

Football Association of Wales Professional Licence



**Pre-season training
programme**

Pre-season training



- **AEROBIC POWER (85 – 95% Max HR)**
- **INTENSIVE ENDURANCE (Interval training)**
- **TO INCREASE HIGH-INTENSITY “PRESSING” ABILITY**
 - Small-sided games (3 v 3 / 4 v 4)
 - Continuous runs
- **EXTENSIVE ENDURANCE**
- **TO INCREASE CAPACITY TO LAST A FULL GAME**
 - Small sided games (7 v 7 / 11 v 11 : 10-30mins duration)
- **ANAEROBIC POWER**
- **SPEED & AGILITY SESSIONS**
- **TO RE-CREATE GAME LIKE MOVEMENTS**
 - Football specific speed sessions
- **SPEED ENDURANCE SESSIONS**
- **TO INCREASE ABILITY TO REPEAT HIGH INTENSITY MOVEMENTS**
 - Football specific speed endurance sessions

Pre-season training



Intensive Endurance (Small-sided games): 3 v 3 / 4 v 4

Reps x Duration Total Duration

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

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

Reps x Duration Total Duration

- 1). 2 x 10min games 20mins
- 2). 2 x 15min games 30mins
- 3). 3 x 10min games 30mins
- 4). 3 x 15min games 45mins
- 5). 3 x 20min games 60mins
- 6). 3 x 25min games 75mins

Pre-season training

Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Rest & recovery	Dynamic Football Warm Up	Dynamic Football Warm Up	Rest & recovery
AM	Aerobic intervals (80%) Anaerobic intervals	Aerobic intervals (85%) Anaerobic intervals	Testing	Rest & recovery	3-2-1 interval run (85%) 2 min / 30 sec / 90 sec recovery	3-2-1 football (85%) 2 min / 30 sec / 90 sec recovery	Rest & recovery
AM	Recovery	4 v 4 (6 X 3 – 3 min recovery) Recovery	Testing	Rest & recovery	4 v 4 (6 X 3 – 3 min recovery) Recovery	Football specific speed & speed endurance Recovery	Rest & recovery
PM	Core stability/ flexibility	Core stability/ flexibility	Dynamic Warm Up	Rest & recovery	Core stability/ flexibility	Core stability/ flexibility	Rest & recovery
PM	Strength weights	Strength weights	Testing	Rest & recovery	Strength weights	Strength weights	Rest & recovery
PM	Recovery	Recovery	Testing	Rest & recovery	Recovery	Recovery	Rest & recovery

Pre-season training

Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up	Dynamic Warm Up	Rest & recovery	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Rest & recovery
AM	4 X 4 aerobic run (90%) 3 min recovery	4 X 4 football (90%) 3 min recovery	Rest & recovery	Aerobic intervals	Aerobic intervals	Position specific speed, speed endurance	Rest & recovery
AM	3 v 3 (4 X 5 – 2.5 min recovery) Recovery	Position specific speed, speed endurance Recovery	Rest & recovery	Position specific speed, speed endurance Recovery	3 v 3 (4 X 5 – 2.5 min recovery) Recovery	11 v 11 (2 X 15 min) Recovery	Rest & recovery
PM	Core stability/ flexibility	Core stability/ flexibility	Rest & recovery	Core stability/ flexibility	Core stability/ flexibility	Dynamic Warm Up	Rest & recovery
PM	Strength weights	Strength weights	Rest & recovery	Strength weights	Strength weights		Rest & recovery
PM	Recovery	Recovery	Rest & recovery	Recovery	Recovery	Game (45 minutes)	Rest & recovery

Pre-season training

Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Rest & recovery	Dynamic Warm Up		Rest & recovery
AM	Position specific speed, speed endurance Aerobic intervals	Position specific speed, speed endurance Aerobic intervals		Rest & recovery	3 v 3 (4 X 5 – 2.5 min recovery) Aerobic intervals		Rest & recovery
AM	3 v 3 (4 X 5 – 2.5 min recovery) Recovery	11 v 11 (2 X 15 min) Recovery		Rest & recovery	Recovery		Rest & recovery
PM	Core stability/ flexibility	Core stability/ flexibility		Rest & recovery	Core stability/ flexibility		Rest & recovery
PM	Strength weights	Strength weights		Rest & recovery	Strength weights		Rest & recovery
PM	Recovery	Recovery	Game (60 minutes)	Rest & recovery	Recovery	Game (90 minutes)	Rest & recovery

Pre-season training

Week 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up	Dynamic Warm Up	Rest & recovery	Dynamic Warm Up	Dynamic Warm Up		Rest & recovery
AM	Aerobic intervals 3 v 3 (4 X 5 – 2.5 min recovery)	Position specific speed, speed endurance	Rest & recovery	Aerobic intervals	Position specific speed, speed endurance		Rest & recovery
AM	3 v 3 (4 X 5 – 2.5 min recovery) Recovery	Recovery	Rest & recovery	Position specific speed, speed endurance Recovery	Recovery		Rest & recovery
PM	Core stability/ flexibility	Core stability/ flexibility	Rest & recovery	Core stability/ flexibility	Core stability/ flexibility		Rest & recovery
PM	Strength weights	Strength weights	Rest & recovery	Strength weights	Strength weights		Rest & recovery
PM	Recovery	Recovery	Rest & recovery	Recovery	Recovery	Game (90 minutes)	Rest & recovery

Pre-season training

Week 5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up	Dynamic Warm Up		Rest & recovery	Dynamic Warm Up		Rest & recovery
AM	Aerobic intervals 3 v 3 (8 X 3 – 2 min recovery)	Position specific speed, speed endurance		Rest & recovery	Aerobic intervals Position specific speed, speed endurance		Rest & recovery
AM	Recovery	Recovery		Rest & recovery	Recovery		Rest & recovery
PM	Core stability/ flexibility	Core stability/ flexibility		Rest & recovery	Core stability/ flexibility		Rest & recovery
PM	Power weights	Power weights		Rest & recovery	Power weights		Rest & recovery
PM	Recovery	Recovery	Game (90 minutes)	Rest & recovery	Recovery	Game (90 minutes)	Rest & recovery

