below. A flag is placed as shown in the centre of the grid. One ball for each

Coaching Points:

- Players should also be encouraged to use other “moves”
- Burst of speed past the flag – Accelerate!
- Be direct – drive towards the flag and then accelerate.
- Players must communicate with the opposite group to ensure that they start at the same time.



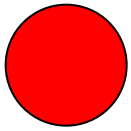
Objective:

Players (A) and (B) dribble towards the flag. Approximately 2 yards from the flag each player performs a feint to the left before accelerating to the right of the flag. On completion of the “move” the next two players (C) and (D) repeat the sequence.

Note: Players must fake to the same side and accelerate to the same side to avoid colliding (Ex) fake left, go right. Play is continuous for the designated period of time.

The following moves are encouraged:

Developing a mentality to attack. Decision making in 1v1 situations



The squad is split into two teams (red and Yellow). The teams are positioned around the perimeter of a 20x20 yard grid as shown below in Diagram. A smaller central grid (6x6 yards) is created using flags as shown. A supply of balls is placed next to each group.

Objective:

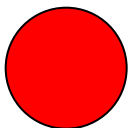
One player from the Red team (A) begins inside the smaller central grid and acts as the defender as shown above. The first player in line for the Yellow team (B) must attempt to drive at the defender, perform a “move” and dribble successfully through the central grid. If the player reaches his/her team mates on the other side the sequence is repeated with the next person in line. Points are awarded for each player successfully making it through the grid. The same defender remains in the central grid until he/she stops an attack.



If the defender intercepts or knocks the ball out of play, the roles immediately switch – the attacker becomes the next defender and must quickly react to the next attacker entering the play. In Diagram (d) below defender (A) has knocked the ball out of play. Player (B) becomes the next defender and must attempt to stop attacker (C).

The tempo of the activity must be high. Do not allow the opposition time to get ready – attack at speed. First team to 20 points wins. Repeat game as time permits.

Developing a mentality to attack. Decision making in 1v1 situations



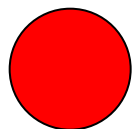
Players are divided into 4 groups and are positioned at the cones as shown in Diagram below. A flag is placed as shown in the centre of the grid. One ball for each

Coaching Points:

- Go at pace – accelerate past the defender.
- Be positive in attacking.
- Attack quickly – don't delay the attack with a lot of “moves”
- Take chances.



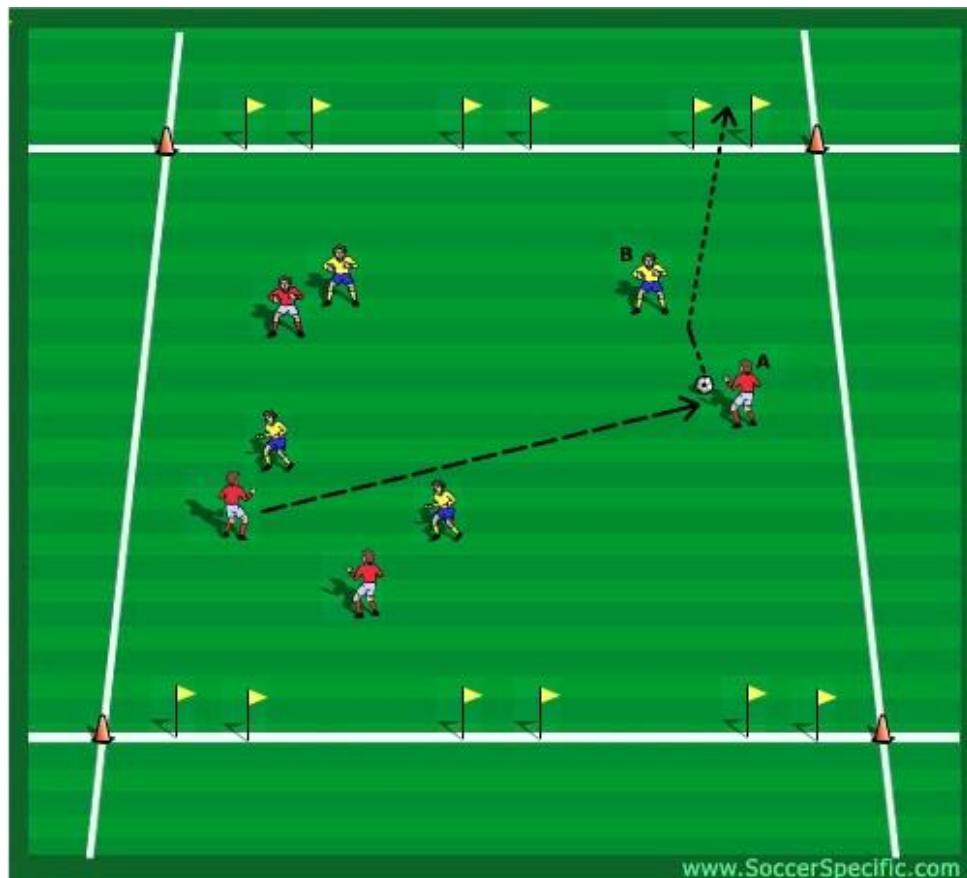
Developing a mentality to attack. Decision making in 1v1 situations



A 4v4 is organized as shown in Diagram below. Three mini goals are created with flags at each end of the playing area as shown. Repeat setup to accommodate the entire team.

