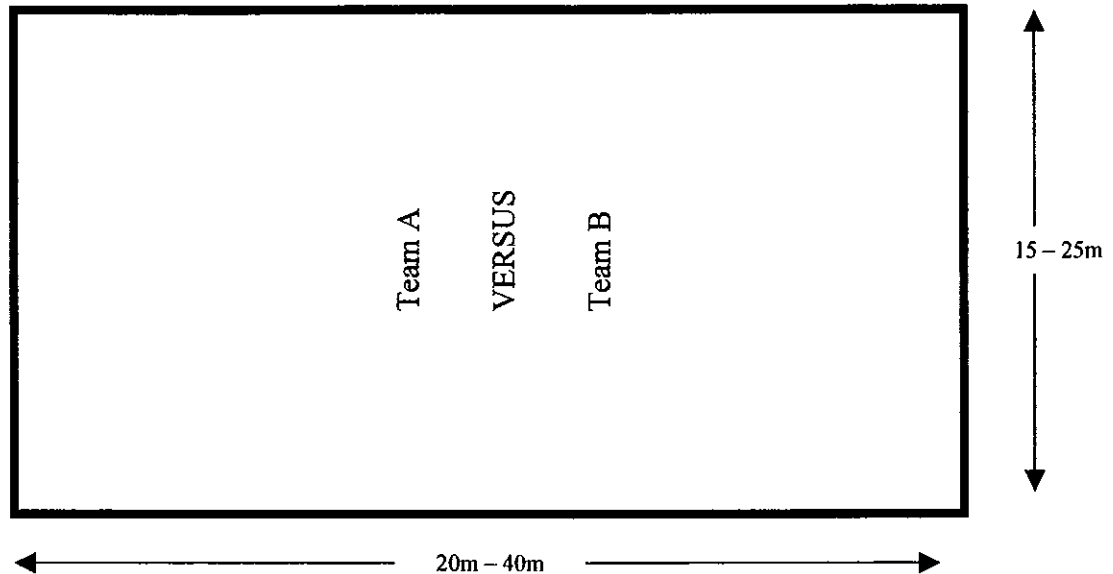


Team Multiple Skills Drill

Skill: 2 Team Possession



Aim: Develops a whole range of skills e.g. passing, ball control, shooting, tackling, dribbling, as well as fitness simultaneously.

Focus: using the extra players on hand to score as many goals as possible, while preventing the opposition from scoring.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued passes, 2 sets of bibs, cones and a stopwatch, score card/pen

Total time: 1 game = 4 mins (approx 20 mins in total)

Instructions: Ask players to

1. Make 2, 3 or 4 teams depending on available players.
2. Name each team (usually by colour of bib)
3. Teams play against each other for three-minute bouts, keeping possession as long as possible.
4. The two teams in the middle can use the players on the outside as a wall to assist
5. Players on the outside must pass the ball to the team that passed it to them.
6. A scorer keeps a competition table. The winning team is the team that keeps possession for the longest time in the game.
7. Play a semi final and grand final

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

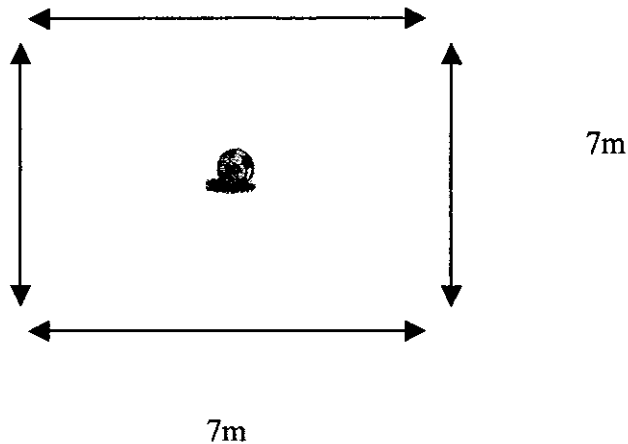
1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict, touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Agility Skills Drill

Skill: Possession 5 V 2 (intermediate)



Aim: Develop agility, passing skills, ball control and player movement simultaneously, through repetitive skills practise.

Focus: encourage defenders to work at high intensity for the period of time they are in the middle. Attackers should be able to pass the ball for a minimum of 30 seconds without it being intercepted by a defender.

Benefit: develops players ability to eliminate an overlap or an extra attacking player when defending, while the attackers practise capitalising on an overlap or an extra player in attack.

Equipment: 1 football, 2 bibs and 4 cones per group

Total time: 3 sets = each player is working for a minimum of 30 seconds. per set.

Instructions: Ask players to

1. The attacking players must keep possession of the ball away from the defender(s), by passing the ball to each other within the set grid as indicated above.
2. The defender(s) must work together to try and win the ball from the attackers. Winning the ball means intercepting a pass or executing a tackle.
3. This continues for a minimum of 30 seconds or until the coach calls stop.

Take Note:

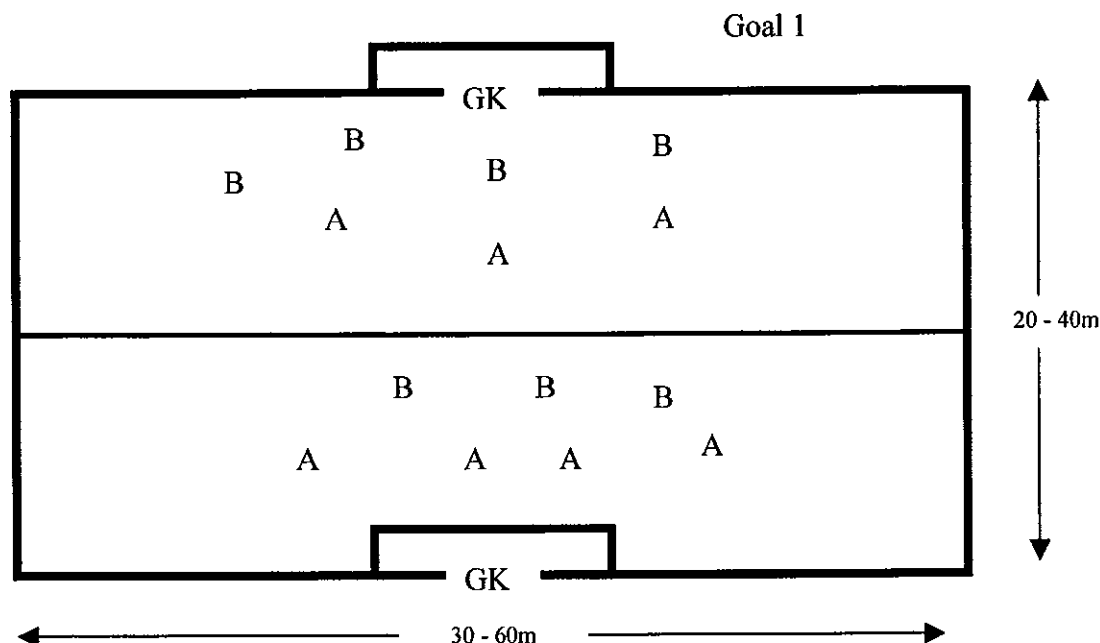
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

Increasing complexity

1. Restrict touches of the attackers from two touch to one touch
2. Compulsory two touch from the attackers
3. Reduce or increase the size of the square to increase the difficulty of the attackers/defenders.
4. Attackers cannot pass the ball to the same player they just received a pass from.
5. Attackers must only use the opposite leg.
6. Defenders must string 1 pass together.
7. Increase or decrease the space depending on player skill and success.

