

PLAYERSCOUT

TRAINING ACADEMY

PRE-SEASON

THE PROS GUIDE TO MAXIMAL PERFORMANCE

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PRE SEASON TRAINING

One of the key factors to a successful season for any player is the careful planning and execution of the preseason phase. This is a time to prepare yourself physically and mentally for the upcoming season, ensuring your training is specific to football.

However, if you get this phase of training wrong you will be at a disadvantage to your competition, not performing to your full potential and be more likely to pick up injuries.

You are probably wondering...

How do I make sure I start of the season in the best shape possible?

How do get stronger, faster and fitter?

How do I reduce the chances of getting injured?

How to I improve my mental toughness?

What am I doing wrong?

PRE SEASON TRAINING TIP 1

HOW STRENGTH TRAINING IS KEY TO PRE SEASON

Strength and power are key to football performance. One of the main goals of your preseason period is to develop the key strength qualities needed for optimal performance throughout the season.

Pre season is the best time for players to safely train muscles and tendons with resistance, to allow time for them to adapt and strengthen which is essential for the both performance and the reduction of injuries.



PRE SEASON TRAINING TIP 2

WHY 10,000KM RUNS ARE NOT GOING TO HELP YOU GET FIT

In previous years pre season meant completely numerous steady state runs in a bid to improve aerobic fitness needed for football. Granted on average a player can travel between 10-14km in a match, however this distance is covered at a variety of difference speeds, intensities and direction and your training in the pre season should reflect this.

So you pre season training must work all of the energy systems needed throughout a 90 minute match, including improvements to endurance, speed, speed endurance and agility to ensure you are fully prepared for the stresses of match play.



PRE SEASON TRAINING TIP 3

YOU NEED TO HIT THE GROUND RUNNING FROM DAY 1

Pre season and off season training, is not about training at 100% intensity to ensure you out train all your team mates. It must be a steady flow of progression, following a carefully thought out plan, that is specific to football, but allows the adequate load and recovery to ensure you reach your full potential at the right time.

And this is where 99% of players go wrong.

The aims of preseason is not to “beast” your body with exhausting drills in a hope that this will rapidly increase your fitness. This is a sure-fire way to increase the likelihood of picking up an injury. Instead Pre Season program should be specific to your level and periodized to incorporate aspects of speed, strength, endurance, agility, recovery and mental training to allow you to reach your peak at the start of the season.



PRE SEASON TRAINING TIP 4

WHY WAITING UNTIL YOUR TEAM TRAINING WILL BE TOO LATE

You may think that Pre Season begins when your coach sets the first team training date...Wrong.

This approach may be ok if you are simply playing football for fun, with no aspirations to develop and progress. However, if you depend solely on your team training session you are effectively putting your progression in the hands of your coach, who has a whole squad to look after, whilst preparing for team (not individual) success.

Therefore you...

Will only be able to progress at the same rate as other players in your team, as you will be all doing the same work

Will have missed out on the golden window of opportunity to improve individually before the team training commences.

Now have a higher demand of skill and tactical training put on you, which will allow you less opportunity for building your athleticism

Will be more likely to sustain injuries during the pre and in season period.



PRE SEASON TRAINING TIP 5

FOLLOW A PRE SEASON PLAN

So there is a lot to take into account to ensure you have a successful Pre Season so you build a strong foundation before improving:

SPEED
POWER
STRENGTH
CORE-STRENGTH & STABILITY
BALANCE, COORDINATION & AGILITY
FLEXIBILITY
AEROBIC ENDURANCE
SPEED ENDURANCE
MENTAL TOUGHNESS

And this is exactly what the PS Training Academy Pre Season Program works towards improving.



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