



Task 1 - Group 4

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# PRE SEASON TRAINING PROGRAMME

# WHAT DO WE WANT TO ACHIEVE?

- ▶ Prepare the GK's for the start of the season/Reduce injury risk
- ▶ Close the gap between BA - TK - EVS
- ▶ Begin to develop SJ for 1st team football

# HOW ARE WE GOING TO ACHIEVE THIS?

- ▶ Through on field training
  - ▶ GK Specific - In & Out of possession
  - ▶ Team training - In & Out of possession
- ▶ Gym programmes
  - ▶ GK specific strength/power training (Lower & upper body)
  - ▶ Prehab exercises
  - ▶ Recovery (Nutrition, hydration, sleep & stretching)
- ▶ Group & individual meetings
  - ▶ Video analysis (games, training & opposition)
  - ▶ IDP's/Goal setting
  - ▶ Psychology
  - ▶ General conversation
- ▶ Friendly games

# PRE-SEASON TRAINING PROGRAMME - INDIVIDUALLY

## WHAT DO WE WANT TO ACHIEVE?

EVS



Age: 40

- ▶ Prepare Psychologically/ Tactically/Physically/Technically/ Socially (Competing/Winning all competitions)
- ▶ Set & work towards individual season goals/objectives
- ▶ Set & drive the standard

TK



Age: 28

- ▶ Prepare to compete for the number 1
- ▶ Be ready to play when required
- ▶ Set & work towards individual season goals/objectives
- ▶ Set & maintain high standards

BA



Age: 20

- ▶ Prepare to compete for the number 1/2 place
- ▶ Continue four corner development
- ▶ Be prepared for any loan opportunities
- ▶ Set & work towards individual season goals/objectives
- ▶ Reach/Maintain/Surpass the standard required

SJ



Age: 17

- ▶ Introduction to first team football
- ▶ Reach/maintain the standard required to be training with the first team
- ▶ Set & work towards individual season goals/objectives

## HOW ARE GOING TO ACHIEVE THIS?

- ▶ On field training - IP & OOP
- ▶ Gym training programme - Specific to his needs (Conversation with EVS & TS)
- ▶ Meeting to discuss IDP & goals (Season & short term) & how we can achieve these
- ▶ Through his experience & desire to be the best (Advise/ Push younger GK's to reach the standard)

- ▶ On field training - IP & OOP
- ▶ Gym training programme - Specific to his needs
- ▶ Meeting to discuss IDP & goals (Season & short term) & how we can achieve these
- ▶ Design sessions that will improve TK & push him to be at his best (1. To challenge EVS. 2. To be prepared for the games he will play)

- ▶ On field training - IP & OOP
- ▶ Gym training programme - Specific to his needs
- ▶ Meeting to discuss IDP & goals (Season & short term) & how we can achieve these
- ▶ Learn from the other keepers
- ▶ Be focused in sessions & provide quality in all aspects of the session (OOP/IP/ Service)

- ▶ On field training - IP & OOP
- ▶ Gym training programme - Specific to his needs
- ▶ Meeting to discuss IDP & goals (Season & short term) & how we can achieve these
- ▶ Learn from the other keepers
- ▶ Be prepared/focussed when in sessions



# WEEK 1



Time/Day	Monday 5/7	Tuesday 6/7	Wednesday 7/7	Thursday 8/7	Friday 9/7	Saturday 10/7	Sunday 11/7
Pre Session	GK Group Meeting - Discuss Preseason/Set IDP meeting times (ES)	GK Meeting - EVS (ES) Gym - Prehab (TS/ES)	GK Meeting - TK (ES) Gym - Prehab (TS/ES)	GK Meeting - SJ (ES) Gym - Prehab (TS/ES)	OFF	GK Sports Psych Meeting Gym - Prehab (TS/ES)	OFF
AM	Fitness Testing (TS)	GK Training (ES) Team Training (MP/RM)	GK Training (ES) Team Training (MP/RM)	GK Training (ES) Team Training (MP/RM)		In House 11vs11 (GK's not playing to do GK training)	
PM	GK Training (ES)	Gym - Lower B (TS/ES) GK Meeting - BA (ES)	GK Training (ES)	Gym - Upper B (TS/ES)		Gym - Lower B (TS/ES)	
Evening	OFF					OFF	



# WEEK 1 - MONDAY



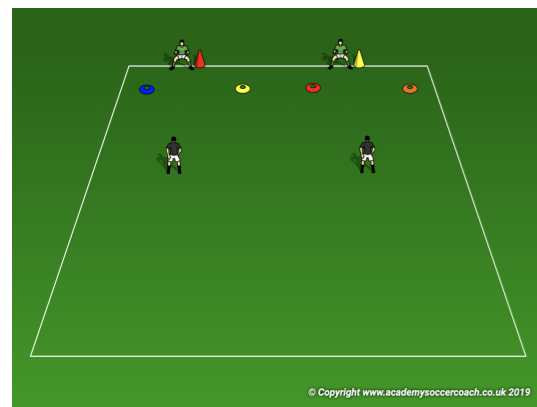
Time/Day	Monday
Pre Session	GK meeting - Welcome back/Introduction to the GK preseason plan & outline meeting times for this week for IDP
AM	Fitness testing with Tony Strudwick - GKs to be fitness tested inline with the teams needs
PM	GK Training - Light GK session to get back into training Main Focus; OOP - Footwork & Handling - Central Shot Stopping
Evening	OFF

## Practical Session : 05.07.10 (PM)

### Session: Defending the goal (Footwork/Handling - Central Shot Stopping)

60 Minutes - 4 Goalkeepers - EVS, TK, BA, SJ

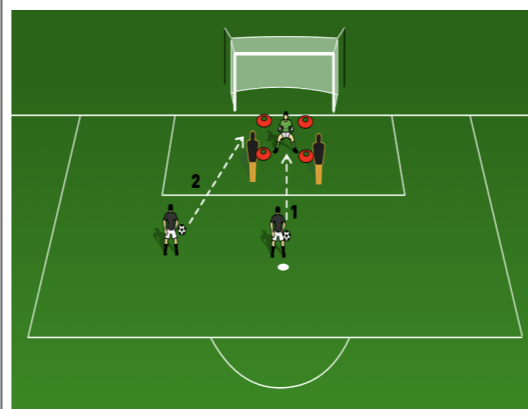
#### Training 1: Handling (1) - 15 Minutes