Team Multiple Skills Drill

Skill: Two-Stage Attack- Two Team



Aim: Develops a whole range of attacking and defending skills, as well as fitness simultaneously.

Focus: encouraging creativity in attack and speed of ball movement in defence.

Benefit: encourages game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 3 sets of bibs, 2 goals as indicated above, a stopwatch, score card/pen

Total time: approx 20mins

Instructions: Ask players to

1. Make 2 teams of equal numbers and equal ability.
2. Name each team (usually by colour of bib)
3. Team A attacks goal 1 which Team B defends. The four A players in the defending zone can not cross the half way line, while the three players in the attacking zone cannot cross over to the defensive zone. The four Team A defenders must try and pass a ball to the three Team A attackers, who have to try and score a goal. The B players in the attacking and defending zones have to try and win possession of the ball.
4. The four players in the defending zone have 3 touch restrictions, while the attackers have unlimited touches permitted.
5. If Team A scores they are awarded a goal and the right to attack again, however,
6. If Team B wins the ball, they begin the attack, while Team A defends.

Variations

1. Remove goals and play with mini goals or cones if two goalkeepers are not available.

Take Note:

1. If a team scores, they win the right to attack again, if they do not score, they lose the right to attack and are replaced by the waiting team.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team.

Warm-Up Games - Switch pass

Aim: improve players passing and receiving skills in a confined space.

Focus: pass and move, keep head up

Benefit improves players one touch, pass and receiving skills.

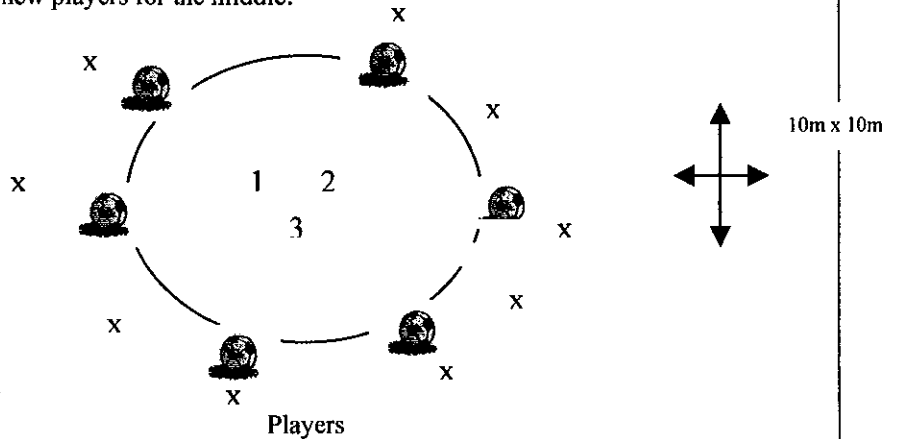
Equipment:

6 x football per team of 16 players

Total time: (30 sec per player) equals 5mins in total

Instructions: Ask players to

6. Players form a circle about 10m in diameter, or use the centre circle in the middle of the field
7. The game commences with three players in the middle of the circle.
8. The remaining players stand around the circle. Six of these players have a ball at their feet.
9. The Three players in the middle move towards one of the six players with a ball, they receive the ball, turn and pass it to another player on the outside that does not have a ball. This continues for 30 seconds.
10. Coach then nominates three new players for the middle.

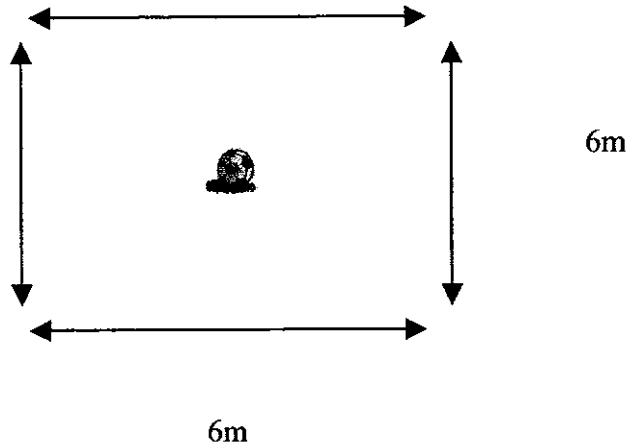


Variations to complexity of the game

- | | |
|--------------|--|
| Elite | <ul style="list-style-type: none"> - One touch only - Compulsory two touch - Only use the opposite leg - Decrease the size of the circle for faster movement - Increase the size for longer passes - Restrictions on the parts of the body that can be used - Add a defender to mark the player in the middle |
| Advanced | <ul style="list-style-type: none"> - One touch only - Compulsory two touch - Only use the opposite leg - Restrictions on the parts of the body that can be used - Add a defender to mark the player in the middle |
| Under 9 – 15 | <ul style="list-style-type: none"> - Restrictions on the number of touches permitted - Restrictions on the parts of the body that can be used |
| Under 6 – 8 | Not recommended |

Agility Skills Drill

Skill: Possession 3 V 1 (intermediate)



Aim: Develop agility, passing skills, ball control and player movement simultaneously, through repetitive skills practise.

Focus: encourage defenders to work at high intensity for the period of time they are in the middle. Attackers should be able to pass the ball for a minimum of 30 seconds without it being intercepted by a defender.

Benefit: develops players ability to eliminate an overlap or an extra attacking player when defending, while the attackers practise capitalising on an overlap or an extra player in attack.

Equipment: 1 football, 1 bib and 4 cones per group

Total time: 3 sets = each player is working for a minimum of 30 seconds per set. (10mins total time)

Instructions: Ask players to

1. The attacking players must keep possession of the ball away from the defender(s), by passing the ball to each other within the set grid as indicated above.
2. The defender(s) must work together to try and win the ball from the attackers. Winning the ball means intercepting a pass or executing a tackle.
3. This continues for a minimum of 30 seconds or until the coach calls stop.

Take Note:

