

# 2010 Manchester United 5 Week Pre-Season

Chris Smith  
James Van Artsdalen  
Sara Yunez  
Sergio Gonzalez



# Staff Considerations



- Determine GK role both in and out of possession
- Maintain constant open line of communication within session planning
- Integrates GKs with the rest of the team

- Creates GK development plan
- Assesses GK progress
- Determines GK hierarchy
- Oversees set pieces

- Ensures players are able to physically cope with demands of the game
- Develops GK “robustness”
- Develops super-strengths

# Psychosocial Priorities

- Develop IDPs, open dialogue between staff and GK
- Building relationships with goalkeepers between staff and GK
- GK group bonding session
- Promoting/Developing mental “match fitness”
  - Building/Repairing confidence

# Coaching Objectives for Players

## **Tactical**

- Understand Team Attacking Philosophies
- Understand Team Defending Philosophies
- Develop GK Identity IP and OOP

## **Physical**

- Establish/Maintain Match Fitness
- Identify Individual Baselines
- Maintain Optimal Health
- Identify Potential Risks

## **Technical**

- Efficient Actions
- Game winning saves-ability to make them
- Distribution
- Consistent

## **Psychosocial**

- Winner
- Leader
- Ability to perform under pressure-
- Connection to Team

# Training Principles

## Individual

### **Technical**

- Effective actions for each individual gk
- Distribution
- Consistent

### **Tactical**

- Balance between announced and unannounced
- Always a component of decision making
- Game realistic scenarios

### **Psychosocial**

- Competitive
- Leadership
- Growth Mindset-comfortable being uncomfortable

### **Physical**

- High intensity with adequate recover
- Efficient movement/strength building

## Team

### **Technical**

- Effective actions for each individual gk
- Distribution
- Consistent

### **Tactical**

- In possession-play through, play around, play into, and play beyond
- Defending the goal
- Defending space (the box and crosses)
- Set Pieces

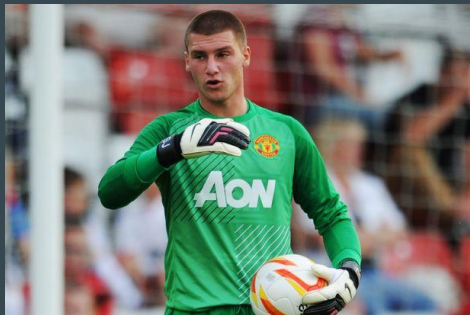
### **Psychosocial**

- Competitive
- Leadership
- Connection to team

### **Physical**

- High intensity with adequate recover
- Efficient movement/strength building

# GK IDPs



Develop technical consistency
Establish mental strength
Distribution
Physical Prepared
Developing Player/Coach Relationship
Understanding of Attacking/Defending Principles
Developing Man United Goalkeeping Culture



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# GK IDPs



Physical Prepared

Distribution

Technical

Open Dialogue of needs to prepare

Understanding of Attacking/Defending Principles

Developing Player/Coach Relationship

Developing Man United Goalkeeping Culture



Physical Prepared

Technical

Distribution

Understanding of Attacking/Defending Principles

Developing Player/Coach Relationship

Developing Man United Goalkeeping Culture

Understanding Role with GK Group

# Session Details - Week 1

Day	Technical Focus	Distance
Monday	PM OOP footwork, handling, close range shot-stopping from central positions	Within 12 yards
Tuesday	AM OOP 1v1 from wide angles PM IP short-range distribution, passing and receiving in small areas	Within 16 yards Within goal-box
Wednesday	AM OOP cutback shots from wide to central spaces	Within 18 yards
Thursday	No technical training	
Friday	AM IP building out of the back	Within 20 yards
Saturday	AM intersquad scrimmage	
Sunday	AM short-range, shot-stopping with traffic from varied angles	Within 18 yards

# Session Details - Week 2

Day	Technical Focus	Distance
Monday	Travel	
Tuesday	AM OOP managing crossing zones: outswinger, front post/back post services	18 to the endline
Wednesday	PM OOP managing crossing zones: early crosses, half-space, inswinger	18 to 36
Thursday	No technical training	
Friday	AM shots from distance with angled recovery saves	Within 25 yards
Saturday		
Sunday	AM individual session EVDS 1v1 from varied angles, decision-making	Within 25 yards

