**High Performance Preseason – Multi Sport**

**🟨 WEEK 1: Foundations & Baseline**

**Session 1 – Movement & Strength Screening**

**Objective:** Assess movement quality and establish base strength

* **Dynamic Warm-Up (15 mins):**
	+ Jog 2 laps
	+ Leg swings (front & side)
	+ Walking lunges with twist
	+ Shoulder circles, arm hugs
	+ World's Greatest Stretch
* **Movement Screening (20 mins):**
	+ Overhead squat x 3 reps
	+ Push-up test (max in 60s)
	+ Single-leg balance (eyes closed, 30s/leg)
	+ Partner-assisted core test (plank + shoulder tap)
* **Bodyweight Strength Circuit (30 mins):**
3 rounds of:
	+ Air squats x 20
	+ Push-ups (full or incline) x 15
	+ Glute bridges x 15
	+ Plank hold x 45s
	+ Rest 60s between rounds
* **Sport-Specific Skills (25–30 mins):**
	+ Partner passing
	+ Close control (hockey: dribbling; soccer: ball touches; netball: passing accuracy)
* **Cooldown & Stretch (10 mins)**

**Session 2 – Acceleration & Fitness Testing**

**Objective:** Establish fitness baseline, work on basic acceleration

* **Warm-Up (10 mins):**
	+ Skipping rope x 2 mins
	+ Dynamic stretches (calf, quad, hamstring)
	+ High knees, butt kicks, A-skips
* **Acceleration Mechanics (20 mins):**
	+ Wall drills (3-point contact, drive knee forward x 5 reps/leg)
	+ Falling start into 10m sprint x 5
	+ Partner resisted sprint x 3 per athlete
* **Yo-Yo Intermittent Recovery Test (30 mins):**
	+ Follow standard Yo-Yo protocol
	+ Record level/distance for future comparison
* **Sport-Specific Drills Under Fatigue (25 mins):**
	+ 3v2 attack/defend (transition focus)
	+ Small-sided conditioned game (limited touches or time)
* **Recovery & Stretch (10 mins)**

**🟧 WEEK 2: Strength & Power / Speed & COD**

**Session 1 – Power Basics & Strength Form**

**Objective:** Teach power generation and safe lifting technique

* **Warm-Up (15 mins):**
	+ Jumping jacks, high knees, pogo jumps
	+ Arm swings, trunk rotations
* **Strength Technique Block (30 mins):**
	+ Goblet squat (3x10 @ controlled tempo)
	+ Dumbbell RDL (3x10)
	+ Inverted row or band row (3x8–10)
	+ Push-up variation (incline if needed) (3x10)
* **Plyometrics (20 mins):**
	+ Broad jumps x 3 sets of 5
	+ Depth jumps (off 20–30cm box) x 3 sets of 3
	+ Med ball chest pass + sprint x 5 reps
* **Sport-Specific Finishing Drills (30 mins):**
	+ Hockey/soccer: fast breaks to shot
	+ Netball: receive under pressure
	+ Cricket: fielding under movement fatigue

**Session 2 – Change of Direction & Sprint Agility**

**Objective:** Increase reactive agility, short burst speed

* **Warm-Up (10 mins)**
	+ Ladder drills: in-in-out, lateral, hop through
	+ A/B skips, bounding
* **Sprint + COD Work (30 mins):**
	+ Sprint ladder (10m, 20m, 30m) x 3
	+ T-test: sprint forward, shuffle side, backpedal
	+ Mirror drill: partner mimics direction
	+ Reactive light or call-out cone drill
* **Small-Sided Skill Game (30 mins):**
	+ Set up 5v5 on small pitch with constraints
	+ Emphasize short bursts, pressure, decisions
* **Cooldown Stretching (10 mins)**