Pre-season training

Week 6



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Rest & recovery	Dynamic Warm Up	Rest & recovery	Dynamic Warm Up	Dynamic Warm Up		
AM	Rest & recovery	Aerobic intervals Position specific speed	Rest & recovery	Position specific speed	Position specific speed		
AM	Rest & recovery	3 v 3 (8 X 3 – 2 min recovery) Recovery	Rest & recovery	Recovery	Recovery		
PM	Rest & recovery	Core stability/ flexibility	Rest & recovery	Core stability/ flexibility			
PM	Rest & recovery	Power weights	Rest & recovery	Power weights			
PM	Rest & recovery	Recovery	Rest & recovery	Recovery		Opening game of season	

Dynamic Warm Up

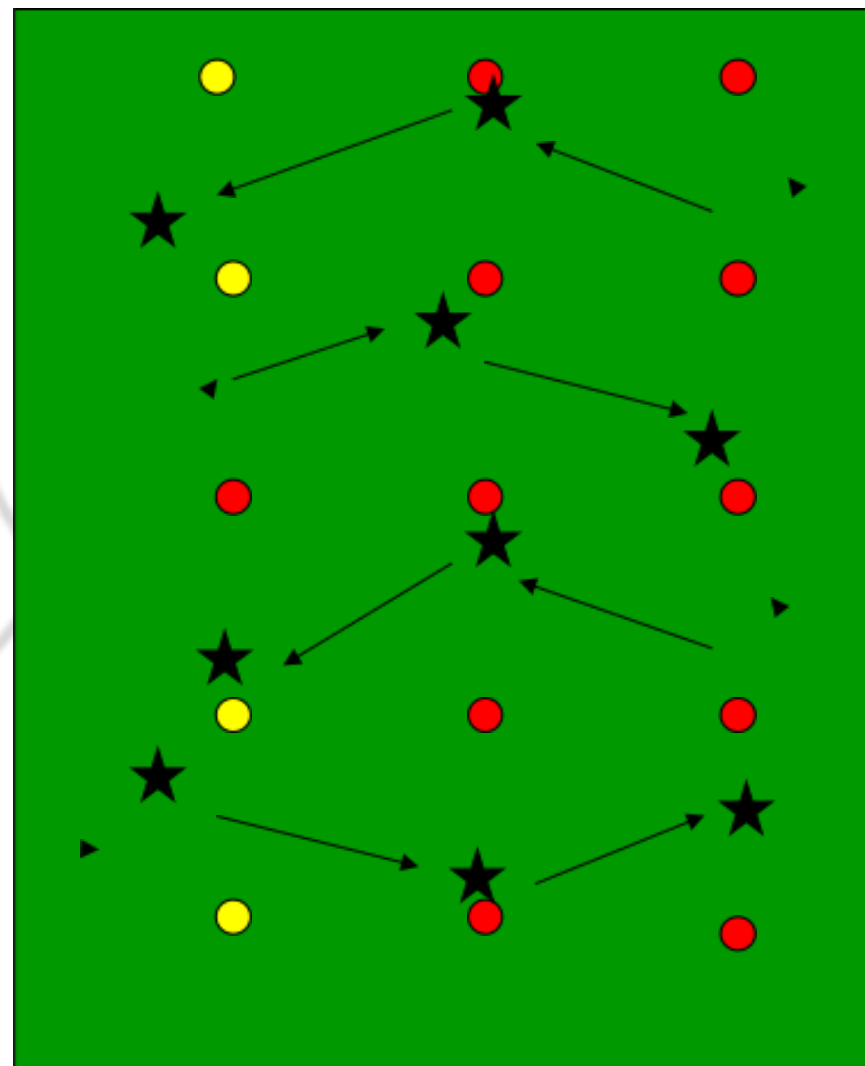


● Organisation

- 8 10 X 10 squares are set up with players positioned as shown in diagram.
- To begin player 1 passes forward through yellow gates to player 2. Player 1 then follows pass taking the place of player 2.
- Player 2 receives pass from player 1 and passes forward to player 3. Player 2 then follows pass and takes the place of player 3.
- Player 3 moves ball into next "lane" and repeats the process.
- As soon as ball is in next lane another player can start through yellow gates.
- When ball reaches end yellow gates, player dribbles ball back to start

● Recommendations:

- Number of touches on the ball can be limited to increase the tempo of the practice.
- Players can perform dynamic flexibility movements between yellow end and start gates:
 - Calf swings or straight leg jogging
 - Hamstring volleys (hip flexors)
 - Thigh volleys or heels to buttocks
 - Groin abductors / adductors
 - Lunges
- Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.



Extended Warm Up – Speed, Agility



- **Organisation:**

- Players are split up into groups of 4 with 3 different coloured cones 10 metres ahead.
- Upon command players sprint in sequence to colour (s) called by coach and back to end of line upon completion. Players must always face forward (the ball)