# 1v1 Technical Session

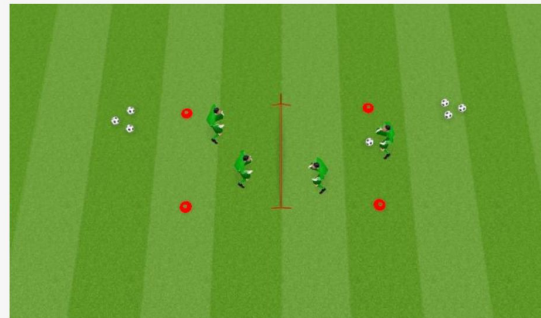
## Activation

### Session Organisation:

- Soccer tennis net in middle of 16 yard box
- 2 goalkeepers on each side
- Extra balls off each end line
- 3 rounds-1st to 5 points-rally scoring
- Round 1-Hands only (3 touches each side)
- Round 2-Feet only (3 touches each side)
- Round 3-Hands and Feet-touch with hand has to be followed by touch with foot (3 touches each side)

### Coaching Points

- Communication
- Athletic set position
- Positioning/Repositioning



## Warm Up

### Session Organisation

#### 3 sets x5

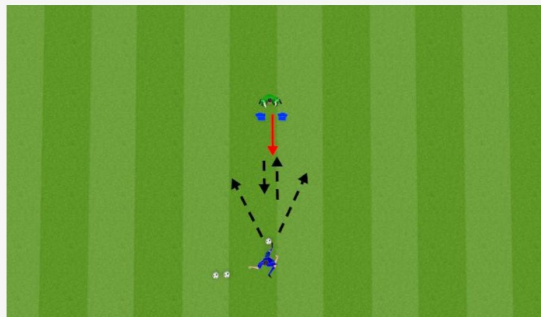
- 2 mannequins-1 yard apart
- GK starts behind mannequins
- Coach-8 yards away with supply of balls
- GK steps through mannequins and sets for volley from Coach
- GK handles ball and bowls back to Coach
- Coach plays ball to right or left for goalkeeper to go to ground and win

### Progression

- Coach follows pass to apply pressure as GK wins ball

### Coaching Points

- Efficient movements
- Balanced set position
- Efficient handling
- Attacking through the ball



## Screen 3

### Session Organisation

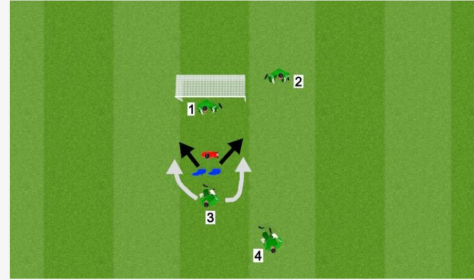
3 sets x5  
Futsal size goal  
GK in Goal  
2 mannequins 8 yards away  
Coach 6 yards away from GK facing mannequins with ball  
GK behind mannequins with ball  
Coach can play ball off mannequins for GK1 to win or put foot on ball which triggers GK3 behind mannequins to dribble at goal from right or left. GK dribbling has 3 touches max to finish  
GK1 responds accordingly to deal with ball  
GK1/GK2 rotate in goal after each rep  
GK3/GK4 rotate each as dribbling player

### Progression

Coach can turn with ball and finish, play off mannequins, or put foot on ball

### Coaching Points

Balanced set position  
Positioning to narrow angle  
Reading cues when to close space or hold positioning  
Attacking ball  
Smother  
Reaction Save  
Effective blocking technique  
Decision making when to win ball and when to block



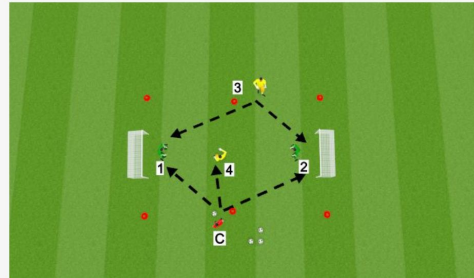
## Screen 4

### Session Organisation

3 sets x6  
8x16 yard field  
2 Futsal size goals  
GK1/GK2 in goal  
Coach (C) wide on one side  
GK3 wide on other side  
GK4 in middle of field  
C starts with ball and can shoot at either goal or play GK3 or GK4 to finish in either goal  
3 touch max  
Ball is live until GK1/GK2 secures it, goal is scored or ball is out of play  
Progression: C and GK3 can dribble into field to finish at either goal

