



# 2024/2025 PRE SEASON BIBLE

NEXT SEASON STARTS NOW



# INTRODUCTION

In terms of preparation, sharpness, fitness, and conditioning, the off-season period in the summer is as important as the season itself. We're here to make sure you can make the most of this time and have your players ready to go for the Fall season.

We're not just talking about a pre-season plan that starts a few weeks before the new season - it's in your best interest (and your players') to provide the framework that encourages good habits when it comes to physical fitness, nutritional health, and technical progression.

In this document, we provide a holistic guide to supporting your players remotely, helping them to remain well enough to hit the ground running when they return to the training field. We will cover:

- **PARENT RESOURCES**
- **STRENGTH & CONDITIONING**
- **NUTRITION**
- **REALISTIC TECHNICAL 'HOMEWORK'**
- **4 or 6 WEEK PRE-SEASON SESSION PLAN**
- **HOW TO PLAN YOUR NEW SEASON**
- **NEW SEASON SUGGESTED GUIDES**
- **SUPPORT FOR NEW COACHES**

# PARENT RESOURCES

Parents play an absolutely vital role in the development of young soccer players, and it all starts with having the proper routine and environment at home. Ensuring parents are well-equipped with the knowledge and resources they need to keep their children in good shape is the foundation for a fruitful pre-season - and their football journey in general.

Whether it's by completing drills and practices set by their coach, or fully-independent technical work that they do off their own back, players must factor at-home training into their schedule - for their own benefits and wellbeing.

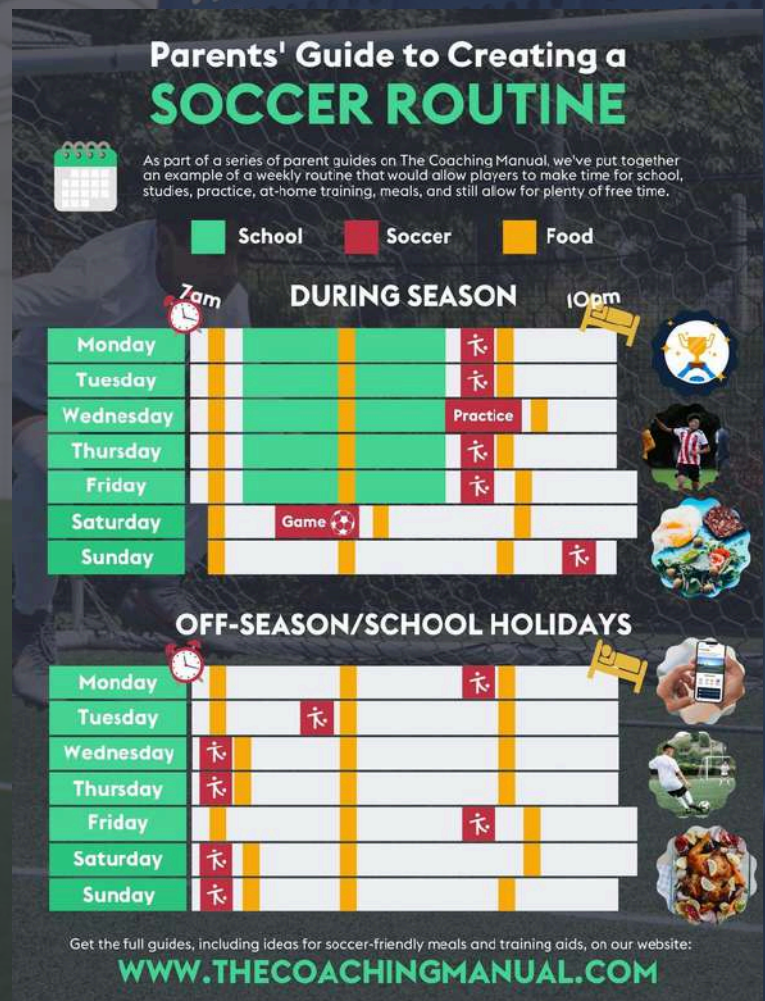
## TRAINING AT HOME

It's not always easy to find the time to train at home, but it's vital for soccer players to put in that off-field practice in order to get the most out of the sport. Check out this guide here: [Parents Guide to Training at Home](#)

## SOCCER ROUTINE

We've also put together a handy infographic (right) for parents, which outlines the ideal food/fitness routine for young players at home - whether it's during the regular season or in the off-season.

