



Calculated Performance

Pre-Season Intensive

Position: Centre Backs (#4 and #5)



Practice

Activation

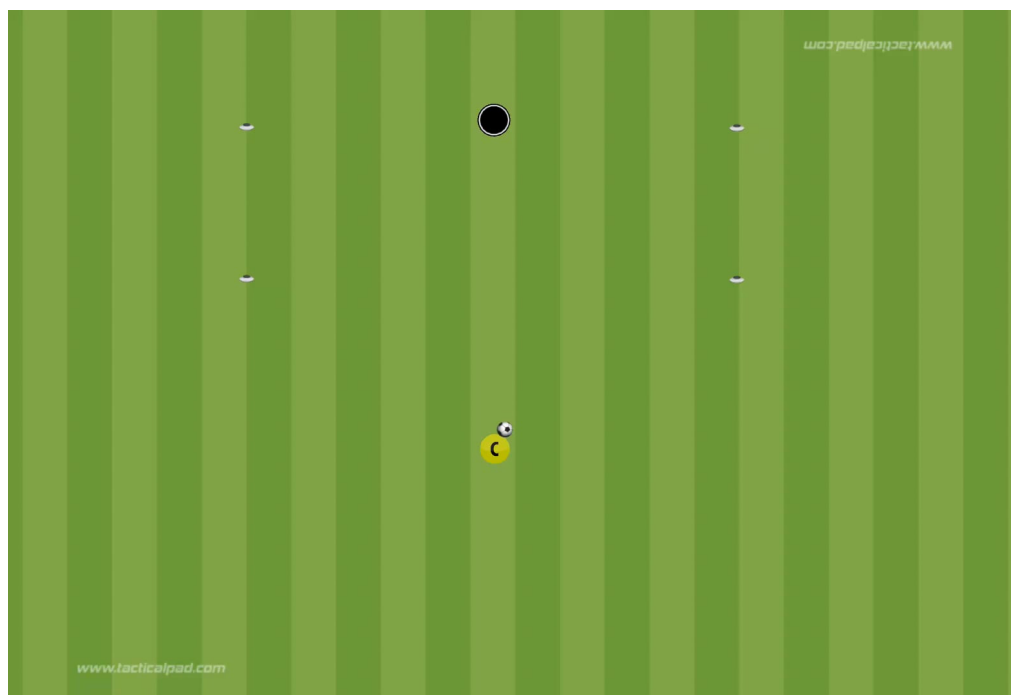
Time

10 mins

Space/Equipment

1 ball

20x10 yard grid



Explanation

- Player presses from the bottom line to the top line
- Player bounce passes with the coach
- Coach passes the ball into the space, either left or right
- Player reacts to the ball and turns
- Player finishes the set by passing back to the coach

Context

- Quick press
- React to the ball
- Recovery run

Time

- 3x 1-minute blocks, with 1 minute rest in-between.

Coaching Points

- Concentration: Player must focus on the ball to be able to react quickly
- Intensity: Player should work at match intensity



