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Preseason football training program

Given article text here This is a pre-season fitness plan designed to get players back into shape before the start of the new season. The plan uses balls in each practice, combining technical skills with positioning and movement. It's an effective system that can be used by players of any level and age. The circuit drill involves passing and running with and without the ball. Players follow a set path around cones while their teammates try to intercept the ball. The teams move in opposite directions, requiring high-intensity running and dribbling. We run this drill twice - once at full intensity and then resting for a minute before repeating. To progress, we add more challenges, such as one-touch passing or different types of passes. This helps build aerobic capacity. The box game is played with two pitches simultaneously, where players must make a certain number of passes to score points. The team with the most points after three games wins. In the halves game, teams play at full intensity while trying to maintain possession. Players can send across opponents to press and win the ball, or use a goalkeeper to help keep possession. The Halfway line game is a team-focused exercise where two 'keepers' at each end support the team in possession. Four yellows are pressing, and players must attack and defend continuously as a unit. A goal only counts if every player except the keeper is on or over the halfway line. If all defending players don't return to their own half before the opposition scores, the goal is doubled. In this game, teams learn to work together, with incentives for good concentration and teamwork. The Numbers game introduces high-intensity sprints and smaller numbers in a big area at certain moments. Each player is numbered from 1 to 10, and on command, they must sprint around one or two poles before returning to the game. This game enhances aerobic activity and helps coaches create overload situations. Key elements of these games include teamwork, communication, passing, running, and movement skills. Pre-season training begins with a focus on ball mastery and fitness development over six weeks, thanks to Coerver Coaching and Luke Cheyne's expert guidance. Nutritionist Liam Holmes provides dietary tips to fuel energy and intensity. Players can access the six-week timetable and get started right away. The schedule includes fun features, quizzes, and technical drills to enhance footballing skills. Pre-season guides include: - Week 2: Building on Week 1's foundation - Week 3: Developing ball control and passing skills - Week 4: Enhancing shooting techniques - Week 5: Focusing on running with the ball and 1v1 situations - Week 6: Reviewing progress and fine-tuning skills Gym workouts are also available, starting with Weeks 1 and 2. Getting back into football shape after a break can be challenging, and spending too much time inactive can lead to injury and loss of technical ability. To avoid this, it's essential to follow a well-designed pre-season training plan. Our experienced UEFA-qualified coaches have created a program that will help you regain your physical and mental strength. Week 1 focuses on easing you back into the game gently, with steady cardio sessions to build an aerobic base. This is crucial because high-intensity interval sprints can be stressful on your body and lead to muscle strains if done too early. Session 1: A 45-minute run at 70-75% of your maximum heart rate. Session 2: Bike/Swim/Rower for 45 minutes, also at 70-75% max heart rate. Ideally, fit in three sessions during the first week. Week 2 introduces a new approach called "Lactate is the new HIIT." The 3-2-1 pattern drill helps improve your ability to buffer high levels of lactic acid and sustain a high workload even when the game is approaching full time. This will give you an edge over opponents and help you score those last-minute winners. Session 1: 3-2-1 pattern interval sprints around a football pitch or park. Run as fast as sustainable for 3 minutes, rest for 1 minute, repeat for 12 minutes. Repeat this three times in total. Session 2: VO2 Max Runs. If you can access a football pitch, run the length of the pitch four to five times in two minutes, then rest for two minutes. Repeat six times in total. Alternatively, use a clear space of 100-110 meters. Week 3 focuses on replicating the short, sharp sprints you see in a game of football. The intensity will need to be cranked up, but with the right sessions, you'll be able to train at or slightly above your lactate threshold. Why is preseason football training essential? Because it allows you to maintain a high intensity during match days by combining exercise with intense training. We recommend playing some football, whether it's 5-a-side or 11-a-side, to combine short sprints with multidirectional movements. Session 1: Interval Sprints - Sprint for one minute, then jog gently for one minute, repeating this for ten sets in total. Session 2: Increase the intensity by sprinting for 45 seconds and jogging for 1min 30sec, repeating for eight sets