

# Pre Season



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# Aims of workshop

- Give you a better understanding of where Pre Season fits in with the whole season and how it can be broken down for planning purposes
- What specific thoughts we should be thinking about when planning pre season programmes in regards to fitness & injury prevention
- Pre Season programme guidelines



# House Keeping

- Facilities/Toilets
- Fire alarms
- Fire escapes
- Smoking
- Mobile Telephones to silent
- Break times



# What do you know?

# What do you do?

## Group Discussion

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





**“Being a footballer is not about running, push-ups or physical work generally. The best way to be a great footballer is to play”**



# What to priorities?

Endurance/Stamina

Speed

Game Rehearsal

Stretching/Flexibility

Individual Goals

Social

Individual techniques

Team Objective

Recovery



# Season Phases

Off Season – Phase 1: Rest & Recovery



Pre Season – Phase 2: Development



Competitive Season – Phase 3: Maintenance



End of season





# Off Season - Phase 1: Rest & Recovery

- Also known as 'Off-season'
- Phase between last game of the season and preseason
- Not only will it help the athlete to recover physically and psychologically, it can be used to address some of the physical imbalances that are inherent with playing competitive sport.
- Important for optimal performance & improvement



# Phase 1 cont.....

“Mental fatigue can take as much as five times longer to recover from than muscular fatigue, so if you just did something epic and your legs took five days to feel normal again, it might take three weeks for your mind to freshen up completely.”



# Lets have a break



# Pre Season – Phase 2: Development



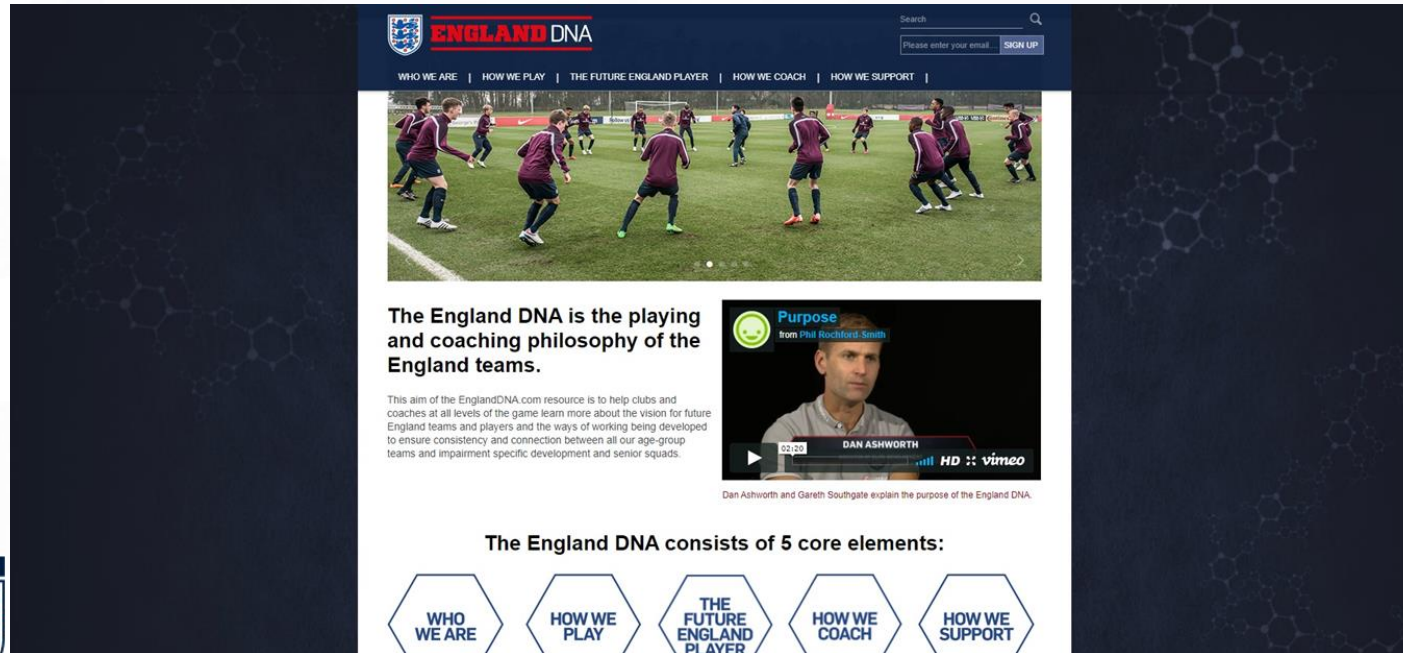
# 16 + years of age move up Consider...

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



# England DNA

[https://community.thefa.com/england\\_dna/](https://community.thefa.com/england_dna/)



The screenshot displays the England DNA website interface. At the top, there is a search bar and a navigation menu with links: WHO WE ARE, HOW WE PLAY, THE FUTURE ENGLAND PLAYER, HOW WE COACH, and HOW WE SUPPORT. Below the navigation is a large image of a football training session. The main content area features a video player with the title "Purpose" from Phil Rochester Smith, featuring Dan Ashworth. The video player includes a play button, a progress bar, and a "vimeo" logo. Below the video player, there is a caption: "Dan Ashworth and Gareth Southgate explain the purpose of the England DNA." At the bottom of the screenshot, there is a section titled "The England DNA consists of 5 core elements:" followed by five hexagonal icons representing the core elements: WHO WE ARE, HOW WE PLAY, THE FUTURE ENGLAND PLAYER, HOW WE COACH, and HOW WE SUPPORT.

**ENGLAND DNA**

Search  
Please enter your email. SIGN UP

WHO WE ARE | HOW WE PLAY | THE FUTURE ENGLAND PLAYER | HOW WE COACH | HOW WE SUPPORT

**The England DNA is the playing and coaching philosophy of the England teams.**

This aim of the EnglandDNA.com resource is to help clubs and coaches at all levels of the game learn more about the vision for future England teams and players and the ways of working being developed to ensure consistency and connection between all our age-group teams and impairment specific development and senior squads.

**Purpose**  
from Phil Rochester Smith

DAN ASHWORTH

02:20 HD :: vimeo

Dan Ashworth and Gareth Southgate explain the purpose of the England DNA.