Practice

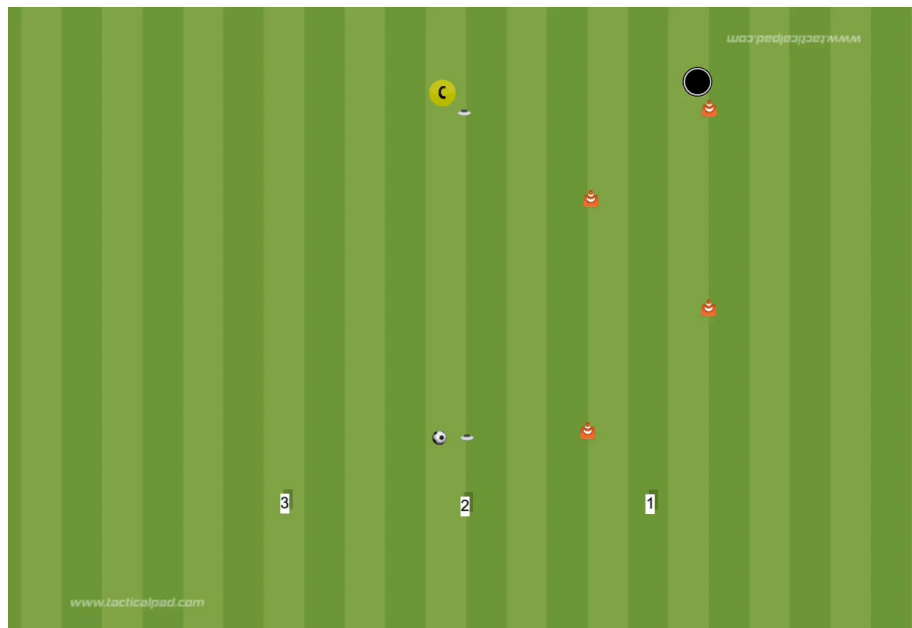
COD - Agility

Time

10 mins

Space/Equipment

1 ball
4 mega markers
2 markers



Explanation

- Set out a 3-station circuit:
 - 1 = Accelerate in a zig-zag pattern
 - 2 = Pass the ball into the coach, then press/chase
 - 3 = Receive on an angle to carry the ball back to the cone

Time

- Complete 3 sets of 5 reps

Coaching Points

- Intensity: Player should work at match intensity



Practice

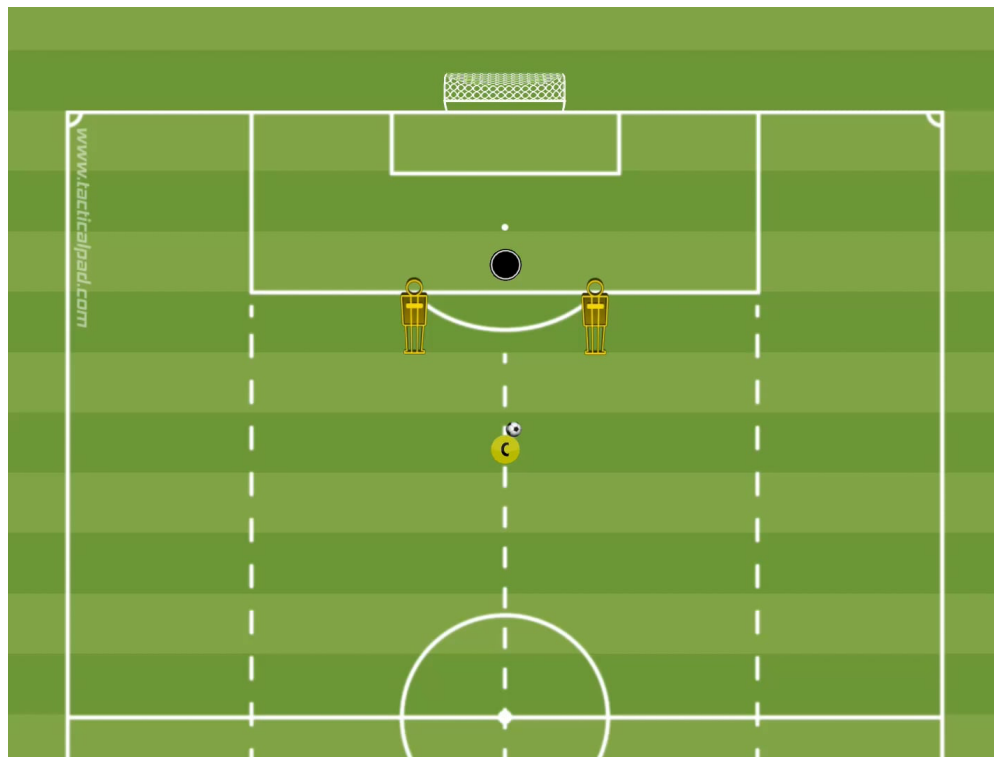
Passing & Pressing

Time

20 mins

Space/Equipment

1 11v11 goal
2 mannequins



Explanation

- Player starts by mirroring the coach's movement, sliding from side to side
- On the coaches command the player presses towards the coach
- As the player is pressing the coach passes beyond the player
- Player then turns and chases to get the ball, emulating a recovery run
- Once the Player gets the ball, they are to carry the ball until they are in line with the coach

Context

- Recovery run when the ball is played behind them
- Transition from defence to attack when having to carry the ball forwards

Coaching Points

- Chest facing the ball: Player should try to keep their chest facing the ball when sliding
- React quick: The quicker the Player reacts to the ball, the less deep the ball will get
- Break fast: Once the ball has been won back, Player should carry the ball quickly

Progression

- Change the type of service (aerial ball etc)



