

General Prep (15 mins)

Session is completed M+1 with the non-staters (inc. players which played <30 mins). 8-12 players. 70 minute session.

General Prep Warm Up (10 minutes) (Led by Fitness Staff)

Players will all complete a pre-training preparation session based in the gym which would be focused around stretching, massage and activation (player led). Alternatively, on selected training days players identified with specific areas of weakness with complete a staff led (physio & S&C coach) session (i.e. groin/hamstring/SL stability group etc.) (x2 a week).

Jog around pitches (as a team) 2'

Individual Prep (with/without ball, dynamic movements, hip activation etc.) 4'

Dynamic Movements - split stance transverse rotations, backward lunge, inverted hamstring, knee hug to forward lunge, walking quad stretch, lateral squat/lunge, leg cradle, drop lunge. 3'

Movement Integration - pillar march, skips, linear march, lateral march etc. 2'

Neural Activation - base rotations, base pogo to base rotations, speed over 12m (linear and lateral starts) etc. 2'

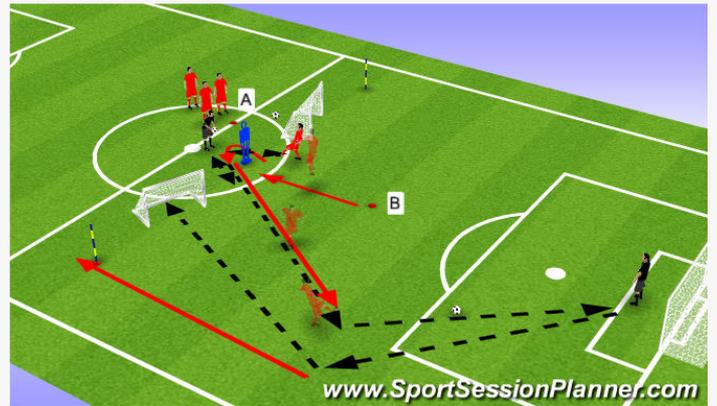


Defender Specific Speed Endurance (10 mins)

Directly after the warm up all players are split into defenders and attackers to complete position specific speed endurance drills. 4-6 players.

Defenders Specific Speed Endurance Drill (8 minutes) (Led by Fitness Staff)

1. All players start at flat disc A. One player works at a time.
 2. Working player begins at flat disc B. Player sprints to mannequin to receive pass either side from coach then jockeys back to flat.
 3. Player reaccelerates to press and touch the mannequin before jumping up for a header from the coach. Player again jockeys back to the flat disc B.
 4. Player reaccelerates around mannequin and sprints to recover ball over the top which the coach throws into the channel.
 5. Player recovers the ball and plays back to GK (coach).
 6. Player opens up to receive ball from the GK (coach) and plays into the mini goal (midfielder)
 7. Once the player has passed the ball into the mini goal he pushes up (80%) to the finish at the pole (idea of moving back line up). FINISH
 8. Second player starts as first player turns to receive ball from the GK (coach).
- Repeat both sides 2-3reps. 40" work. 300% rest. 80-100% intensity.*

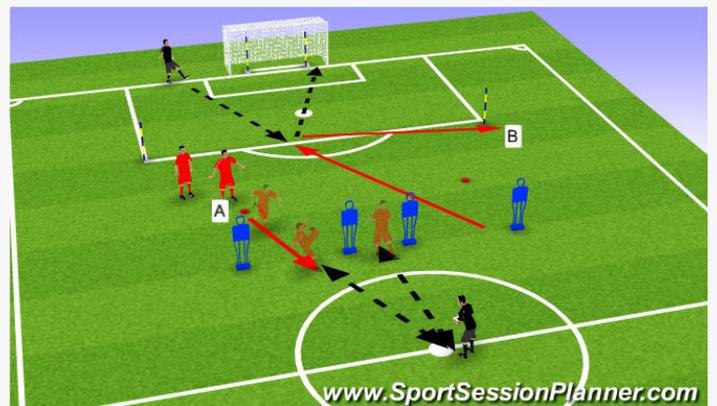


Attacker Specific Speed Endurance (10 mins)

Directly after the warm up all players are split into defenders and attackers to complete position specific speed endurance drills. 4-6 players.

Attackers Specific Speed Endurance Drill (8 minutes) (Led by Fitness Staff)

1. All players start at flat disc A. One player works at a time.
 2. Working player shows for the ball and accelerates inline with the mannequins to control ball from coach which is thrown at chest height. Once under control player plays back to coach. (Player behind applies semi-passive pressure).
 3. Player moves across mannequins (back to goal) to play 1-2 with coach.
 4. Player turns to make forward run behind.
 5. Player accelerates towards front post to receive ball from coach to finish 1st time (encourage player to finish inside the post and pole).
 6. Player makes recovery run to opposite pole B. FINISH
 7. Second player starts once the first player has made a forward run to the front post.
- Repeat both sides 2-3reps. 40" work. 300% rest. 80-100% intensity.*



Session Content (50 mins)

Remaning content of the session as follows (Led by technical staff):

- Figure 8 passing drill (with finish). Focusing on position specific movement to receive and creating space 3x3'
- Possession 5v5+2(Gk). 33 yards x 33 yards. Non-directional. Man for man. 5x2'
- SSG 5v5. 33 x 30. 4x5'
- Individual isolated metabolic conditioning (as prescribed by fitness staff).