**The England DNA consists of 5 core elements:**

- WHO WE ARE
- HOW WE PLAY
- THE FUTURE ENGLAND PLAYER
- HOW WE COACH
- HOW WE SUPPORT



# 4 Point Team Playing Philosophy move up

## Winning

1. Do what it takes to win
2. Don't take risks, get it forward early and get stuck into them.
3. Most effective team starts every game. Subs get on if and when manager decides
4. Try to develop but not at the cost of the result

## Development

1. Positive Attitude, Respect and Sportsmanship for all
2. Try to play attacking and creative football
3. Equal playing time or everybody gets at least half the game
4. Try to win but never at the cost of points 1,2 or 3



# In Possession Practices

## Technical Components

Passing  
Receiving  
Turning  
Dribbling  
Finishing

Stay on  
the ball, master  
the ball

Excite with the  
ball and seek  
creative  
solutions

Connect and  
combine  
creatively with  
others



# Out of Possession Practices

## Technical Components

Intercepting  
Marking  
Covering  
Pressing

Positive and  
enthusiastic  
defending

Intelligent  
defending

Master a  
variety of  
defensive  
techniques  
and roles

# Transition Practices

## Technical Components

Speed of Play  
Direction of Play  
Game Scenarios

Instinctive  
decision-making

Positive and  
intelligent  
attacking  
reactions

Positive and  
intelligent  
defensive  
reactions

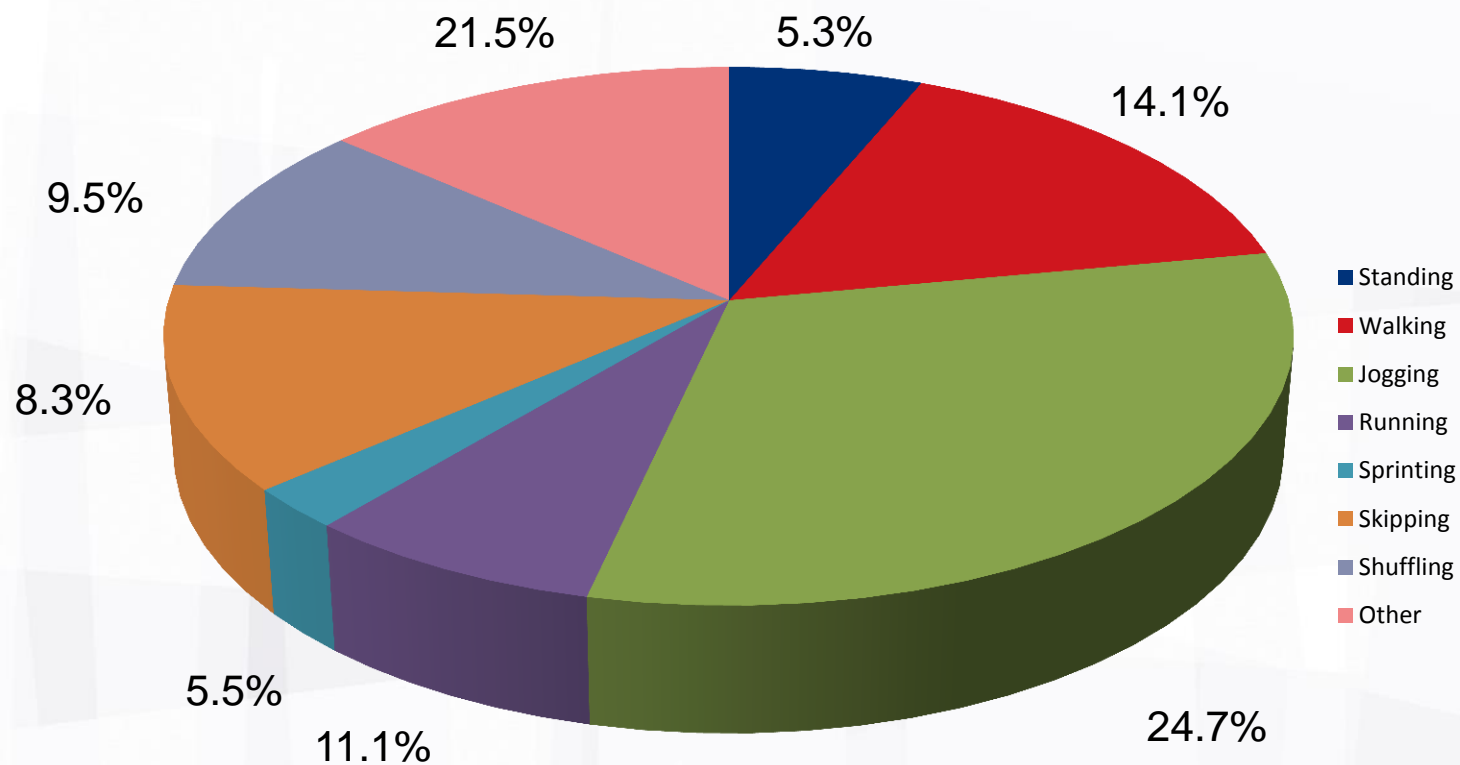
# Pie chart game

In your groups, decide what percentage out of the following do you think a striker, midfielder and defender do during a game?

