

# ASSIGNMENT 1 COMPLETED AS A...



## GROUP

ERIC STEELE PRESENTATION  
OF DELIVERED PRE-SEASON

## PRE-SEASON PROGRAM

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



# COLLECTIVE STAFF AIMS

## CONSIDERATIONS

- PLANNING BEGAN IN JANUARY (TOUR ANNOUNCED/SPONSOR BENEFITS)
- INDIVIDUAL DEPARTMENTS PLAN THEIR CRITERIA
- MARCH-MAY STAFF PUT DETAILED PLANS IN PLACE
- FLIGHT TIMES/TRAINING VENUES/TRAVEL TIMES TO & FROM TRAINING/GAMES STUDIED
- PLAYER SUPPORT PRIORITY
- STAFF TO GEL & BE UNIFIED FOR SEASON AHEAD
- BE PREPARED FOR CHANGE



# SPECIFIC AIMS FOR TOUR

## CONSIDERATIONS

- PERSONAL CHEF TO MAINTAIN QUALITY/INDIVIDUAL NUTRITION NEEDS
- STAFF AGREED TO USE EVENING ON TOUR FOR INDIVIDUAL CONSULTATIONS
- CONSTANT REVIEW MEETINGS OF TECHNICAL/MEDICAL STAFF IN EVENINGS
- GAME TIME FOR PLAYERS TO BE 90MINS, UP TO LAST GAME IN MEXICO
- SSG GAMES 8v8/4v4 INTRODUCED IN WEEKS 2/3/4/5. INTENSITY IMPORTANT
- SET-PLAYS/TACTICAL INTRODUCED WEEKS 3/4/5
- REST & RECOVERY TO BE MONITORED BY S&C COACH





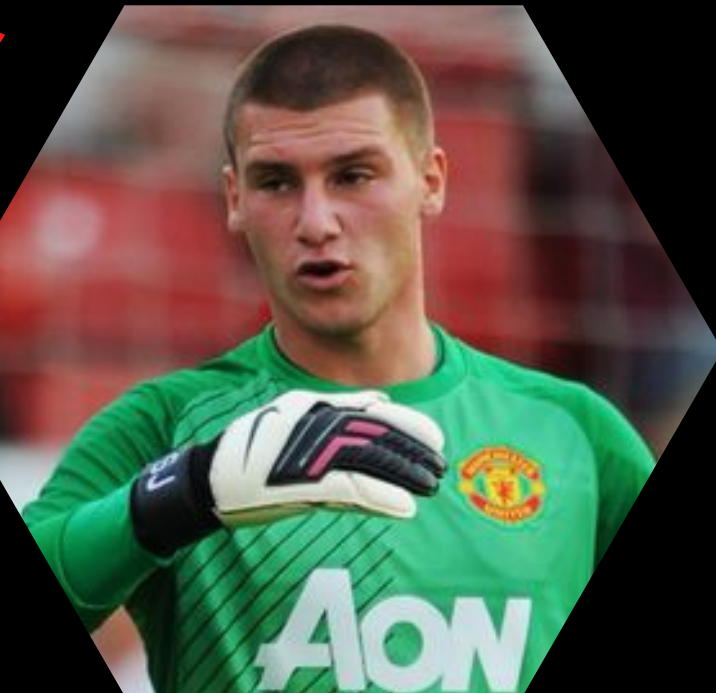
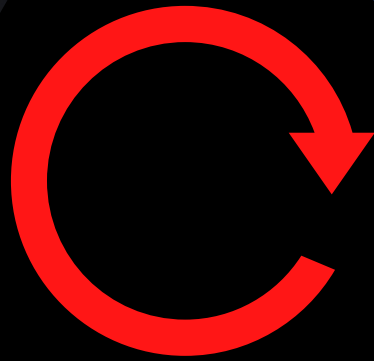
# STAFF

## PLANNING & INTERACTIONS

- SIR ALEX FERGUSON NOT INVOLVED IN WEEKLY PLANNING
- FIRST TEAM STAFF TRUSTED TO PLAN SESSIONS/WEEKLY CYCLES
- COMMUNICATED TEAM SELECTIONS AHEAD OF GAMES- TRAINING ADJUSTED ACCORDINGLY
- UPDATED STAFF ON PLAYER SIGNING/SALES
- CONSTANT REVIEW OF PROCESS CARRIED OUT IN EVENINGS