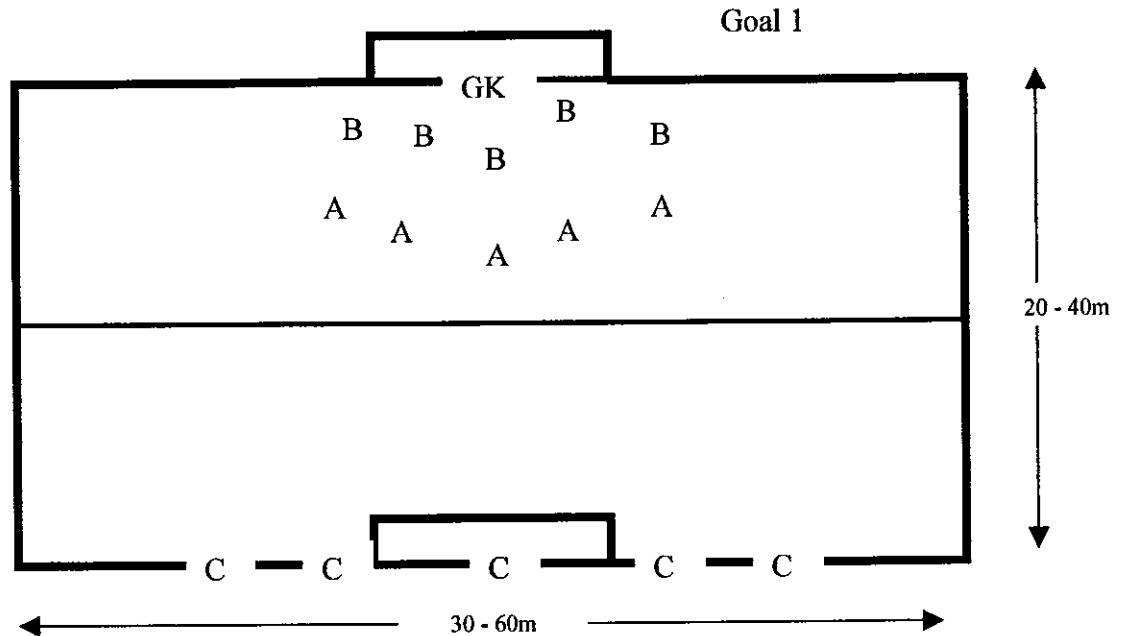
1. Once the defenders win the ball, they give it back to the attackers for the drill to recommence.

Increasing complexity

1. Restrict touches of the attackers from two touch to one touch
2. Compulsory two touch from the attackers
3. Reduce or increase the size of the square to increase the difficulty of the attackers/defenders.
4. Attackers cannot pass the ball to the same player they just received a pass from.
5. Attackers must only use the opposite leg.
6. Defenders must string 1 pass together.
7. Increase or decrease the space depending on player skill and success.

Team Multiple Skills Drill

Skill: Continuous World Cup



Aim: Develops a whole range of skills -passing, ball control, shooting, tackling, and heading, as well as fitness simultaneously.

Focus: creating overlapping runs to create extra player and score as many goals as possible, while preventing the opposition from scoring.

Benefit: encourages game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 3 sets of bibs, 2 goals as indicated above, a stopwatch, score card/pen

Total time: approx 20mins

Instructions: Ask players to

1. Make 3 teams of equal numbers and equal ability.
2. Name each team (usually by colour of bib)
3. Team A attacks goal 1 which Team B defends
4. If Team A scores they are awarded a goal and the game starts again, however,
5. If Team B wins ball, they must cross the half way line
6. Once Team B crosses over the half way line, Team C, comes out to defend their goal which Team B attacks.
7. Team A drops to goal line 1, and waits for Team C to come across and attack.

Variations

1. Remove goals and play with mini goals or cones if two goal keepers are not available or play a game of possession

Take Note:

1. If a team scores, they win the right to attack again, if they do not score, they lose the right to attack and must wait.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team.

Warm-Up Games - Soccer Tennis

Aim: play the game of tennis using all the parts of the body other than the hands.

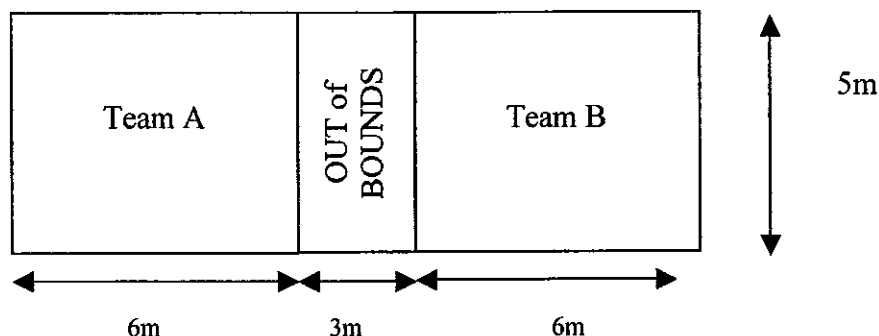
Focus: quick decision-making and accuracy in passing

Benefit: increases close ball control, speeds the decision-making ability of the mind as well as movement of the ball, increases accuracy of passing.

Equipment: 1 x football, 8 markers minimum

Total time: 5mins

Court Design:



Instructions:

1. Players divided equally as Team A and Team B (if room permits, have 2 courts and divide team into 4 teams for a round robin). Game commences with an under arm throw from behind the Team A 5m back line. The ball must go over the out of bounds line and land in the team B court.
2. Players in the Team B side must return the ball to the team A court, before the ball bounces more than once.
3. Players are permitted to use any part of the body other than their hands to return the ball.
4. The ball can be returned on the full volley, or the half volley.
5. A point is won if the opposition do not serve correctly, if the ball lands in the out of bounds area or lands outside the perimeter of the court, if the ball bounces more than once or if players use their hands.
6. No more than three players are allowed to touch the ball each time it is returned from the opposing team.

Variations on the complexity of the game

Elite

- Compulsory two or three touch before the ball is returned
- Only use the opposite leg
- Decrease the size of the court
- Restrictions on the parts of the body that can be used
- Use an elimination system to identify a winner

Advanced

- Compulsory two or three touch before the ball is returned
- Only use the opposite leg
- Decrease the size of the court
- Restrictions on the parts of the body that can be used
- Use an elimination system to identify a winner