in total. Session 3: Football - Play a game or two to combine short sprints with multidirectional movements. Week 4: The final countdown is about getting your body used to game-specific sprints and movements ahead of the return of competitive football. Remember to incorporate warm-ups and stretches before exercising, ensuring good form while running. Session 1: Speed Shuttles - Sprint 10 metres and walk 10 metres across a football pitch, repeating for ten sets. Session 2: Cone Zig-Zag - Space out six cones forming a zig-zag pattern, time yourself to see how long it takes to touch or turn over each cone. Repeat eight to ten times. That's the end of the four-week preseason football training programme. Now go reap the benefits on the pitch! Building soccer players' endurance is vital for an extended season of intense matches. This starts with regular running at varying speeds and durations to boost cardiovascular fitness. Recommended sessions include long-distance runs, interval training, tempo runs, and timed drills that improve players' ability to maintain high work rates over 90 minutes. Training should focus on acceleration, speed, agility, reaction time, and foot speed using activities like plyometrics, ladder drills, shuttle runs, and speed grids. Once a solid endurance base is established, the team can shift to technical skills with the ball. Drills for first touch, dribbling, passing, crossing, finishing, and heading improve ball control and possession play. Players also refine position-specific skills during this phase. Intra-squad games become more frequent as training progresses, allowing players to apply their skills in a game-like setting. Strength and conditioning work off the field is crucial for injury prevention and performance enhancement. Exercises targeting hips, core, and lower body help build muscular endurance and power necessary for sustained high-level performance. Proper rest, nutrition, and recovery support gains from training. Players need adequate sleep, hydration, balanced nutrition, and active recovery between intense sessions. Goalkeepers require position-specific elite soccer work, including high-intensity footwork drills, shot-stopping practice, distribution technique, diving exercises, and simulating crossing scenarios to develop strong hands, reflexes, and mental focus for the upcoming season. As the preseason advances, coaches build team chemistry and introduce tactical strategies through intra-squad scrimmages. These internal matches allow players to apply learned skills in a game-like situation while providing coaches an opportunity to assess the team's progress and make adjustments. Given article text here Looking forward to seeing everyone at the meeting tomorrow and discussing our strategies with you all, so we can set plays like free kicks and corners, and make sure every player knows their part. We want to build a strong team spirit and work on our fitness levels, so we don't get hurt during games. During this phase, we'll do a lot of training exercises like speed drills, technical drills, and strength training. But we need to do it in a way that doesn't overload the players' bodies. We want them to recover well between sessions, so they can stay healthy and perform at their best. Our goal is to make sure every player is ready for the games, with good endurance, speed, agility, technical skills, and physical conditioning. We'll also do some soccer-specific drills and intra-squad matches to get everyone working together as a team. It's not going to be easy, but if we stick to our training plan, we'll be ready to play strong at the beginning of the season. Our players will be fit enough to run for 20 minutes without getting tired, and they'll be able to score goals like Harry Kane, who trains with these football drills. So let's get started and make this a great season! The plan's initial week focuses on gradual re-introduction to exercise after a period of inactivity. Steady-state cardio sessions are designed to establish an aerobic base without putting excessive stress on the body, while other sessions encourage mobility without repetitive strain patterns. By Week 2, drills like the 3-2-1 pattern interval sprints aim to improve lactic acid buffering and sustain high workloads. In Week 3, intervals become shorter but more intense, forcing players to train at or above their lactate threshold, thus enhancing match performance. The final week before competitive action involves mixed distance metabolic sprints with changes in direction, challenging the central nervous system and neuromuscular systems while stimulating game-specific movements. Note: Text was rewritten according to "INCREASE BURSTINESS (IB)" method Want to keep quality high? Run with good form, stay agile, turn sharply, and accelerate powerfully. That's the key to success, now that you're ready for the season. **Session 1: Shuttle Runs** Sprint from goal line to six yard box edge, walk back, then sprint to penalty box edge, walk back. Do this three times, with a twist at the halfway line. Repeat six to eight times, depending on how tired you get. **Session 2: Centre