# INDIVIDUAL GK PROFILES

## AIMS & CONSIDERATIONS FOR INDIVIDUAL GOALKEEPER



- SUPPORT DEVELOPMENT WITH IDP FOR EACH GOALKEEPER
- USE EVENING TIMES TO CONSULT WITH GK'S
- WORK TOWARDS COMPETITIVE FOOTBALL FOR EVDS & TK
- RPE/GK FITNESS & WELLNESS TRACKED EVERY DAY
- EMPHASIS ON TK/BA TO BE SKILLED ON IP DISTRIBUTION
- LOAN OPPORTUNITIES FOR BA & SJ

# PREPARATION & DELIVERY

## GK COACH PRE-SEASON PROGRAM

PHYSICAL



TECHNICAL



TACTICAL



STAFF / GK  
CONSULTATIONS

MATCH



REST / RECOVERY

\*\*\* = TEAM INTEGRATION SESSION



# WEEK 1

## GOALKEEPERS



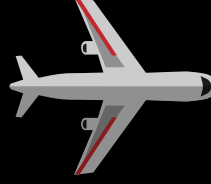



	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION	STAFF MEETING TO PLAN FOR 5 WEEK PROGRAM. ALL STAFF + DOCTOR. PLAN TEMPO FOR THE WEEK	ON GRASS FOR KETTLE BELL & ROTATIONAL WORK / UPPER BODY AND SPRINT TECHNIQUE	BIKES IN GYM & STRETCH PROGRAMME. CORE WORK & INDIVIDUAL PROGRAMMES	BIKES IN GYM & INDIVIDUAL STRETCH PROGRAMMES	STAFF MEETING TO REVIEW WEEK & PREVIEW WEEK 2 (TEMPO INCREASE IN WEEK 2). GK'S ON BIKES, EARLIER START	OFF	OFF
AM	ALL PLAYERS FOR SCREENING / PROFILING IN GYM /MEDICAL CENTRE	TECH IN PAIRS WITH 40SEC RECOVERY, FEET AND HANDS. ANGLED SHOT STOPPING <15 YARDS	DYNAMIC FLEXIBILITY CIRCUIT. AEROBIC 10MIN RUN, 400M TRACK  SHOT STOPPING / DISTRIBUTION <25 YARDS	DEALING WITH CROSSES & DISTRIBUTION <35 YARDS. SSG WITH OUTFIELD PLAYERS***	LAST AEROBIC RUN ON 400M TRACK  GENERAL HANDLING IN GOAL, 15YARDS ON WEAK FOOT. JOIN OUTFIELD FOR 3/4 GOAL GAMES***	OFF	OFF
PM	DYNAMIC WARM UP GRASS. HURDLES POLES, AEROBIC 10MIN RUN 400M TRACK  HANDLING & FOOTWORK- 10YARD DISTANCE	INDIVIDUAL WEIGHT PROGRAMMES. EVDS ON KEISER MACHINE & CORE WORK	REST / RECOVERY	WEIGHT PROGRAMMES	REST / RECOVERY	OFF	OFF
EVE	REST / RECOVERY	REST / RECOVERY	REST / RECOVERY	REST / RECOVERY	REST / RECOVERY	OFF	OFF