- **Progressions:**

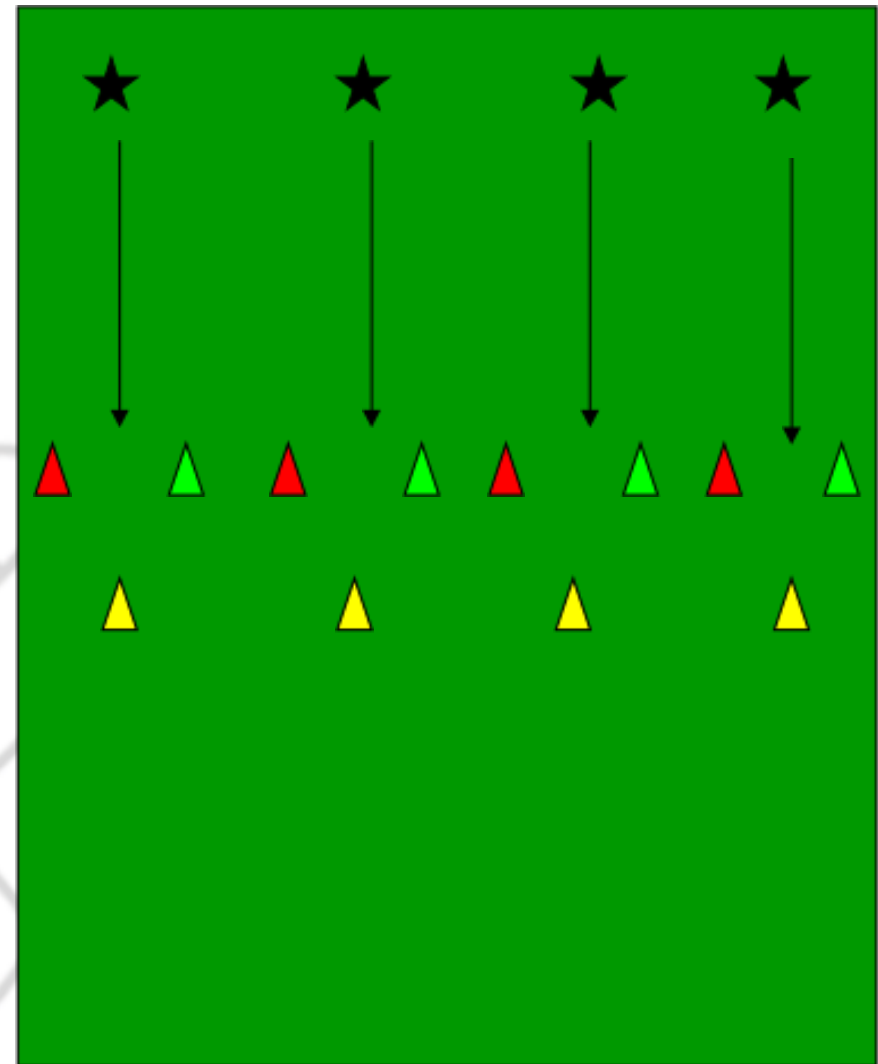
- Player behind calls colours randomly for active player to react
- As above but player behind throws ball over head of active player to retrieve and rest.

- **Preparation:**

- Perform a thorough warm up including stretching of all major muscle groups.
- Perform only if there has been a rest period of at least 24 hours.

- **Recommendations**

- Work to rest ratio: 6:1 (If time of sprint is 10 seconds, rest for 60 seconds)
- Number of repartitions: 3-5
- Number of sets: 3-5
- Frequency: 2 per week
- Intensity: 80-100% of maximum
- Time of individual repetition: 5-15 seconds





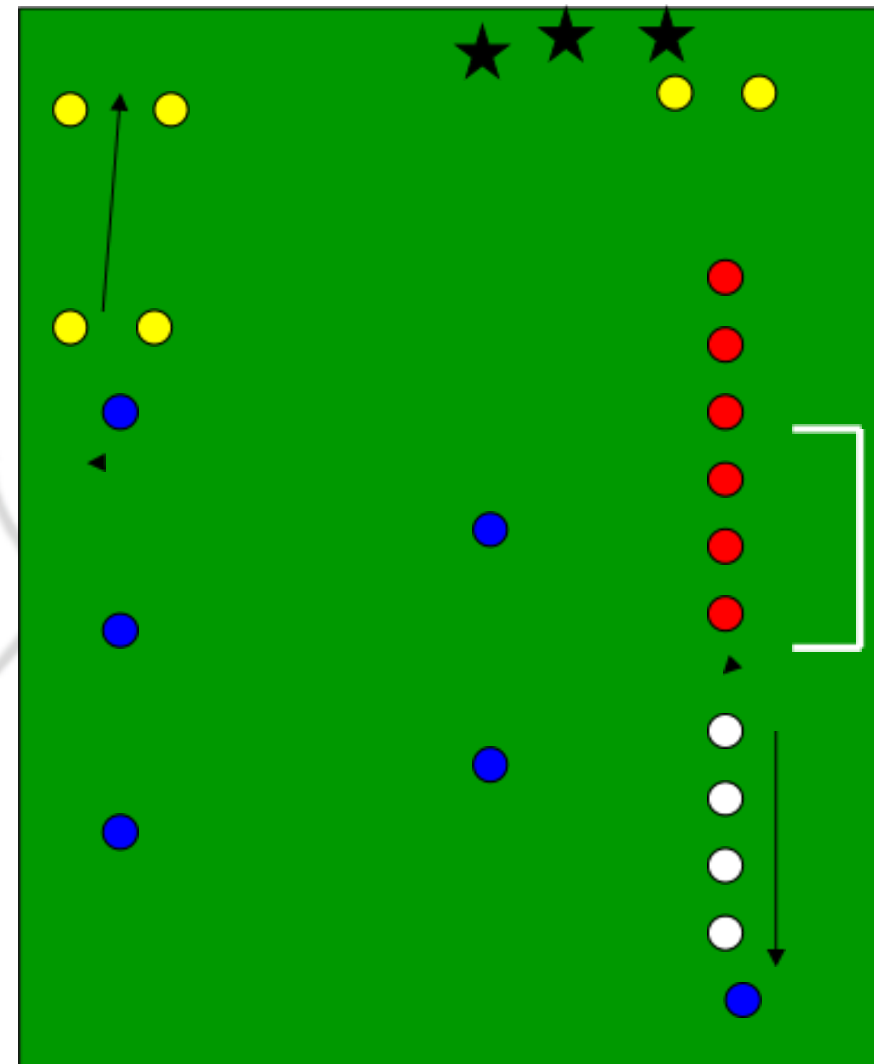
4 X 4 / 3-2-1 run / football

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.