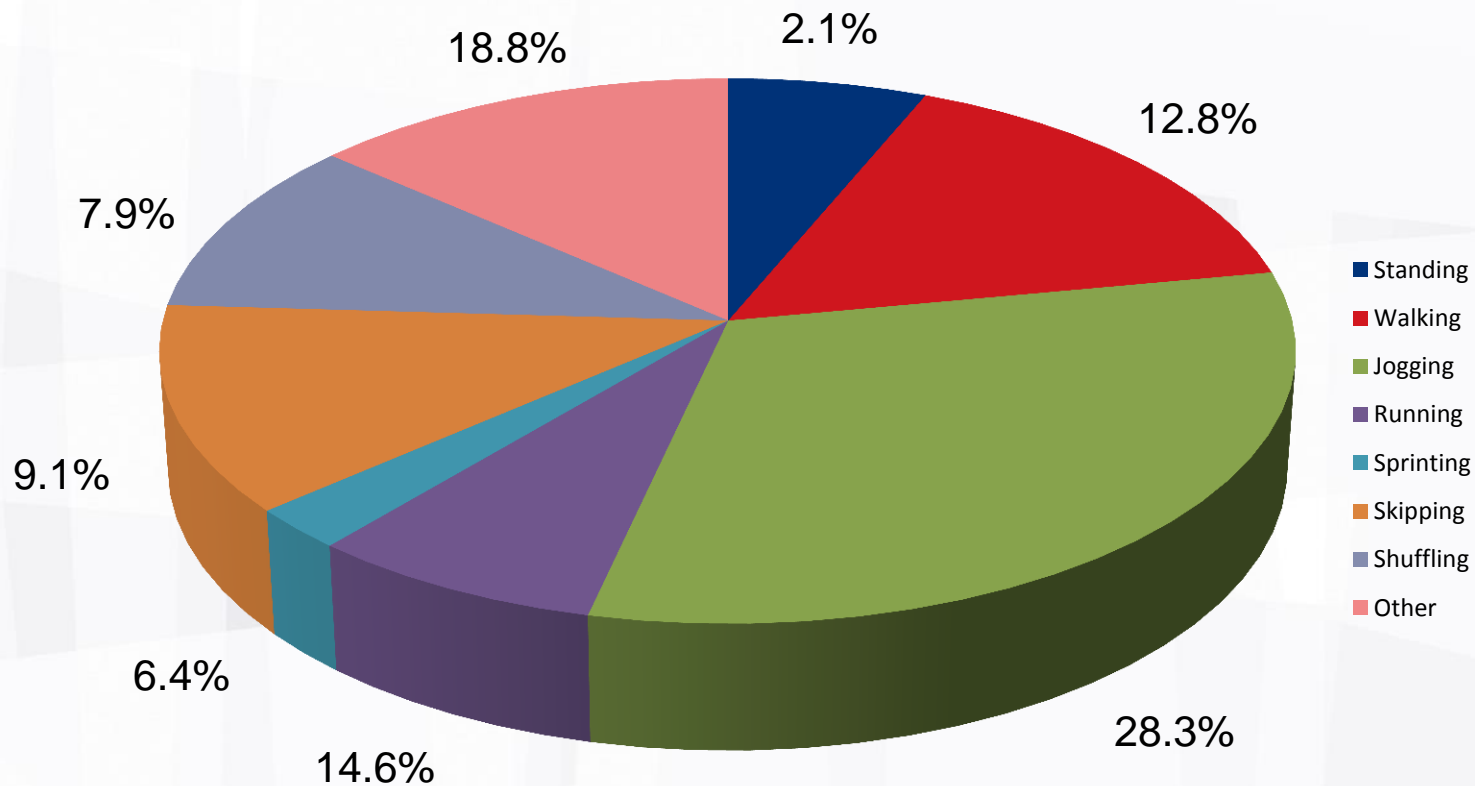
Standing, Walking, Jogging, Running & Sprinting



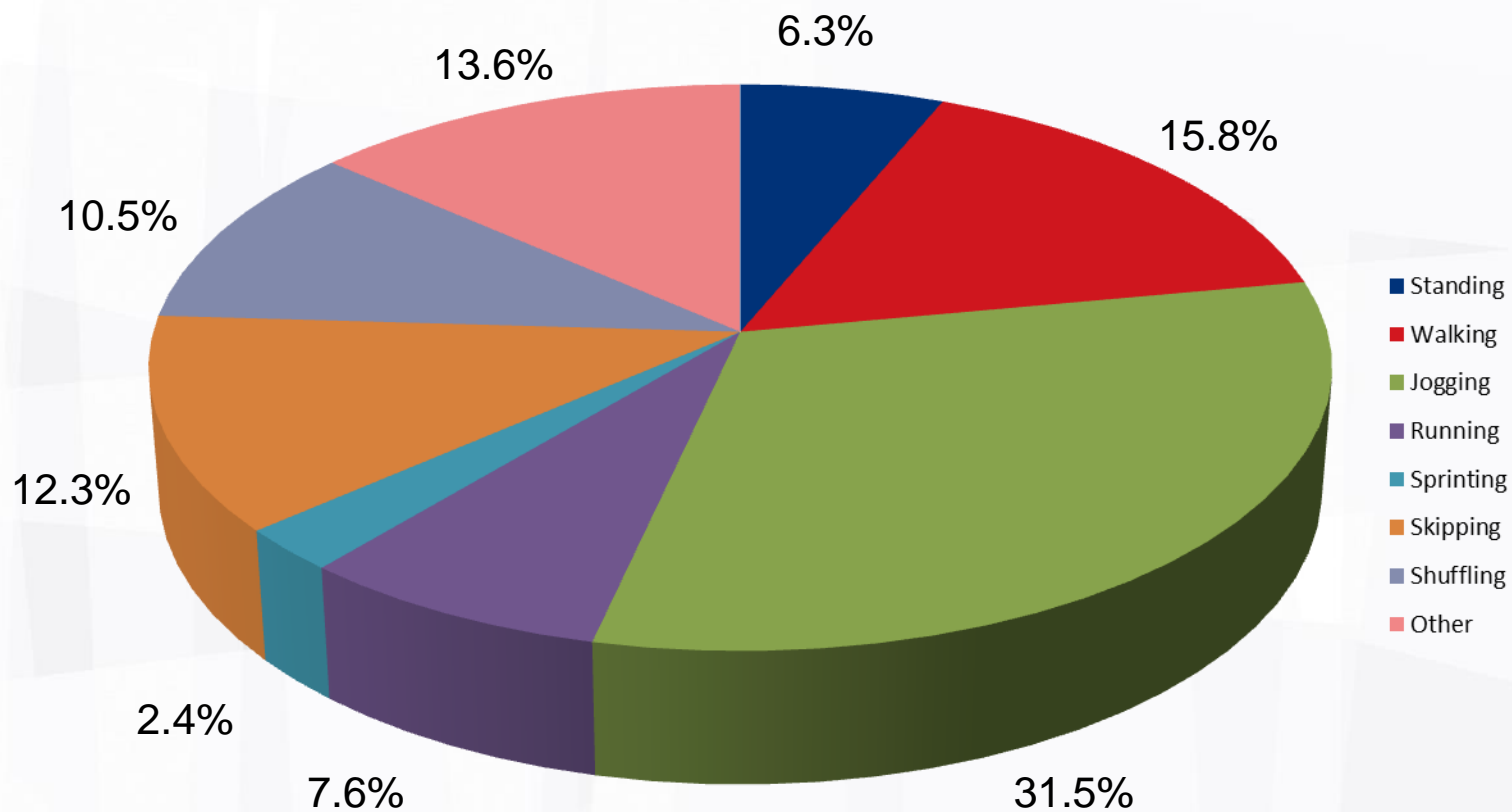
# Striker



# Midfielder



# Defender



# Aerobic Endurance & Speed Endurance

## Aerobic Endurance

A performer's ability to sustain prolonged exercise (e.g. Marathon running)