# WEEK 2

## GOALKEEPERS






	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION	OFF	FULL SQUAD, INJURY PREVENTION WARM UP WITH DYNAMIC FLEXIBILITY	MANNEQUIN WARM UP THEN INTO GOAL FOR CROSSES & DEFENDER DISTRIBUTION***	PROPRIOCEPTION BALANCE CIRCUIT ON GRASS, WITH CORE CIRCUIT	OFF	FLY TO PHILADELPHIA 	ON GRASS DYNAMIC FLEXIBILITY WARM UP. HURDLES/POLES/SINGLE LEG HOPS
AM	FLY TO CHICAGO 	TEMPO INCREASED POSSESSION WITH 1ST TEAM 1-3. ANAEROBIC CIRCUIT WITH MANNEQUINS. 20YARD SHOT STOPPING***	CROSSES WITH DEF / ATT - BUILDING THE ATTACK  ES/RM SSG***	GENERAL HANDLING  TACTICAL AWARENESS, CUTBACKS / DISTANCE SHOOTING WITH TEAM 7v7 3x TEAMS WITH HIGH INTENSITY. 2/1 RATIO.***	TK & BA DO DUMB BEKK CIRCUIT IN HOTEL GYM	TRAVEL	TEMPO INCREASED WITH 1-2 STEP DIVING, DEFEND NEAR POST  2 GK'S JOIN TEAM. BUILD/CREATE ATTACK. 1 GK DISTRIBUTION.***
PM	FULL STAFF MEETING WITH DOCTOR	REST / RECOVERY	REST / RECOVERY	LUNCH / TRAVEL TO AIRPORT	REST / RECOVERY	REST / RECOVERY	REST / RECOVERY
EVE	INJURY PREVENTION CIRCUIT ON FIELD TECHNICAL GENERAL HANDLING IN GOAL. 45MINS, <20YARDS DISTANCE	WEIGHT PROGRAMME  DISCUSS IDP'S AFTER DINNER	PRE-GAME ROUTINES WITH GKS SET PLAYS AGAINST PREP. TK/BA PLAY IN 11v11***  EVDS COOL DOWN ROUTINE	FLY TO TORONTO 	FRIENDLY VS CELTIC  EVDS 90MINS	EVDS POOL/STRETCH RECOVERY PROGRAM  TK & BA LIGHT HANDLING & SSG WITH UNUSED SUBS***	GYM WEIGHT PROGRAMMES  REVIEW CELTIC GAME WITH EVDS

# WEEK 3

## GOALKEEPERS








	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION	STAFF REVIEW WEEK 2. TIME REVIEW OF ISOLATION/INTEGRATION TRAINING FEET & HAND ACTIVATION CIRCUIT	INJURY PREVENTION CIRCUIT ON FIELD. PROPRIOCEPTION WITH CORE BALL/5-10 YARD SPRINTS	REST / RECOVERY	OFF	OFF	OFF	EDVS / TK STRETCH PROGRAMME HAMSTRING / GLUTES BA REST
AM	SPEED AROUND THE GOAL, MATCH WINNING SAVES DISTANCE SHOOTING WITH DEF/ATT. 6v4. JOIN TEAM BUILD/CREATE/FINISH ATTACK***	ANGLED 1V1'S ED= ATT FREE KICKS TK= INSWINGING CORNERS BA- SHOOTING (ROTATE)***	REST / RECOVERY	OFF	EVDS OFF TK/BA ON GRASS FOR UPPER BODY PLYOS	FLY TO KANSAS 	ED/TK RECOVERY SAVES, WITH EXTRA STAFF MEMBER TO ASSIST
PM	REST / RECOVERY	REST / RECOVERY	EVDS LEAVES EARLY FOR FULL WEIGHT PROGRAMME	OFF	FULL WEIGHT PROGRAMMES FOR ALL GKS JOIN POSSESSION GAME WITH OUTFIELD IN SSG'S***	REST / RECOVERY	FRIENDLY VS KANSAS CITY  BA 90MINS
EVE	WARM UP WITH TEAM. LIGHT HANDLING INTO 3 GOAL GAME WITH TEAM*** SET PLAYS PREP FOR AND AGAINST	PRE GA,ME WARM UP. EDVS EXTRA DISTRIBUTION BA/TK PLAY IN 11V11 TACTICAL PREPARATION***	FRIENDLY VS PHILA UNION  TK 90MINS	OFF	REVIEW OF PU GAME WITH TK	TRAIN AT STADIUM, LIGHT WARM UP TACTICAL & SET PLAYS PREP. *** EVDS & TK PLAYED SSG***	REVIEW OF GAME WITH BA TK/ED OFF