##### Organisation:

- Set up shown as in diagram.
  - Prepare players physically and mentally for training
  - General movement and stretching
  - GK to move around to a small cone set, then move into line of the striker
  - Work different saves (Scoop/W/Dives)
- FOCUS;
- Movement
  - Effective technique

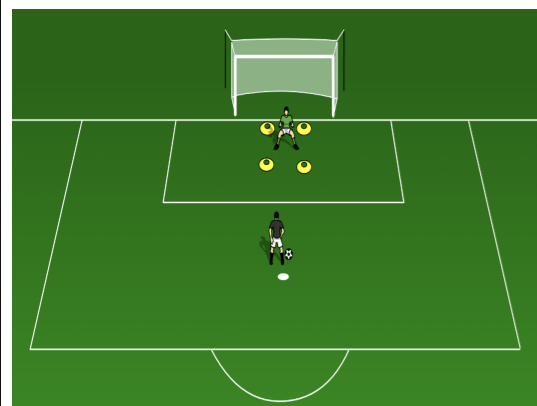
#### Training 3: Handling (3) - 30 Minutes



##### Organisation:

- Set up the area as shown in the diagram.
  - GK to make various movements before making a save from central & then from the angle
  - Work a range of different saves/services
    - Add a back pass from 1 to play to 2
    - Start with a goal kick to 2, re support & play into 1. Receive a shot from 1 then 2
- FOCUS;
- Positioning
  - Movement
  - Effective actions

#### Training 2: Handling (2) - 15 Minutes



##### Organisation:

- Set up the area as shown in the diagram.
  - GK moves out the square, then back in & receives varied service within the box
  - Progression - Double save - First shot within the box, second shot a low dive to the side (Add in mid range)
- FOCUS;
- Positioning
  - Movement
  - Effective actions

#### Outcomes of the session:

- GK's to enjoy the session
- GK's to be reintroduced back to goalkeeper specific training
- Get touches of the ball with their hands and feet

#### Key Points

- Speed/Type of movement
- Positioning - Depth/Height
- Decision Making - Catch/Parry
- Technique/Effectiveness of Saves
- Receiving/Distribution

#### Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.
- Covering technical, tactical, physical, psychological & social returns
- Tech; Movement, Handling, Diving, Receiving, Passing
- Tactical; Movement, Catch or Parry, Positioning
- Physical - Agility, Balance, Coordination, Speed (Strength/Power)
- Psychological - Confidence, Decision making, Awareness, Anticipation
- Social - Team work, Communication, Leadership, Learning/Teaching



# WEEK 1 - MONDAY



**Practical Session : 05.07.10 (PM)**

**Session: Defending the goal (Footwork/Handling - Central Shot Stopping)**

60 Minutes - 4 Goalkeepers - EVS, TK, BA, SJ

## Training 1: Handling (1) - 10 Minutes

**Considerations:**

- Players know their own bodies, so allow them to lead on their own stretches (Give them an insight to the session)
- Adjust timings if they need longer/less time to be prepared for the session
- Service to be from 10 to 15 yards from goal

## Training 3: Handling (3) - 30 Minutes

**Considerations:**

- Adjust tempo or reps for each GK (Taking their own circumstances into account)
- Potentially add pressure on the back pass
- Increase ball speed further (If needed)
- Have pre determined service & can move to more random if needed
- Same as previous, could have varied type of back pass
- One group working/one group severing (Coach to take over service if needs be)
- Both serves to be from 10 to 15 yards from goal (2nd server to be in between the width of the 6 yard box)

## Outcomes of the session:

- GK's to enjoy the session**
- GK's to be reintroduced back to goalkeeper specific training**
- Get touches of the ball with their hands and feet**

## Training 2: Handling (2) - 10 Minutes

**Considerations:**

- Adjust tempo or reps for each GK (Taking their own circumstances into account)
- Adjust ball speed to build up as session develops
- Vary type of pass back? Add in a bounce or thrown service to receive in the air?
- Set two sessions up so working in pairs
- Service to be from 10 to 15 yards from goal

### Key Points

- Speed/Type of movement**
- Positioning - Depth/Height**
- Decision Making - Catch/Parry**
- Technique/Effectiveness of Saves**
- Receiving/Distribution**

### Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.**
- Covering technical, tactical, physical, psychological & social returns**
- Tech; Movement, Handling, Diving, Receiving, Passing**
- Tactical; Movement, Catch or Parry, Positioning**
- Physical - Agility, Balance, Coordination, Speed (Strength/Power)**
- Psychological - Confidence, Decision making, Awareness, Anticipation**
- Social - Team work, Communication, Leadership, Learning/Teaching**



# WEEK 1 - TUESDAY



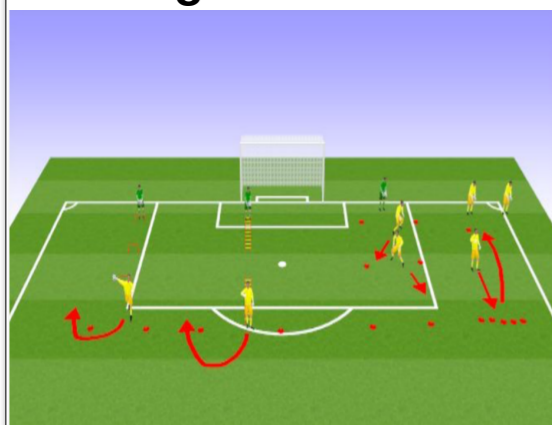
Time/Day	Tuesday
Pre Session	Individual meeting with EVS - Discuss his goals/objectives for the season & how these will fit into his IDP Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training - Main Focus; IP - Playing Round & Through Team Training - Playing out from the back
PM	Gym - Lower Body Individual meeting with BA - Discuss his goals/objectives for the season & how these will fit into his IDP
Evening	OFF

## Practical Session : 06.07.10 (AM)

### Session: Distribution - Play Round & Play Through

60 Minutes - 4 Goalkeepers - EVS, TK, BA, SJ

#### Training 1: Activation/Agility - 15 Minutes



**Organisation:**

-Set up shown as in diagram.  
 Hurdles : Side step, One foot over - two land, Two foot over, two land  
 Ladder : Various movements  
 Cones : Fast frankensteins, side shuffles, side shuffles with pivot, Two steps each way, Quick backpedal (6 yards)  
 Karaoke (6 yards)  
 Race : Stack up cones and time  
**FOCUS:**  
 Smooth movements  
 Power down with the stepping foot, quick little steps, where are your hands? Shuffling : Short, Sharp  
 Bursts! Mind your hands (set position). Turn the hips