Practice

Transition practice

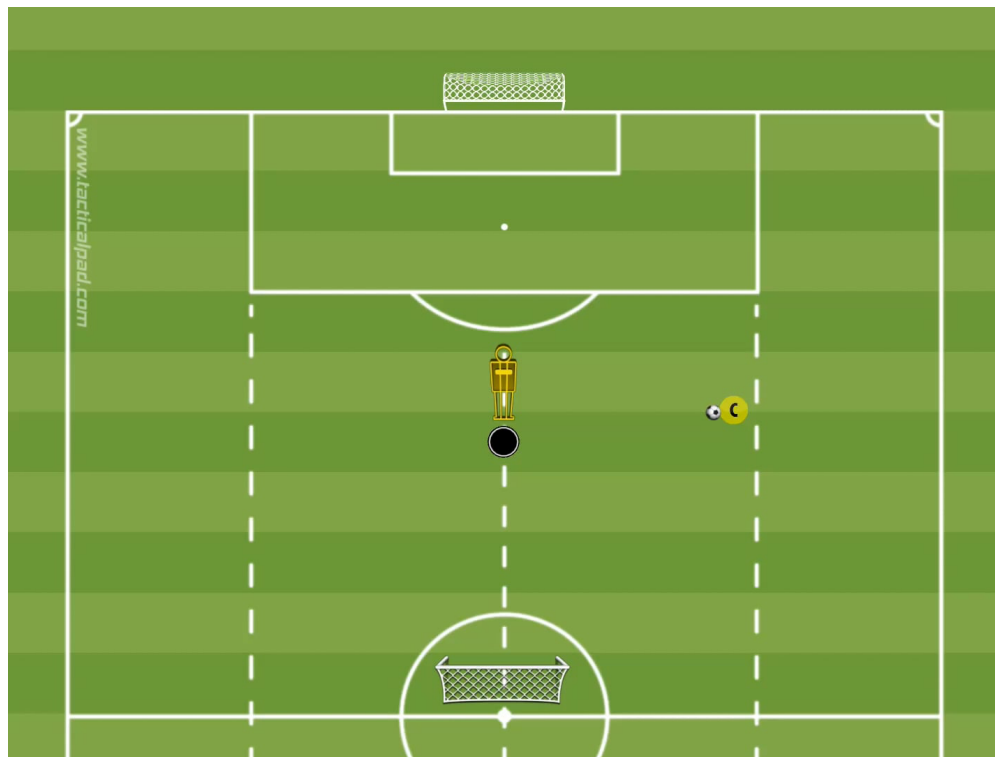
Time

20 mins

Space/Equipment

2 11v11 goal

1 mannequin



Explanation

- Player starts by receiving and beating the mannequin 1v1 (pressure in front)
- Player then shoots
- Player quickly reacts, and turns to face the coach to receive a pass
- Player should break the line with their first touch
- Player finishes off the sequence by passing into the opposite goal

Context

- Pressure in front when beating the mannequin 1v1
- Fast transition/break from shot to receiving
- Positive play by breaking the line quickly and playing forwards