# WEEK 4

## GOALKEEPERS





	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION	STAFF MEETING TO REVIEW WEEK 3, WITH ALL STAFF + DOCTOR. REST/RECOVERY IMPORTANT IN WEEK 4	OFF	REST / RECOVERY	OFF	REST / RECOVERY	OFF	OFF
AM	FLY TO HOUSTON 	OFF	BA TRAVEL TO STADIUM FOR FULL WEIGHT PROGRAMME	FLY TO MEXICO 	EVDS LEFT EARLY FOR WEIGHT PROGRAM WITH S&C COACH	RETURN HOME 	OFF
PM	GYM SESSION, INJURY PREVENTION CIRCUIT 5PM	NASA VISIT	FRIENDLY VS MLS ALL STARS  EVDS 90MINS	EVDS STRETCH PROGRAMME / POOL RECOVERY	FRIENDLY VS GUADALAJARA  TK 90MINS (BA CHANGE)	TRAVEL	OFF
EVE	6PM TRANSFER TO INDOOR ASTRO. 2X GK'S WITH TEAM POSSESSION*** 1X GK RESISTANCE WORK	PRE GAME SESSION EVDS SET PLAYS PREP*** TK/BA CROSSING/FINISHING WITH DEF/ATT***	REVIEW OF GAME WITH EVDS	BA/TK LIGHT TECHNICAL SESSION THEN SSG***	DINNER / RECOVER FOR FLIGHT HOME PREPARE TO REVIEW GAME WITH TK ON PLANE	OFF	OFF

# WEEK 5

## GOALKEEPERS



	MON	TUE	WED	THUS	FRI	SAT	SUN
PRE SESSION	OFF	<p>STAFF MEETING TO REVIEW WEEK 4/ PREVIEW WEEK 5</p> <p>DYNAMIC WARM UP FOLLOWED BY PLYOMETRIC CIRCUIT</p>	POWER WORK IN GYM WITH BOXES, ALONGSIDE PLYOMETRICS	REST / RECOVERY	PRE GAME STRETCH FOR EDVS & TK. BA/SJ WITH S&C COACH FOR INDIVIDUAL PROGRAMMES	OFF	OFF
AM	OFF	<p>SJ REJOINS GROUP, INTENSITY INCREASED WITH ADDITIONAL GK</p> <p>DEFENDING CROSSES WITH OPPISITION***</p>	<p>ANGLED SHOT STOPPING WITH MATCH REALISTIC TEMPO / PACE</p> <p>TACTICAL GAME WITH TEAM OOP***</p>	WEIGHT PROGRAMME IN GYM TK,BA, ED CORE & STRETCH	<p>GRASS PRE GAME WARM UP, FOLLOWED BY SSG***</p> <p>SET PLAYS PREP</p> <p>BA/SJ EXTRA CROSSING &amp; FINISHING WITH OUTFIELD***</p>	OFF	OFF
PM	OFF	POOL RECOVERY & STRETCH FOR EVDS, TK & BA	REST / RECOVERY	<p>LATE PM START ON GRASS DEALING WITH 1V1'S</p> <p>THEN CROSSING WITH DEF/ATT***</p> <p>JOIN TEAM FOR SSG'S***</p>	EVDS & TK TRAVEL TO LONDON BA/SJ DO FULL WEIGHT PROGRAMME	<p>COMM SHIELD VS CHELSEA</p>  <p>EDVS 90MINS</p>	OFF
EVE	OFF	<p>SJ PLAYS VS ALTRINCHAM</p>  <p>SENIOR GK'S OFF</p>	MEET SJ TO REVIEW GAME & DISCUSS IDP	REST / RECOVERY	ES DID PRE SEASON REVIEW WITH EVDS AND TK. STAFF DID FULL REVIEW OF PRE SEASON	TRAVEL HOME	OFF