**🟩 WEEK 3: Strength Endurance / Repeat Sprint**

**Session 1 – Strength Endurance**

**Objective:** Build fatigue resistance, circuit training focus

* **Warm-Up (10 mins)**
	+ Partner mobility (leg swings, trunk rotation, shoulder taps)
	+ Bodyweight flow (squat, reach, crawl)
* **S&C Circuit (40 mins):**
3 rounds, 40s work/20s rest:
	+ Dumbbell step-ups
	+ Jump squats
	+ Push-ups
	+ DB bent-over rows
	+ Bear crawl
	+ Russian twists
* **Sport-Specific Circuit (30 mins):**
	+ Set 4 skill stations (e.g., shooting under pressure, fast hands, precision pass)
	+ Rotate every 5 mins, 90s rest between
* **Stretch (10 mins)**

**Session 2 – Repeat Sprint & Reaction**

**Objective:** Improve anaerobic fitness and game recovery

* **Warm-Up (10 mins)**
	+ Cone zigzag run, mini hurdles, shoulder mobility
* **Sprint Repeats (30 mins):**
	+ 6x20m sprint every 30s
	+ 4x40m sprint every 60s
	+ Jog 100m after every 6 reps
* **Decision Agility (30 mins):**
	+ Set up 4 cones in a box
	+ Coach calls number or color
	+ Athlete sprints and turns accordingly
* **Sport-Specific Skill Finisher (20 mins)**
	+ E.g. 2v2 in a tight area, scoring only after 3 passes
	+ Add 5s max to complete shot/action

**🟦 WEEK 4: Re-Test & Power Development**

**Session 1 – Midpoint S&C + Re-Test**

**Objective:** Measure progress and increase intensity with compound lifts

* **Warm-Up (15 mins):**
	+ Activation band series: glutes, shoulders
	+ 3 rounds of: air squats x 10, push-ups x 10, bear crawl x 10m
* **Re-Test Movement Quality (15 mins):**
	+ Overhead squat
	+ Max push-ups in 60s
	+ Plank hold max
	+ Yo-Yo level comparison
* **Strength Block (40 mins):**
	+ Goblet squats → Barbell squats (3x5)
	+ RDLs with DB or bar (3x8)
	+ Pull-ups or banded rows (3x6–10)
	+ Plank walk-outs + weighted carries
* **Sport-Specific Mini-Drills (20–30 mins):**
	+ Skill in small space under time limit
	+ Partner passing with added fatigue (e.g., after 5 push-ups)
* **Mobility cooldown**

**Session 2 – Acceleration + Reaction Training**

**Objective:** Improve top-end speed and reactive change-of-direction

* **Warm-Up (10 mins):**
	+ Skipping, bounding, A/B skips
	+ Sprint technique drills
* **Sprints & Reactive Start Drills (25 mins):**
	+ Falling starts into 20m sprint (3 reps)
	+ Partner drop reaction sprints (5 reps)
	+ Mirror shuffle drill x 3 rounds
* **Agility Course with Decision Cues (20 mins):**
	+ Multi-cone change-of-direction drills
	+ Use visual or verbal cues for unpredictability
	+ Add ball carry or object retrieval
* **Sport-Specific Finishing Game (25–30 mins):**
	+ Small-sided, high-pressure game
	+ Score only on quick transition
* **Cool-down jog & stretch (10 mins)**

**🟨 WEEK 5: Heavy Conditioning & Game Load**

**Session 1 – Strength + Fatigue Skills**

**Objective:** Increase muscular endurance and maintain form under fatigue

* **Warm-Up (15 mins):**
	+ Foam roll + band activation
	+ Sprint warm-up: skips, bounds, high knees
* **Strength Tri-Sets (40 mins):**
	+ BB Squat (3x5) → Plyo jump → Core move (plank hold, V-sit)
	+ Push press (3x6) → MB throw → Bear crawl
	+ Deadlift or RDL (3x6) → Lateral bounds → Paloff press
* **Sport-Specific Fatigue Work (25–30 mins):**
	+ Execute drills with sprint/jump pre-load
	+ E.g., pass-shoot combo after shuttle sprint
	+ Netball: 3-passes after sprint then shot on goal
	+ Cricket: throw-to-target after sprint/side shuffle
* **Cooldown**