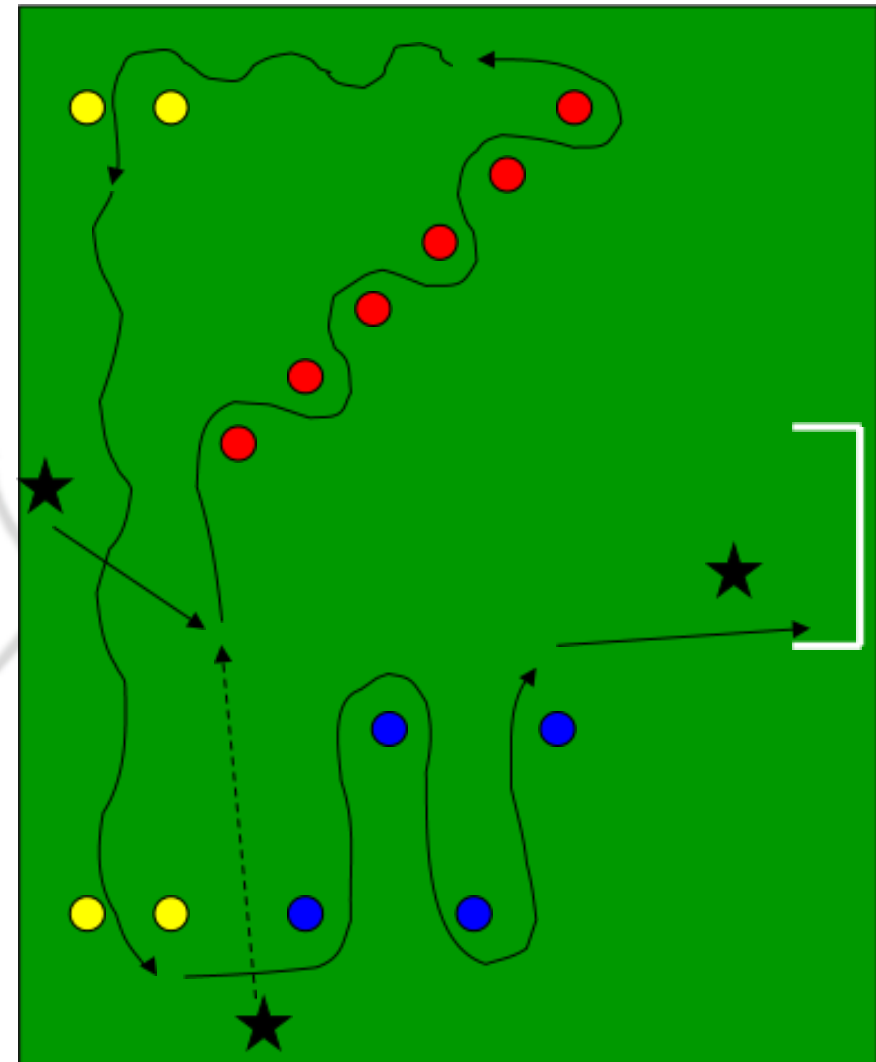
4 X 4 minute football

Organisation

- Player 1 starts on the right touchline and sprints towards the initial red cone.
- Player 2 passes the ball to player 1.
- Player 1 must dribble through the red cones.
- Player 1 must then dribble through both yellow gates.
- Player 1 then dribbles around the blue cones.
- Player 1 then takes a shot at goal.

Recommendations

- Players should work maximally throughout.
- The work to rest ratio should be 1:1, therefore a player working for 4 minute should be allowed 4 minutes rest.
- During a session players should complete between 6 and 10 repetitions and repeat the session 2-3 times per week.
- To further develop the fitness capacity of the players involved, rest time could be reduced between repetitions.
- A defender could replace the blue cones and apply appropriate pressure to the player working.





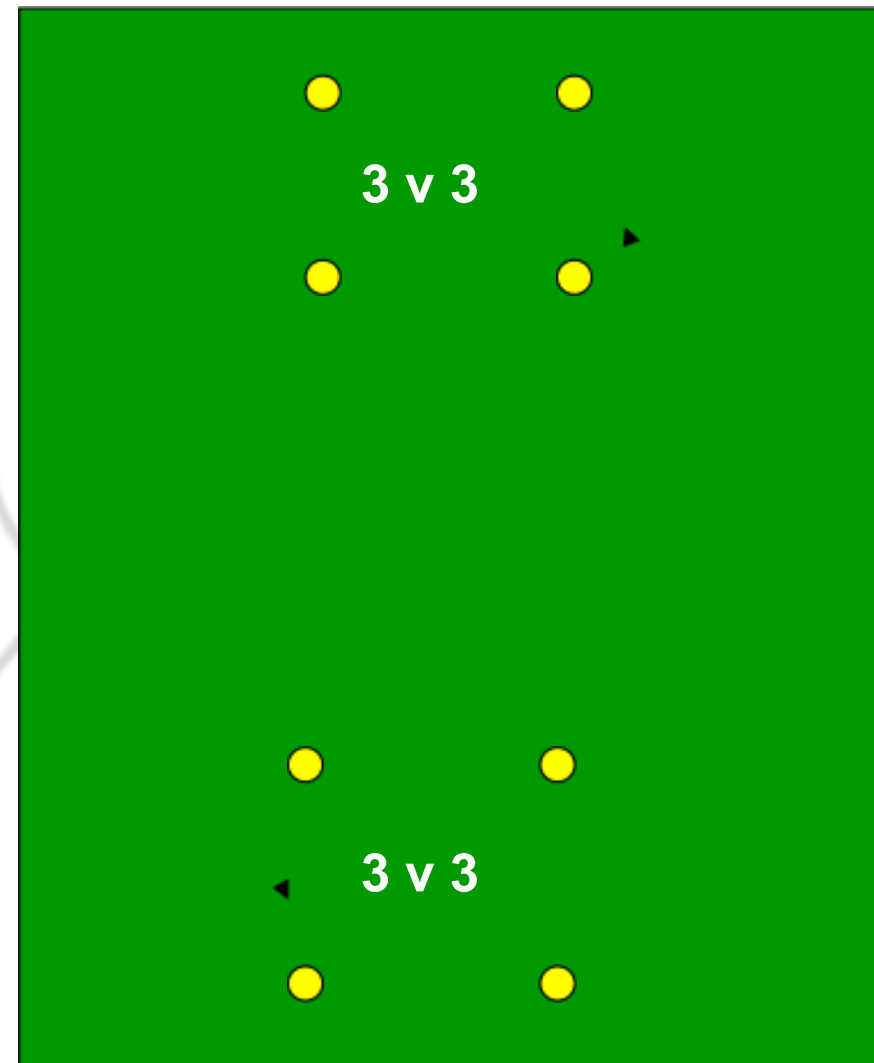
3-2-1 football

- **Organistaion:**

- Place 2 30X30 metre grids 40 metres apart with balls scattered around squares.
- Players perform a 3v3 “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