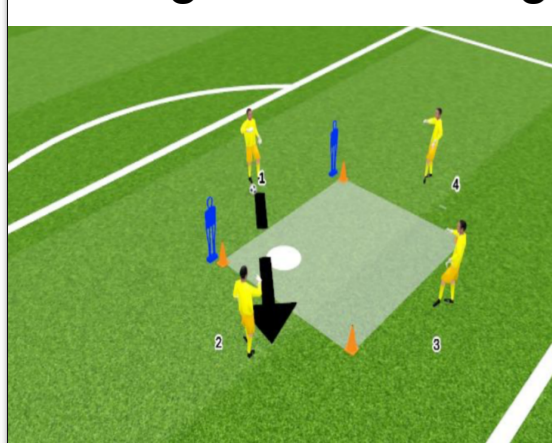
#### Training 3: Scan & Distribute - 15 Minutes



**Organisation:**

Working Gk will remain within the box area, with 3 servers supporting from a distance of 10 yards away. S1 will pass the ball into the Gk, who will take a good first touch, ensuring the ball stays inside the box, before passing the ball back to S1. Gk will repeat this process from 2, 3, 2 and 1 before rotating positions with Servers.  
**FOCUS:**  
 Adjustment of feet! How quickly can you move feet into alignment of ball?  
 Active and lively feet  
 Nice and calm  
 Scan field - find your out ball  
 Weight of pass

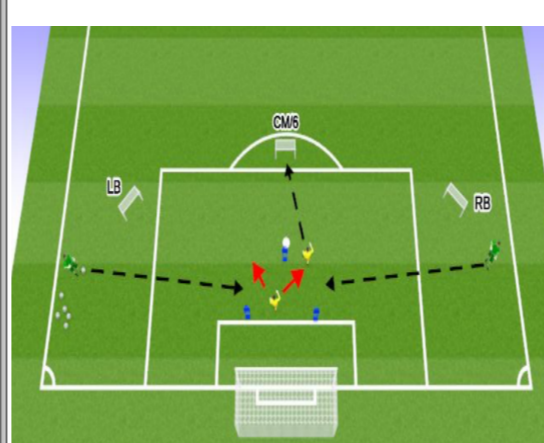
#### Training 2: Box Passing - 15 Minutes



**Organisation:**

-Set up the area as shown in the diagram.  
 -4x Gk's will pass the ball to each other, ensuring the ball does not enter the inside of the cones, or hitting any of the cones over. Initially, there is no pass restriction on the players and there isn't a passing sequence they must stick to  
**FOCUS:**  
 All we're working on is adjusting your feet! Always adjusting your feet - ever reaching for anything.  
 Adjust your feet - touch, adjust your feet - pass  
 Communicate - name and feet!

#### Training 4: Distribution/Passing to the backs - 15 Minutes



**Organisation:**

Working Gk will remain within the triangle made by the mannequins. Gk will receive a ball from S1, their first touch must take them OUT of the triangle, before passing a ball into one of the mini-goals. The Gk will receive 6 balls in total from S1/2 and receive a point for every target they successfully hit. The mini goals positions replicate passing to your left back/right back/CM  
**FOCUS:**  
 Adjustment of feet! How quickly can you move feet into alignment of ball?  
 Active and lively feet  
 Nice and calm  
 Scan field - find your out ball See a picture  
 Weight of pass

#### Outcomes of the session:

**-GK's to enjoy the session**

**-GK's to be reintroduced back to goalkeeper specific training (Distribution)**

**-Get touches of the ball with their feet**

#### Key Points

- Movement to support
- Scanning - Find the next pass
- Receiving - Feet movements
- Technique/Effectiveness of pass
- Communication

#### Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.
- Covering technical, tactical, physical, psychological & social returns
- Tech; Movement, Receiving, Passing
- Tactical; Movement, Support, Passing (Type/Speed/Where)
- Physical - Agility, Balance, Coordination, Speed (Strength/Power)
- Psychological - Confidence, Decision making, Awareness, Anticipation
- Social - Communication, Leadership, Learning/Teaching



# WEEK 1 - TUESDAY



## Practical Session : 06.07.10 (AM)

### Session: Distribution - Play Round & Play Through

60 Minutes - 4 Goalkeepers - EVS, TK, BA, SJ

#### Training 1: Activation/Agility - 15 Minutes

##### Considerations/Progressions:

- Players know their own bodies, so allow them to lead on their own stretches (Give them an insight to the session)
- Adjust timings if they need longer/less time to be prepared for the session

#### Training 3: Scan & Distribute - 15 Minutes

##### Considerations/Progressions:

- Place a touch restriction on the players
- Receive from 1 and pass to 2, from 2 and pass to 3, from 3 and pass to 2 and from 2 and pass to 1
- Gk must start at the front of the box and make backwards movement first, before receiving the pass from a server.
- Server passing the ball can nominate, by a shout, who the Gk must pass the ball to
- Players to be 15 to 20 yards from GK who is working

#### Outcomes of the session:

- GK's to enjoy the session**
- GK's to be reintroduced back to goalkeeper specific training (Distribution)**
- Get touches of the ball with their feet**

#### Training 2: Box Passing - 15 Minutes

##### Considerations/Progressions:

- 1 touch in number order
- 2 touch in number order
- 1 and two touch any order - bring in communication!
- 15x15 yard box

#### Training 4: Distribution/Passing to the backs - 15 Minutes

##### Considerations/Progressions:

- Place a touch restriction on the players
- Server passing the ball can shout, which mini-goal the Gk must pass the ball to
- Increase difficulty of ball the working Gk will receive (Bouncing, power, etc)
- Servers to take realistic positions from the GK (23 to 30 yards, mini-goals to be 10 to 15 yards outside the box)

#### Key Points

- Movement to support**
- Scanning - Find the next pass**
- Receiving - Feet movements**
- Technique/Effectiveness of pass**
- Communication**

#### Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.**
- Covering technical, tactical, physical, psychological & social returns**
- Tech; Movement, Receiving, Passing**
- Tactical; Movement, Support, Passing (Type/Speed/Where)**
- Physical - Agility, Balance, Coordination, Speed (Strength/Power)**
- Psychological - Confidence, Decision making, Awareness, Anticipation**
- Social - Communication, Leadership, Learning/Teaching**



# WEEK 1 - WEDNESDAY



Time/Day	Wednesday
Pre Session	Individual meeting with TK - Discuss his goals/objectives for the season & how these will fit into his IDP Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Shot Stopping (Centrally) Team Training - Attacking in central areas
PM	GK Training Main Focus; One vs Ones (Angled)
Evening	OFF



# WEEK 1 - THURSDAY



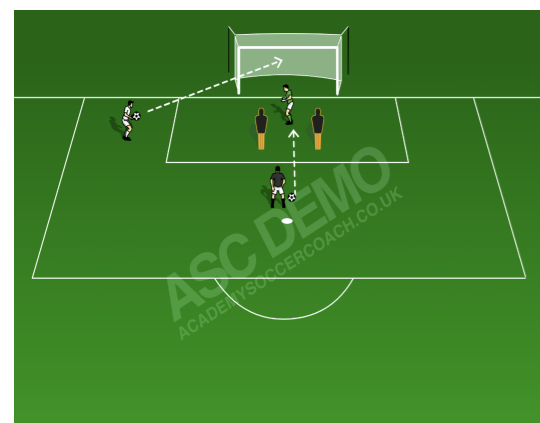
Time/Day	Thursday
Pre Session	Individual meeting with SJ - Discuss his goals/objectives for the season & how these will fit into his IDP Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Dealing with crosses (From Wide *0-18 yards) Team Training - Defending crosses
PM	Gym - Upper Body
Evening	OFF

## Practical Session : 08.07.10 (AM)

### Session: Defend the box - Dealing with crosses from wide (0-18 yards)

60 Minutes - 4 Goalkeepers - EVS, TK, BA, SJ

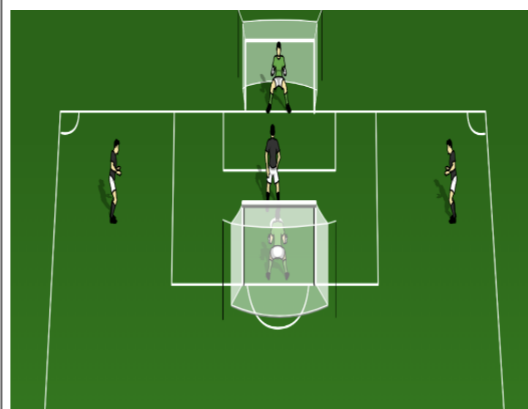
#### Training 1: Warm Up High Balls - 10 Minutes



**Organisation:**

- Set up shown as in diagram.
  - Prepare players physically and mentally for training
  - General movement and stretching
  - Variety of different high balls to deal with from server in white
  - Server in black to play various shots in & around the GK
- FOCUS:**
- Movement
  - Effective technique

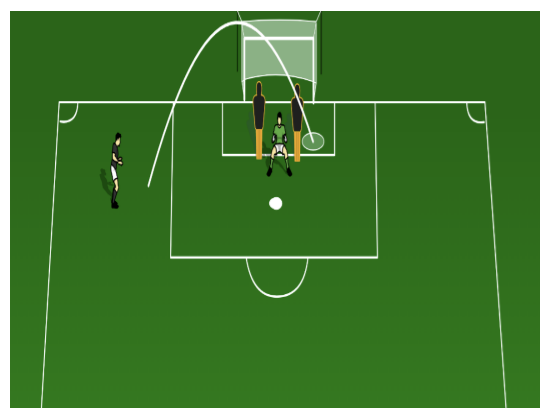
#### Training 3: Crossing - 15 Minutes



**Organisation:**

- Set up as shown in the diagram.
  - GK receives a ball from the server and plays wide
  - Wide player crosses for other GK
  - If GK catches the cross, they can score passed first GK
- FOCUS:**
- Positioning
  - Movement
  - Effective actions

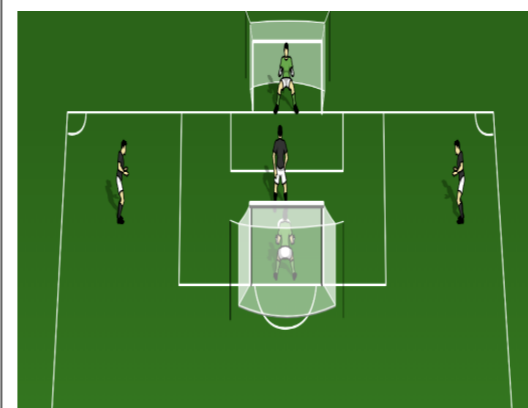
#### Training 2: High Ball/Movement - 10 Minutes



**Organisation:**

- Set up the area as shown in the diagram.
  - GK recovers into position to take a high ball
- FOCUS:**
- Positioning
  - Movement
  - Effective actions

#### Training 4: Crossing Comp - 20 minutes



**Organisation:**

- Set up the area as shown in the diagram.
  - Same as training #3 but either goalkeeper can win the ball
- FOCUS:**
- Positioning
  - Movement
  - Effective actions

#### Outcomes of the session:

- GKs to practice defending the box, specifically from crosses**
- Positioning and body shape to deal with the cross**
- Decision making on when to come/ stay & how to deal with the ball**
- Effective techniques**

#### Key Points

- Start Position
- Decision - Attack or Stay
- Attacking - Catch/Punch
- Staying - Depth/Move into line
- Communication

#### Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.
- Covering technical, tactical, physical, psychological & social returns
- Tech; Movement, Handling, High Balls, Punching, Shot Stopping
- Tactical; Movement, Body Position/Positioning, When to Catch/Punch, Go/Stay
- Physical - Agility, Balance, Coordination, Speed, Strength, Power
- Psychological - Confidence, Decision making, Awareness, Anticipation
- Social - Communication, Leadership, Learning/Teaching



# WEEK 1 - THURSDAY



**Practical Session : 08.07.10 (AM)**

**Session: Defend the box - Dealing with crosses from wide (0-18 yards)**

60 Minutes - 4 Goalkeepers - EVS, TK, BA, SJ

## Training 1: Warm Up High Balls - 10 Minutes

### Considerations/Progressions:

- Players know their own bodies, so allow them to lead on their own stretches (Give them an insight to the session)
- Adjust timings if they need longer/less time to be prepared for the session
- Central server in black to serve from 8 to 18 yards (Vary distance & type)
- Server in white to serve from 12 yards from the post (Throwing to build into the next part of the session)