Click here for the full version: [Suggested routine \(infographic\)](#)



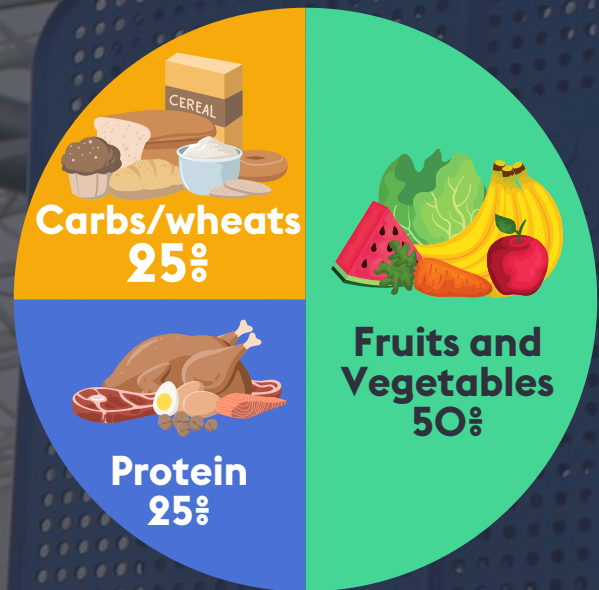
# NUTRITION

It's important for young players to get into good eating habits in and around match days and training sessions. Not only will it help them to become healthier in general, but it will also benefit them massively on the pitch.

Players will have more energy going into games and especially into the latter stages where fatigue starts to set in. So they should be able to perform better for the whole match. Therefore, players are more likely to continue playing the sport if they playing well and enjoying their time on the pitch.

Parents play an absolutely vital role in the development of young soccer players, and it all starts with having the proper routine and environment at home.

For starters (no pun intended), a suggested healthy meal looks like the infographic on the right - half vegetables/fruits, with 25% carbohydrates or wheat-based foods, and 25% proteins such as meats, cheeses, or nuts.



## POST TRAINING/MATCH NUTRITION AND RECOVERY

THE COACHING MANUAL

### Food options

-  **GRILLED CHICKEN WRAP/PITTA**
-  **SANDWICH -**  
Chicken, tuna, cheese, honey, peanut butter, banana.
-  **BAGEL -**  
With jam and a greek yogurt.
-  **BANANA -**  
Included in a smoothie or with a pint of milk.
-  **YOGHURT & CEREAL BAR -**  
Oil fat, total greek yoghurt for protein.

### Drink options

-  **RECOVERY SMOOTHIE -**  
Containing carbohydrates and protein.
-  **MILK/MILKSHAKE**
-  **WATER**

### TOP TIP:

Plan ahead...  
Pack a snack to eat after exercise which will speed up recovery.



### Optimal Timing:

Ideally within 30 minutes of exercise but no later than 2 hours.

|   |   |   |
|---|---|---|
|  |  |  |
| <b>REHYDRATE</b>  | <b>REPLENISH</b>  | <b>REGENERATE</b>   |
| Helps to transport energy and nutrients throughout the body.                        | Helps to repair damaged muscles.  | To replace the nutrients throughout the body.                                       |
| <b>THE THREE R'S</b>  |   |   |

On days that they train, children should be mindful of the energy they are exerting, and the calories they are 'spending'. As such, they should make sure they eat a well-rounded meal 2/3 hours before physical exercise, and consider preparing/taking a snack to eat shortly afterwards to aid recovery.

In the modern landscape, it's so much easier and a lot cheaper to have an unhealthy diet. However, it is essential, especially for young people, to have a balanced lifestyle and strive to eat the right foods.

Check out our [Nutritional Guide for Parents](#) for more tips to keep your players well-fueled while staying active this summer.

# STRENGTH & CONDITIONING

Over the past couple of decades, the average amount of time children are spending playing outdoors has halved. This is due to several factors such as: more school work, an increase in computer gaming, a lack of open spaces and increased worry from parents. It is especially important to ensure children are getting enough physical activity during the months that they are not attending regular training sessions with their team.

