

QEH Football

Pre-Season Training Plan

Choose one of the training programmes depending on your ability or current fitness level. These plans are designed to allow you to start the season in peak condition. Try and work with a training partner to help your motivation. Performing 3 training sessions a week for the holiday period will ensure you come to the trials on Friday 3rd September (10am-12:30pm) in top shape and able to demonstrate your skills and possibly make it into the 1XI! Ensure that you incorporate rest days into the programme to allow your body to adapt and recover to avoid injuries! I expect all footballers to be fit for the start of the season!

Good Luck

Mr Albon

Programme 1 – 6 weeks

Week 1

Use a football pitch, ideally somewhere that takes you five to ten minutes to jog to for a good sub-maximal warm-up. Then, after a 5 minutes static stretching session, you need to do some intensive running work (Interval training). There is a myth that you need to go on long, slow runs to get rid of fat and get fit. In fact, short bursts of intensive work are far better, and ideal for football. Fitness for football is basically all about being able to sprint in short bursts, recover, then sprint again.

- 5 to 10 minute jog to football pitch or park
- Stretch major muscle groups – hold stretches for 8-10 seconds, followed by dynamic stretches
- Five three-quarter pace sprints from one touchline to the other and back, with 30-second recovery rests between each sprint
- Two-and-a-half minute recovery (jog on the spot or do keep-ups with a football)
- Repeat the above doing 3 sets in total
- Then complete 2 sets of the follow circuit – These circuits work on your fitness, your heart and lungs and at the same time they strengthen the muscles that you specifically use for football.



Wide arm press-up. Take elbows out to your sides



Normal press ups, aim to keep a straight line through your back



Close Hand - Aim to keep your thumbs touching each other



Two footed squat thrusts - aim for a 12 inch jump



Walking lunge forward - changing lead leg



Alternate leg squat thrusts - count reps on 1 leg only

- 5 to 10 minute jog home

Week 2

Now we can build up the work gradually by repeating last week's running exercise but shortening the recovery time between sprints, you will see immediate progress.

- 5-10 minute jog to football pitch or park
- Stretch major muscle groups – hold stretches for 8-10 seconds, followed by dynamic stretches
- Five three-quarter pace sprints from one touchline to the other and back, with 20-second recovery rests between each sprint
- Two-minute recovery
- Repeat the above doing 3 sets in total
- Then complete 2 sets of the follow circuit
- 5-10 minute jog home



Wide arm press-up. Take elbows out to your sides



Normal press ups, aim to keep a straight line through your back



Close Hand - Aim to keep your thumbs touching each other



Two footed squat thrusts - aim for a 12 inch jump



Walking lunge forward - changing lead leg



Alternate leg squat thrusts - count reps on 1 leg only

Week 2 (Session 2 or variation)

Again using the football pitch you will need a stopwatch. Timing yourself is a great way to keep yourself motivated, especially if you are training on your own. It also makes you push yourself more as you have a target to aim for.

- 5-10 minute jog to pitch / park
- Stretch
- Time yourself to run 1 lap of full-size football pitch
- One lap jog for recovery (kick a ball as you go)
- Repeat the fast and slow laps four more times, on each fast lap attempting to match the time of the first
- 5-10 minute jog home

Week 3

- 5-10 minute jog to pitch / park
- Stretch
- Five 100% sprints across the pitch and back, with 30 seconds recovery between each.
- Two-and-a-half minutes rest
- Four sprints across the pitch and back, with 15 seconds recovery between each
- Two-and-a-half minutes rest
- Three timed sprints across the pitch and back, aiming for 30 seconds or less each time. The recovery time allowed between sprints depends on the time recorded (whatever is left out of the 30 seconds). So, a 24-second sprint earns six seconds recovery, a 30-second (or more) sprint earns no recovery.
- Two-and-a-half minutes rest
- 2 sets of the super circuit below:

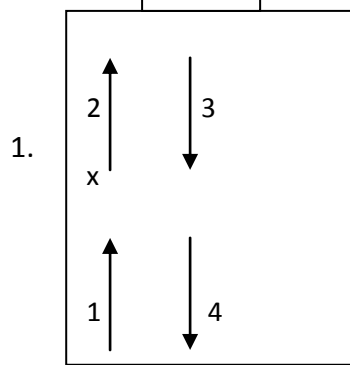
20 x wide arm press ups, 20 x two-footed squat thrusts, 20 x lunges, 20 x sit ups, 20 x burpees, 30 seconds plank, 20 x alternate leg squat thrusts.

- 5-10 minutes jog home

Week 3 Session 2 (Variation)

- 5-10 minute jog to pitch / park
- Stretch
- One fast lap of the pitch, timed (aim to improve the pace from the previous week)
- One lap of jogging for recovery (with ball)
- Repeat four more times, aiming on each fast lap to maintain the speed of the first
- 2 sets of the super circuit : 20 x wide arm press ups, 20 x two-footed squat thrusts, 20 x lunges, 20 x sit ups, 20 x burpees, 30 seconds plank, 20 x alternate leg squat thrusts.
- 5-10 minute jog home