## Training 3: Crossing - 15 Minutes

### Considerations/Progressions:

- Wide server to work in the same parameters as in training 2
- Player in the centre of the pitch can provide pressure & follow up on dropped balls/poor punches or rebounds
- Play until the ball is dead (in the goal, off the pitch)

## Training 2: High Ball/Movement - 10 Minutes

### Considerations/Progressions:

- Wide server to be between the edge of the box & the edge of the pitch (Between 0 & 18 yards from the byline/goal line)
- Could add in semi live pressure to allow for more decisions to be made

## Training 4: Crossing Comp - 20 minutes

### Considerations/Progressions:

- Same as training 3
- Attacker in the centre can be live from the cross as well
- Play until the ball is dead (in the goal, off the pitch or GK who catches the ball kills the game)

## Outcomes of the session:

- GKs to practice defending the box, specifically from crosses**
- Positioning and body shape to deal with the cross**
- Decision making on when to come/ stay & how to deal with the ball**
- Effective techniques**

## Key Points

- Start Position
- Decision - Attack or Stay
- Attacking - Catch/Punch
- Staying - Depth/Move into line
- Communication

## Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.
- Covering technical, tactical, physical, psychological & social returns
- Tech; Movement, Handling, High Balls, Punching, Shot Stopping
- Tactical; Movement, Body Position/Positioning, When to Catch/Punch, Go/Stay
- Physical - Agility, Balance, Coordination, Speed, Strength, Power
- Psychological - Confidence, Decision making, Awareness, Anticipation, Winners
- Social - Communication, Leadership, Learning/Teaching, Competitive



# WEEK 1 - FRIDAY



Time/Day	Friday
Pre Session	
AM	OFF
PM	
Evening	



# WEEK 1 – SATURDAY



Time/Day	Saturday
Pre Session	GK sports psychology meeting. Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	In house game GKs not playing to do GK session - Linked to IDP's
PM	<i>(13:30 - 13:45) Team meeting - Brief players on travel plans/next week</i> (14:00 - 14:45) Gym - Lower Body
Evening	



# WEEK 1 - SUNDAY



Time/Day	Sunday
Pre Session	
AM	OFF
PM	
Evening	



# WEEK 2



Time/Day	Monday 12/7	Tuesday 13/7	Wednesday 14/7	Thursday 15/7	Friday 16/7	Saturday 17/7	Sunday 18/7
Pre Session		Gym - Prehab (TS/ES)	Gym - Prehab (TS/ES)	Gym - Prehab & Upper B (TS/ES)		Fly to Philadelphia	
AM	Fly to Chicago		GK Training (ES) Team Training (MP/RM/ES)	GK Training (ES) Team Training (MP/RM/ES)			GK Training (ES) Team Training (MP/RM/ES)
PM	Recovery (TS/ES)	Open training session - with autograph signing	GK Training (ES)		Set Pieces Meeting	GK Training - TK/BA (ES) Team Training (MP/RM/ES)	Gym - Lower B (TS/ES) GK Meeting - Review Game/ Psych (EVS)
Evening		Gym - Lower B (TS/ES)	GK Meeting - Week ahead (ES)	Fly to Toronto	Game vs Celtic (EVS)	GK Meeting - Review Training/Psych (TK & BA) (ES)	Team Dinner



# WEEK 2 - MONDAY



Time/Day	Monday
Pre Session	OFF
AM	Fly to Chicago (9hr flight/5hr time difference)
PM	Gym - Recovery
Evening	



# WEEK 2 - TUESDAY



Time/Day	Tuesday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	
PM	Open Training Session GK's to partake in a handling/shot stopping warm up Join the team for finishing & SSG's
Evening	Gym - Lower Body



# WEEK 2 - WEDNESDAY

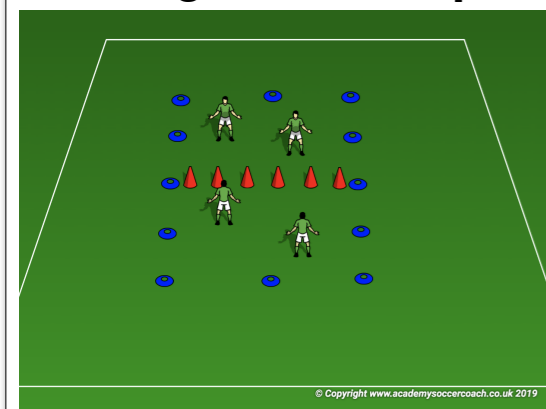


Time/Day	Wednesday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Shot Stopping - Focus on Celtic Team Training - Finishing the attack (Central & Wide)
PM	GK Training Main Focus; IP - Play Into & Onto
Evening	GK Meeting for the week ahead/Provide GK's with video analysis of Celtic

## Practical Session : 14.07.10 (PM) Session: Distribution - Playing Into & Onto

60 Minutes - 3 Goalkeepers - EVS, TK, BA

### Training 1: Warm Up Tennis - 10 Minutes



**Organisation:**

- Set up shown as in diagram.
  - Prepare players physically and mentally for training
  - General movement and stretching
  - Players to dictate rules and forfeit
- FOCUS;**
- Fun
  - Competition
  - Effective technique

### Training 3: Play Onto - 25 Minutes



**Organisation:**

- Similar to training #2 but GK looks to hit the cross bar/roof of the net, when playing onto the wingers or striker
- FOCUS;**
- First touch
  - Execution of pass

### Training 2: Play Into - 25 Minutes



**Organisation:**

- Set up the area as shown in the diagram.
  - GKs to receive a back pass from the coach & play into the goals replicating the full backs/wingers
- FOCUS;**
- First touch
  - Execution of pass

### Outcomes of the session:

- GK's to enjoy the session**
- GK's to be challenged with their quality of distribution (Weight, Accuracy)**
- GK's to be challenged to use both feet whilst executing various techniques**

### Key Points

- Movement to support
- Scanning - Find the next pass
- Receiving - Feet movement
- Technique/Effectiveness of pass

### Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.
- Covering technical, tactical, physical, psychological & social returns
- Tech; Movement, Receiving, Passing
- Tactical; Movement, Support, Passing (Type/Speed/Where)
- Physical - Agility, Balance, Coordination, Speed (Strength/Power)
- Psychological - Confidence, Decision making, Awareness, Anticipation
- Social - Communication, Leadership, Learning/Teaching



# WEEK 2 - WEDNESDAY



**Practical Session : 14.07.10 (PM)**

**Session: Distribution - Playing Into & Onto**

60 Minutes - 3 Goalkeepers - EVS, TK, BA

## Training 1: Warm Up Tennis - 10 Minutes

### Considerations/Progressions:

- Players know their own bodies, so allow them to lead on their own stretches (Give them an insight to the session)
- Adjust timings if they need longer/less time to be prepared for the session
- Set up two 8x8 grids with the net inbetween
- GKs to choose rules & prize for the winners/forfeit for the losers
- Coach to join the game

## Training 3: Play Onto - 25 Minutes

### Considerations/Progressions:

- Must be played in the air, over the opposition
- Turn into a competition - Allow GKs to come up with system before training
- Can add pressure from the other GK's (Pressing etc.)
- Coach can call which goal the ball needs to be played into
- Goals placed in the locations on the diagram (Wingers 50/55 yards on the touchline & Forwards 55/60 yards on either side of the centre circle) with the mannequins (15 yards in front of the goals)

## Training 2: Play Into - 25 Minutes

### Considerations/Progressions:

- Must be played in the air, over the opposition
- Turn into a competition - Allow GKs to come up with system before training
- Can add pressure from the other GK's (Pressing etc.)
- Coach can call which goal the ball needs to be played into
- Goals placed in the locations on the diagram (FB's 25/30 yards, wingers 50/55 yards) with the mannequins (15/20 yards in front of the goals)

## Outcomes of the session:

- GK's to enjoy the session**
- GK's to be challenged with their quality of distribution**  
(Weight, Accuracy)
- GK's to be challenged to use both feet whilst executing various techniques**

## Key Points

- Movement to support**
- Scanning - Find the next pass**
- Receiving - Feet movement**
- Technique/Effectiveness of pass**

## Considerations

- Evaluate GK's level after the off season. Set the tone/standards moving forwards.**
- Covering technical, tactical, physical, psychological & social returns**
- Tech; Movement, Receiving, Passing**
- Tactical; Movement, Support, Passing (Type/Speed/Where)**
- Physical - Agility, Balance, Coordination, Speed (Strength/Power)**
- Psychological - Confidence, Decision making, Awareness, Anticipation**
- Social - Communication, Leadership, Learning/Teaching**



# WEEK 2 - THURSDAY



Time/Day	Thursday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; How We Play Team Training - Tactical Session based on IP, OOP & SP's vs Celtic
PM	
Evening	Fly to Toronto



# WEEK 2 - FRIDAY



Time/Day	Friday
Pre Session	
AM	
PM	Team Meeting - Set Pieces
Evening	Game vs Celtic



# WEEK 2 – SATURDAY



Time/Day	Saturday
Pre Session	Fly to Philadelphia
AM	
PM	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises) GK Training Main Focus; Footwork & Handling with TK & BA (High Intensity) Team Training - Players who didn't play to train
Evening	GK Meeting - Review Training/Psych (TK & BA)



# WEEK 2 - SUNDAY



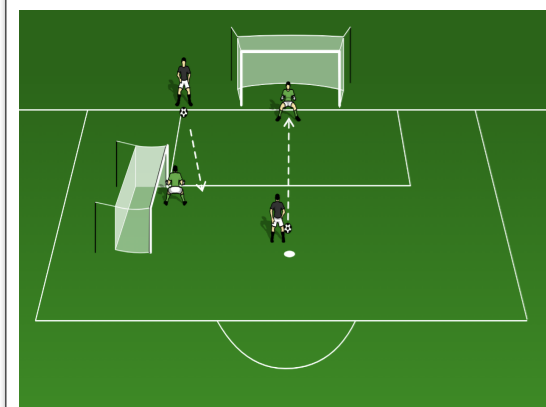
Time/Day	Sunday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Dealing with crosses/Shots from crosses (Cutbacks) Team Training - Attacking in wide areas
PM	Gym - Lower Body GK Meeting - Review Game/Psych (EVS)
Evening	Team dinner/bonding evening

## Practical Session : 18.07.10 (AM)

### Session: Defend the box/goal - Dealing with crosses/Shots from crosses (Low Crosses/Cutbacks)

60 Minutes - 3 Goalkeepers - EVS, TK, BA

#### Training 1: Cutback/Shot Prep - 10 Minutes



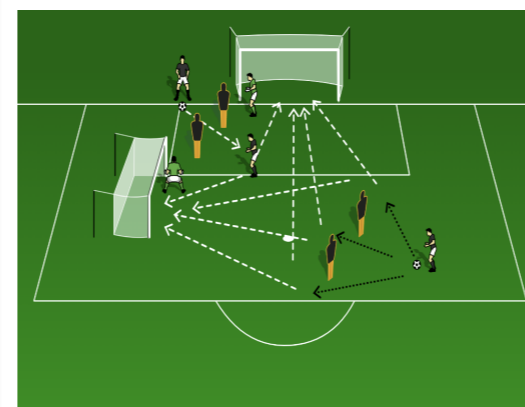
**Organisation:**

- Set up the area as shown in the diagram.
- One GK takes a low dive, the other takes a shot
- Work both low/mid & both sides

**FOCUS:**

- Positioning
- Movement
- Effective actions

#### Training 3: Cutback/Shot 2 - 20 Minutes



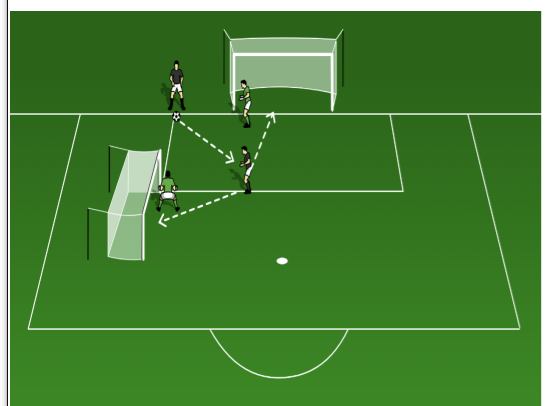
**Organisation:**

- Set up the area as shown in the diagram.
- Same as training #2 but a striker on the edge of the box, to take a shot after the first ball is dead