Coaching Points:

- Players should also be encouraged to use other “moves”
- Burst of speed past the flag – Accelerate!
- Be direct – drive towards the flag and then accelerate.
- Players must communicate with the opposite group to ensure that they start at the same time.

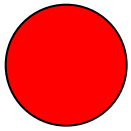


Objective:

Players compete for possession of the ball and attempt to score by dribbling through their opponents mini goals. Players are encouraged to take advantage of 1v1 situations – take chances, try to isolate and beat the defender.

Diagram above illustrates player (A) isolating opponent (B) in a 1v1 situation. Player (A) should attempt to take advantage of the situation by driving aggressively to goal.

Developing a mentality to attack. Decision making in 1v1 situations



An 8v8 plus goalkeepers is organized as shown in Diagram below. Playing area is 44 yards wide x approximately 60 yards long. The pitch is divided into 3 zones as shown. The end zones (final third) are 18 yards from goal.

Coaching Points:

- Maintain possession until opportunities to attack develop.
- Isolate and attack defenders.
- Be positive, take chances – go for goal!
- Changes of speed, accelerate, go at pace.
- Decision making – when to attack, when to pass, etc.

Final Game :

8v8 as above. No restrictions.

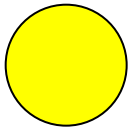
Focus on all previous coaching points.

Objective :



Both teams compete for possession of the ball and attempt to score in their opponents goal. The only restriction is as follows: If a player dribbles into the opponents final third of the pitch no passing is allowed. Therefore if a player enters the final third he/she must be direct and go for goal. At the start players may make poor decisions and dribble into the final third even when heavily outnumbered. This usually results in a loss of possession. As the exercise progresses players will begin to make better decisions in relation to the best time to attack.

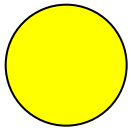
Diagram above illustrates a “good” time to attack. Player (A) has received a pass from team mate (D). Player (A) is in a good position to drive into the final third since defender (B) has no immediate support.



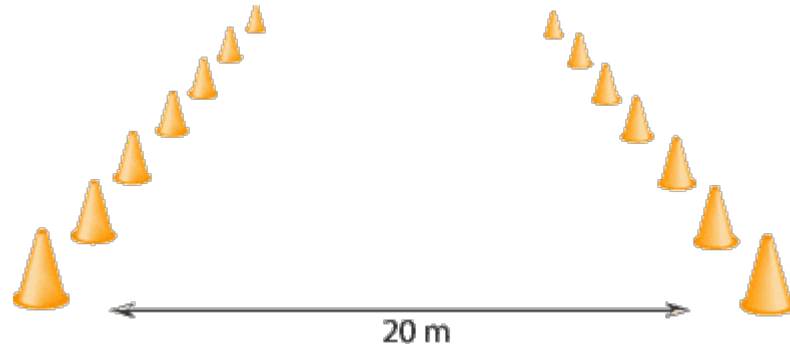
IN-SEASON

WEEK 36 DAY 2

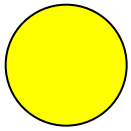
FITNESS TESTING



BLEEP TEST



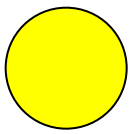
- **Description :** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The time between recorded beeps decreases each minute (level). There are several versions of the test, but one commonly 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.