**Session 2 – Game Fitness**

**Objective:** Build match fitness through sport-specific interval games

* **Warm-Up (10 mins)**
	+ Reaction ladder + med ball warm-up
* **Small-Sided Games (45 mins):**
	+ 5v5 or 7v7 full intensity
	+ Work:Rest 4:1
	+ Incentivize turnovers or mistakes with penalty sprints
	+ Coaches call out scenarios mid-game
* **Tactical Conditioning (25–30 mins):**
	+ Soccer: overload breakouts
	+ Hockey: press and counter
	+ Netball: transition under time constraint
	+ Cricket: simulate overs in fielding with no break
* **Stretch + guided breathwork (10 mins)**

**🟧 WEEK 6: Fast Play & Pressure Training**

**Session 1 – Explosive Power & Sharp Skills**

**Objective:** Focus on speed of execution and strength-speed combo

* **Warm-Up (10 mins):**
	+ Sprint warm-up with change of pace
	+ Activation with resistance bands
* **Contrast Training Block (30 mins):**
3 supersets of:
	+ Squat → Broad Jump
	+ Push Press → Plyo Push-up
	+ Med Ball Slam → Sprint
* **Partner Reactive Skills (30 mins):**
	+ Mirror ball work (1v1)
	+ Decision drill (3 options → coach calls)
* **Cool-down mobility**

**Session 2 – Chaos Conditioning**

**Objective:** Create fatigue in unpredictable, game-like scenarios

* **Warm-Up (10 mins)**
* **Sprint & Reaction Circuits (25 mins):**
	+ Sprint to color cone
	+ Reaction to number cue
	+ Sprint → slide → cut → pass (sport-specific)
* **Unstructured Pressure Games (30–40 mins):**
	+ Teams can change numbers
	+ Add “chaos cards” mid-game (e.g., play with 1 less, only score from X zone)
* **Fun Finisher:**
	+ Team relay challenge
	+ Competitive conditioning: chase-down or zone capture

**🟩 WEEK 7: Game Load + Tactical Reps**

**Session 1 – Tactical S&C**

**Objective:** Heavy strength movements with fast recovery and on-field execution

* **Warm-Up (15 mins):**
	+ Resistance band warm-up
	+ Tempo jogging with accelerations
* **Strength Progressions (30–40 mins):**
	+ BB Squat (4x5 @ heavier weight)
	+ Pull-up or DB row (3x6)
	+ Push Press or DB Bench (3x6)
	+ Weighted core + carries
* **Skill Execution Under Duress (30 mins):**
	+ E.g., complete 3 clean passes immediately after squats
	+ Netball/hockey: set play execution with time countdown
	+ Soccer: 3-pass → shot after cone sprint

**Session 2 – Full Match Sim Scenarios**

**Objective:** Apply full match intensity and systems

* **Warm-Up (10 mins)**
* **Full Match Simulation (60 mins):**
	+ Break into quarters/halves
	+ Include water breaks + quick coaching
	+ Emphasize communication and structure
* **Skill Targets During Play (20 mins):**
	+ Focus on set plays, decision making
	+ Position-specific instructions
* **Team Talkdown + Recovery (10–15 mins)**

**🟥 WEEK 8: Peak & Taper Week**

**Session 1 – Re-Test & Sharpness**

**Objective:** Compare testing and refine sharpness

* **Warm-Up (10 mins)**
	+ Skipping, activation, med ball warm-up
* **Re-Testing Block (30 mins):**
	+ Squat (max reps @ fixed weight)
	+ Push-up or pull-up max
	+ Sprint time (20m or 40m)
	+ Yo-Yo or conditioning test
	+ Record all scores
* **Sharp Skill Stations (30 mins):**
	+ Precision passing, tactical IQ
	+ Controlled speed drills
	+ Controlled 2v2 or 3v2 situations

**Session 2 – Team Celebration & Final Game**

**Objective:** Mental refresh and high-tempo fun session

* **Warm-Up (10 mins)**
	+ Laughter-based icebreakers, relay races
* **Tournament-Style Games (60 mins):**
	+ 5v5 round robin
	+ Play with fun rules (reverse scoring, joker players)
	+ Winning team gets small reward
* **Reflection & Cooldown (15–20 mins):**
	+ Group chat: “What improved most?”
	+ Coach feedback & recognition
	+ Guided breathwork or short meditation