**Multi Sport – Junior Preseason**

**🔥 Session 1: Movement Foundations & Cardio Conditioning**

**Duration:** 75 mins
**Focus:** Aerobic base, coordination, movement skills

1. **Dynamic Warm-Up (10 mins)**
	* Jog + mobility (high knees, butt kicks, side shuffle)
	* Light stretches
2. **Movement ABCs (15 mins)**
	* Ladder drills (2 feet in, in-and-out, side shuffle)
	* Skipping variations (1 foot, crossover, high knees)
3. **Aerobic Pyramid Run (20 mins)**
	* 1–2–3–4–3–2–1 minutes running at 70–80% effort with 1 min jog recovery
4. **Bodyweight Strength (15 mins)**
	* 2 rounds: 10 squats, 10 push-ups, 10 lunges (each leg), 20 sec plank
5. **Team Game: Cone Reaction Tag (10 mins)**
	* Players race to grab cones based on coach cues
6. **Cooldown + Stretch (5 mins)**

**💥 Session 2: Acceleration & Agility**

**Duration:** 90 mins
**Focus:** First-step speed, directional changes

1. **Dynamic Warm-Up + Core Activation (15 mins)**
	* Add skipping + basic plank holds and glute bridges
2. **Acceleration Technique (15 mins)**
	* Falling starts, wall drills, 10m sprints
3. **Agility Ladder + Cones (20 mins)**
	* Ladder footwork → sharp cone changes (zig-zag, T-pattern, reaction cues)
4. **Shuttle Relay Races (15 mins)**
	* 10–20–30m shuttles, in teams (add ball if desired)
5. **Agility Tag (10 mins)**
	* Small grid, players must evade a chaser with fast footwork
6. **Stretch + Breathing Recovery (10 mins)**

**🧠 Session 3: Functional Strength & Balance**

**Duration:** 75 mins
**Focus:** Core control, muscle endurance

1. **Warm-Up with Ball/Stick Control (10 mins)**
	* Include fun balance games or coordination tasks
2. **Core & Balance Circuit (20 mins)**
	* 30s per station: single-leg balance, planks, crab walks, side lunges, bird-dogs
	* Repeat twice
3. **Strength in Motion (25 mins)**
	* Partner-resisted movements (push/pull), resistance band exercises, step-ups, box jumps
4. **Sport Movement Challenge (15 mins)**
	* Obstacle course combining jumping, crawling, directional changes
5. **Yoga-Inspired Cool Down (5 mins)**

**🏃 Session 4: Endurance & Mental Grit**

**Duration:** 90 mins
**Focus:** Aerobic endurance, team resilience

1. **Warm-Up (10 mins)**
	* Jogging games, quick stretch
2. **Long Interval Runs (25 mins)**
	* 4 x 4-minute runs at steady pace with 2 min rest
	* Add ball work or task (e.g., dribble during walk back)
3. **Team Circuit (25 mins)**
	* 45s on, 15s off: burpees, shuttle runs, mountain climbers, jump squats, wall sits
	* 2 rounds
4. **Mental Challenge Relay (20 mins)**
	* Teams solve a riddle or challenge mid-run (puzzle at halfway point)
5. **Guided Stretch & Reflection (10 mins)**

**⚡ Session 5: Explosive Power & Speed**

**Duration:** 85 mins
**Focus:** Speed mechanics, power movements

1. **Dynamic Sprint Warm-Up (15 mins)**
	* Skips, bounding, sprint drills
2. **Plyometrics & Sprint Sets (25 mins)**
	* Bounding, vertical jumps, tuck jumps, followed by 10m sprints
	* Emphasize explosive push-off
3. **Sprint Relay (20 mins)**
	* Teams race 4x20m, 4x30m, 4x40m
	* Rotate stations: sprints, hurdles, agility weave
4. **Reaction Ball Games (10 mins)**
	* Drop and catch, partner reaction catches
5. **Team Stretch (10 mins)**

**🔁 Session 6: High Intensity Intervals (HIIT)**

**Duration:** 75 mins
**Focus:** Anaerobic fitness, short burst conditioning

1. **Warm-Up (10 mins)**
	* Jog, dynamic stretch, stick/ball control if needed
2. **HIIT Rounds (20 mins)**
	* 30s work, 30s rest x 3 rounds: sprints, jump squats, lateral bounds, core holds
3. **Short Sprint Challenge (15 mins)**
	* 10m, 20m, 30m sprints with limited recovery
	* Coaches track improvement
4. **Small-Sided Conditioning Game (20 mins)**
	* 3v3 or 4v4, no outs, continuous rotation
5. **Cool Down (10 mins)**

**🔄 Session 7: Agility, Recovery, and Reaction**

**Duration:** 80 mins
**Focus:** Fast feet, reaction time, recovery protocols

1. **Warm-Up & Footwork Ladders (15 mins)**
	* Include mirror drills and lateral speed
2. **Reaction Lights or Voice Drill (20 mins)**
	* Coach or teammate gives unexpected commands (colors/numbers/ball tosses)
3. **Cone Challenge Relay (20 mins)**
	* Players must remember sequence while sprinting/cone tapping
4. **Stretch, Foam Roll, Recovery Techniques (15 mins)**
	* Teach foam rolling, breathwork, cold towel technique
5. **Team Connection Game (10 mins)**
	* Build rapport (human knot, trust fall, etc.)

**💪 Session 8: Match Simulation Fitness**

**Duration:** 90 mins
**Focus:** Sport-specific movement conditioning

1. **Warm-Up + Dynamic Drills (15 mins)**
	* Add game-like sprint tasks or skill touches
2. **Work:Rest Game Simulation (30 mins)**
	* Players run/dribble/move in game-style blocks (4 x 6-minute blocks with 2 min rests)
3. **Conditioned Game (20 mins)**
	* Add rules: only score off fast breaks, or 2 passes then shoot
	* Keep intensity high
4. **Cool Down & Team Review (15 mins)**
	* Journaling or rating self 1–5 on effort, recovery work