**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