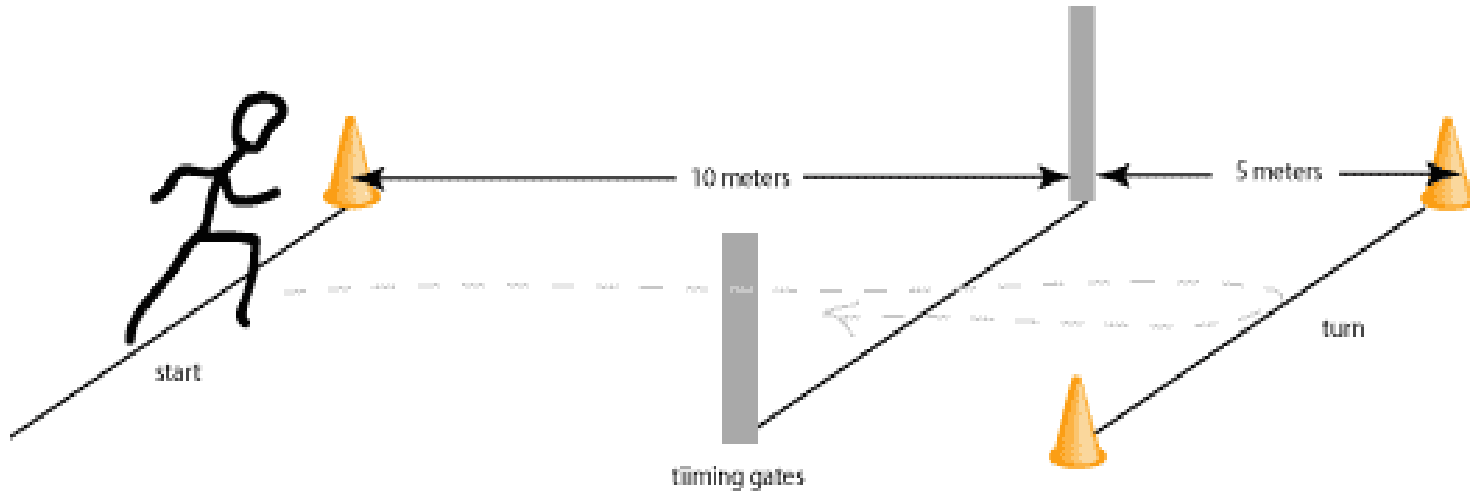
SPRINT TEST



- **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.



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

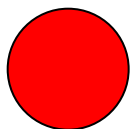


IN-SEASON

WEEK 36 DAY 3

**Developing a Mentality to
Attack**

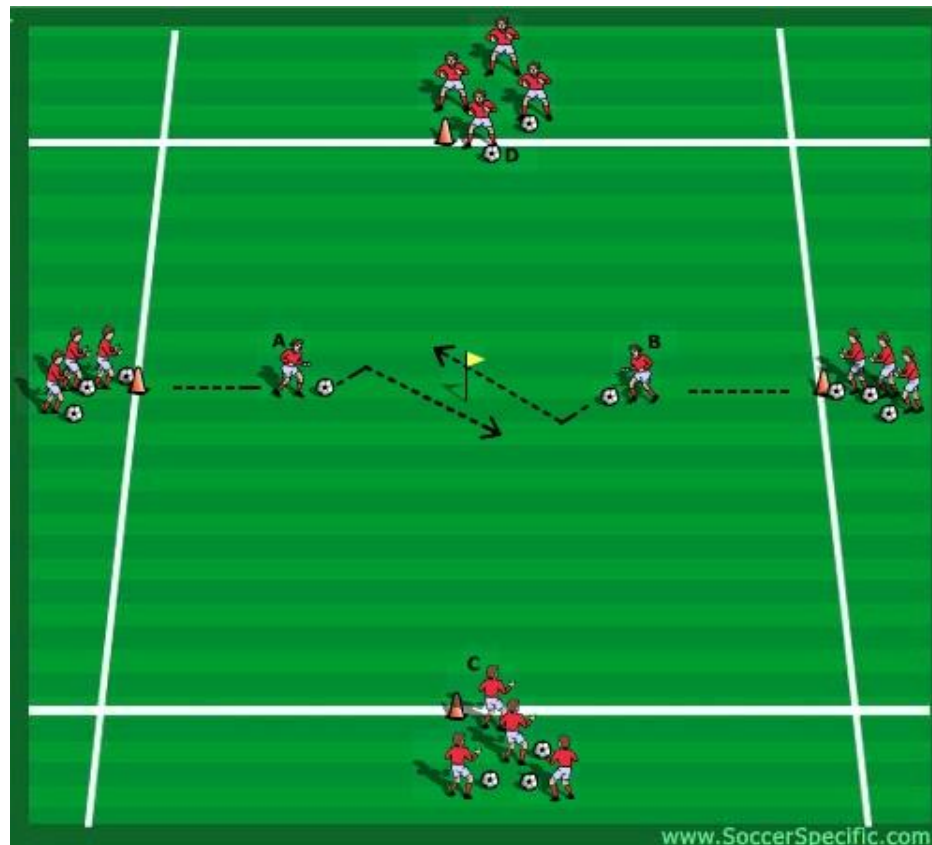
Developing a mentality to attack. Decision making in 1v1 situations



Players are divided into 4 groups and are positioned at the cones as shown in Diagram below. A flag is placed as shown in the centre of the grid. One ball for each

Coaching Points:

- Players should also be encouraged to use other “moves”
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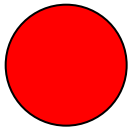
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Developing a mentality to attack. Decision making in 1v1 situations



The squad is split into two teams (red and Yellow). The teams are positioned around the perimeter of a 20x20 yard grid as shown below in Diagram. A smaller central grid (6x6 yards) is created using flags as shown. A supply of balls is placed next to each group.