### Coaching Points

- Set Position
- Positioning manage distances
- Footworks
- Handling
- Block
- Smother
- Diving
- Reaction saves



# Close Range Shots Technical Session

## Activation

### Session Organisation

Mannequin in center GKs spread out around it  
GK accumulate points for errors  
3 points and GK is eliminated from round  
GKs can push mannequin to distract and interfere with GK touch  
GKs must take 2 touches  
Round 1-Hands only  
Round 2-Feet only  
Round 3-1 touch with Hand and 1 Touch with Foot  
**Coaching Points**  
Prepare body/mind for training session



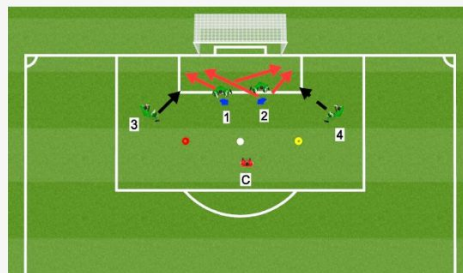
## Screen 2

### Session Organisation

6 sets x5 reps  
2 Mannequins 7 yards from goal 2 yards apart  
GK1/GK2 behind each mannequin  
GK3/GK4 10 yards away off the angle  
GKs work 1 at a time and switch mannequins after each rep  
Coach calls Red/Yellow or Left/Right  
GK responds will movement into line for ball from server  
Sets 1/2-ball off floor for 2 touch  
Set 3/4-volley out of servers hands  
Set 5/6-moving ball struck off ground

### Coaching Points

- Movement
- Positioning into line with ball
- Handling
- Diving
- Passing/Receiving



### Screen 3

#### Session Organisation

6 sets x 5 balls each set

2 Full size goals set up as pictured

2 mannequins: 1 in each goal 5 yards away from goal line central

GK1/GK2 behind each mannequin

GK3/GK4 in center

C 14 yards away with 5 balls

5 balls per round

Teams: GK1/GK2, GK3/GK4

Teams switch roles after each round and team that scores most goals wins

All rebounds are live and can be finished in either goal

Round 1/2- Coach can strike directly at either goal

Round 3/4-Coach can strike directly at either goal or combine with GK3/GK4 to finish

Round 5/6-Coach can dribble at goal, strike directly or combine with GK3/GK4 to finish

#### Coaching Points

-Positioning

-Repositioning

-Handling

-Diving

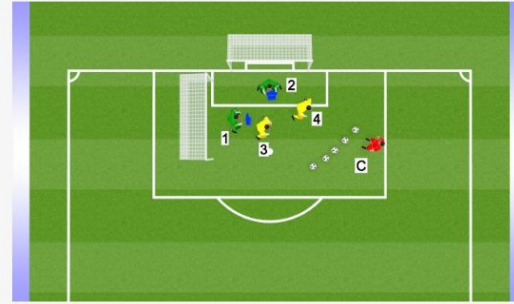
-Reaction Saves

-Smother

-Blocking

-Decision Making

-Passing/Receiving



# Gym Sessions - key terms

**Regeneration** active recovery involving dynamic movements

**Activation** preparatory movements and/or strengthening

**Recovery** therapeutic modalities

**S&C** developing physical demands for goalkeeping

**Physical Assessments** provide baselines for development, ensure safety

# Game Day Routine

	<b>Starting Keeper Schedule</b>	<b>Other GK Schedule</b>
<b>Gameday -1</b>	<b>AM</b> Training <b>PM</b> Regeneration	<b>AM</b> Training <b>PM</b> Second Session
<b>Gameday (pre and post-game)</b>	<b>Pre-Game</b> Walk Through <b>Game</b> Warm-Up, Match Play <b>Post-Game</b> Recovery	<b>Pre-Game</b> GK Training Session <b>Game</b> Warm-Up, Pre-Game Shooting <b>Post-Game</b> Recovery
<b>Gameday +1</b>	<b>AM</b> Recovery <b>PM</b> Training Session	<b>AM</b> GK Session <b>PM</b> Team Session