‘Training your players aerobically will enable a higher work rate and more distance covered during the game (it is often referred to as the fifth gear)’

## Anaerobic (Speed) Endurance

A performer's ability to repeat short bursts of explosive, highly intense activity (e.g. 100m Sprint)

It is important to maintain a good level of anaerobic fitness so that players can produce short, sharp and intense effort throughout a game



# Training Types

- **Interval Training** are short, intense efforts followed by equal or slightly longer recovery time.
- **Circuit training** involves performing a series of exercises in a special order called a circuit. Each activity takes place at a 'station'. It can be designed to improve speed, agility, coordination, balance and muscular endurance.
- **Fartlek Workouts** unlike interval work, fartlek is unstructured and alternates moderate-to-hard efforts with easy throughout.





# Preparing the players for a Game

## 3 phase warm up

**Phase 1:** Basic movement skills - Gently Heart Raiser  
Agility, Balance and Co-ordination

**Phase 2:** Increase intensity of movement and introduce footballs Introduce basic decision making and problem solving activities

**Phase 3: Play mini-games**  
2v2's, 3v3's etc.. | Mini-games with uneven numbers



# Lets Stretch



# Prehab before you have to Rehab!

- Simply put, prehab focuses on the "trouble areas" in an athlete's body, the muscles, joints, and tissues that are most prone to injuries.
- Consists of exercises to strengthen these most vulnerable areas and addresses the muscular imbalances that lead to injuries
- For example: Squats/ one legged squats, press-ups, core work, Glute bridges

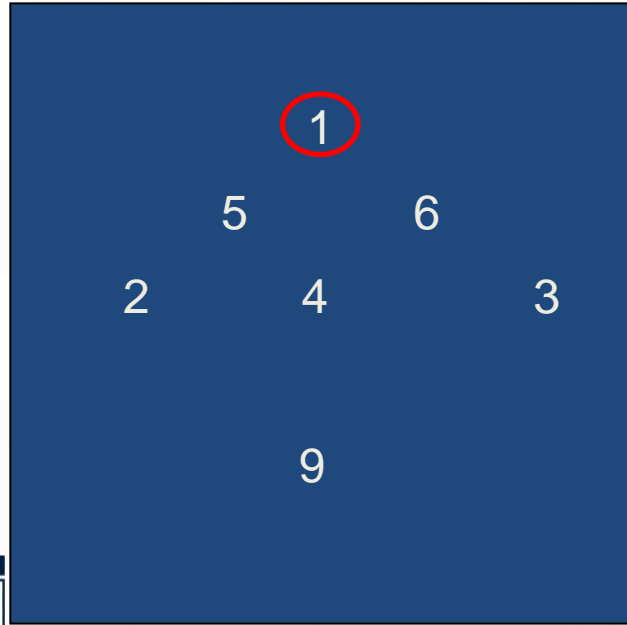


# Competitive Season – Phase 3: Maintenance



# Player Position Cards

4-3-3



**FOR ALL**

# 1 Goalkeeper



## In Possession

- Try to throw accurately to teammates when opposition drop off
- Try to start the counter attack if the opposition are out of position
- Try to be available if your teammates ever need to pass to you

## Out of Possession

- Be a 'sweeper keeper'
- Try to organise your team quickly if we lose the ball
- Try to make good decisions e.g. punch/parry/catch

# 5 & 6 Centre Back



## In Possession

- Try to be composed in possession
- Recognise when to pass into midfield and when to play wide
- Recognise when to clear danger and when to keep possession

## Out of Possession

- Practice trying to intercept the ball into the player you are marking
- Work together with your partner to cover each other
- Be strong and dominant in the air

# 4 Centre Midfield



## In Possession

- Try to receive the ball in space
- Look to pass or dribble forward with ball
- Try to make runs beyond the striker
- Look to Combine with other Midfielders or Striker

## Out of Possession

- Try to win the ball back as quickly as possible
- Try to stop the ball getting played in between you and your midfielders
- Try to get close to the player you are marking when he receives the ball



# 9 Centre Forward



## In Possession

- Try to make runs in behind the defence,
- Try to control and combine with other midfielders/full backs
- Try to hit the target with every shot

## Out of Possession

- Try to screen passing lines stopping defenders playing out from the back
- Try win the team the ball back within 6 seconds.
- Try to find a position to counter attack when your team win the ball back

# TEAM OBJECTIVES

## In Possession

- Try to combine with team mates when going forwards
- Express yourself when beating players be 'EXCITING'
- Be 'BRAVE' in possession of the ball in tight areas
- Always try to get on clear passing lines to support your team mates