**FOCUS:**

- Positioning
- Movement
- Effective actions

#### Training 2: Cutback/Shot 1 - 10 Minutes



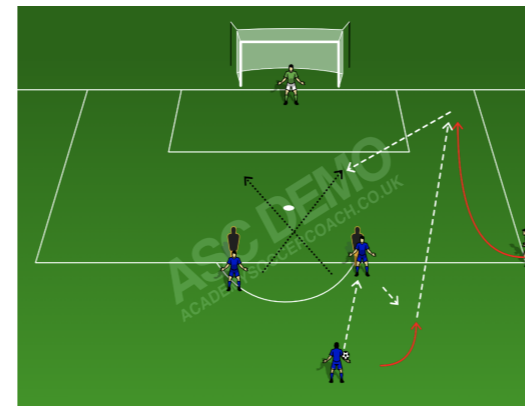
**Organisation:**

- Set up as shown in the diagram.
- Server on the side, plays into central player who can shoot on either goal
- If GK catches the ball roll to the striker & shoot on the other goal

**FOCUS:**

- Positioning
- Movement
- Effective actions

#### Training 4: Cutback/Shot 3 - 20 minutes



**Organisation:**

- Set up the area as shown in the diagram.
- CM plays into the striker who sets the CM to play a through ball to the winger
- Winger will look to play a low cross or cutback for the 2 attacking players

**FOCUS:**

- Positioning
- Movement
- Effective actions

#### Outcomes of the session:

- GKs to practice defending the box (cutbacks) & defending the goal from close range/ goal scoring areas
- Game specific movements
- Effective decisions & actions

#### Key Points

##### Positioning to deal with cutback

Decision Making - Defend the box or the goal

Decision Making - Drop off or Engage

Decision Making - Save selection

Recovery? - Smother/Block/Split/Save

#### Considerations

-Tech; Movement, Handling, Shot Stopping, Dealing with crosses

-Tactical; Movement, Decision Making (Cross, Shot, Recovery)

-Physical - Agility, Balance, Coordination, Speed, Strength, Power

-Psychological - Confidence, Intelligence, Awareness, Anticipation, Bravery

-Social - Communication, Leadership, Learning/Teaching, Team work



# WEEK 2 - SUNDAY



## Practical Session : 18.07.10 (AM)

### Session: Defend the box/goal - Dealing with crosses/Shots from crosses (Low Crosses/Cutbacks)

60 Minutes - 3 Goalkeepers - EVS, TK, BA

#### Training 1: Cutback/Shot Prep - 10 Minutes

**Considerations/Progressions:**

- Players know their own bodies, so allow them to lead on their own stretches (Give them an insight to the session)
- Adjust timings if they need longer/less time to be prepared for the session
- Low cross to be from 6 yards/Shot to be from 6 to 10 yards
- GK on low cross to move from central to the near post/GK receiving the shot to move from near post to central

#### Training 3: Cutback/Shot 2 - 20 Minutes

**Considerations/Progressions:**

- First server/striker to be in the same position as they were in the last practice
- Second striker to be between 16 & 20 yards out in the back post area (Bring in strikers to be live finishers in the practice)

#### Training 2: Cutback/Shot 1 - 10 Minutes

**Considerations/Progressions:**

- Wide service to be from 10 to 12 yards/Attacking player to be 6 to 10 yards from goal in the near post area
- Add in service that comes off the floor for a volley or header
- Keep playing the practice until the ball is dead (In the goal, out the box, off the pitch)

#### Training 4: Cutback/Shot 3 - 20 minutes

**Considerations/Progressions:**

- Player crossing the ball to have a choice of a low cross, chipped cross or cutback
- Add in live defenders (One CB, Two CB's, Recovering FB)
- Practice distance to be within the width of the 18 yard box & up to 25 yards out
- Work both sides

#### Outcomes of the session:

- GKs to practice defending the box (cutbacks) & defending the goal from close range/ goal scoring areas**
- Game specific movements**
- Effective decisions & actions**

#### Key Points

##### Positioning to deal with cutback

Decision Making - Defend the box or the goal

Decision Making - Drop off or Engage

Decision Making - Save selection

Recovery? - Smother/Block/Split/Save

#### Considerations

- Tech; Movement, Handling, Shot Stopping, Dealing with crosses**
- Tactical; Movement, Decision Making (Cross, Shot, Recovery)**
- Physical - Agility, Balance, Coordination, Speed, Strength, Power**
- Psychological - Confidence, Intelligence, Awareness, Anticipation, Bravery**
- Social - Communication, Leadership, Learning/Teaching, Team work**



# WEEK 3



Time/Day	Monday 19/7	Tuesday 20/7	Wednesday 21/7	Thursday 22/7	Friday 23/7	Saturday 24/7	Sunday 25/7
Pre Session	Gym - Prehab (TS/ES)	Gym - Prehab (TS/ES)			Gym - Prehab (TS/ES)		
AM	GK Training (ES) Team Training (MP/RM/ES)	GK Training (ES) Team Training (MP/RM/ES)		GK Training - EVS/BA (ES) Team Training (MP/RM/ES)	GK Training (ES) Team Training (MP/RM/ES)	Fly to Kansas	Set Pieces Meeting
PM	Gym - Upper Body (TS/ES)	Pool Session "Water Polo"	Set Pieces Meeting	GK Meeting - Review Training/Psych (EVS & BA) (ES)	Gym - Lower B (TS/ES) GK Meeting - Review Game/ Psych (TK)		Game vs Kansas City (BA)
Evening	GK Meeting (ES)		Game vs Philadelphia Union (TK)	Walk In Philadelphia	FIFA Tournament	GK Training - (ES) Team Training (MP/RM/ES)	Team Dinner



# WEEK 3 - MONDAY



Time/Day	Monday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Philadelphia Attacking/Chance Creation Team Training - OOP against Philadelphia
PM	Gym - Upper Body
Evening	GK meeting for the week ahead/Provide GK's with video analysis of Philadelphia



# WEEK 3 - TUESDAY



Time/Day	Tuesday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; How We Play Team Training - Tactical Session based on IP & SP's vs Philadelphia
PM	Pool Session with emphasis on fun/team building
Evening	