Week 1	Monday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS,SJ,BA,TK	TS, ES	Physical	
AM	Physical Assessment	Field	EVDS,SJ,BA,TK	TS	Physical	
PM	Goalkeeper Training	Field	EVDS,SJ,BA,TK	ES	Technical	Out of Possession
Evening	Team Session/Group IDP Meeting	Field	EVDS,SJ,BA,TK	AF, MP, RM, ES	Tactical/Psychosocial	Out of Possession/In Possession
	Tuesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	IDP-SJ, IDP-BA	Computer	SJ, BA	ES	Tactical/Technical/Psychosocial	
AM	Activation/GK Training	Field	EVDS,SJ,BA,TK	TS, ES	Physical/Technical	Out of Possession
PM	GK Training/Team Session	Field	EVDS,SJ,BA,TK	AF, MP, RM, ES	Tactical	In Possession
Evening	Recovery	Gym	EVDS,SJ,BA,TK	TS, ES	Physical	
	Wednesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	IDP-TK, IDP-EVDS	Computer	EVDS, TK	ES	Tactical/Technical/Psychosocial	
AM	GK Training/Team Session	Field	EVDS,SJ,BA,TK	AF, MP, RM, ES	Tactical	Out of Possession
PM	Regeneration. Session	Gym	EVDS,SJ,BA,TK	TS, ES	Psychosocial/Physical	
Evening	Video Review -- Based on IDP	Computer	EVDS,SJ,BA,TK	ES	Tactical/Technical/Psychosocial	
	Thursday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	<b>OFF</b>					
AM	<b>OFF</b>					
PM	Film Review	Computer	EVDS,SJ,BA,TK	ES	Tactical	
Evening	Recovery Session	Gym	EVDS,SJ,BA,TK	TS, ES	Psychosocial/Physical	
	Friday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Gym - Activation	Gym	EVDS,SJ,BA,TK	TS, ES	Physical	
AM	Goalkeeping Session	Field	EVDS,SJ,BA,TK	ES	Technical	In Possession
PM	GK Training/Team Session	Field	EVDS,SJ,BA,TK	AF, MP, RM, ES	Tactical/Physical	In Possession (GKs)/Out of Possession (TT)
Evening	Film Review	Computer	EVDS,SJ,BA,TK	ES	Tactical/Psychosocial	Out of Possession
	Saturday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Gym - Activation	Gym	EVDS,SJ,BA,TK	TS, ES	Physical/Psychosocial	
AM	Intersquad Scrimmage	Field	EVDS,SJ,BA,TK	TS, ES	Technical/Tactical/Physical/Psychosocial	In Possession/Out of Possession
PM	Recovery Session	Gym	EVDS,SJ,BA,TK	TS, ES	Physical/Psychosocial	
Evening	OFF					
	Sunday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Gym - Activation	Gym	EVDS,SJ,BA,TK	TS, ES	Physical/Psychosocial	
AM	GK Technical	Field	EVDS,SJ,BA,TK	ES	Technical/Physical	Out of Possession
PM	Film Review, Team Tactics	Computer	EVDS,SJ,BA,TK	AF, MP, RM, ES	Tactics/Psychosocial	In Possession
Evening	OFF					
Week 2	Monday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	OFF					
AM	<b>FLY TO CHICAGO</b>					
PM	OFF					
Evening	OFF					
	Tuesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS, BA, TK	TS, ES	Physical	
AM	Goalkeeper Training	Field	EVDS, BA, TK	ES	Technical/Physical	Out of Possession
PM	Goalkeeper Training/Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Physical/Tactical	In Possession
Evening	Team Training-Set Pieces	Field	EVDS, BA, TK	AF,MP,RM,ES	Tactical/Physical/Psychosocial	Out of Possession/In Possession
	Wednesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS, BA, TK	TS, ES	Physical	
AM	GK Training/Team Session	Field	EVDS, BA, TK	AF,MP,RM,ES	Physical/Tactical	Out of Possession
PM	Goalkeeper Training	Field	EVDS, BA, TK	ES	Physical/Technical	Out of Possession
Evening	Video Review -- Celtic	Computer	EVDS, BA, TK	AF,MP,RM,ES	Tactical/Psychosocial	In Possession/Out of Possession
	Thursday	Area	Goalkeepers	Coach	Session	Theme