# PRE SEASON RESULTS

## COMPLETED SESSIONS

PHYSICAL

35



TECHNICAL

31



TACTICAL

8



STAFF / GK  
CONSULTATIONS

14

MATCH

7



28= TEAM INTEGRATION  
SESSION\*\*\*



# PRE SEASON REVIEW

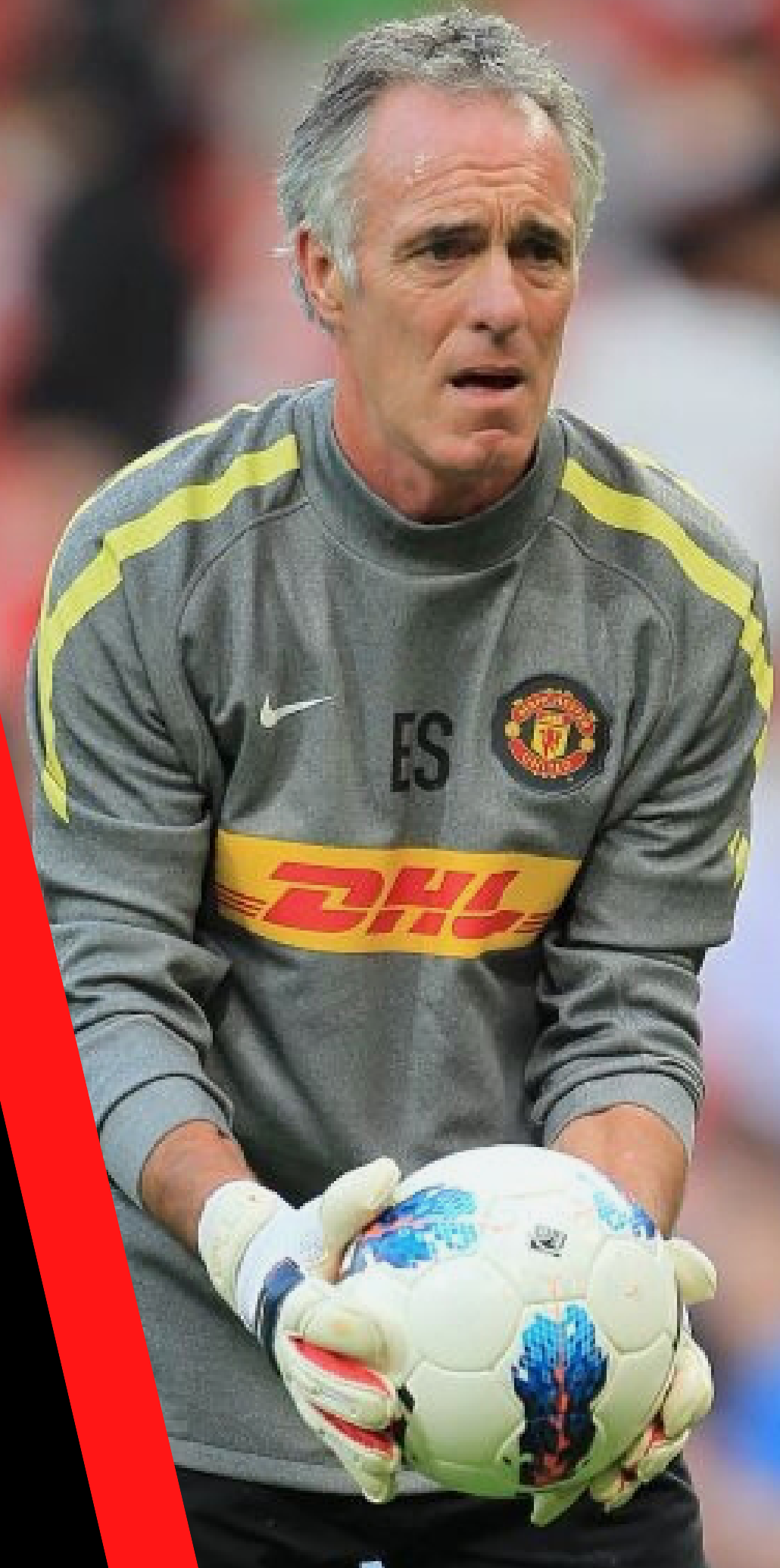
## STAFF & PLAYER FEEDBACK

**WEEK 2- TEMPO INCREASED. GK'S AGREED THEY ENJOYED POST STRETCH PROGRAMME. FEET & HANDS 1ST TOUCH IMPROVED. PHYSICAL UP TO SCRATCH**

**WEEK 3- IMPROVEMENT IN FITNESS LEVELS, TEMPO INCREASED. 1ST TOUCH GOOD WITH FEET/HANDS. TACTICAL WORK WITH TEAM GOOD. STILL JUDGEMENT ERRORS ON CROSSES**

**WEEK 4- STAFF AGREED THAT MEXICO TRIP WAS TOO MUCH AT END OF THE TRIP. GK'S FELT GOOD IN GAMES. GYM WORK BENEFICIAL**

**WEEK 5- AGREED FITNESS LEVELS OF GK'S GOOD. STILL A NEED TO IMPROVE 1ST TOUCH HANDLING. VARIATION ENJOYED BY ALL. IN GOOD SHAPE PHYSIOLOGICALLY**



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QUESTION & ANSWER SESSION

