**Multi Sport – Senior Preseason**

**🏋️‍♂️ Session 1: Movement Screening & Conditioning Baseline**

**Duration:** 90 mins  
**Goal:** Assess movement quality and establish a fitness baseline

**Structure:**

* **Warm-Up & Mobility (15 mins):**
  + Jog, skips, dynamic stretches, hip openers, shoulder rolls
* **Functional Movement Screen (30 mins):**
  + Overhead squat, lunge & twist, push-up, single-leg balance
  + Partner or coach observes technique
* **Endurance Baseline Run (20 mins):**
  + Yo-Yo Intermittent Recovery Test (or beep test)
  + Record distances/times
* **Core Activation Circuit (15 mins):**
  + 30s x 3 rounds: plank, bird-dog, glute bridges, side plank
* **Stretch & Debrief (10 mins)**

**🌀 Session 2: Strength & Power Foundations**

**Duration:** 105 mins  
**Goal:** Build general strength and explosive movement patterns

**Structure:**

* **Dynamic Warm-Up (15 mins)**
  + Include jumps, bounds, and reactive footwork
* **Strength Technique Stations (40 mins):**
  + Squats, deadlifts, push-ups, band pulls, lunges
  + Focus on movement quality over load
* **Plyometrics + Sprint Pairing (30 mins):**
  + Broad jump → 10m sprint (x4)
  + Depth jump → lateral sprint (x4)
* **Mobility Cool Down (10 mins)**
  + Foam roll, hip stretches, calves, hamstrings

**🏃 Session 3: Speed & Agility**

**Duration:** 90 mins  
**Goal:** Improve acceleration, footwork, and change of direction

**Structure:**

* **Sprint Warm-Up (15 mins):**
  + Skips, bounds, A/B skips, fast feet drills
* **Sprint Mechanics (20 mins):**
  + Wall drills, falling sprints, 10m accelerations
  + Emphasis on arm drive and knee lift
* **Agility Grid (30 mins):**
  + 3 cone drills, mirror drills, partner reaction races
* **Sport-Specific Conditioning (20 mins):**
  + Shuttle intervals (15s on, 15s off), add ball/stick for realism

**🧱 Session 4: Strength Endurance & Team Circuit**

**Duration:** 105 mins  
**Goal:** Build muscular endurance, mental resilience, and team cohesion

**Structure:**

* **Mobility Warm-Up (10 mins)**
* **Strength Endurance Circuit (40 mins):**
  + 3 rounds of:
    - Push-ups x20
    - Walking lunges x20
    - Bodyweight squats x30
    - Russian twists x40
    - 400m jog between rounds
* **Team Obstacle Challenge (30 mins):**
  + Use cones, ladders, hurdles, tires
  + Teams complete with penalties for missed tasks
* **Recovery + Team Talk (15 mins)**

**🧠 Session 5: Cognitive Conditioning & Chaos Drills**

**Duration:** 90 mins  
**Goal:** Improve decision-making under fatigue

**Structure:**

* **Warm-Up with Cognitive Challenges (15 mins):**
  + Call colors/numbers during drills, reaction games
* **Reactive Agility Grid (20 mins):**
  + Players must change direction based on visual or audio cues
* **Ball Work or Sport-Specific Pressure Drills (25 mins):**
  + 2v1 or 3v2 keep-away, decision games under pressure
* **Sprint Intervals + Decision Task (20 mins):**
  + After each sprint, solve a small team challenge (memory, code, pass under pressure)
* **Cooldown & Group Chat (10 mins)**

**🔄 Session 6: High Intensity Intervals + Active Recovery**

**Duration:** 100 mins  
**Goal:** Boost anaerobic capacity and practice recovery protocols

**Structure:**

* **Warm-Up (10 mins)**
  + Mobility flow + short sprints
* **HIIT Blocks (30 mins):**
  + 3 x 6-min blocks:
    - 30s sprint, 30s walk
    - Adjust rest ratio over time
* **Skill Conditioning Games (30 mins):**
  + 4v4 or 6v6, smaller field/court, high intensity bursts
* **Active Recovery: Mobility, Foam Rolling, Stretching (20 mins)**
  + Guided breathing and visualisation

**🔁 Session 7: Game Simulation & Match Conditioning**

**Duration:** 120 mins  
**Goal:** Match-specific work, build repeat sprint ability

**Structure:**

* **Sport-Specific Warm-Up (15 mins)**
  + Include ball handling, passing, etc.
* **Modified Game Play (30 mins):**
  + Split into teams, rotate rules (max touches, fast breaks, power plays)
* **Conditioning Drills (30 mins):**
  + Sprint ladders, small field suicides, or circuit laps
* **Small-Sided Games (30 mins):**
  + 5v5 or 6v6 — intense, short rounds (4 min on, 2 min rest)
* **Cooldown (15 mins)**

**🧪 Session 8: Re-Testing & Team Culture**

**Duration:** 90 mins  
**Goal:** Assess gains, reinforce team identity

**Structure:**

* **Dynamic Warm-Up (10 mins)**
* **Re-Test Drills (40 mins):**
  + Repeat Session 1’s movement tests + endurance run
  + Compare scores
* **Team Bonding Challenge (20 mins):**
  + Tug of war, scavenger challenge, or "last person standing" relay
* **Reflection & Culture Workshop (20 mins):**
  + Team values, season goals, leadership nominations
  + Journaling or group feedback