Practice

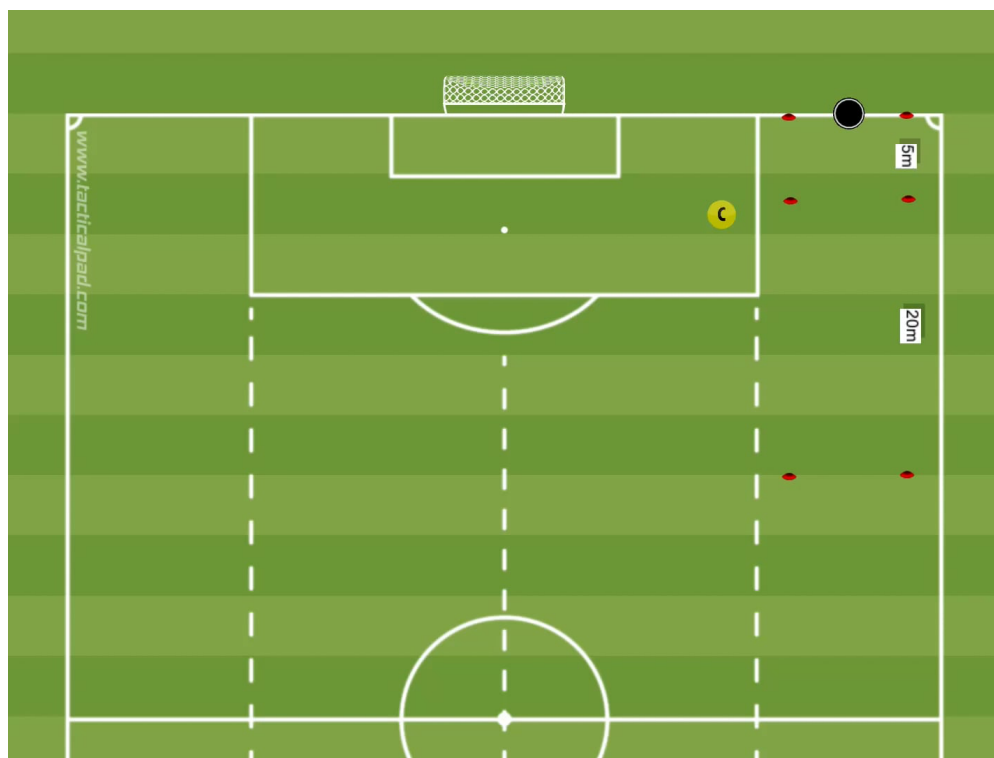
Position-specific
conditioning

Time

10 mins

Space/Equipment

5m area
20m area



Explanation

- Player does a 5m back pedal
- Player then turns and completes a 20m sprint

Time

- Repeat 10 times
- Player should walk back to recover



Practice

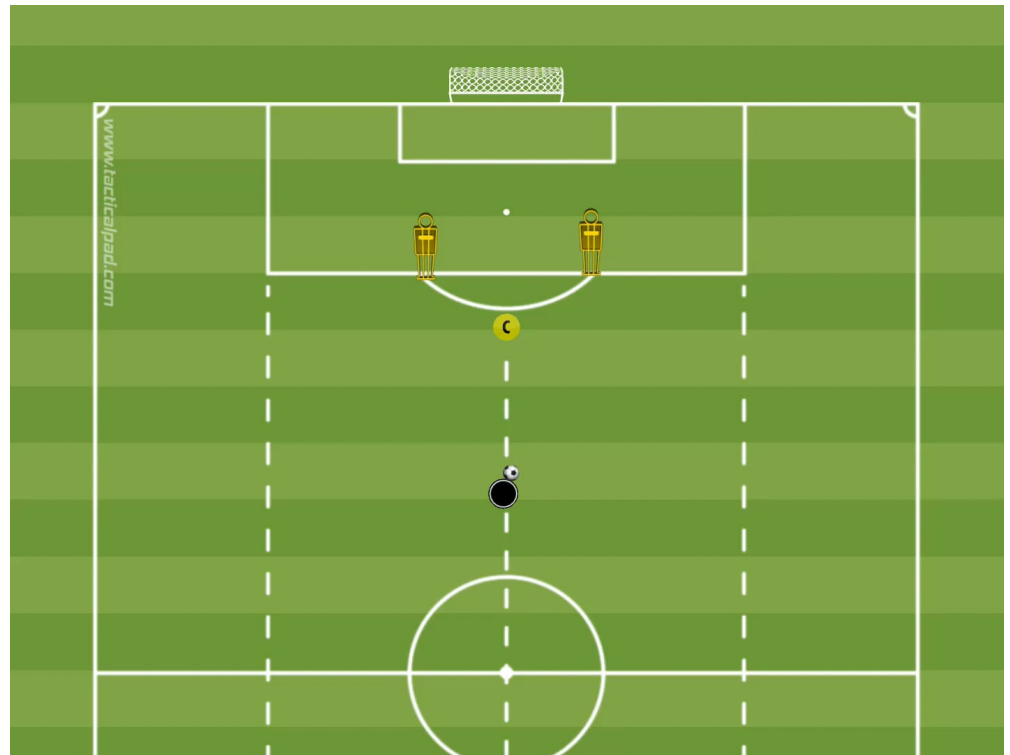
Volley Challenge

Time

10 mins

Space/Equipment

1 11v11 goal
2 mannequins



Explanation

- Player flicks the ball into the coach's hands
- Coach throws the ball back up
- Player runs and hits a volley or half volley

Points

- 0 - Miss
- 1 - Goal
- 2 - Corners
- Full volley is worth x2 points