Objective:

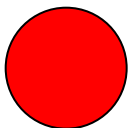
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Developing a mentality to attack. Decision making in 1v1 situations



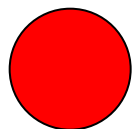
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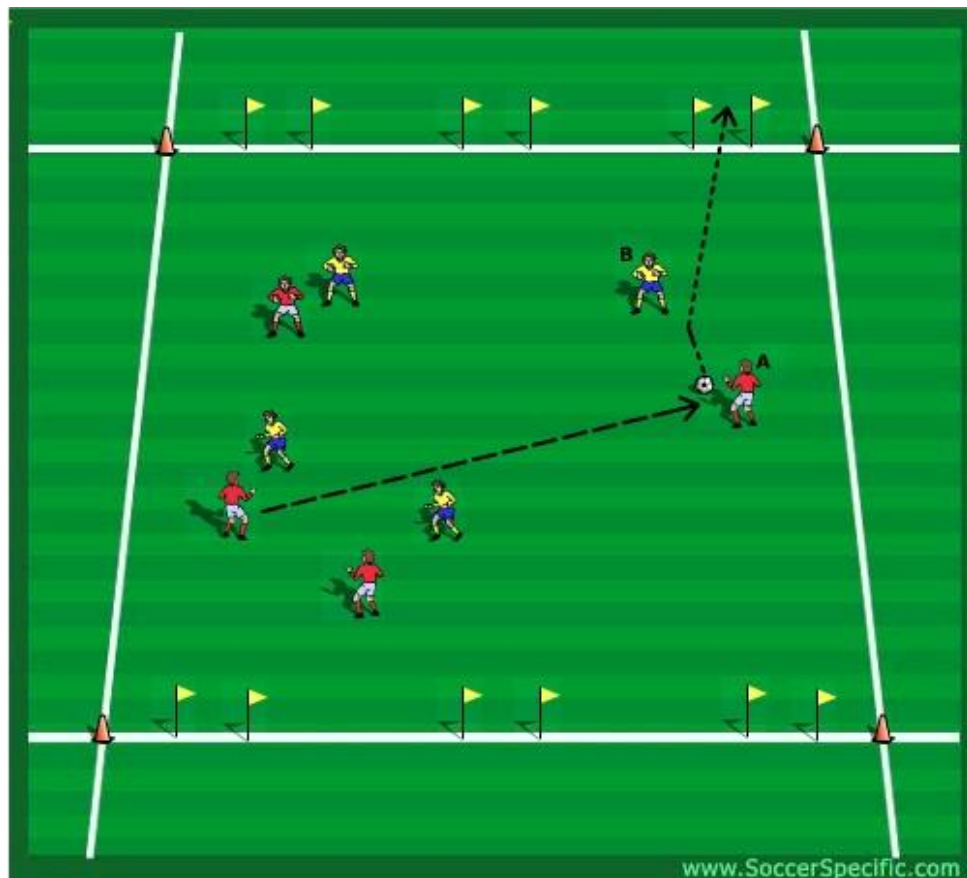
Developing a mentality to attack. Decision making in 1v1 situations



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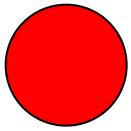


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Diagram above illustrates player (A) isolating opponent (B) in a 1v1 situation. Player (A) should attempt to take advantage of the situation by driving aggressively to goal.

Developing a mentality to attack. Decision making in 1v1 situations



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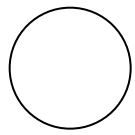
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Objective :



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Diagram above illustrates a “good” time to attack. Player (A) has received a pass from team mate (D). Player (A) in a good position to drive into the final third since defender (B) has no immediate support.



IN-SEASON

WEEK 36 DAY 4

- REST DAY
- GYM - STRENGTH SESSIONS 21
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