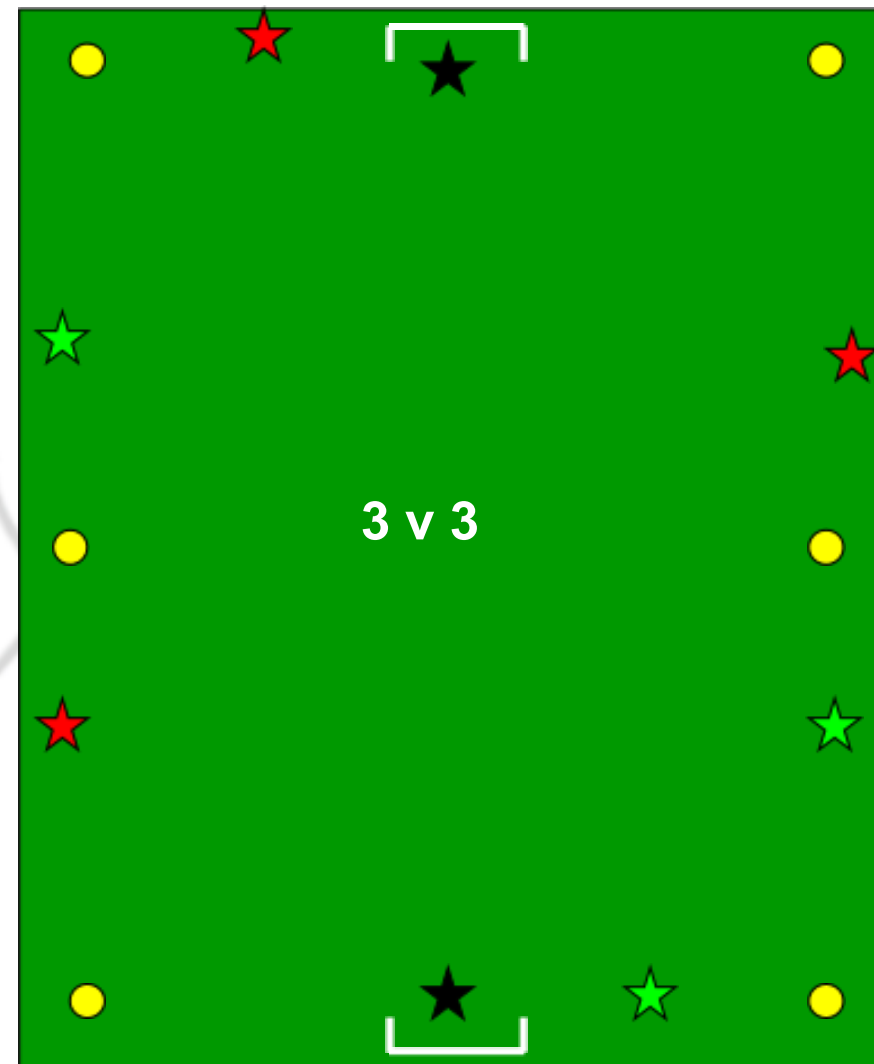
4 x 4 minute football

- **Organisation:**

- Players are organised into 4 groups of 3 players with a GK.
- Players perform a 3v3 “high tempo” game able to use any outside player

- **Recommendations:**

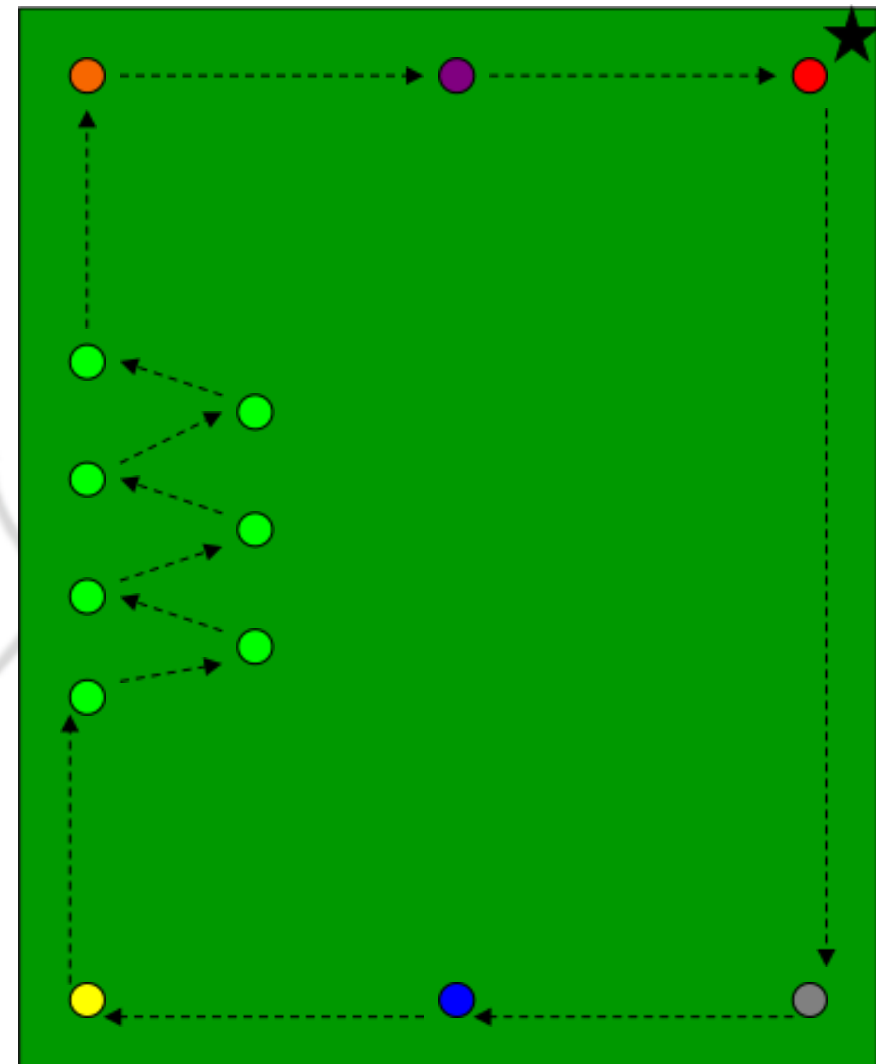
- Players perform for 4 minutes at 90-95% of heart rate max, with 4 minutes recovery.
- This should be repeated 4 times.
- Players on outside as part of the recovery process must jog around 2 yellow cones after touching the ball. (to achieve 70% heart rate max)
- Players on inside must pass to “touch line” player to score a goal.
- Touch line player only has one touch.
- All players on inside must be in attacking half to score a goal, and in own half once a shot on goal has taken place.
- By placing conditions on the game the players should hit appropriate heart rate values.