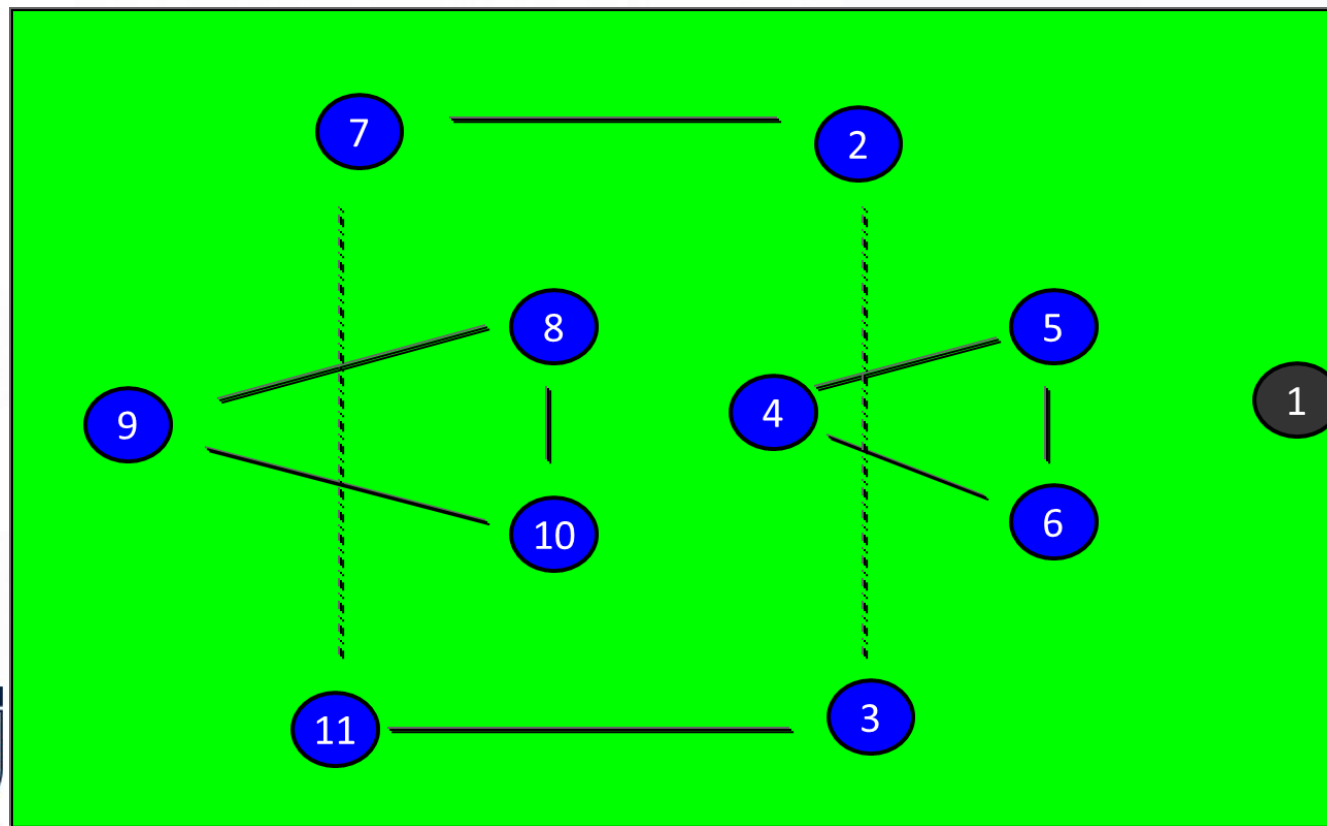
## Out of Possession

- Recognise when/who presses the ball
- Try to be hard to pass between
- Be aware of other teams players and the danger they pose



# Suggested Positional Experiences for 11 vs. 11 – 4-3-3

a. Some specialisation – generally experiencing three-four positions and playing on both sides (R+ L)



# 8 week programme - guidelines

- Week 1: Intro phase – Tech / skill / Aerobic / Small Sided Games / Strength
- Week 2: Intro phase – Tech / skill / Aerobic / Small Sided Games / Speed End / Strength
- Week 3: Intro phase – Tech / skill / Aerobic / Game / Speed End / Strength
- Week 4: Games phase – As above but change according to game etc.
- Week 5: Games phase – As above but change according to game etc.
- Week 6: Games phase – As above but change according to game etc.

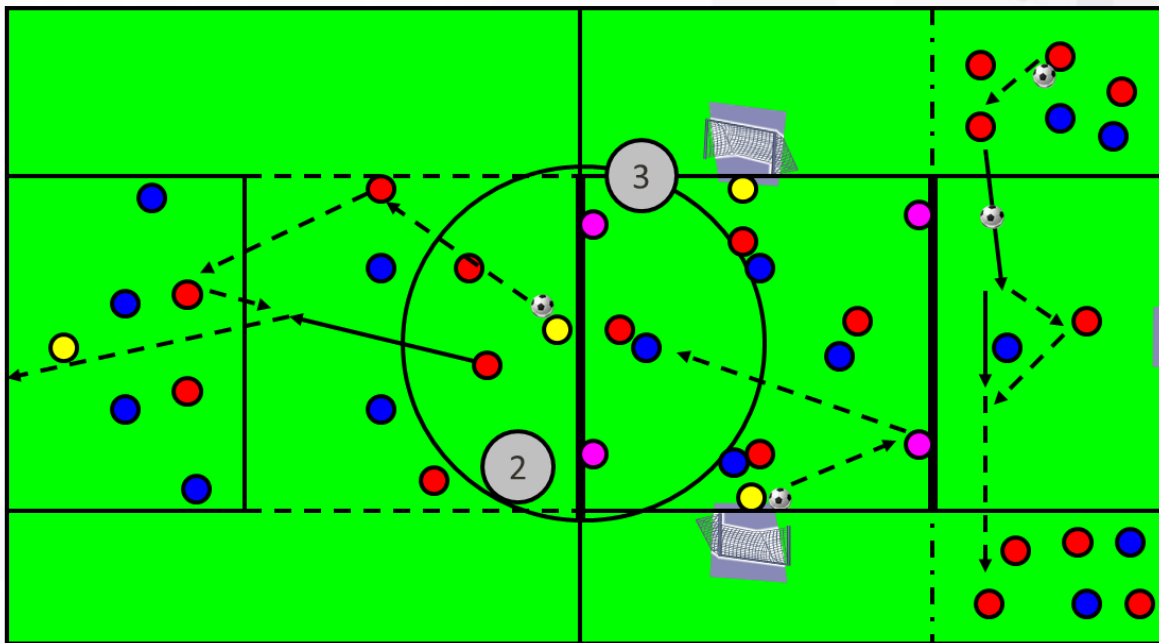
## Recovery / Maintenance / Development Phase

- Week 7: Tech / skill / Game / Speed End / Small Sided Games / Strength
- Week 8: Tech / skill / Game / Speed End / Small Sided Games / Strength
- Week 9: Season starts