IN-SEASON

WEEK 36 DAY 5

Tactical Training Game



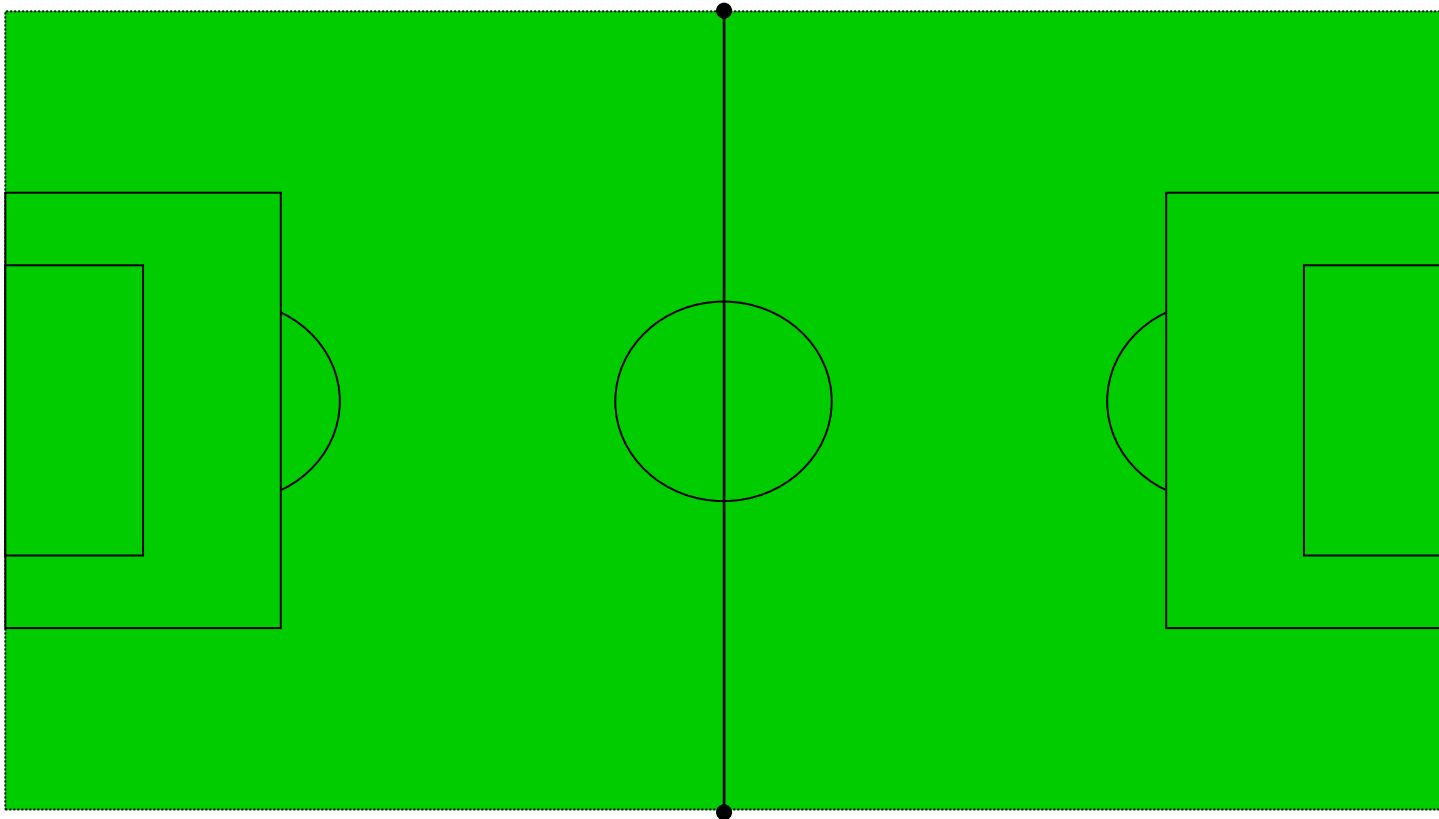
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