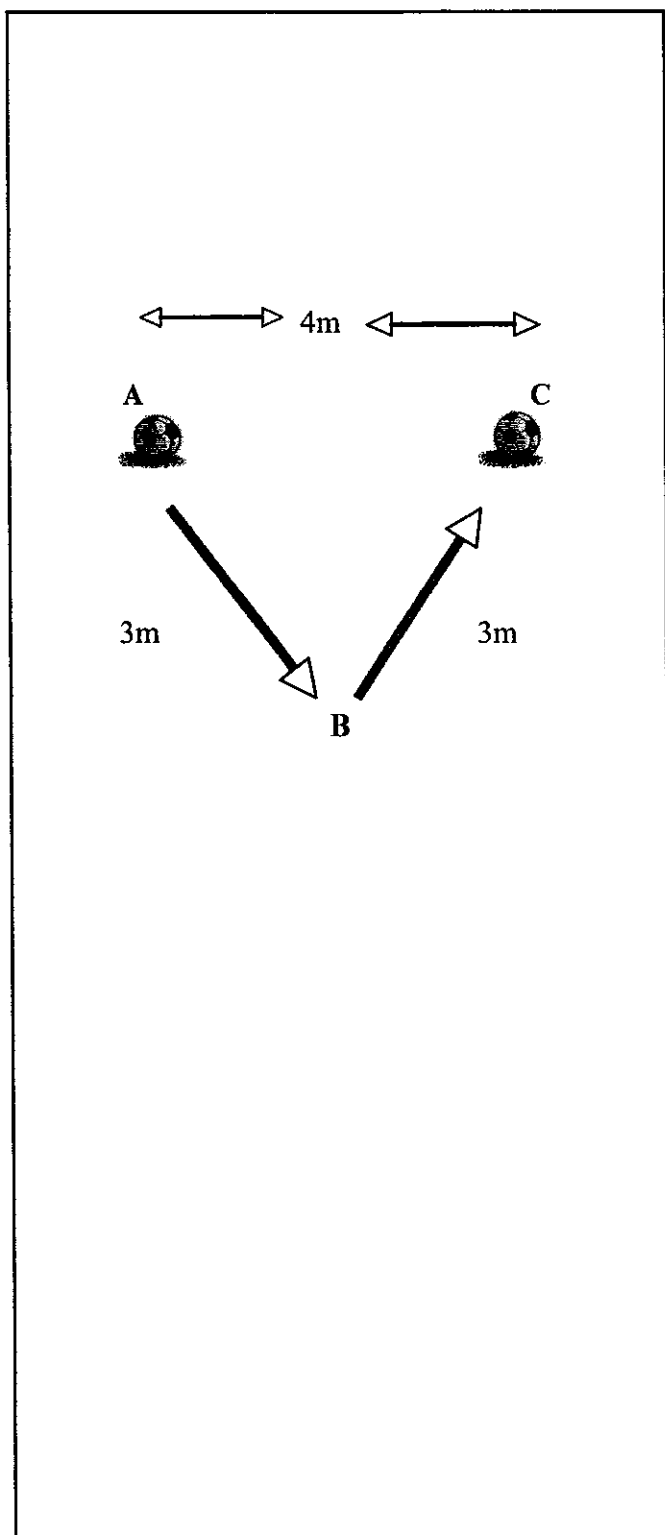
Under 9 – 15

- Decrease the size of the court
- Restrictions on the parts of the body that can be used

Under 6 - 8 Not recommended

General Speed Skills Drills

Skill: Quick Feet and Passing



Aim: develop accuracy and speed of passing.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, passing skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A passes the ball to player B
2. Player B passes the ball to player C with their left foot.
3. Player C passes the ball immediately back to player to player B and player B passes it back to player A with their right foot.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

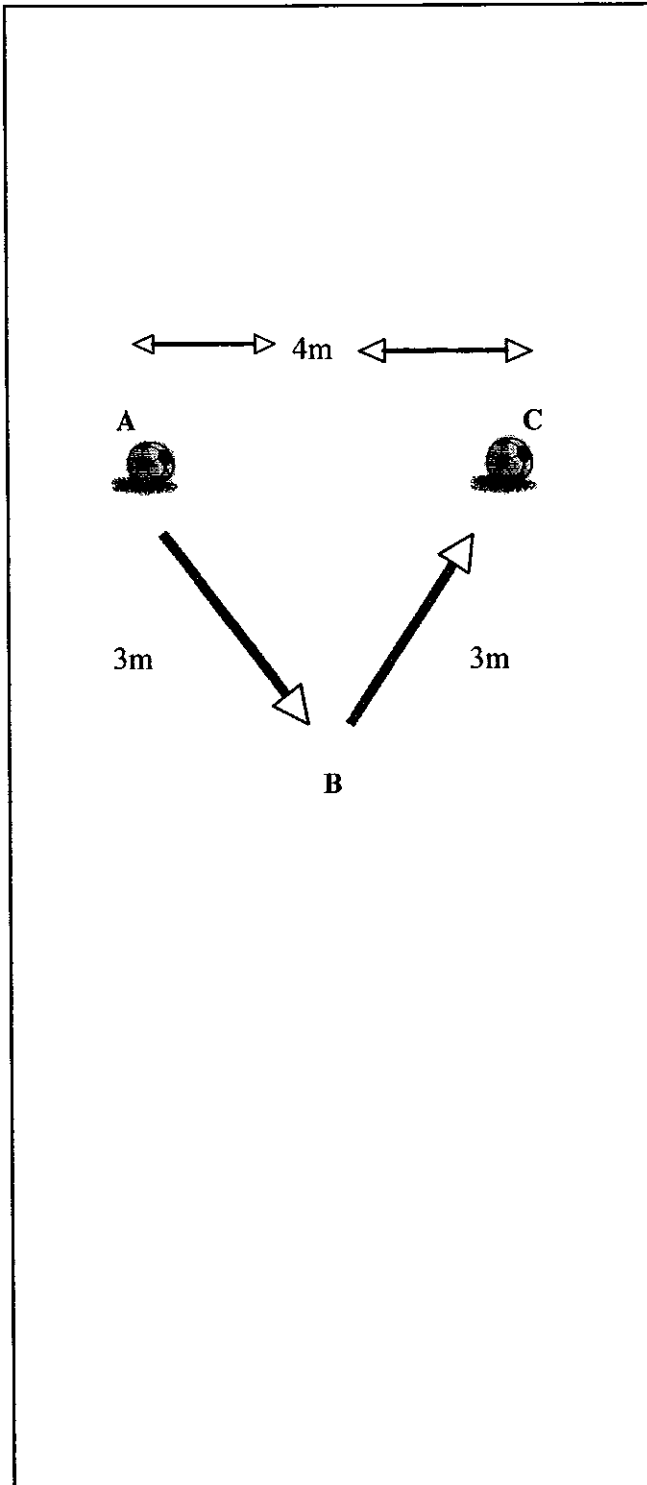
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. Passing must be accurate and firm.
3. All Players must stay light on their feet.

Increasing complexity

1. Increase speed of passes over time.
2. Increase duration of Player B
3. Compulsory two touch for all players
4. Increase or decrease distance of players
5. Put a time limit to complete a certain number of passes (more advanced footballers)

General Speed Skills Drills

Skill: Quick Feet and Headers



Aim: develop accuracy and speed of heading.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, heading skills, vision and ball control

Equipment: 1 football per 3 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A throws an under arm ball to player B
2. Player B heads the ball to player C with the right side of their forehead.
3. Player C now throws an underarm ball to player B and player B heads the ball to player A with the left side of their forehead.
4. Players rotate positions clockwise.
5. Repeat this set 2 or 3 times

Take Note:

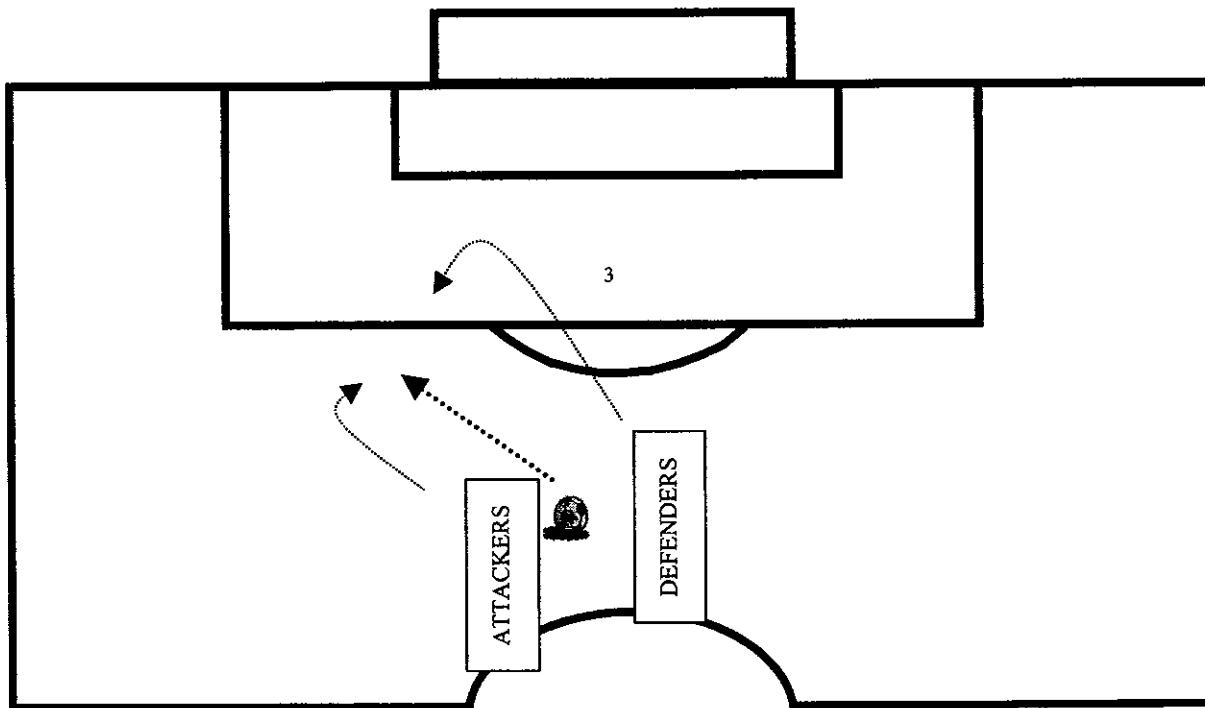
1. Accuracy is more important than speed. Build medium to fast speed over time.
2. It is important that all player throws are accurate and well weighted.
3. It is also important that players A and C throw an underarm ball back to player B as soon as possible.
4. Heading must be accurate and firm.
5. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of throw and returned header over time.
2. Increase duration of Player B
3. Two Touch for B. first one is up in the air and the second is to the next player
4. Increase or decrease distance of players
5. Increase the height of the ball being thrown so that players have to jump higher.
6. Put a time limit to complete a certain number of headers (more advanced footballers)