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



# Pre-Season



4

**Practice 4**

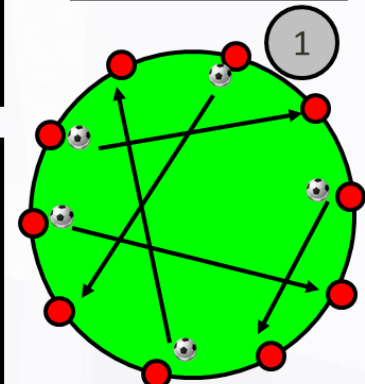
1. 9 reds – 5 blues
2. Reds play 4 vs. 2 in each corner and work ball through penalty box (can use extra red to beat blue)
3. Seek to work ball into opposite corner and continue
4. Swap blues

**Practice 2**

1. Two teams of 7 (or 5, 6 etc.) Play 4 vs. 2 + GK's – one group working in penalty box, other in area from box to halfway.
2. Red's seek to score in goal – blues to get to yellow target player on halfway line
3. Team in possession can use wide areas to build attacks

**Practice 3**

1. Three teams of four (or 3, 5 etc) + 2 GK's. One team on perimeter to act as rebound players
2. Straightforward 4 vs. 4 – encourage high tempo and play for four minutes – swap rebound team



1

**Practice 1 – Centre Circle**

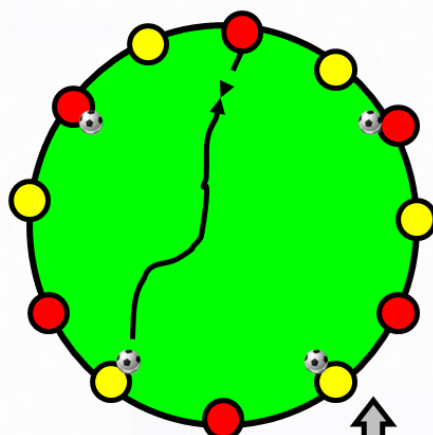
1. Players spread around Perimeter
2. Run ball across circle to spare player - repeat

## Pre-Season Football Practices To Aid Fitness

Please see this weeks session overleaf; which looks at some ways to help your players develop their fitness in a functional, football predominant fashion.

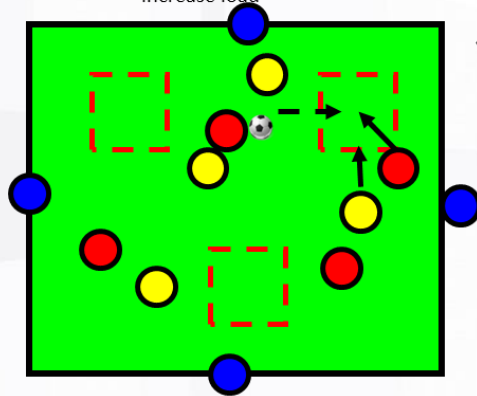
You may (if you haven't already) want to consider:

1. Achieving as many of your fitness outcomes through football practice as you can. It provides multiple returns and allows your players to develop their fitness in a way that reflects the way they work in a game
2. Recognise that, generally, until 12 years of age and older; there is little benefit in specific conditioning for young people. Try to play tag games, chase games, hand-ball games and fun football games with primary aged children – these can aid the development of fundamental movements and are inherently enjoyable
3. A young persons body is most receptive to change around aerobic capacity from (generally) 12-14 years of age. Try to work games (like the top right corner one overleaf) where players play to a relatively high intensity for 4 minutes and then rest for the same period. Try to repeat this 3 times in a session. The rest period can be on the outside of the practice where the players help keep the game flowing by preventing leaving the pitch and acting as rebound players for the ones playing the game
4. Not mentioning that you're doing fitness. Just play the games and encourage high tempo work with a range of area sizes. Tight areas are good for short, sharp work and agility; larger areas for longer runs.
5. Trying to do everything with footballs, in games or game like practices where players are challenging their decision making, techniques whilst training their physical capacities. You can get your players to lap the pitch or run up hills – however, I've not seen many players doing full laps during a game or many pitches where it was necessary to run up a hill.
6. Adapt the conditions in the games to bring variety from session to session and use the challenges from the challenge sheet at [www.integritysoccer.co.uk](http://www.integritysoccer.co.uk) and <http://www.totalfootballmag.com/features/columnists/curriculum-for-the-game/>



### Warm Up

1. Run ball across circle and perform take with another player –continue
2. Run into circle perform give + go and then take
3. Increase number of balls to increase load



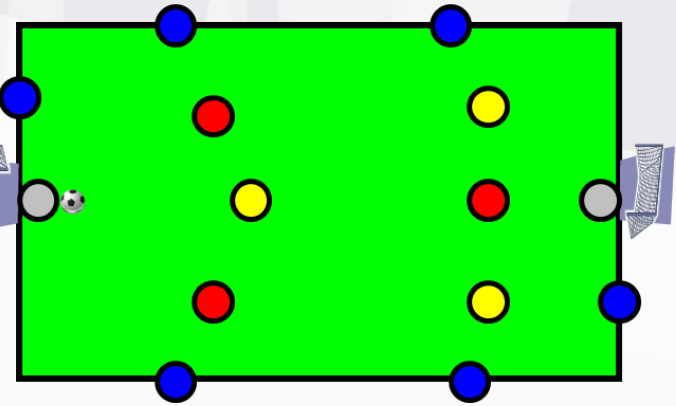
## Fitness for The Game

### Strength + Aerobic Conditioning

1. 1 ball – reds vs. yellows (rotate teams) – 2 x 6 minute games per team
2. Score by working ball into one of the 3 boxes (only 1 attacker and 1 defender allowed in box at a time) and keeping it under control in box for 5 seconds (shielding)
3. Defender tries to knock ball away from attacker and out of box to prevent goal being scored (providing pressure)
4. Can use outside players (blues) to help keep possession