- 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.

- 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.





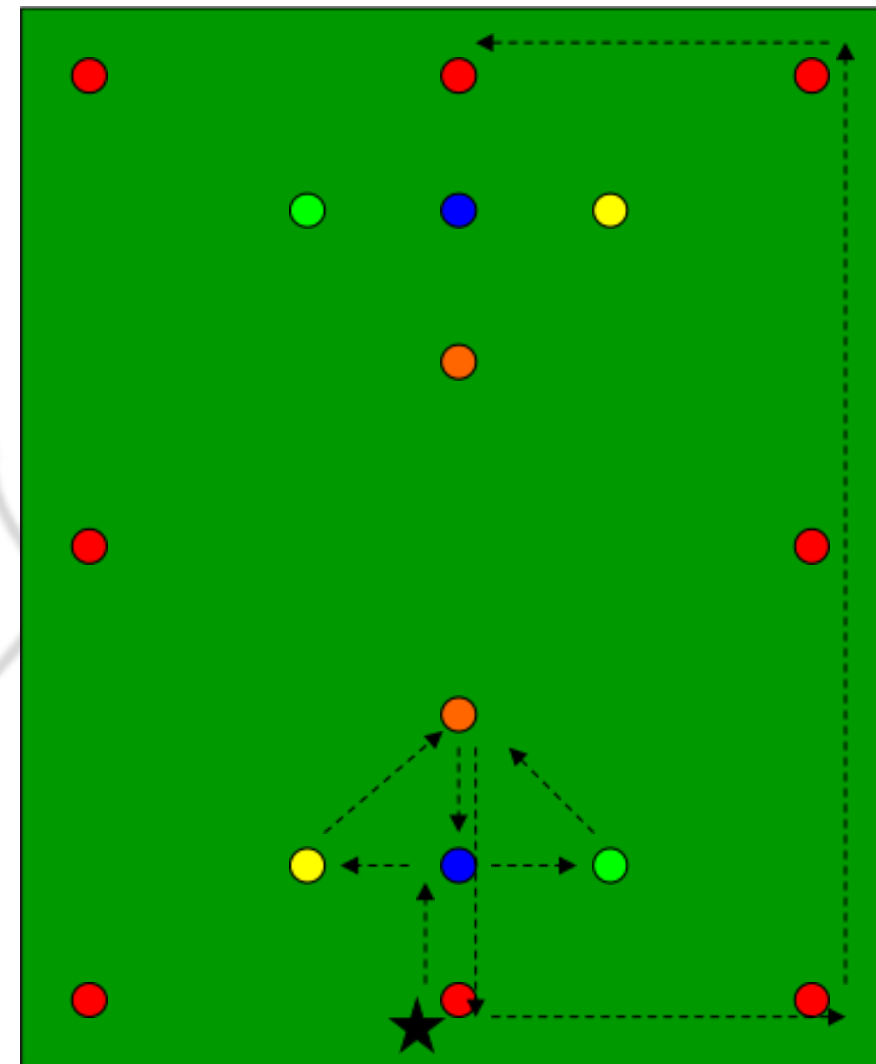
Speed Endurance

Organisation

- Player 1 starts at the red cone and sprints to the blue central cone.
- Player 1 then side-steps to the yellow cone.
- Player 1 then sprints to the orange cone.
- Player 1 then runs backwards to the blue cone.
- Player 1 then side-steps to the green cone.
- Player 1 then sprints to the orange cone.
- Player 1 then sprints to the red cone.
- Player 1 then jogs around the red cones to the opposite agility circuit to repeat run.
- All the while, player 2 mirrors the movements of player 1 and during the agility circuit the players are in direct competition of each other.

Recommendations

- Players should work for approximately 12 minutes with 8 minutes active recovery. This exercise should be repeated 2-3 times per session.
- The time players are allowed to jog in between agility circuits should be gradually decreased so as to reduce their recovery time and therefore improve their fitness capacity.



