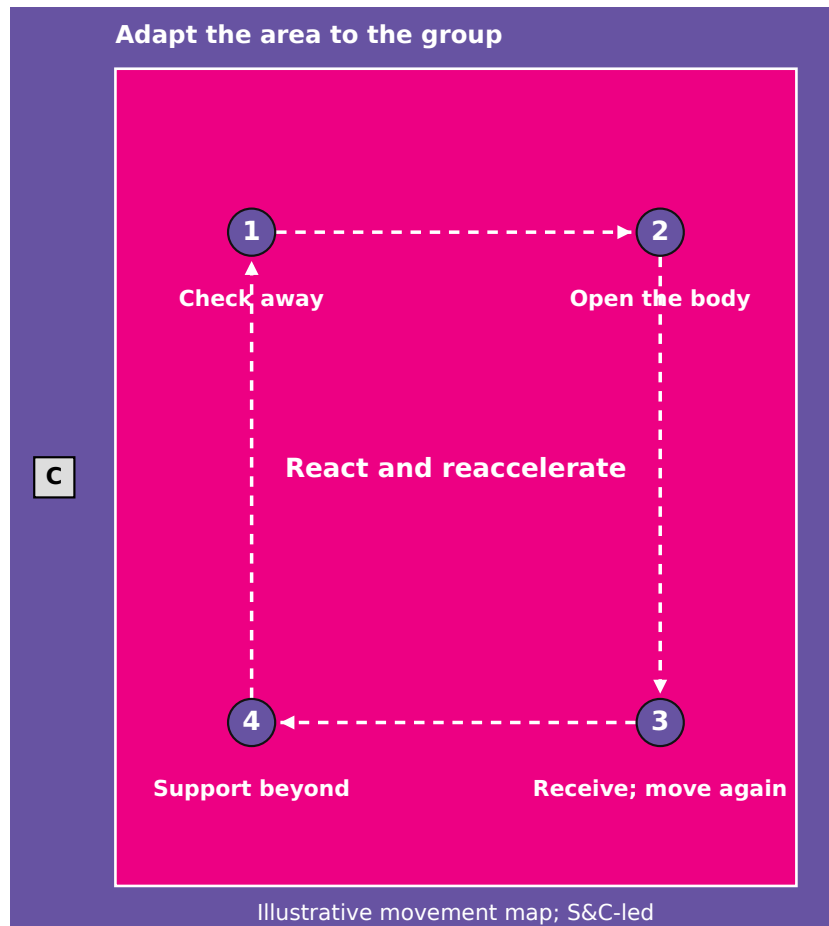




Physical preparation - Prepare

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.

- Duration: 10 minutes
- Practice Type: Physical preparation / activation
- Purpose: Prepare players physically and cognitively for repeated wide-to-inside actions, changes of direction and accelerations around pressure.
- Ownership: S&C-led; football plan defines movement outcomes rather than prescribing the exact physical programme.

Physical emphasis: Multidirectional movement; acceleration/deceleration; lateral shuffle; change of direction; hip mobility/opening; short explosive actions; reaction to visual information; readiness to repeat actions around and back inside.

Football connection: Where appropriate: check away > accelerate outside; open body > receive forward; support underneath > combine; overlap/underlap > accelerate beyond; get back inside > finish or connect.



Coach observation: Players finish physically prepared to enter football work immediately. Use football actions as cues, but do not turn this phase into a tactical lecture.

- **TRANSITION** Wide-channel equipment and two goals should already be set so the session moves directly from physical preparation into football.