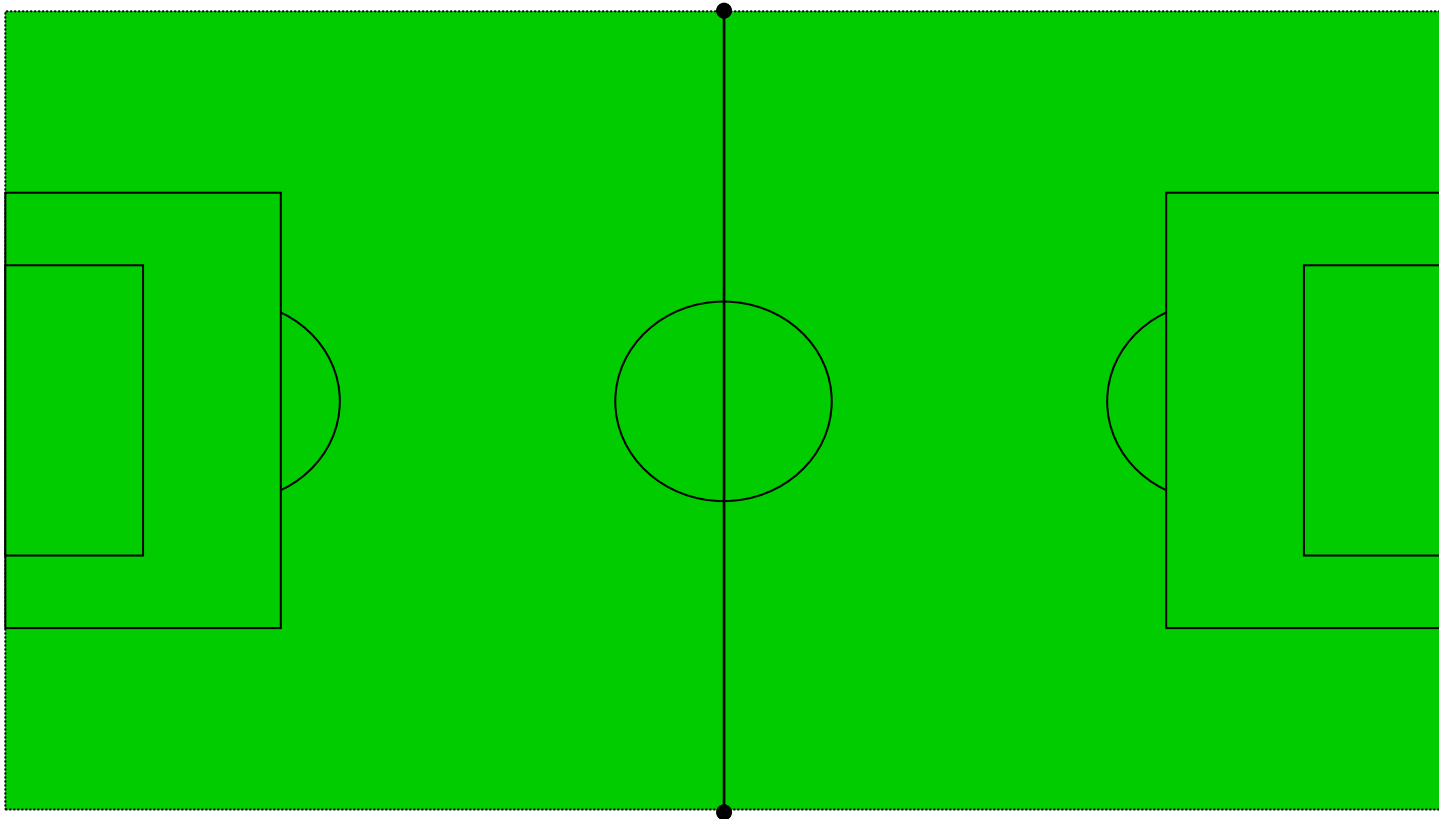
Tactical Training Game

•Organisation :

Opposition :

Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :





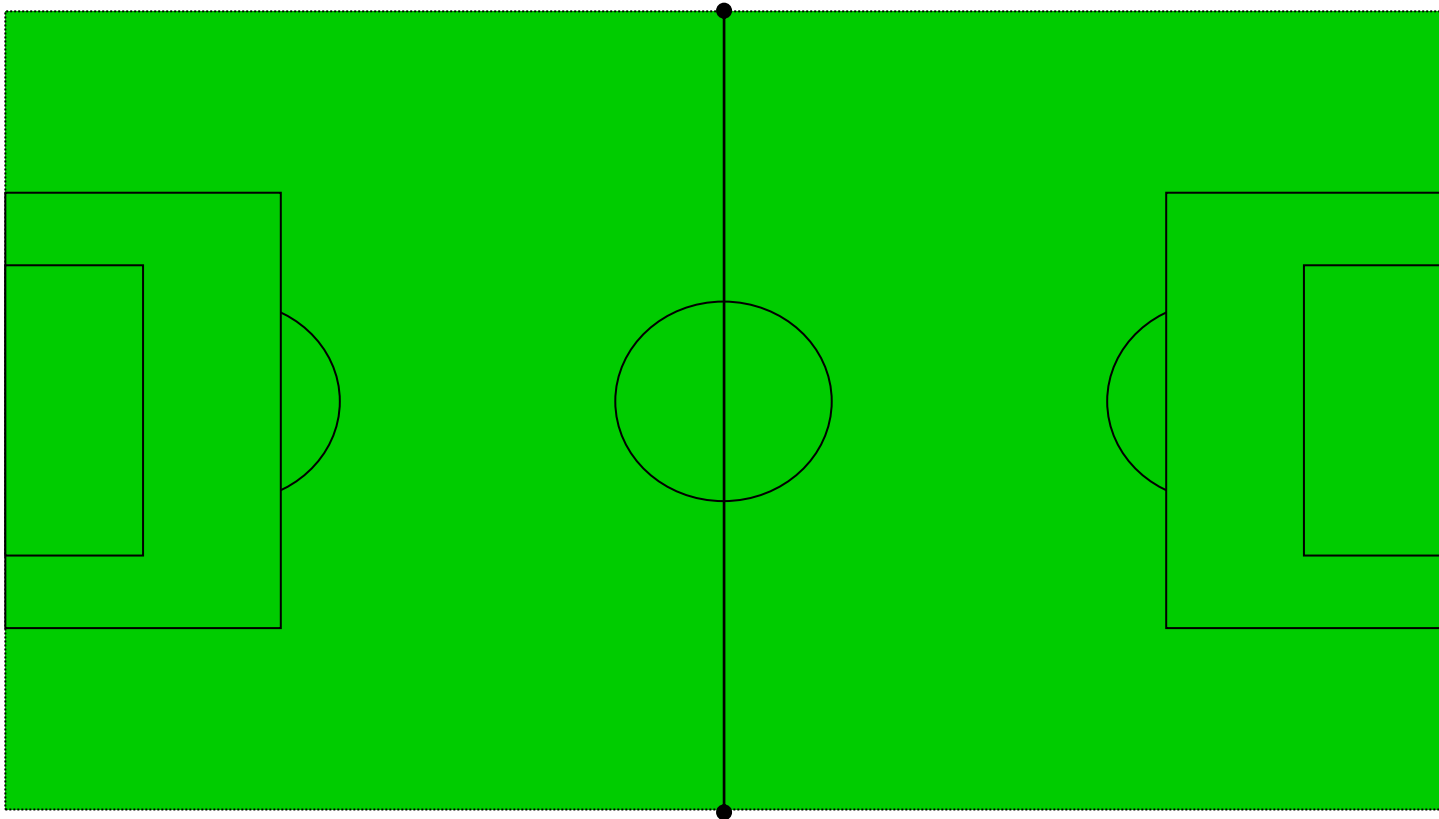
Tactical Training Game

•Organisation :

Opposition :