Speed Endurance

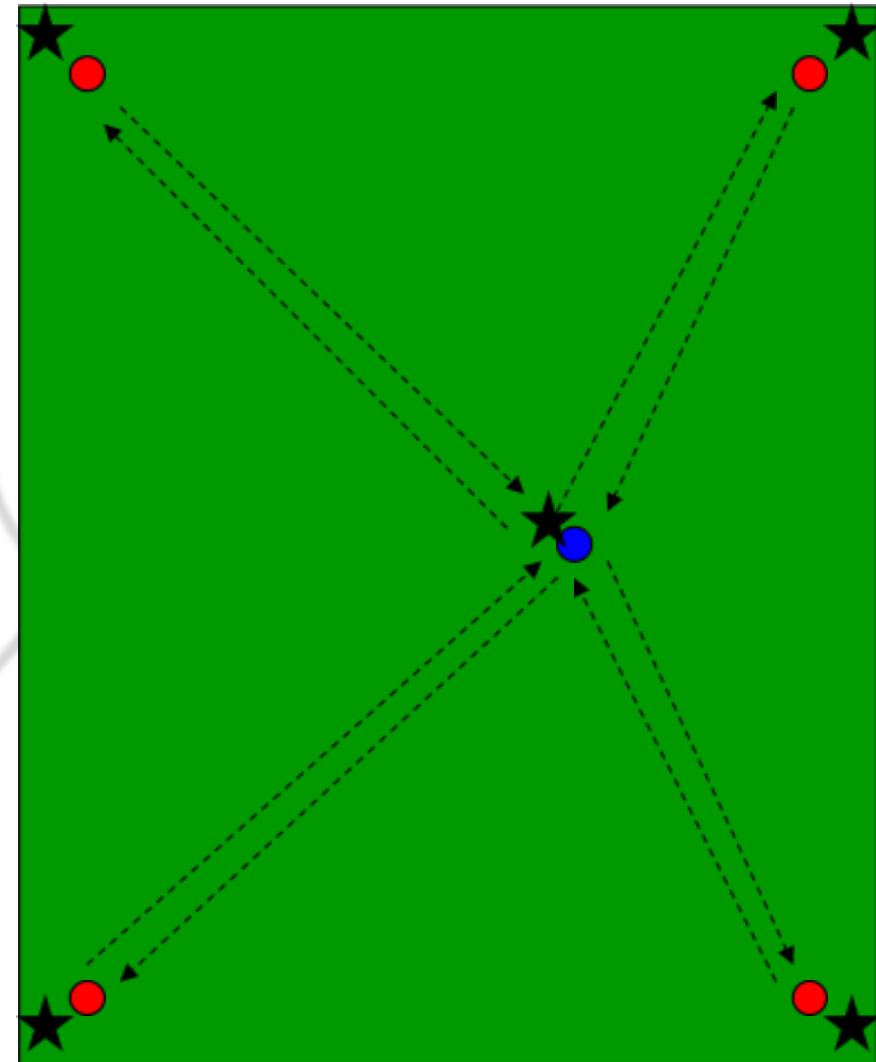


Organisation

- Player 1 starts at the blue cone (Penalty spot) and sprints to one corner of the box.
- Player 1 must complete a volley or pass with the player at that cone.
- Player 1 must then sprint back to the blue cone before repeating the process at the other three corners.
- Following the last sprint back to the blue cone the first server starts his/her circuit and the initial runner takes their place at the corner.
- The session should continue uninterrupted and changeovers should occur without incident.

Recommendations

- Players should work maximally for between 20 and 40 seconds.
- The work to rest ratio should be 1:4/5, therefore a player working for 20 seconds should be allowed at least 80 seconds rest.
- During a session players should complete between 4 and 8 repetitions 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 their circuit.



Speed

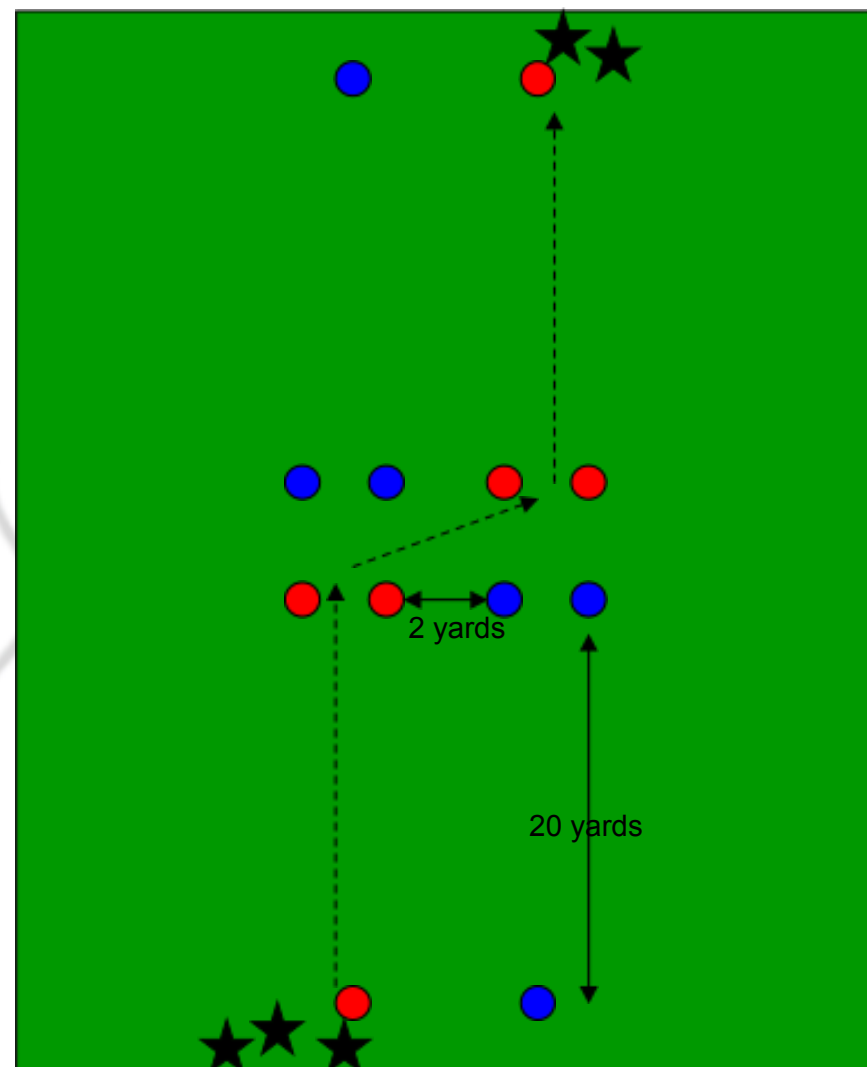


Organisation

- 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.



Football specific speed

(midfield unit - defending)