General Agility Multiple Skills Drill

Skill: Attackers v Defenders



Aim: Develop attacking creativity and defending skill.

Focus: encourage attacking players to experiment with left and right foot, turning in towards the goal and turning out. The defender should draw the attacker as wide as possible and not allow them to get a shot on goal.

Benefit: develops attacking and defending skills. Replicates game situation with applied pressure of attackers and defenders. Develops early decision-making skills, speed of player movement and dribbling skills, vision and finishing skills.

Equipment: 1 football per 2 players

Total time: 1 set = approx 15 mins

Instructions: Ask players to

1. Attackers stand on one side of the ball and the defenders on the other side of the ball as seen above.
2. Attacker 1 competes against defender 1; attacker 2 competes against defender 2 and so on.
3. The coach kicks the ball in the direction indicated above.
4. The attacker sprints to the ball and the defender sprints to defend the goal as seen above.
5. The attacker gets the ball and tries to beat the defender and score.
6. The defender has to try and win the ball and prevent the attacker from scoring.

Variations

1. Replicate this same exercise on the other side of the field.

Take Note:

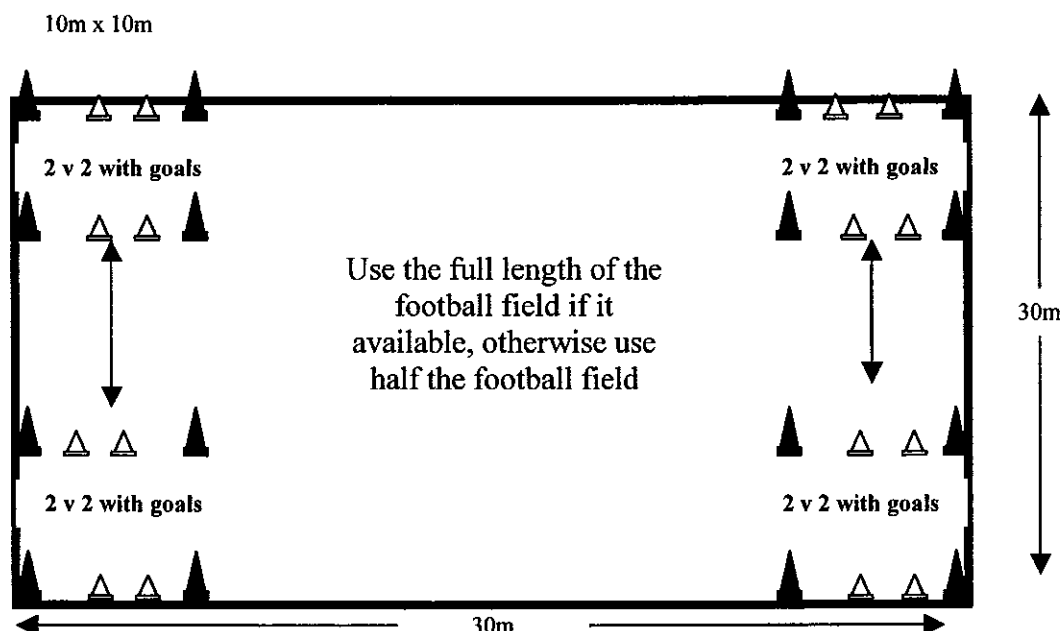
1. The speed of the attack must replicate the speed of the game; otherwise this drill becomes ineffective.

Increasing complexity

1. Call out two number so now there is two attackers and two defenders, call out three numbers and so on
2. Put a time limit for the attacker to score, e.g. 15 seconds.
3. Restrict the number of touches permitted before a shot on goal must be made.

Team Multiple Skills Drill

Skill: 2 v 2 x Four Games



Aim: Develops a whole range of skills e.g. passing, ball control, tackling, dribbling, as well as fitness simultaneously.

Focus: work for bouts of 1 minute at high intensity focusing on quality of passing and ball control.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued passes, 8 sets of bibs, 16 cones, 16 mini cones and a stopwatch.

Total time: allow 2 mins between the start of each game. (approx 15mins in total time)

Instructions: Ask players to

1. Make 8 teams of 2 of equal ability. Name each team (usually by colour of bib).
2. Each team is allocated a square to stand in so that there are two teams per square.
3. Teams play against each other for one-minute bouts, scoring as many goals as possible.
4. After the one-minute bout, coach calls 'change'; the losing team rotates, sprinting to the next square at 80%, as indicated by the arrows above.
5. Players recover for 30 seconds, and then the next game is played.
6. At the end of the second game, the two teams that did not play against each other must play.
7. Swap teams with the other squares so that eventually all teams play each other. Play a semi and grand final

Variations

1. Swap with the team diagonal to your square so that players are running further.

Take Note:

1. If a winner cannot be determined e.g. a draw, than the coach nominates a team to change.

Increasing complexity

1. Restrict touches, increase or decrease playing space, or players per team, or modify the playing time.

Warm-Up Games -Head ball

Aim: play the game of volleyball using only the head.

Focus: improved heading accuracy

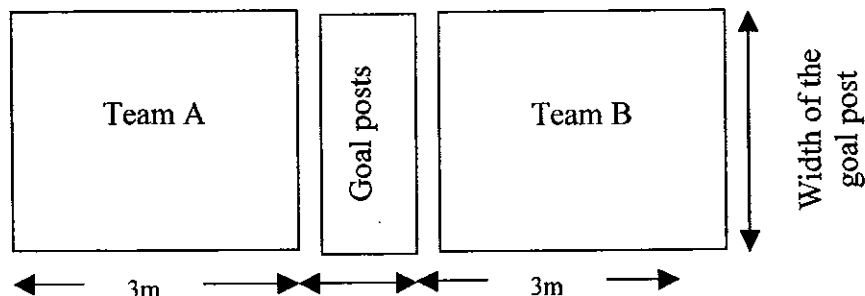
Benefit: increases ball control, speeds the decision-making ability of the mind as well as movement of the feet, increases accuracy of heading.