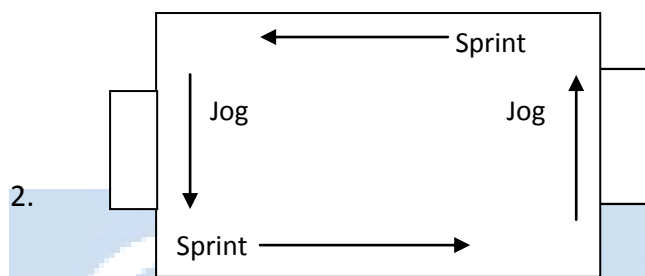
Week 4



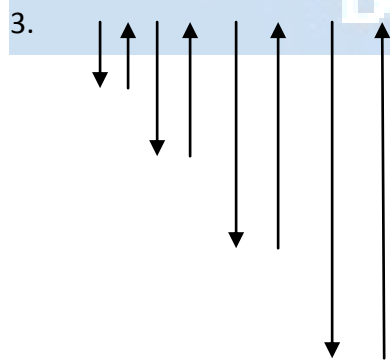
Pre-Season Fitness

- 1) Dribble ball to cone & stop ball
- 2) Sprint to goal line (exes on line optional)
- 3) Sprint to cone collect ball at speed
- 4) Dribble ball back to start

3 x reps of half pitch with 1 min rest



3 x reps with 1 min rest



- 1) Shuttles without the ball
- 2) Then same but this time dribbling the ball

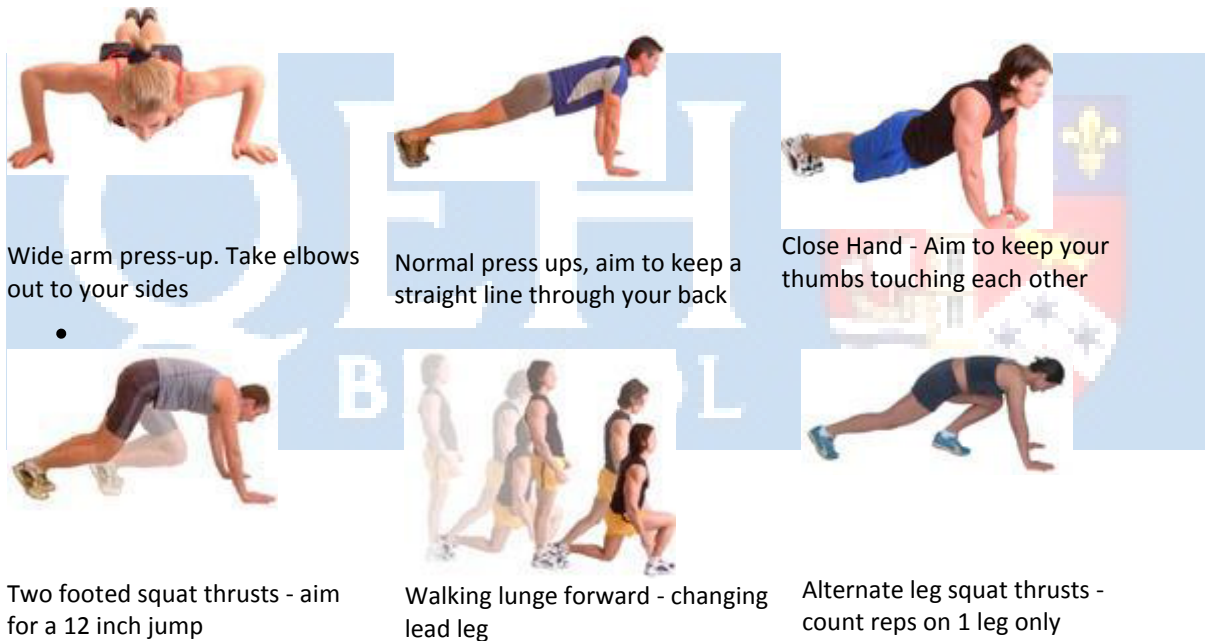


Continuous group running around the pitch but each side of the pitch must take 15 secs so go slow on ends (use as recovery) but will have to sprint along the lengths of the pitch.

Week 5

Imagine the perimeter of a football pitch divided into six sections to run around. From one corner to the half-way line is one section, then on to the next corner flag is another. The goal-line is the next section, and then up to the half-way line is the next and so on until you are back where you began.

- 5-10 minute jog to pitch
- Running six laps of the pitch, in the following sequence:
 1. Sprint one section, jog five
 2. Sprint two sections, jog four
 3. Sprint three sections, jog three
 4. Sprint four sections, jog two
 5. Sprint five sections, jog one
 6. Sprint all six sections
- 2 sets of the circuit below:



- Jog 5-10 minutes home

Week 6

Session 1

- 5-10minute jog to pitch
- Stretch
- Five sprints across the pitch and back, with 30 seconds recovery between each.
- Two-and-a-half minutes rest
- Four sprints across the pitch and back, with 15 seconds recovery between each
- Two-and-a-half minutes rest
- Three timed sprints across the pitch and back, aiming for 30 seconds or less each time. The recovery time allowed between sprints depends on the time recorded (whatever is left out of the 30 seconds).
- So, a 24-second sprint earns six seconds recovery, a 30-second (or more) sprint earns no recovery.
- Two-and-a-half minutes rest
- 2 sets of the super circuit : 20 x wide arm press ups, 20 x two-footed squat thrusts, 20 x lunges, 20 x sit ups, 20 x burpees, 30 seconds plank, 20 x alternate leg squat thrusts.
- 5-10 minutes jog home

Session 2

- Dividing the perimeter of the pitch into six sections, run laps of a football pitch in the following sequence.
 1. Sprint one section, jog one section for recovery
 2. Sprint two, jog one,
 3. Sprint three, jog one
 4. Sprint four, jog one
 5. Sprint five, jog one
 6. Sprint six
 7. Jog six
- 2 sets of the super circuit : 20 x wide arm press ups, 20 x two-footed squat thrusts, 20 x lunges, 20 x sit ups, 20 x burpees, 30 seconds plank, 20 x alternate leg squat thrusts.

If you perform this programme as indicated 3 times a week over the holidays, by the beginning of the season you'll be fitter and sharper than ever!

Good luck!

SA