- Children can engage in strength training during pre-adolescence, provided they can follow instruction
- All strength training must be safe and supervised at all times.
- As coaches and parents, we must create positive associations with exercise and foster good habits as early as we can
- Multi-faceted programmes that include elements of increasing strength, improving balance, enhancing movement will all improve a child's functional capabilities and influence future health.

The images on the right show the Youth Physical Development models for both males and females (Lloyd and Oliver 2012).

It was developed to be more comprehensive than previous versions. It presents a model of physical development showing when certain components of fitness can be more efficiently trained throughout an athlete's development. Increasing font size indicates the increased training focus.

Key: FMS = fundamental movement skills, SSS = sport specific skills, PHV = peak height velocity, MC = metabolic conditioning.

For more information about these images, and the full guide on introducing strength and conditioning training for young athletes, check out [this article](#) on The Coaching Manual.

| YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES |                                    |             |   |                  |          |   |                    |     |    |   |             |    |                        |             |    |           |    |    |                |             |
|--|------------------------------------|-------------|---|------------------|----------|---|--------------------|-----|----|---|-------------|----|------------------------|-------------|----|-----------|----|----|----------------|-------------|
| CHRONOLOGICAL AGE (YEARS)                        | 2                                  | 3           | 4 | 5                | 6        | 7 | 8                  | 9   | 10 | 11  | 12          | 13 | 14                     | 15          | 16 | 17        | 18 | 19 | 20             | 21+         |
| AGE PERIODS                                      | EARLY CHILDHOOD                    |             |   | MIDDLE CHILDHOOD |          |   |                    |     |    | ADOLESCENCE   |             |    |                        |             |    | ADULTHOOD |    |    |                |             |
| GROWTH RATE                                      | RAPID GROWTH                       |             |   | STeady GROWTH    |          |   |                    |     |    | ADOLESCENT SPURT                                      |             |    | DECLINE IN GROWTH RATE |             |    |           |    |    |                |             |
| MATURATIONAL STATUS                              | YEARS PRE-PHV                      |             |   |                  |          |   |                    |     |    | PHV   |             |    | YEARS POST-PHV         |             |    |           |    |    |                |             |
| TRAINING ADAPTATION                              | PREDOMINANTLY NEURAL (AGE-RELATED) |             |   |                  |          |   |                    |     |    | COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED) |             |    |                        |             |    |           |    |    |                |             |
| PHYSICAL QUALITIES                               | FMS                                | FMS         |   |                  | FMS      |   |                    | FMS |    |   |             |    |                        |             |    |           |    |    |                |             |
|  | SSS                                | SSS         |   |                  | SSS      |   |                    | SSS |    |   |             |    |                        |             |    |           |    |    |                |             |
|  | Mobility                           | Mobility    |   |                  |          |   |                    |     |    |   | Mobility    |    |                        |             |    |           |    |    |                |             |
|  | Agility                            | Agility     |   |                  | Agility  |   |                    |     |    |   | Agility     |    | Agility                |             |    |           |    |    |                |             |
|  | Speed                              | Speed       |   |                  | Speed    |   |                    |     |    |   | Speed       |    | Speed                  |             |    |           |    |    |                |             |
|  | Power                              | Power       |   |                  | Power    |   |                    |     |    |   | Power       |    | Power                  |             |    |           |    |    |                |             |
|  | Strength                           | Strength    |   |                  | Strength |   |                    |     |    |   | Strength    |    | Strength               |             |    |           |    |    |                |             |
|  |                                    | Hypertrophy |   |                  |          |   |                    |     |    |   | Hypertrophy |    |                        | Hypertrophy |    |           |    |    |                | Hypertrophy |
| Endurance & MC                                   | Endurance & MC                     |             |   |                  |          |   |                    |     |    | Endurance & MC  |             |    | Endurance & MC         |             |    |           |    |    | Endurance & MC |             |
| TRAINING STRUCTURE                               | UNSTRUCTURED                       |             |   | LOW STRUCTURE    |          |   | MODERATE STRUCTURE |     |    | HIGH STRUCTURE  |             |    | VERY HIGH STRUCTURE    |             |    |           |    |    |                |             |

| YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES |                                    |             |   |                  |          |   |                    |     |    |   |             |    |                        |             |    |           |    |    |                |             |
|--|------------------------------------|-------------|---|------------------|----------|---|--------------------|-----|----|---|-------------|----|------------------------|-------------|----|-----------|----|----|----------------|-------------|
| CHRONOLOGICAL AGE (YEARS)                          | 2                                  | 3           | 4 | 5                | 6        | 7 | 8                  | 9   | 10 | 11  | 12          | 13 | 14                     | 15          | 16 | 17        | 18 | 19 | 20             | 21+         |
| AGE PERIODS  | EARLY CHILDHOOD                    |             |   | MIDDLE CHILDHOOD |          |   |                    |     |    | ADOLESCENCE   |             |    |                        |             |    | ADULTHOOD |    |    |                |             |
| GROWTH RATE  | RAPID GROWTH                       |             |   | STeady GROWTH    |          |   |                    |     |    | ADOLESCENT SPURT                                      |             |    | DECLINE IN GROWTH RATE |             |    |           |    |    |                |             |
| MATURATIONAL STATUS                                | YEARS PRE-PHV                      |             |   |                  |          |   |                    |     |    | PHV   |             |    | YEARS POST-PHV         |             |    |           |    |    |                |             |
| TRAINING ADAPTATION                                | PREDOMINANTLY NEURAL (AGE-RELATED) |             |   |                  |          |   |                    |     |    | COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED) |             |    |                        |             |    |           |    |    |                |             |
| PHYSICAL QUALITIES                                 | FMS                                | FMS         |   |                  | FMS      |   |                    | FMS |    |   |             |    |                        |             |    |           |    |    |                |             |
|  | SSS                                | SSS         |   |                  | SSS      |   |                    | SSS |    |   |             |    |                        |             |    |           |    |    |                |             |
|  | Mobility                           | Mobility    |   |                  |          |   |                    |     |    |   | Mobility    |    |                        |             |    |           |    |    |                |             |
|  | Agility                            | Agility     |   |                  | Agility  |   |                    |     |    |   | Agility     |    | Agility                |             |    |           |    |    |                |             |
|  | Speed                              | Speed       |   |                  | Speed    |   |                    |     |    |   | Speed       |    | Speed                  |             |    |           |    |    |                |             |
|  | Power                              | Power       |   |                  | Power    |   |                    |     |    |   | Power       |    | Power                  |             |    |           |    |    |                |             |
|  | Strength                           | Strength    |   |                  | Strength |   |                    |     |    |   | Strength    |    | Strength               |             |    |           |    |    |                |             |
|  |                                    | Hypertrophy |   |                  |          |   |                    |     |    |   | Hypertrophy |    |                        | Hypertrophy |    |           |    |    |                | Hypertrophy |
| Endurance & MC                                     | Endurance & MC                     |             |   |                  |          |   |                    |     |    | Endurance & MC  |             |    | Endurance & MC         |             |    |           |    |    | Endurance & MC |             |
| TRAINING STRUCTURE                                 | UNSTRUCTURED                       |             |   | LOW STRUCTURE    |          |   | MODERATE STRUCTURE |     |    | HIGH STRUCTURE  |             |    | VERY HIGH STRUCTURE    |             |    |           |    |    |                |             |

# TECHNICAL DEVELOPMENT



Of course, the foundation for any player's journey through the sport, and the backbone of a successful session or season, is technical ability. You may have heard of our player development app TopTekkers, which supports the technical development of players at all levels all around the world.

Based on the content of the TopTekkers app we put together the TopTekkers Player One program. Originally designed to support players through the Covid pandemic - this six-week individual at-home mini-curriculum is well suited for your players during the summer.

Send these videos to your players each week to help them practice!



# PRE-SEASON PLANS

Whether you use the full six-week suggested pre-season plan, or use a shortened 3 or 4 week version, the age-appropriate schedules will make sure your players start the season sharp and in top physical condition. You can also use one or both of each week's sessions, depending on how much time you have with your players.