Equipment:

1 x football, 8 markers minimum, goal mouth

Total time: 5mins

Court Design:



Instructions:

1. Players divided equally as Team A and Team B (ideally 6 players, maximum of eight players per team)
(If supervision permits, have 2 courts and divide team into 4 teams for a round robin)
2. Game commences with the ball thrown straight up in the air from behind the team-A back line over to the team B-side. The players in the team B-side have a maximum of 3 touches to get the ball back to the team A side.
3. Players in the each team must return the ball to the opposing team before the ball bounces.
4. Players are only permitted to use their head to return the ball.
5. The ball can be returned on the first attempt or a maximum of three attempts.
6. A point is won if the opposition do not serve correctly, if the ball hits the cross bar and does not go over, if the ball lands outside the perimeter of the court, if the ball bounces, if more then three touches is required to get the ball over.
7. The same player is not permitted to have two touches in a row.

Variations on the complexity of the game

	Players
Elite	<ul style="list-style-type: none"> - Compulsory two or three touch before the ball is returned - Decrease the size of the court - Use an elimination system to identify a winner
Advanced	<ul style="list-style-type: none"> - Compulsory two or three touch before the ball is returned - Decrease the size of the court - Use an elimination system to identify a winner
Under 9 – 15	<ul style="list-style-type: none"> - Decrease the size of the court
Under 6 - 8	<ul style="list-style-type: none"> Catch the ball when it comes over, throw it up and try and head it back to the opposing team.

Daily Training Schedule

Training Warm-up and Stretches

Focus: Prepare the team of footballers physically and mentally for peak performance.





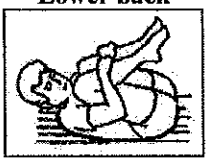

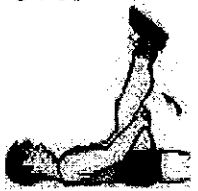
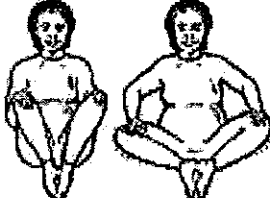
Equipment: 1 x stopwatch, 4 markers, 1 ball per player, set of bibs, measuring tape for distance

Total time: 15mins

Instructions: Ask players to

1. Players dribble a ball across the width of the football field as a team at 50% intensity and return. 3
2. Players are encouraged to use both feet while dribbling, use the inside and outside of the foot, to lean over the ball, use the upper body as much as possible when trying to deceive, to take as many touches as possible and to practise beating defenders by practising tricks and deceptive movements.
3. **Stretch** - form a 10m circle with the coach in the middle demonstrating the following stretches. 5
Each stretch should be held for 10-15sec. Players should not hold their breath.

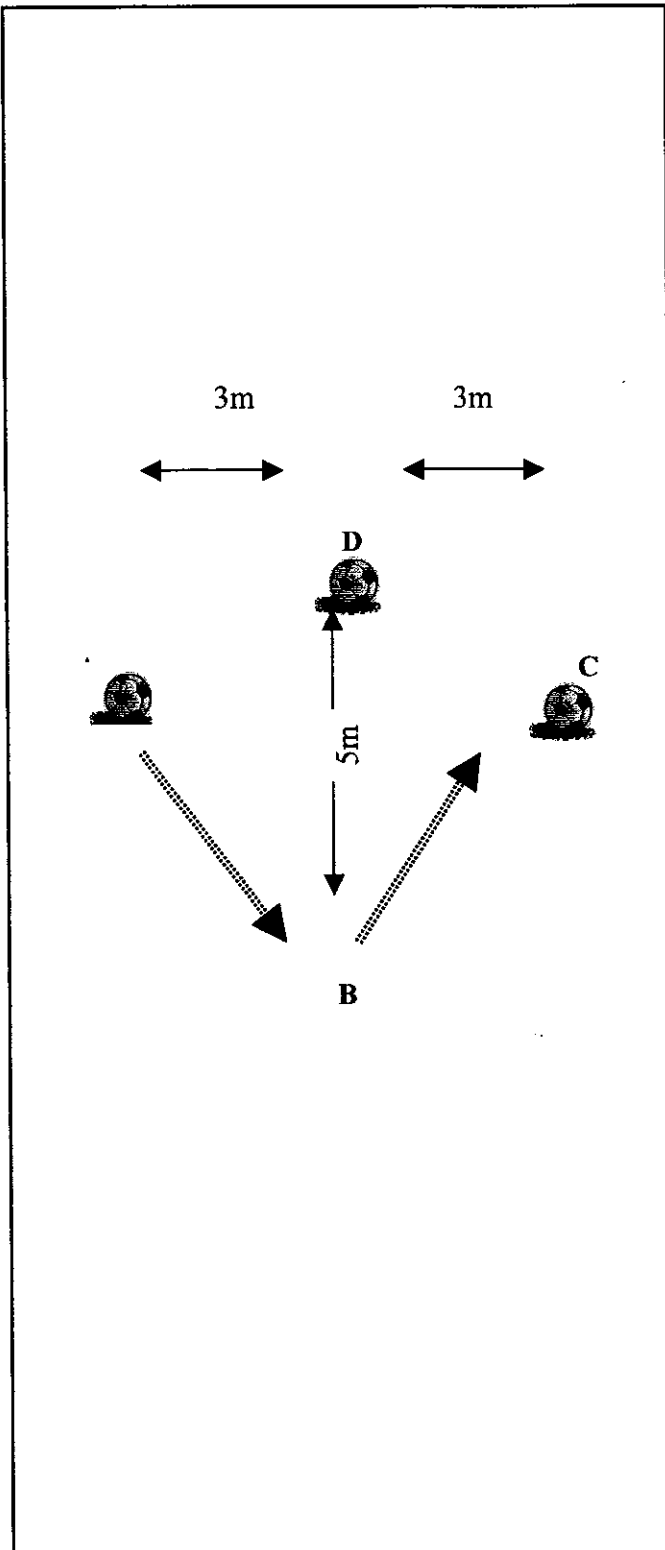
Mins

<p>Calf (bottom of the back leg)</p> 	<p>Quadriceps (upper front of the leg)</p> 
<p>Gluteal (backside stretch)</p> 	<p>Hip Flexor (upper front of the leg)</p> 
<p>Lower back</p> 	<p>Neck</p> 
<p>Hamstring (upper back of the leg)</p> 	<p>Adductors (groin)</p> 

4. Juggle the football individually or in small groups, focusing on good touches and close ball control. 2
5. Players to partner up and stand 5 metres apart and go through the following passing drills
 - Use the inside of the right foot and left foot passing the ball (two touch and then eventually one touch) 30sec
 - Using the inside of the foot, drag the ball across the body with one foot and pass the ball back to partner with the opposite foot. 30sec
 - Using the outside of the foot, drag the ball across the body with one foot and pass the ball back to partner with the same foot. 30sec
 - Control the ball with the inside of the foot and pass back with the same foot then swap. 30sec
6. Players stand 20m apart and practise longer passes and controlling the ball, body, chest, head etc then passing the ball back. 3