Pre-Session	Activation	Gym	EVDS, BA, TK	TS, ES	Physical	
AM	Team Session	Field	EVDS, BA, TK	AF,MP,RM,ES	Technical/Tactical/Physical	In Possession/Out of Possession
PM	Regeneration Session	Gym	EVDS, BA, TK	TS, ES	Physical/Psychosocial	
Evening	<b>FLY TO TORONTO</b>					
	Friday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	BA, TK	TS, ES	Physical	
AM	Goalkeeper Training	Field	BA, TK	ES	Physical/Technical	Out of Possession/In Possession
PM						
Evening	<b>FRIENDLY VS CELTIC</b>	Field	EVDS	AF,MP,RM,ES	Physical/Psychosocial/Tactical/Technical	In Possession/Out of Possession
	Saturday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	<b>FLY TO PHILADELPHIA</b>					
AM						
PM	Recovery/Activation	Field	EVDS, BA, TK	TS, ES	Physical/Psychosocial	
Evening	Goalkeeper Training/Team Training	Field	BA, TK	AF,MP,RM,ES	Physical/Tactical	Out of Possession/In Possession
	Sunday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS	TS, ES	Physical	
AM	Goalkeeper Training	Field	EVDS	ES	Physical/Psychosocial/Technical/Tactical	Out of Possession
PM	Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Physical/Tactical/Technical	Out of Possession/In Possession
Evening	Video-Goalkeepers	Computer	EVDS, BA, TK	ES	Tactical/Technical/Psychosocial	In Possession/Out of Possession
Week 3	Monday	Area	Goalkeepers	Coach	Technical/Psychosocial	Theme
Pre-Session	Activation	Gym	EVDS, BA, TK	TS, ES	Physical	
AM	Goalkeeper Training	Field	EVDS, BA, TK	ES	Technical/Psychosocial	In Possession
PM	Video -- Phila Union Preview	Computer	EVDS, BA, TK	ES	Tactical	In Possession/Out of Possession
Evening	Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Tactical	In Possession
	Tuesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS, BA, TK	TS, ES	Physical	
AM	GK Training/Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Tactical	Out of Possession
PM	Regeneration	Gym	TK	TS	Psychosocial/Physical	
Evening	GK Training	Field	BA	ES	Tactical	Out of Possession
	Wednesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS, BA	TS, ES	Physical	
AM	GK Training	Field	EVDS, BA	ES	Physical/Technical	Out of Possession
PM						
Evening	<b>FRIENDLY VS PHILA UNION</b>	Field	TK	AF,MP,RM,ES	Physical/Technical/Tactical/Psychosocial	In Possession/Out of Possession
	Thursday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Recovery/Activation	Field	EVDS, BA, TK	TS, ES	Physical/Psychosocial	
AM	GK Session	Field	EVDS, BA	ES	Physical/Technical	In Possession/Out of Possession
PM	Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Technical/Physical	In Possession
Evening	Video -- Kansas City				Tactical	In Possession/Out of Possession
	Friday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS,BA, TK	TS, ES	Physical	
AM	Goalkeeper Training	Field	EVDS,BA, TK	ES	Tactical	Out of Possession
PM	GK Training/Team Training	Field	EVDS,BA, TK	AF,MP,RM,ES	Technical/Physical	Out of Possession
Evening	<b>OFF</b>					
	Saturday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	<b>OFF</b>					
AM	<b>FLY TO KANSAS</b>					
PM	Regeneration	Gym	EVDS, BA, TK	TS, ES	Physical/Psychosocial	
Evening	GK Training/Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Tactical	In Possession
	Sunday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS, TK	TS, ES	Physical	