## AGE 5-6

|        | Session 1                  | Session 2                  | Bonus content   |
|--------|----------------------------|----------------------------|---|
| Week 1 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Creating an Effective Game Player</a>                             |
| Week 2 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Creating Effective Game Players in the Early Foundation Phase</a> |
| Week 3 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Move to Improve in the Early Foundation Phase</a>                 |
| Week 4 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Move to Improve in the Early Foundation Phase</a>                 |
| Week 5 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Strugglers, Copers, and Strivers</a>                              |
| Week 6 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Matchday tips for Coaches</a>                                     |

# PRE-SEASON

## AGE 7-8

|        | Session 1                  | Session 2                  | Bonus content   | Take-home content      |
|--------|----------------------------|----------------------------|---|------------------------|
| Week 1 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Turning</a>                               | <a href="#">Week 1</a> |
| Week 2 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Strugglers, Copers, and Strivers</a>      | <a href="#">Week 2</a> |
| Week 3 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Perception, Decision, Execution</a>       | <a href="#">Week 3</a> |
| Week 4 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Stage of Practice: Technical Practice</a> | <a href="#">Week 4</a> |
| Week 5 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Coaching Defending Principles</a>         | <a href="#">Week 5</a> |
| Week 6 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Matchday tips for Coaches</a>             | <a href="#">Week 6</a> |

## AGE 9-10

|        | Session 1                  | Session 2                  | Bonus content  | Take-home content      |
|--------|----------------------------|----------------------------|--|------------------------|
| Week 1 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Turning</a>                                    | <a href="#">Week 1</a> |
| Week 2 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Should Skills be Trained in Isolation?</a>     | <a href="#">Week 2</a> |
| Week 3 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Stage of Practice: Skill Practice</a>          | <a href="#">Week 3</a> |
| Week 4 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">How to Make Better Decisions As a Defender</a> | <a href="#">Week 4</a> |
| Week 5 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Strugglers, Copers, and Strivers</a>           | <a href="#">Week 5</a> |
| Week 6 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Matchday tips for Coaches</a>                  | <a href="#">Week 6</a> |



# PRE-SEASON

## AGE 11-12

|        | Session 1                  | Session 2                  | Bonus content   | Take-home content      |
|--------|----------------------------|----------------------------|---|------------------------|
| Week 1 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Turning</a>                                       | <a href="#">Week 1</a> |
| Week 2 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">The Importance of Using Both Feet</a>             | <a href="#">Week 2</a> |
| Week 3 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Strugglers, Copers, and Strivers</a>              | <a href="#">Week 3</a> |
| Week 4 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">The transition from the 7v7 to 9v9 Game Phase</a> | <a href="#">Week 4</a> |
| Week 5 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">The A-F of Receiving</a>                          | <a href="#">Week 5</a> |
| Week 6 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Critical Areas in the Final Third</a>             | <a href="#">Week 6</a> |

## AGE 13+

|        | Session 1                  | Session 2                  | Bonus content                                   |
|--------|----------------------------|----------------------------|---|
| Week 1 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Perception, Decision, Execution</a> |
| Week 2 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">The A-F of Receiving</a>            |
| Week 3 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">The Coaching Wordsmith</a>          |
| Week 4 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">The Three Rs</a>                    |
| Week 5 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Preseason Training</a>              |
| Week 6 | <a href="#">Click here</a> | <a href="#">Click here</a> | <a href="#">Creating a State of FLOW</a>        |

# HOW TO CREATE YOUR SEASON PLANS



Using The Coaching Manual, you can create your very own bespoke plan tailored to your players' age group, club philosophy, playing style, and specific goals.

Watch our quick tutorial that explains just how simple it is to use The Coaching Manual's Season Plans feature.

[WATCH VIDEO](#)  
[GUIDE HERE](#)

## PLAY - PRACTICE PROGRESS - PLAY

The majority of the sessions on The Coaching Manual follow the Play-Practice-Progress-Play theory, including those on our ready-made season plans.

In this article, we discuss how to use Play-Practice-Progress-Play and the importance of this type of session in your training.

[PLAY-PRACTICE-](#)  
[PROGRESS-PLAY](#)

# OR... USE OUR READY MADE SEASON PLANS

Coaches of all levels would like to have more time with their players, and more time to plan their strategies and training sessions.

We've taken the stress out of planning your season with our ready-made age-appropriate curriculums, featuring premium content from The Coaching Manual platform.

These tailored 12-week season plans will help you deliver the best season, not only to help your players improve but also you as a coach. We've made these plans as easy for volunteer coaches to follow as possible, with sessions that are developmentally appropriate, fun, simple to deliver - and based on the actual game of soccer.