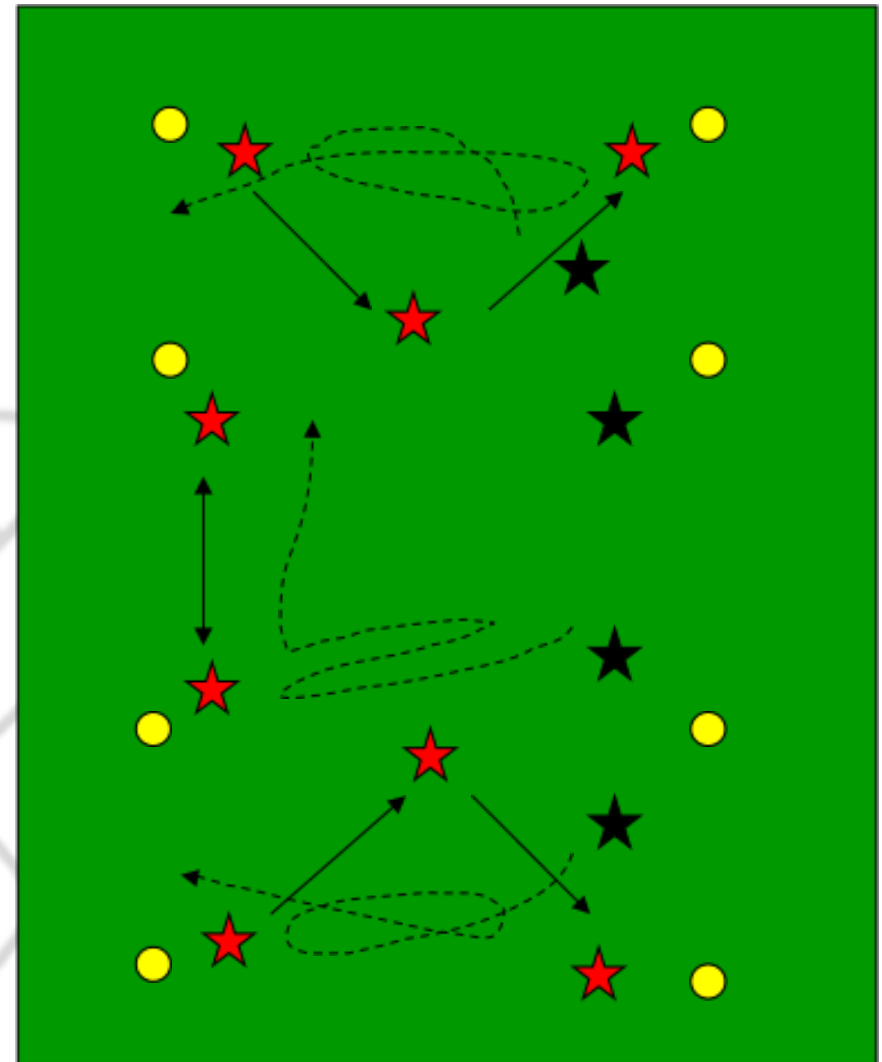


● Organisation:

- Players are grouped according to their playing position as follows:
- 1: Centre back, centre forward, centre midfield. 2: Left midfield, left back 3: Right midfield, right back
- In zones 1 and 3: the wide players start by:
 - closing down opponent (full back) by showing inside. Full back then passes inside to centre midfielder.
 - When opponent passes inside, player retreats back into start position. Opponent then passes outside to winger. When opponent passes to outside winger, player pressures ball from front.
- Winger then passes back to full back. Player then pressures full back again to finish sprint.
- In zone 2 player closes down CM 1 forcing play across pitch. When ball is passed across, player retreats back to start position. CM 2 passes ball back to CM 1 and player repeats pressure. CM 1 again passes to CM 2 but this time player pressurises CM 2 at maximal speed.

● Recommendations

- Defenders don't try to win ball but focus on speed of movements.
- Work to rest ratio: 1:6 (Sprint 5 seconds, rest 30 seconds)
- Repetitions: 2-6
- Series: 2
- Frequency: Twice a week
- Intensity: 100%



Football specific speed

(wide player/full back - attacking)

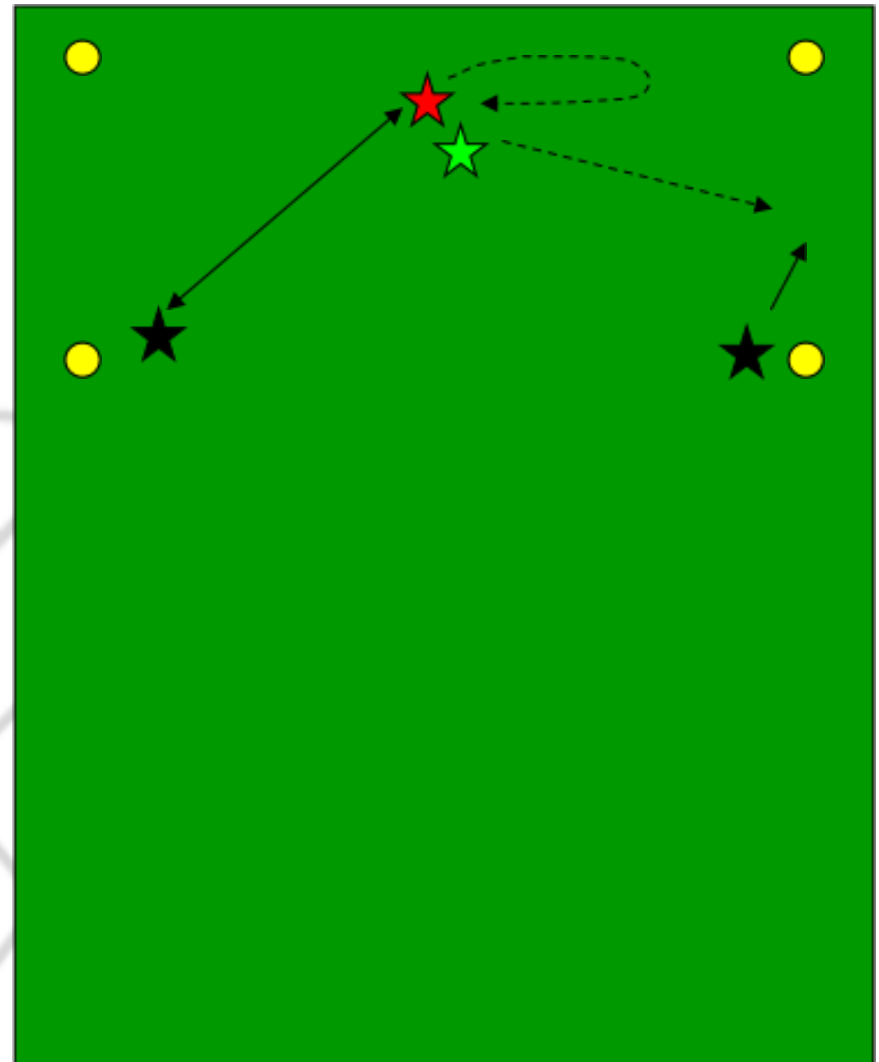


- **Organisation:**

- Full back (black) passes ball to wide player (red) who must move behind opposing full back (green) and back to receive.
- Wide player & opposing full back battle for possession & pass back to X1.
- After pass back, FB & WP sprint for possession of pass made by Black 2.

- **Recommendations:**

- Work to rest ratio: 1:6
- Number of repetitions: 6-8
- Number of sets: 4
- Frequency: 2 per week
- Intensity: 100%
- Time of individual repetition: 2.5-4 seconds.



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