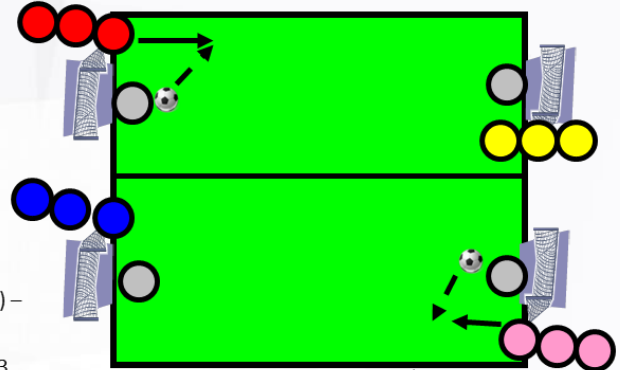
### Aerobic Conditioning

1. 4 vs. 4's – play 4 minute games and swap outfield players with blues – repeat so each team gets 3 games of 4 minutes
2. Players on outside try to play 1 touch and keep pace of game high and ball in play (which keeps pace high too)
3. If game starts to slow – play maximum of two touch and or all players to be in opposing half before scoring a goal



### Anaerobic Work

1. 1 vs. 1's – maximum of 30 second games
2. 5-7 repetitions per player
3. Keep score to encourage intensity



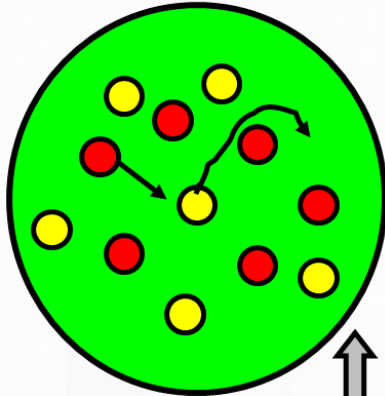
## Pre-Season Football Practices To Aid Fitness 2

Please see this weeks session overleaf; which looks at some ways to help your players develop their fitness in a functional, football predominant fashion.

Continuing from last week, you may (if you haven't already) want to consider:

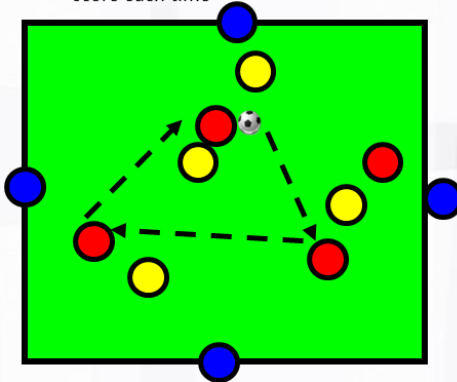
1. Focussing upon aerobic endurance work for the first part of your pre-season training period. At each session have all players completing 3 x 4 minutes of work in continuous games (e.g. top right hand corner overleaf) ensuring 4 minutes rest after each 4 minutes of work (total of 24 minutes – 12 working, 12 resting)
2. From this basis, working an-aerobically (with older teenage players only) as a base of aerobic conditioning is developed. The recovery runs practice overleaf (bottom right) can aid this. Players repeat seven runs and if using groups of 5 (as illustrated) they rest for 4 and work for 1. One 'go' in the an-aerobic practice overleaf is a run to goal and shot followed by a recovery run to try to stop the other team player scoring. Then join your team again to rest.
3. Encouraging one and touch play in your aerobic conditioning practices. The bottom left practice overleaf works on quick and clever play and such quick play encourages a good tempo from which fitness returns can be achieved. Again; work for 4 minutes, rest for 4 and repeat 3 times.
4. Playing tag and chase games with your junior players. For 5-11 year olds this is a great way to build fundamental movement patters. The top left practice overleaf gives some ideas on this.
5. Using the challenge sheet [http://www.integritysoccer.co.uk/uploads/3/0/6/0/3060532/challenges\\_document.ppt](http://www.integritysoccer.co.uk/uploads/3/0/6/0/3060532/challenges_document.ppt) to support the players to work on game related things whilst achieving physical outcomes.





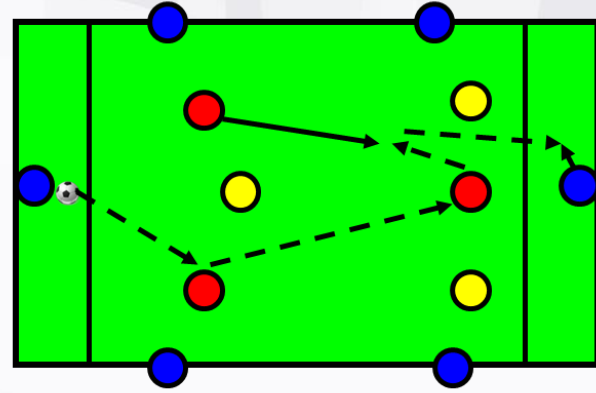
**Tag Game**

1. Reds try to tag yellows and yellows try to tag reds
2. Each player keeps their individual score of how many tags achieved in a 45 second game and add up the team total score at the end
3. Repeat 4 games – try to beat your individual score each time



**Aerobic Conditioning**

1. 3 vs. 3's – play 4 minute games and swap outfield players with blues – repeat so each team gets 3 games of 4 minutes. Play to end zone player to score – as reds score, blue target plays ball to yellows to attack the other way
2. Players on outside try to play 1 touch and keep pace of game high and ball in play (which keeps pace high too)
3. If game starts to slow – play maximum of two touch and or trying to get to target player within 3 passes of gaining possession (counter attacking)

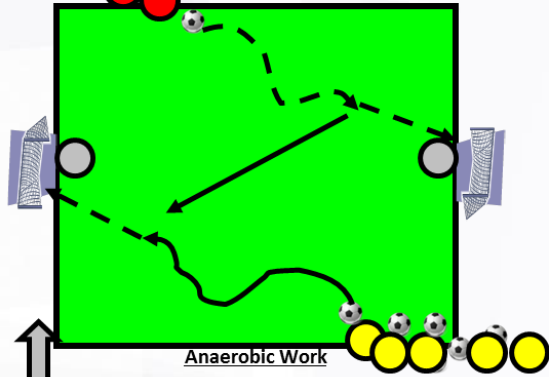


**Fitness for The Game**

**Week 2**

**Aerobic Conditioning**

1. 1 ball – reds vs. yellows (rotate teams) – 2 x 6 minute games per team
2. Score by keeping possession for 5 passes. Can pas to blues to keep possession but it doesn't count as a pass in your sequence (risk or keep?)
3. Try to play as much one touch football as you can
4. Look for give + go's, overlaps + third man runs



**Anaerobic Work**

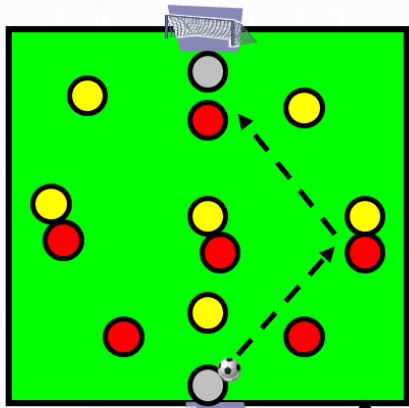
1. Red goes first – runs ball towards goal and shoots to score
2. At the point that the red shoots the ball – yellow from other group starts run towards other goal – red sprints back to try to prevent shot (recovery)
3. 2<sup>nd</sup> red then runs ball out as yellow shoots and the yellow recovers themselves. One 'go' for each player is a shot and a recovery run.

## Pre-Season Football Practices To Aid Fitness 3

Please see this weeks session overleaf; which looks at some ways to help your players develop their fitness in a functional, football predominant fashion.

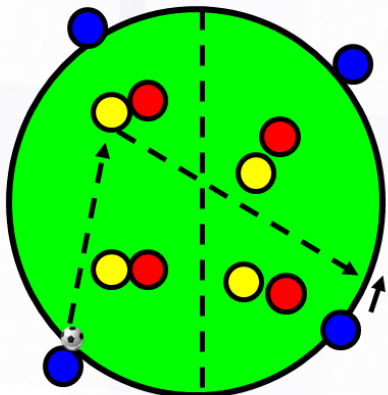
Continuing from the last 2 weeks, you may (if you haven't already) want to consider:

1. Focussing upon aerobic endurance work for the first part of your pre-season training period. At each session have all players completing 3 x 4 minutes of work in continuous games (e.g. top right hand corner overleaf) ensuring 4 minutes rest after each 4 minutes of work (total of 24 minutes – 12 working, 12 resting)
2. From this basis, working an-aerobically (with older teenage players only) as a base of aerobic conditioning is developed. The strikers combination practice overleaf (bottom right) can aid this. Players repeat seven runs and if using groups of 5 (as illustrated) they rest for 4 and work for 1. One 'go' in the an-aerobic practice overleaf is a 'round the corner', overlap and finish. Then join the team in the other channel to rest.
3. Encouraging one and touch play in your aerobic conditioning practices. The bottom left practice overleaf works on switching play and such quick play encourages a good tempo from which fitness returns can be achieved. Again; work for 4 minutes, rest for 4 and repeat 3 times.
4. The handball and headers game at the top left of the sheet acts as a good warm up, provides varying returns on ABC's for younger players and offers opportunity for players to practice taking throw ons and heading the ball in the enjoyment of a game.
5. Using the challenge sheet [http://www.integritysoccer.co.uk/uploads/3/0/6/0/3060532/challenges\\_document.ppt](http://www.integritysoccer.co.uk/uploads/3/0/6/0/3060532/challenges_document.ppt) to support the players to work on game related things whilst achieving physical outcomes.
6. Inviting the parents to your session and seeking to educate them about the ways you coach & train the players and what physical/fitness returns are most appropriate for children of different ages. May aid them to support what we're trying to achieve as coaches.



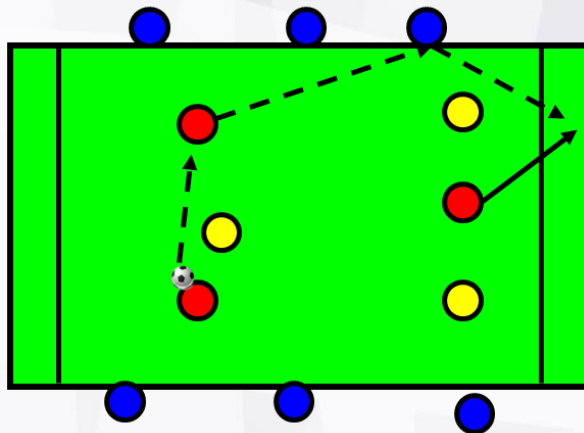
**Handball & Headers Game**

1. Reds vs. yellows – handball game
2. Throw the ball past GK to score (1 goal) or if heading past the GK (3 goals)
3. Can run with the ball but if tagged whilst running with it; ball goes to opposition



**Aerobic Conditioning – Timing Runs**

1. 3 vs. 3's – play 4 minute games and swap outfield players with blues – repeat so each team gets 3 games of 4 minutes. Work ball to end zone to score – upon scoring, run ball out of end zone and attack the other way (multi-directional)
2. Players on outside try to play 1 touch and keep pace of game high and ball in play (which keeps pace high too)
3. If game starts to slow – play maximum of two touch and or trying to get to end zone within 3 passes of gaining possession (counter attacking) – offside applies in end zone

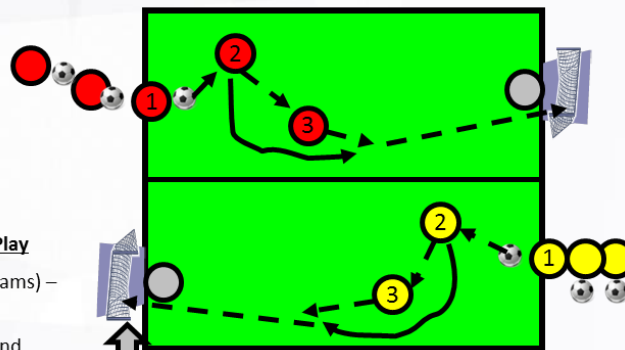


**Fitness for The Game**

**Week 3**

**Aerobic Conditioning – Switching Play**

1. 1 ball – reds vs. yellows (rotate teams) – 2 x 6 minute games per team
2. Score by receiving from outside and transferring ball to other side of circle
3. Players can move freely on the pitch
4. Players can play to any outside player cut a goal is only scored in transferred from one side to the other
5. Outside players try to play 1 touch



**Anaerobic Work**

1. Run both sides simultaneously
2. 1 passes to 2 who plays 'round the corner' to 3. 2 overlaps to receive through pass and shoots before joining other side. 1 takes 3's place, 3 takes 2's place and next player waiting passes in
3. Repeat so each player has 7 goes. Encourage high tempo, 1 touch and explosive runs