Find your age group below and get started at the click of a button!

[DOWNLOAD  
U4 SEASON PLAN](#)

[DOWNLOAD  
U6 SEASON PLAN](#)

[DOWNLOAD  
U10 SEASON PLAN](#)

[DOWNLOAD  
U5 SEASON PLAN](#)

[DOWNLOAD  
U8 SEASON PLAN](#)

[DOWNLOAD  
U12 SEASON PLAN](#)



# SUPPORT FOR NEW COACHES

As we enter the summer and new season, we are sure to be welcoming many new coaches to the sport. Perhaps you're new to coaching yourself, or perhaps there are a number of new coaches at your club.

How do I plan a session? How do I deliver a session? How do I communicate with the players? These are just a few of the big questions that every coach will have asked themselves before stepping out onto that training field for the first time.

Featuring an introduction from The Coaching Manual's Technical Director, UEFA A Licence and USSF A Licence coach Paul Bright, The New Coaches Starter Pack is the essential companion for anyone starting out in the world of soccer coaching at any level.

Whether you're a new coach yourself, or work with volunteers who are stepping out onto the training field for the first time, download the New Coaches Starter Pack today, and share the knowledge with your colleagues.

[DOWNLOAD](#)  
[HERE](#)

# ADD YOUR PLAYERS TO THE COACHING MANUAL

Having your players in TCM will make you a better coach. We found that coaches spend 50% less time teaching the practice and more time teaching the game when players have access to TCM.

That makes it simple to send them the practices, drills, and resources in this guide to them to tackle over the summer months in preparation for your preseason sessions.

Share code **PLAYER25** with your players so they can get 25% off an annual subscription - select **STANDARD** access at checkout. With a Standard account, your players just have access to content and the Folders you share with them.

Then simply add them to the Players section of the 'Manage Team Members' section of your team in your Locker - then use the Folders tool to share your sessions and curriculums with them.



PLAYERS CAN GET STANDARD ACCESS TO THE  
COACHING MANUAL FOR 25% OFF WITH CODE

## PLAYER25

# PLUS: OUR SERVICES

The Coaching Manual has developed a range of services designed specifically for football clubs at every level. Let The Coaching Manual take the strain so that you can focus on what you are great at!

## What we offer:

- **In-Person Coach Education:** We deliver informative and valuable on-field and classroom sessions delivered by top level coaches
- **Digital Assistant:** For club executives who don't have the budget to have a dedicated education lead. Includes:
  - Curriculum design and delivery
  - Philosophy and culture design and implementation
  - Monthly/Quarterly online coach education specific to your club
  - Usage data
  - Dedicated support for your club
  - Access to in-person education (optional)
- **Camps and Tournaments:** The Coaching Manual has a track record in producing best-in-class soccer camps and tournaments for their partner clubs. Using our player development app TopTekkers as well as the expertise of fully-qualified coaches, participating youth players of all ages benefit from being a part of our residential competitions.
- **Club & Team Management:** Do you need help overseeing the club-wide delivery of the world-class education you get with The Coaching Manual? We can help you organise everything from curriculums and philosophies, to individual coach profiles and season plans, to save you time and make your club run smoothly!



# HOW WE CAN HELP CLUBS

From grassroots clubs to professional academies, our digital platform can help you get better at coaching and save you valuable time.

## Key features for clubs

- **Club Admin:** Use your club admin panel to add your teams, coaches and players
- **Content Access:** Club packages will unlock all of our great content for you and your coaches, allowing them access to verified coaching resources from world-leading academies.
- **Coach Upgrades:** Club accounts allow you, the club owner, to give premium access to coaches you choose (you can remove their access at any time too)
- **Season Plans:** As club owner, you can add an age-appropriate season plan to any of your teams in minutes, saving hours of planning time for everyone involved in education at the club.
- **Folders:** Allows you to share club documents, build and communicate club curriculums, and set ball mastery homework tasks for individual teams or for entire age groups in minutes.
- **Account Management:** You will have a dedicated expert to guide you and your club through the year to get the most out of the platform.

[CLICK HERE TO ENQUIRE](#)

**OR EMAIL US: [SALES@THECOACHINGMANUAL.COM](mailto:SALES@THECOACHINGMANUAL.COM)**