General Speed Skills Drills

Skill: Quick Feet and Passing



Aim: develop accuracy and speed of passing.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, passing skills, vision and ball control

Equipment: 2 footballs per 4 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A passes the ball to player B
2. Player B stops the ball with their right foot and passes it to player C with their left foot.
3. As soon as player B passes the ball to player C, player D passes the ball to player B and player B passes it back to player D with one touch.
4. Player C now passes the ball to player B and player B stops the ball with their left foot and passes the ball to player A with their right foot.
5. As soon as player B passes the ball to player A, player D passes the ball to player B and player B passes it back to player D with one touch.
6. Players rotate positions clockwise.
7. Repeat this set 2 or 3 times

Take Note:

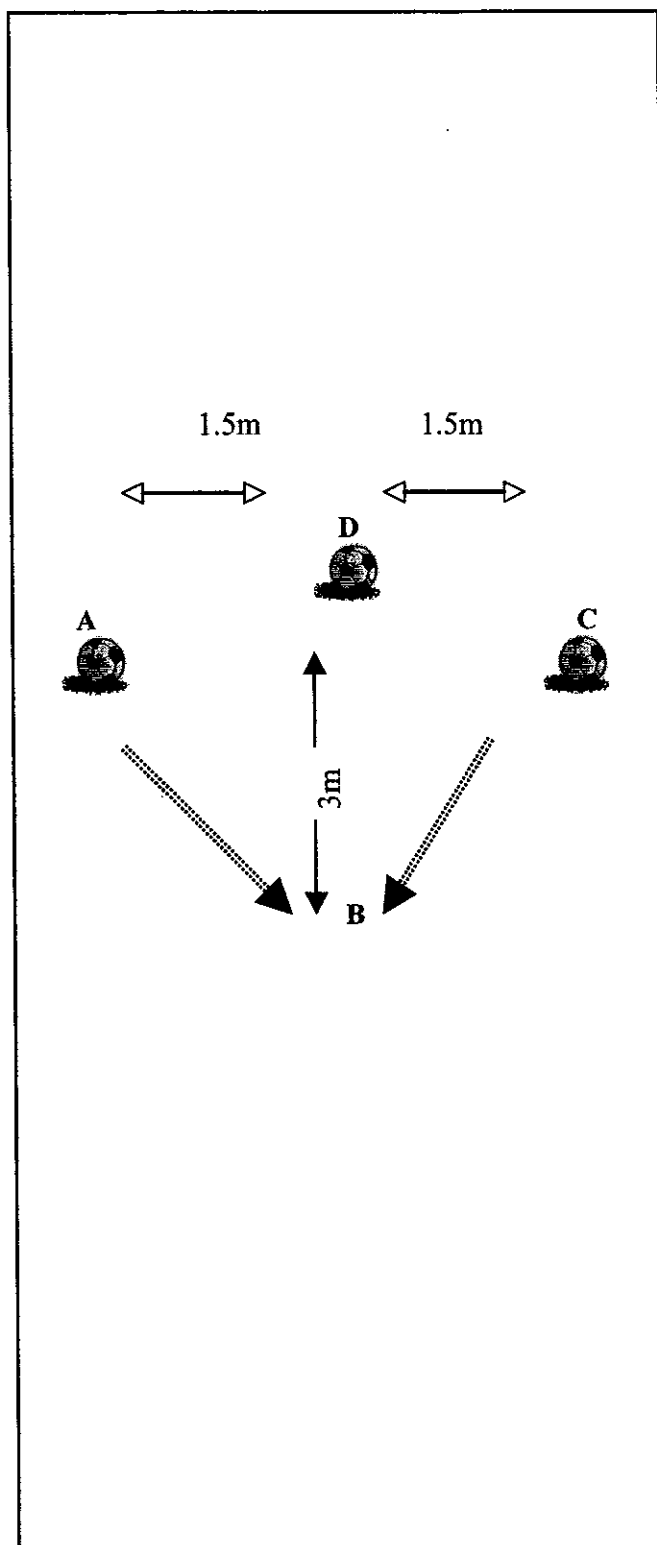
1. It is important that player D passes the ball to player B, as soon as player B has passed the ball to either player A or C
2. Passing must be accurate and firm.
3. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of passes
2. Increase duration of Player B
3. One Touch
4. Increase or decrease distance of players

General Speed Skills Drills

Skill: Quick Headers



Aim: develop accuracy and speed of heading.

Focus: encourage players to be light on their feet during this drill.

Benefit: develops decision-making speed, heading skills, vision and ball control

Equipment: 2 footballs per 4 players

Total time: 1 set = approx 3 mins
(Based on 30 sec per player)

Instructions: Ask players to

1. Player A throws an under arm ball to player B
2. Player B heads the ball to player C with the right side of their forehead.
3. As soon as player B heads the ball to player C, player D throws an underarm ball to player B and player B heads the ball back to player D.
4. Player C now throws an underarm ball to player B and player B heads the ball with the left side of their forehead to player A.
5. As soon as player B heads the ball to player A, player D throws an underarm ball to player B and player B heads the ball back to player D.
6. Players rotate positions clockwise.
7. Repeat this set 2 or 3 times

Take Note:

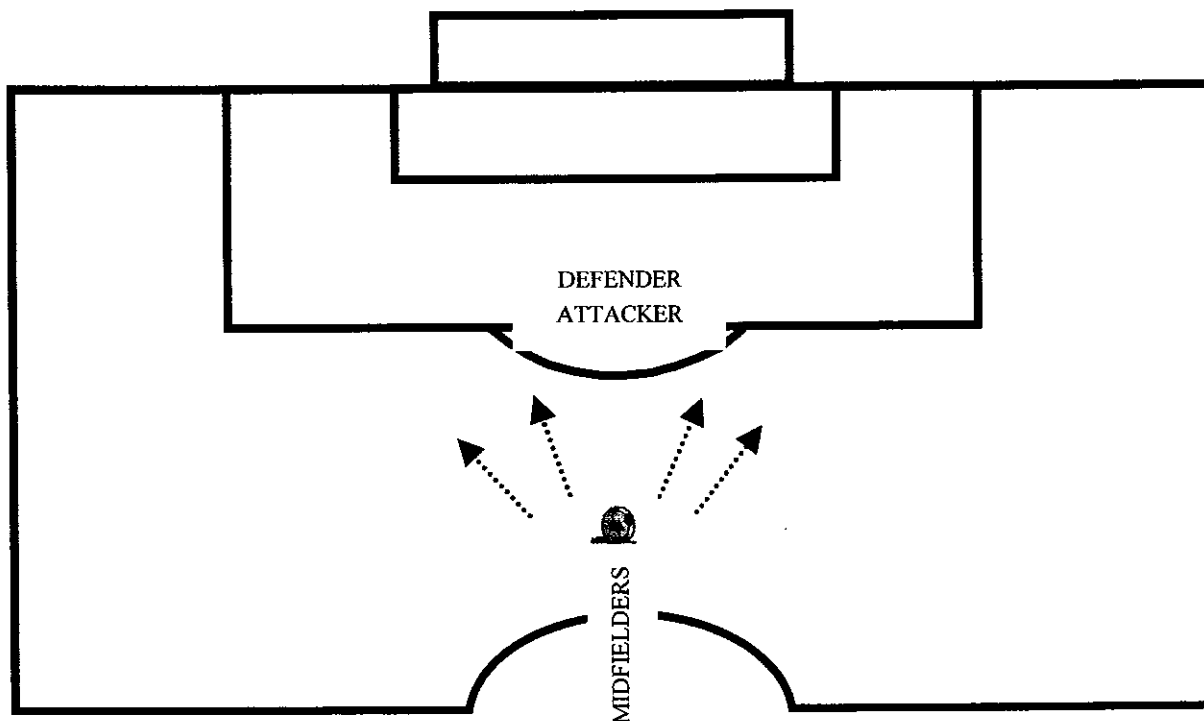
1. It is important that all player throws are accurate and well weighted.
2. It is also important that player D throws an underarm ball to player B, as soon as player B has headed the ball back to either player A or C
3. Heading must be accurate and firm.
4. Player B must stay light on their feet.