# WEEK 3 – WEDNESDAY



Time/Day	Wednesday
Pre Session	
AM	
PM	Team Meeting - Set Pieces
Evening	Game vs Philadelphia Union (TK)



# WEEK 3 - THURSDAY



Time/Day	Thursday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; IDP training with EVS & BA Team Training - Players who didn't play to train
PM	GK Meeting - Review Training/Psych (EVS & BA)
Evening	Recovery walk around Philadelphia



# WEEK 3 – FRIDAY



Time/Day	Friday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Kansas Attacking/Chance Creation Team Training - OOP vs Kansas
PM	Gym - Lower Body GK Meeting - Review Game/Psych (TK)
Evening	Games Evening/Team Bonding activities Provide GK's with video analysis of Kansas



# WEEK 3 – SATURDAY



Time/Day	Saturday
Pre Session	
AM	Fly to Kansas
PM	
Evening	GK Training Main Focus; How We Play Team Training - Tactical Session based on IP & SP's vs Kansas



# WEEK 3 - SUNDAY



Time/Day	Sunday
Pre Session	
AM	Team Meeting - Set Pieces
PM	Game vs Kansas City (BA)
Evening	Team Dinner/Bonding



# WEEK 4



Time/Day	Monday 26/7	Tuesday 27/7	Wednesday 28/7	Thursday 29/7	Friday 30/7	Saturday 1/8	Sunday 2/8
Pre Session							
AM	Fly to Houston		Set Pieces Meeting	Fly to Mexico	Set Pieces Meeting	Fly to Manchester	OFF
PM	Gym - Prehab (TS/ES) GK Training - EVS/TK (ES) Team Training (MP/RM/ES)	Gym - Prehab (TS/ES) GK Training (ES) Team Training (MP/RM/ES)	Game vs MLS All Stars (EVS)	Recovery (TS/ES) GK Training (ES) Team Training (MP/RM/ES)	Game vs Guadalajara (TK)	OFF	
Evening	Team Training (MP/RM/ES)	GK Meeting - Review Game/ Psych (BA) (ES)	Pool Recovery		Team Dinner		



# WEEK 4 - MONDAY



Time/Day	Monday
Pre Session	
AM	Fly to Houston
PM	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises) GK Training
Evening	Main Focus; IDP Session with EVS & TK Team Training - Players who didn't play to train



# WEEK 4 - TUESDAY



Time/Day	Tuesday
Pre Session	
AM	Provide GK's with video analysis of MLS All Stars & Guadalajara
PM	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises) GK Training Main Focus; OOP - How We Play Team Training - IP & SP's vs MLS All Stars
Evening	GK Meeting - Review Game/Psych (BA)



# WEEK 4 - WEDNESDAY



Time/Day	Wednesday
Pre Session	
AM	Team Meeting - Set Pieces
PM	Game vs MLS All Stars (EVS)
Evening	Pool Recovery Session



# WEEK 4 - THURSDAY



Time/Day	Thursday
Pre Session	
AM	Fly to Mexico
PM	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises) GK Training
Evening	Main Focus; How We Play/Guadalajara Attacking Team Training - IP & SP's vs Guadalajara



# WEEK 4 - FRIDAY



Time/Day	Friday
Pre Session	
AM	Team Meeting - Set Pieces
PM	Game vs Guadalajara (TK)
Evening	Team Dinner/Bonding



# WEEK 4 - SATURDAY



Time/Day	Saturday
Pre Session	
AM	Fly to Manchester
PM	OFF
Evening	



# WEEK 4 - SUNDAY



Time/Day	Sunday
Pre Session	
AM	OFF
PM	
Evening	



# WEEK 5



Time/Day	Monday 3/8	Tuesday 4/8	Wednesday 5/8	Thursday 6/8	Friday 7/8	Saturday 8/8	Sunday 9/8
Pre Session	OFF	GK Meeting - EVS - Game review/ preseason review Gym - Prehab (TS/ES)	GK Meeting - TK - Game review/preseason review Gym - Prehab (TS/ES) Gym - Upper Body & Prehab (TS/ES)	OFF	GK Meeting - BA - Preseason review Gym - Prehab (TS/ES)		Gym - Prehab (TS/ES)
AM		GK Training (ES) Team Training (MP/RM)	GK Training (ES) Team Training (MP/RM)		GK Training (ES) Team Training (MP/RM)	Set Pieces Meeting	GK Training (ES) TK/BA/SJ Team Training (MP/RM)
PM		Gym - Lower B (TS/ES)	GK Training (ES)		GK Meeting - SJ - Preseason review GK Training (ES)	Community Shield vs Chelsea (EVS)	
Evening							



# WEEK 5 - MONDAY



Time/Day	Monday
Pre Session	
AM	OFF
PM	
Evening	



# WEEK 5 - TUESDAY



Time/Day	Tuesday
Pre Session	GK Meeting with EVS - Game & Preseason Review Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Footwork, Handling & Shot Stopping Team Training - Finishing the attack
PM	Gym - Lower Body
Evening	



# WEEK 5 - WEDNESDAY



Time/Day	Wednesday
Pre Session	GK Meeting with TK - Game & Preseason Review Gym - Upper body & Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - Chelsea Attacking/Creating Chances Team Training - Tactical session OOP vs Chelsea
PM	GK Training Main Focus; IP - Chelsea Defensive Shape/Pressing the GK Provide GK's with video analysis of Chelsea
Evening	



# WEEK 5 - THURSDAY



Time/Day	Thursday
Pre Session	
AM	OFF
PM	
Evening	



# WEEK 5 - FRIDAY



Time/Day	Friday
Pre Session	GK Meeting with BA - Preseason Review Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - How We Play Team Training - Tactical Session based on IP & SP's vs Chelsea
PM	GK Meeting with SJ - Preseason Review GK Training Main Focus; IDP session (BA/SJ)
Evening	



# WEEK 5 - SATURDAY



Time/Day	Saturday
Pre Session	
AM	Team Meeting - Set Pieces
PM	Game Community Shield vs Chelsea (EVS)
Evening	



# WEEK 5 - SUNDAY



Time/Day	Sunday
Pre Session	Gym - Prehab Programme with Tony Strudwick - GK's to follow GK specific prehab programme (Plus any individual specific exercises)
AM	GK Training Main Focus; OOP - IDP Session - Main Focus on TK Team Training - Players who didn't play much or any minutes to train
PM	
Evening	