Circle Clock Drill** Mark out a clock face with cones in the centre circle. Start in the middle and run to the 3 o'clock cone, then 6, then 9, and finally 12. Time yourself and rest as long as it took before continuing. Do this twice more, with an extra challenge: running to the 2, 4, 6, 8, 10, and 12 o'clock cones. Finish by running around the whole clock face. **More Training Advice** Welcome to our comprehensive guide to pre-season football training. We'll cover everything you need to know to succeed on the pitch. Pre-season is a critical time for football players, whether you're a pro or an amateur. It's where you fine-tune your skills, build strength and endurance, and mentally prepare for the season ahead. In this guide, we'll explore topics like creating a training schedule, focusing on key areas like conditioning, agility, speed, and strength. We'll also share strategies and exercises to help you maximise your potential. Whether you're an individual player, coach, or team seeking to improve, this guide is here to equip you with the knowledge and tools necessary to achieve your goals. So, get ready to transform your pre-season preparation and take your performance on the football pitch to the next level! **How to Structure Your Pre-Season Football Training** To transition smoothly from the season break to your first competitive match, it's essential to understand what you're preparing for. Consider factors like the level of play, fixture schedule, playing positions, team tactics, and your athletic build. By understanding where you want to end up (point B), you can create a plan to get there from point A. For example, if your team has fixtures scheduled twice a week in the competitive season, preparing in this way throughout pre-season will be crucial. Two high-load "hits" a week interspersed with lower-intensity sessions requires athletes to perform and recover differently than one "hit" with differential training. Between matches, it's crucial to fine-tune your fitness levels and avoid injuries by having a well-planned pre-season training schedule. Think of it like climbing a mountain - you need to pace yourself to reach the top without falling back down with an injury. Another key factor is understanding your timeline, which typically ranges from 4 to 8 weeks. However, 6 weeks seems to be the sweet spot. You should distribute your training sessions carefully, balancing consecutive days of training with sufficient rest days to avoid burnout and maintain a healthy rhythm. Strength training is also essential for footballers during pre-season. It's not just about physical fitness; it's about being able to withstand high-intensity exercise throughout the season. Stronger athletes perform better, recover faster, and get injured less often. Implementing strength training sessions can be challenging due to the hectic schedule, but with careful planning and communication with coaches and medical staff, it's achievable. Power training is also vital for footballers who want to excel in high-intensity movements like sprinting and jumping. It's less taxing on muscles but requires careful scheduling to avoid overexertion. You can incorporate power exercises like jumps, bounds, and medicine ball throws into your pre-season routine, either before or after training sessions. Remember, pre-season is the perfect time to fine-tune your physical abilities and set yourself up for success during the season. Don't neglect strength and power training - it's crucial for achieving your goals! Pre-season football training should include regular cardio sessions, such as 11 v 11 drills or small sided games, to boost cardiovascular fitness. Top up "fitness drills" like steady-state running or intermittent runs can further improve fitness and increase weekly work volume. Modern football emphasizes speed, but hamstring strain injuries are common, so it's essential to prepare for sprinting. Consider factors like player position, coaching tactics, and game schedule when deciding on sprint dosage. Start with lower speeds, distances, and frequencies and gradually increase throughout pre-season. As players progress, incorporate complex sprint drills that mimic in-game scenarios, such as curving runs or sprints while dribbling a ball. Aim for near-maximal sprint speeds twice a week at in-season weekly volumes. Improving sprint efficiency requires practice and repetition; consider additional tools to aid this process during pre-season. Agility training is also crucial, defined as rapid changes of direction in response to external stimuli. Gradually increase exposure to agility movements through small sided games, technical drills, and shuttle runs throughout the season. Training for agility in pre-season is key. Regular practice, such as twice a week, helps improve performance in tight spaces. While football provides some of this training, working on overall agility and efficiency outside of the game can give you an edge during sessions. Similar to sprinting, specialized tools and techniques can enhance your ability to press, twist, and turn around opponents, making you more formidable on the field.