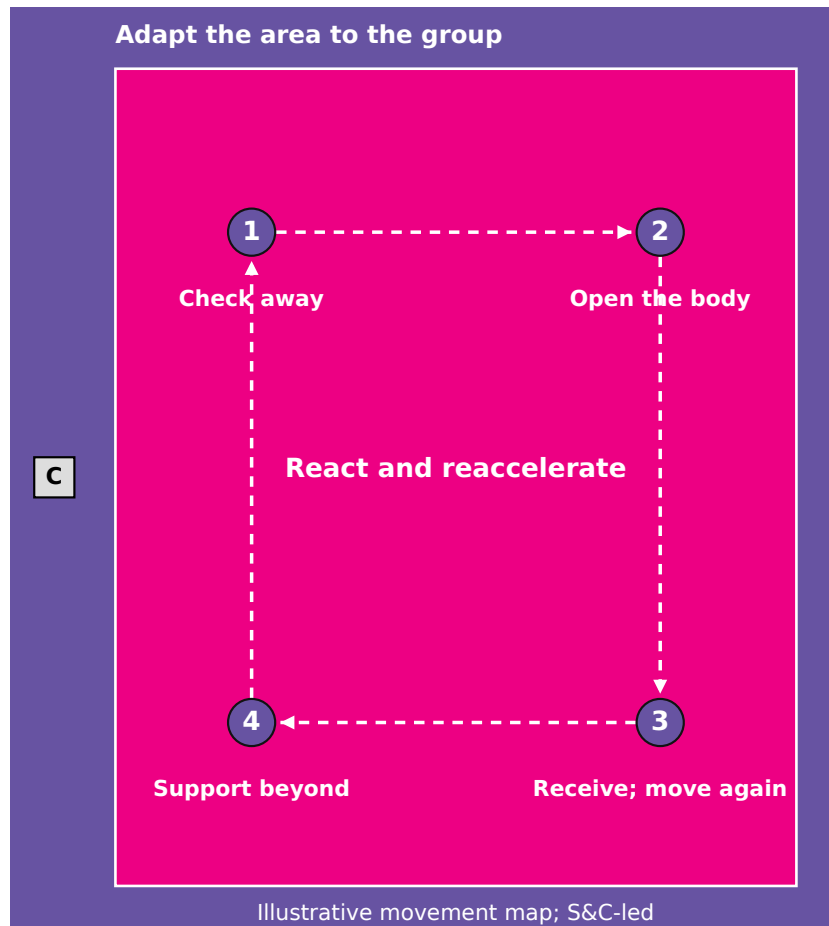




Physical preparation - Prepare

Physical preparation | 10 min | 0-10 min

Adapt to the group | Adaptable



Purple: coached team. Black: opposition. White: common player. Green GK: goalkeeper. Square C: coach.

Solid arrows show passing options; dashed arrows show movement. These are examples, not compulsory routes.

10 minutes · S&C-led physical preparation and activation.

Prepare players for multidirectional movement, acceleration and deceleration, changes of direction, hip mobility, short explosive actions and reactions to visual information. The football plan defines the intended movement outcomes; the S&C lead adapts the physical programme to the group.

Connect the movement to football where appropriate: check away and accelerate to receive; open the body and change direction; receive and move again; support underneath and accelerate beyond.

Players should finish ready to enter football work immediately. Keep tactical explanation brief and have the position-specific equipment ready.