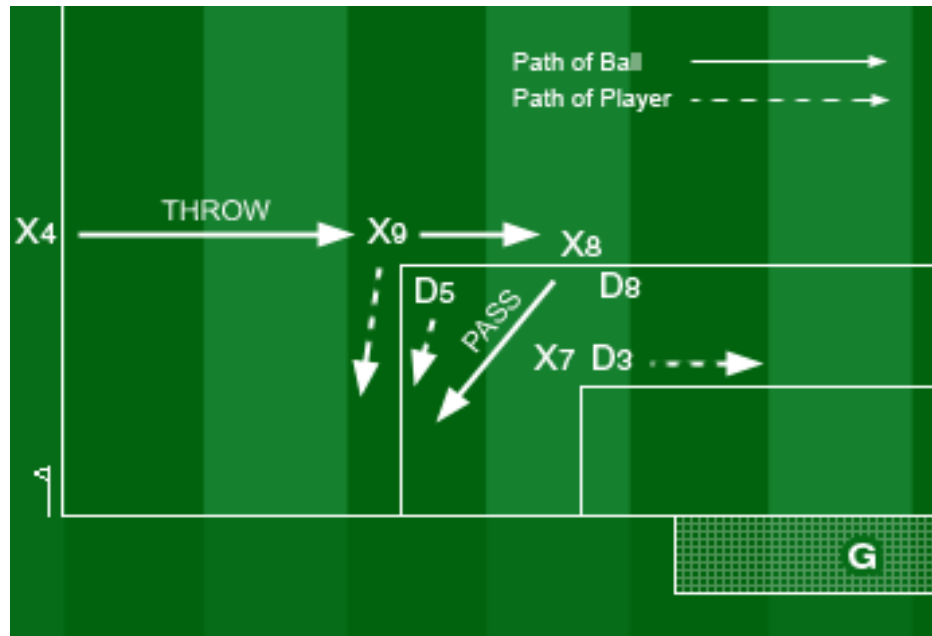
Expected formation : 4-4-2 4-5-1 4-3-3

Focus on :



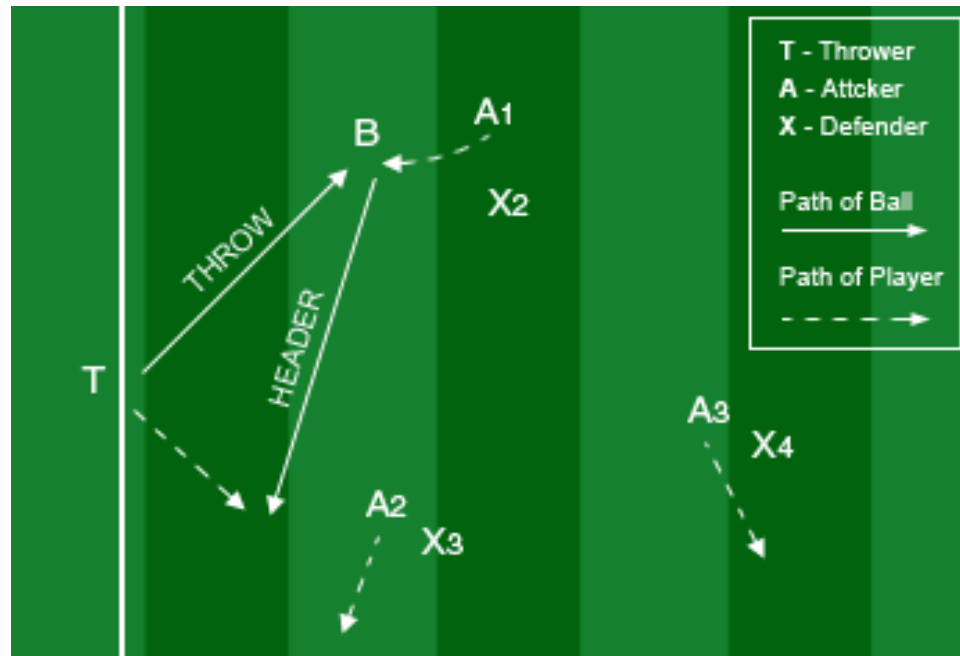
Set Plays at a Throw-in (attacking)

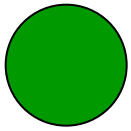
- In the diagram the (X's) are the attacking side with (X4) taking the throw-in.
- (X4) throws the ball towards (X9) who is marked by (D5)
- But as the ball approaches him (X9) sets off to his left as in the diagram expecting that (D5) will (in view of the proximity to goal) follow him. This leaves the ball going on to (X8) who is directly behind him in line as in the diagram.
- To add to the movement, and to maintain the pressure on the defence (X7) sets off into the penalty area, with (D3) in pursuit.
- This creates a space on the right flank which (X9) will run into.
- So when the ball arrives at (X8) he plays it first time into the space in front of (X9) who will then be in a dangerous attacking position.
- The success depends on: -
- The accuracy of the throw-in, also the right pace on the throw into (X8)
- The timing of (X9)'s run; and that of (X7)