AM	S&C / GK Session	Gym/Field	EVDS/TK	TS, ES	Technical/Physical	Out of Possession
PM	<b>FRIENDLY VS KANSAS CITY</b>	Field	BA		Physical/Technical/Tactical/Psychosocial	In Possession/Out of Possession
Evening	OFF					
Week 4	Monday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Recovery	Gym	EVDS, BA, TK	TS, ES	Physical/Psychosocial	
AM	<b>Fly to Houston</b>					
PM	GK Training/Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Physical/Technical/Tactical	Out of Possession/In Possession (different depending on starting vs not starting previous match)
Evening	Film Breakdown	Computer	EVDS, BA, TK	ES	Technical/Tactical/Psychosocial	Out of Possession/In Possession
	Tuesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Gym	EVDS, BA, TK	TS, ES	Physical/Psychosocial	
AM	GK Training/Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Physical/Technical/Tactical	In Possession/Out of Possession
PM	Set Piece Walk Through	Field	EVDS, BA, TK	AF,MP,RM,ES	Tactical/Technical/Psychosocial	In Possession/Out of Possession
Evening	Off					
	Wednesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Field	EVDS, BA, TK	TS,ES	Physical/Tactical/Technical/Psychosocial	In Possession/Out of Possession
AM	GK Training BA/TK & Starting Group Walk Through		BA, TK	AF,MP,RM,ES	Physical/Technical	Out of Possession
PM	<b>Friendly vs MLS All-Stars (EVDS)</b>		EVDS	AF,MP,RM,ES	Physical/Technical/Tactical/Psychosocial	In Possession/Out of Possession
Evening						
	Thursday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Film Breakdown	Computer	EVDS, BA, TK	ES	Tactical/Psychosocial/Technical	In Possession/Out of Possession
AM	<b>Fly to Mexico</b>					
PM	GK + Team Training	Field	EVDS, BA, TK	AF,MP,RM,ES	Tactical/Technical/Physical	In Possession
Evening	Off					
	Friday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Field	EVDS, BA / TK	TS, ES	Physical/Tactical/Technical/Psychosocial	In Possession/Out of Possession
AM	GK Training EVDS, BA / TK & Starting Group Walk Through		EVDS, BA	AF,MP,RM,ES	Physical/Technical	Out of Possession
PM	<b>Friendly vs Guadalajara</b>		TK	AF,MP,RM,ES	Physical/Technical/Tactical/Psychosocial	In Possession/Out of Possession
Evening						
	Saturday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Regeneration Session	Gym		TS, ES	Physical/Psychosocial	
AM	<b>Fly to Manchester</b>					
PM	OFF					
Evening	OFF					
	Sunday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	OFF					
AM	OFF					
PM	OFF					
Evening	OFF					
Week 5	Monday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	OFF					
AM	OFF					
PM	OFF					
Evening	OFF					
	Tuesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Gym - Activation	Gym	EVDS,SJ,BA,TK	TS, ES	Physical	
AM	GK Training/Team Training	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Technical	Out of Possession
PM	Intra Squad Match	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Physical/Technical/Tactical/Psychosocial	In Possession/Out of Possession
Evening	Film Review	Computer	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Tactical/Psychosocial	Out of Possession
	Wednesday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Team Video Session	Computer	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Tactical/Psychosocial	In Possession

AM	Team Session	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Tactical	In Possession
PM	GK Training/Team Training	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Technical/Physical	In Possession
Evening	Gym Session - Recovery	Gym	EVDS,SJ,BA,TK	TS, ES	Psychosocial/Physical	
	Thursday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Gym - Activation	Gym	EVDS,SJ,BA,TK	TS, ES	Physical	
AM	Team Training	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Tactical	Out of Possession
PM	GK Training/Team Training	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Technical	Out of Possession
Evening	Video Session	Computer	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Tactical	In Possession/Out of Possession
	Friday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Team Session	Field	EVDS,SJ,BA,TK	AF,MP,RM,ES,TS	Tactical	In Possession/Out of Possession
AM	Gym	Gym	EVDS,SJ,BA,TK	TS, ES	Physical	
PM	GK Training - Team Set Pieces	Field	SJ,BA,TK	AF,MP,RM,ES,TS	Technical/Physical	Out of Possession
Evening	Off	Off				
	Saturday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Activation	Field	SJ,BA,TK/EVDS	ES, TS	Physical	
AM	GK Training BA/TK & Match Prep	Field	SJ,BA,TK/EVDS	AF,MP,RM,ES,TS	Technical	Out of Possession
PM	<b>Comm. Cup vs Chelsea</b>	Field	EVDS	AF,MP,RM,ES,TS	Physical/Technical/Tactical/Psychosocial	In Possession/Out of Possession
Evening	Off					
	Sunday	Area	Goalkeepers	Coach	Session	Theme
Pre-Session	Off					
AM	<b>Travel Back to Manchester</b>					
PM	GK Training (SJ,BA,TK)/Reserve Training/First Team. Recovery	Field	SJ,BA,TK/EVDS	AF,MP,RM,ES,TS	Technical/Physical	In Possession/Out of Possession
Evening	Off					