Increasing complexity

1. Increase speed of throw and returned header
2. Increase duration of Player B
3. Two Touch for B. first one is up in the air and the second is to the next player
4. Increase or decrease distance of players
5. Increase the height of the ball being thrown so that players have to jump higher

General Agility Multiple Skills Drill

Skill: Attackers v Defenders



Aim: Develop attacking creativity and superior defending skill.

Focus: encourage attacking players to draw defender into the ball to create the space for the second attacking player. The skilled defender should be positioned so as to eliminate the extra player. The defender should encourage the attacker to run wide and away from the goal and not allow them to get a shot on goal. BEWARE OF THE OFF-SIDE

Benefit: Assists attackers capitalise on extra player. It develops attacking and defending skills. Replicates game situation with applied pressure of attackers and defenders. Develops early decision-making skills, speed of player movement and dribbling skills, vision and finishing skills. Places superior demands on defender to eliminate the extra attacker.

Equipment: 1 football per 2 players

Total time: 1 set = approx 15 mins

Instructions: Ask players to

1. Assume the positions indicated above.
2. Midfielders pass a rolling ball to attacker in one of the directions indicated above. Midfielder now joins the attack.
3. Attacker runs towards the ball, shielding it from the defender.
4. The midfielder and attacker now have a two on one situation, which they must try and capitalise on.
5. The defender must work to prevent a goal from being scored.
6. The drill ends when a shot on goal is attempted, the defender wins the ball or after 10 seconds.

Variations

1. Use two attacking midfielders versus a defending midfielder.

Take Note:

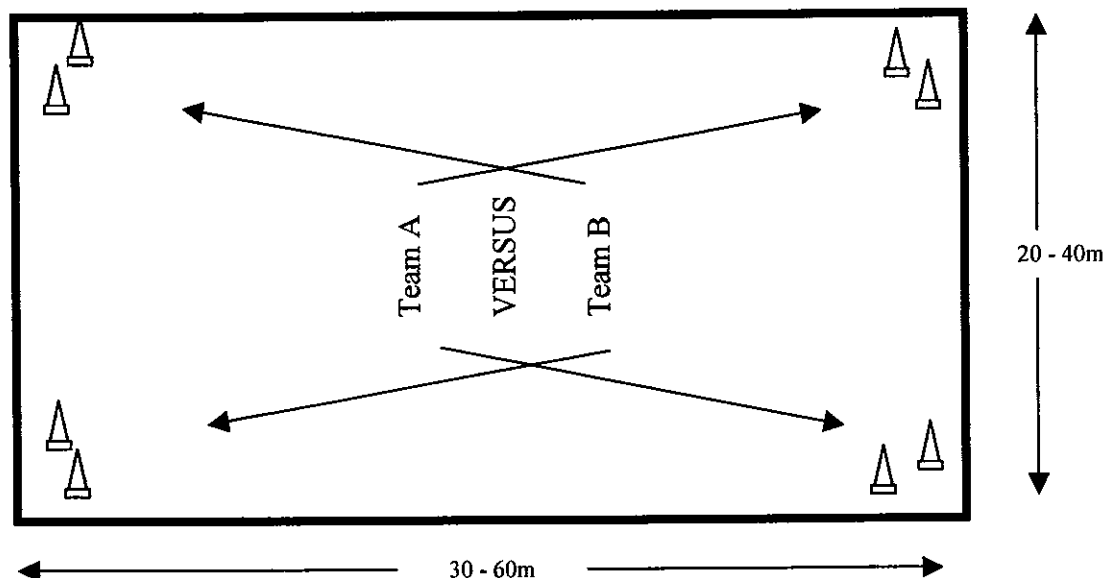
1. The speed of the attack must replicate the speed of the game; otherwise this drill becomes ineffective.

Increasing complexity

1. Have three attackers versus two defenders, four attackers versus three defenders and so on.
2. Restrict the number of touches permitted e.g. only three touches then a shot or a pass must be executed.

Team Multiple Skills Drill

Skill: 2 Team Twin Goals



Aim: Develops a whole range of skills passing, ball control, shooting, tackling, and dribbling, as well as fitness simultaneously.

Focus: players constantly moving to create space for each other, they must score through the two goals on the opposite end.

Benefit: game specific skills and fitness components under high intensity and pressure, within a confined space.

Equipment: multiple balls for miscued shots, 2 sets of bib, 8 cones and a stopwatch.

Total time: 4 x 5 min games with 60 seconds recovery between games (approx 20 mins in total)

Instructions: Ask players to

1. Organise two teams
2. Name each team (usually by colour of bib)
3. Teams play against each other for five-minute bouts, trying to score through the two goals available to each team.
4. Record results for reference.
5. Announce a winning team

Variations

1. Play attackers versus defenders, attackers versus attackers and or defenders versus defenders.

Take Note:

1. Movement on and off the ball is very important in this drill.

Increasing complexity

1. Restrict touches, increase or decrease playing space, increase or decrease players per team, increase playing time, play man on man, apply conditions such as not being able to pass the ball directly back to the person who just passed it to you.

Daily Training Schedule

Cool-down

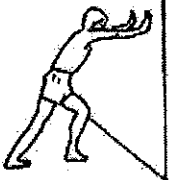






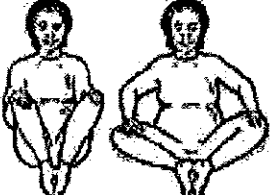
Focus: Reduce the lactic acid/fatigue and muscle soreness effect of a game of football and to commence the active recovery process.

Equipment:
1 x stopwatch

Total time: 5mins

Instructions: Ask players to

- Stretch** - form a 10m circle with the coach in the middle demonstrating the following stretches. Each stretch should be held for 10-15sec. Players should not hold their breath.

Calf (bottom of the back leg) 	Quadriceps (upper front of the leg) 
Gluteal (backside stretch) 	Hip Flexor (upper front of the leg) 
Lower back 	Neck 
Hamstring (upper back of the leg) 	Adductors (groin) 

2. **During this time**, the coach/players should evaluate team and individual performances and discuss the schedule for the week and weekend to come.

3. Within 10mins

Footballers should be encouraged to hydrate themselves with water or a sports drink. At least 2 litres over the next 2 hours

4. **Within the next 20mins** a bag of ice should be applied directly on the injured muscles (20mins on 20mins off 20mins on again, repeat daily over the next 72 hours)

5. **Within the next 24 hours** – players who are not injured should be encouraged to go for a 10min jog at 50% intensity. Players should then go through the entire stretching routine at the conclusion of the run. This will reduce muscle soreness.

Mins

5