Set Plays at a Throw-in (attacking) 2

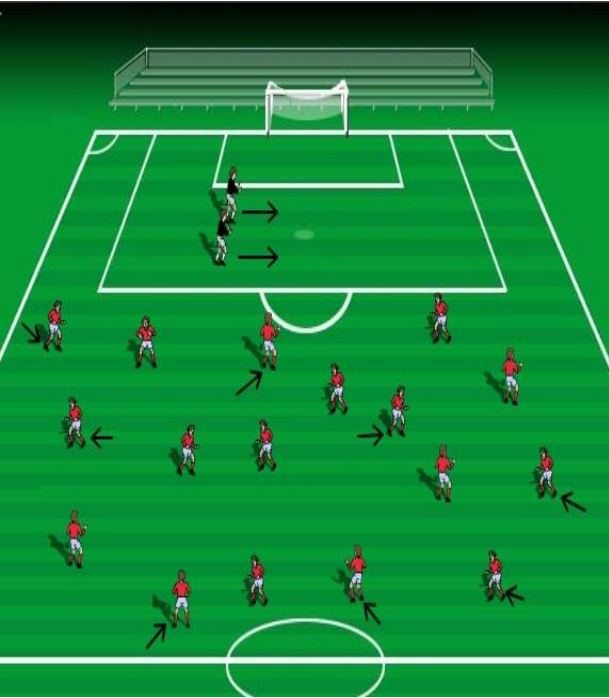
- A simple but effective move, much depending on the movement OFF the ball by the attacking players.
- **THE PRINCIPLE IS TO GET THE THROWER T IN POSSESSION OF THE BALL GOING FORWARD.**
- **Practice** (with T ready to throw-in)
- (A1) marked by X2 darts quickly as if to move infield. But he checks quickly and moves back to a position (B) where he is free, as X2 cannot react as quickly.
- T throws the ball at the head of (A1), who then heads the ball down the touchline for T to run on to.
- To assist attacker (A2) comes close at first but as T is about to throw, he turns and sets off down the line, and X3 will follow – this then creates the space for (A1) to head the ball forward to meet T's run.
- Other attackers such as (A3) turn away also taking defenders with them.





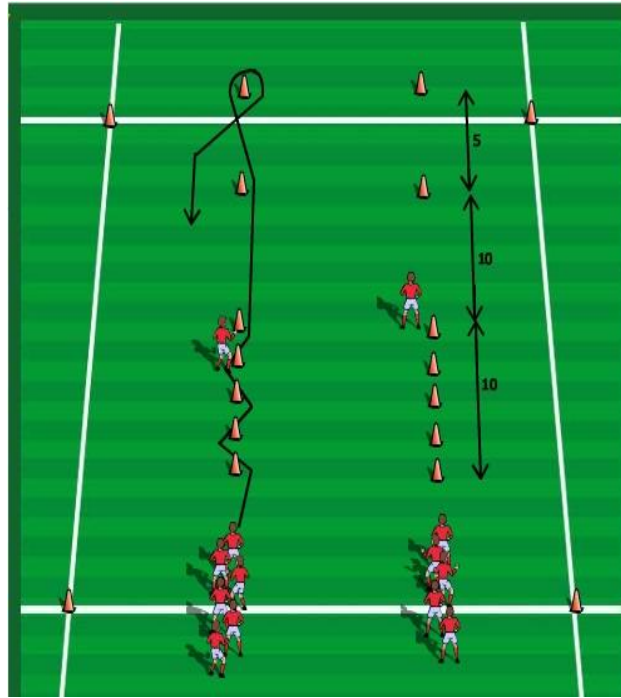
MATCH DAY

Match Day Warm Up



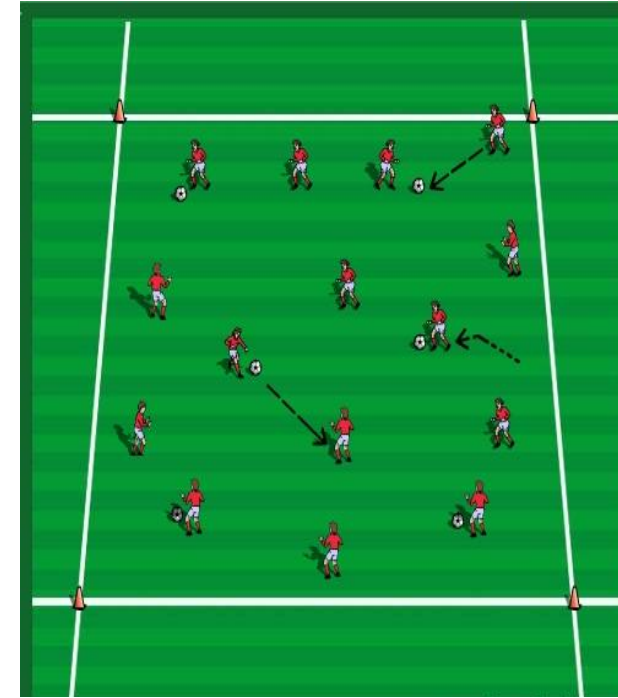
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



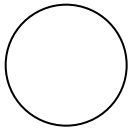
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING