



ASSIGNMENT 1
COMPLETED AS A.....

GROUP

PRE-SEASON PROGRAM

DESIGN A 5 WEEK PRE-SEASON TRAINING
PROGRAM FOR MANCHESTER UTD, WITH THE
2010 GROUP OF GOALKEEPERS



PRE-SEASON PROGRAM

CONSIDERATIONS

- STAFF INVOLVEMENT- PREVIEW/REVIEW
- GK INVOLVEMENT- PREVIEW/REVIEW
- GYM / PITCH / COMPUTER
- GK TRAINING / TEAM TRAINING
- IP / OOP TRAINING
- COLLECTIVE / INDIVIDUAL AIMS & OBJECTIVES
- 4x CORNER MODEL
- SCHEDULE- TRAINING / MATCHES / RECOVERY



PLAYERS / STAFF



WHO ARE YOU WORKING WITH



MANAGER

SIR ALEX FERGUSON



ASSISTANT MANAGER

MIKE PHELAN



1ST TEAM COACH

RENE MEULENSTEEN



GOALKEEPER COACH

ERIC STEELE



S&C COACH

TONY STRUDWICK

PLAYERS / STAFF



WHO ARE YOU WORKING WITH



GOALKEEPER COACH

ERIC STEELE



GOALKEEPER

EDWIN VAN DER SAR

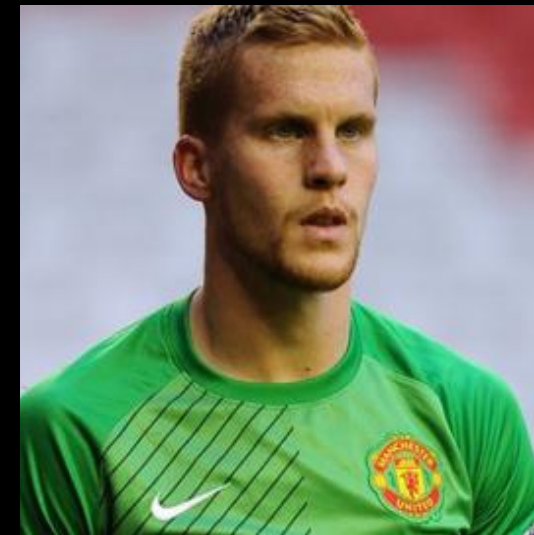
AGE 40



GOALKEEPER

SAM JOHNSTONE

AGE 17



GOALKEEPER

BEN AMOS

AGE 20



GOALKEEPER

TOMASZ KUSZCZAK

AGE 28

SCHEDULE

AVAILABLE GK'S- EVDS, SJ, BA & TK



5 WEEK TEMPLATE- WEEK 1

	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION							
AM							
PM							
EVENING							

SCHEDULE

AVAILABLE GK'S- EVDS BA & TK*



5 WEEK TEMPLATE- WEEK 2

	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION						FLY TO PHILADELPHIA 	
AM	FLY TO CHICAGO 						
PM							
EVENING				FLY TO TORONTO 	FRIENDLY VS CELTIC 		

SCHEDULE

AVAILABLE GK'S- EVDS BA & TK*



5 WEEK TEMPLATE- WEEK 3

	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION							
AM						FLY TO KANSAS 	
PM							FRIENDLY VS KANSAS CITY 
EVENING			FRIENDLY VS PHILA UNION 				

SCHEDULE

AVAILABLE GK'S- EVDS BA & TK*



5 WEEK TEMPLATE- WEEK 4

	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION							OFF
AM	FLY TO HOUSTON 			FLY TO MEXICO 		FLY TO MANCHESTER 	OFF
PM			FRIENDLY VS MLS ALL STARS 		FRIENDLY VS GUADALAJARA 	OFF	OFF
EVENING						OFF	OFF

SCHEDULE

AVAILABLE GK'S- EVDS, SJ, BA & TK



5 WEEK TEMPLATE- WEEK 5

	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION	OFF						
AM	OFF						
PM	OFF					COMM SHIELD VS CHELSEA 	
EVENING	OFF						

COMPLETED BY TUESDAY MARCH 30TH 10PM



PROGRAM DETAILS

DESIGN AND COMPLETE A DOCUMENT, DETAILING WHAT YOU WANT TO ACHIEVE IN YOUR PROGRAM AND HOW YOU WILL ACHIEVE IT



PROGRAM SCHEDULE

DESIGN AND COMPLETE A DIARY SCHEDULE FOR THE 5 WEEK PRE-SEASON PROGRAM, WHICH INCLUDES THE DAILY / WEEKLY ROUTINE



TRAINING PRINCIPLES

PLAN AND DETAIL WHAT YOUR TRAINING PRINCIPLES ARE AROUND YOUR SESSION DESIGN.
IP vs OOP
INDIVIDUAL vs TEAM



GROUP SUPPORT

USE THE MENTEE WHATSAPP GROUP TO SUPPORT EACH OTHER AND OFFER USEFUL ADVICE TO OTHER GROUPS. CREATE YOUR OWN ASSIGNMENT WHATSAPP GROUP

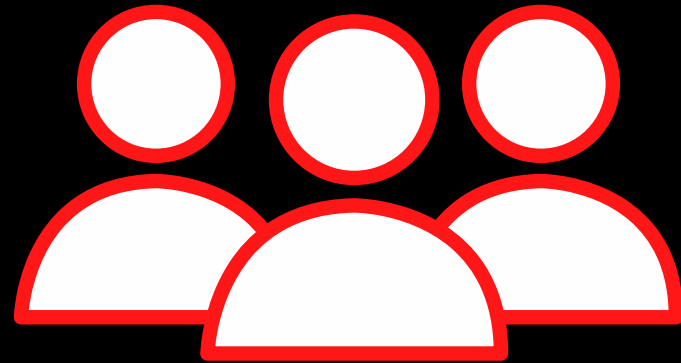


GROUP ZOOM CALLS

WITHIN YOUR GROUP, WE ENCOURAGE YOU TO INTERACT / SUPPORT EACH OTHER TO COMPLETE ASSIGNMENT, VIA GROUP ZOOM CALLS

YOUR GROUPS

YOU WILL WORK IN THE FOLLOWING GROUPS



GROUP 1

ROSS BALLANTYNE

SOHAIL PEDARI

BEN MORELLA

JORDAN WELSH

GROUP 2

SERGIO GONZALEZ

CHRIS SMITH

SARA YUNEZ

JAMES VAN
ARTSDALEN

GROUP 3

ANDY SWIFT

TERRY MOSS

KYLE ENO

CHRIS THORUM

GROUP 4

JAMIE BRASSINGTON

JAMIE KELLY

AMY PAGE

DANA POWERS



PRE-SEASON PROGRAM

DESIGN A 5 WEEK PRE-SEASON TRAINING PROGRAM FOR MANCHESTER UTD, WITH THE 2010 GROUP OF GOALKEEPERS

IF YOU REQUIRE SUPPORT AT ANY TIME, PLEASE REACH OUT TO DAVID VIA EMAIL / WHATSAPP. WE ARE HERE TO SUPPORT YOU, PLEASE USE THE OPPORTUNITY

DO YOU HAVE ANY QUESTIONS?

