

SUMMER TRAINING PACKET

ASK THE GAFFER · ASKTHEGAFFER.IO

Player Name: _____ Position: _____ Grad Year: _____

FROM YOUR COACHING STAFF

This packet is your off-season responsibility. Six weeks. Progressive load. Ball involved from week two. Follow it and you'll arrive at preseason with the fitness base, sharpness, and injury resilience to compete from day one. Skip it and you'll spend the first week of camp catching up — while everyone else is already ahead.

You don't need a gym. You need a ball, space to run, and the discipline to do the work when nobody's watching.

PROGRAM OVERVIEW

WK 1-2	AEROBIC BASE	Easy runs and core. Ball enters week 2. Build your engine.
WK 3-4	BALL + MIXED LOAD	Rondos, dribble circuits, technical work at pace.
WK 5	INTENSITY BUILD	Sprint intervals + high-intensity ball work.
WK 6	PRESEASON SIMULATION	Game-condition sessions. Arrive ready.

FITNESS BENCHMARKS — ARRIVE AT THESE

These are your targets entering preseason. Test yourself in week 5. Be honest.

TEST	VARSITY TARGET	JV TARGET	HOW TO RUN IT
Mile Run	Sub 6:30	Sub 7:00	Flat surface, all-out, timed
Beep Test	Level 12+	Level 10+	Use free app — 'Beep Test Pro'
200m Repeat	Sub 35 sec	Sub 40 sec	Full sprint, 90-sec rest × 6
5km Run	Sub 23:00	Sub 26:00	Steady effort, conversation pace

WEEK 1

AEROBIC FOUNDATION

Build your base. Conversation pace — if you can't hold a sentence, slow down. No ball yet. Let the body adapt.

DAY	SESSION	DETAIL	EXTRA WORK
MON	30-min easy run	Flat route. Conversation pace throughout. No stopping.	<i>Core (15 min): 3×20 sit-ups, 3×15 leg raises, 2-min plank</i>
TUE	Rest / Light Recovery	Walk 20–30 min or full rest. Light stretching — hip flexors, hamstrings, calves.	
WED	35-min easy run + strides	Easy 30 min, then 4×80m strides at 85% — full recovery between each.	<i>Core (15 min): same as Monday</i>
THU	Rest	Full rest. Sleep 8+ hours.	
FRI	Fartlek Run — 35 min	5 min easy warm-up → (1 min moderate, not sprint → 5 min easy) × 4 → 5 min cool down.	
SAT	20-min easy jog	Recovery effort only. Heart rate should feel like a walk that's moving faster.	<i>Stretching 10 min: full lower body</i>
SUN	Rest	Full rest.	

NOTES — WEEK 1

WEEK 2

AEROBIC BASE — ADD VOLUME

Same pace, more time. Increase run durations by 5–10 minutes. Body is adapting — don't rush it.

DAY	SESSION	DETAIL	EXTRA WORK
MON	40-min easy run	Same route as week 1, same pace. You should feel like you could go longer.	<i>Core (15 min): add 3×10 V-sits</i>
TUE	Rest / Walk	20–30 min walk. Mobility work — ankle circles, hip openers.	
WED	Interval run — 45 min	10 min warm-up easy → 6×3 min at moderate effort (75%) → 2 min easy jog between → 5 min cool down.	<i>Core (15 min)</i>
THU	Rest	Full rest.	
FRI	45-min easy run	Longest run of the packet so far. Settle in. Pace before distance.	
SAT	Ball juggling — 20 min	First ball session. Juggling only: 5×2-min juggling sets, rest in between. Count your record each set.	
SUN	Rest	Full rest.	

NOTES — WEEK 2

WEEK 3

BALL INTEGRATION

Ball comes in with aerobic work. Technical sessions are conditioning sessions — keep intensity moderate.

DAY	SESSION	DETAIL	EXTRA WORK
MON	35-min run + dribbling	20-min easy run. Then 15 min dribble circuit: cone slalom, inside/outside cuts, pull-backs. 45-sec on / 15-sec off.	
TUE	Passing circuit — 45 min	Wall passing: 3×8 min passing at a wall (quick touch). Rest 2 min between sets. Add a touch limit — two-touch only.	
WED	Rest	Full rest or 20-min walk.	
THU	Tempo run — 30 min	15 min easy → 10 min at comfortably hard pace (you can speak 3–4 words) → 5 min cool down.	<i>Ball: 20 min 1v1 wall work (receive, turn, strike) after the run</i>
FRI	Possession circuit — 50 min	Set up 4 cones in a 10×10 square. 3 min: dribble to each cone, sharp stop, change direction. 2 min rest. Repeat ×6. Add a move at each cone (Cruyff, step-over, etc.).	
SAT	30-min easy jog	Recovery pace. Let the legs flush.	
SUN	Rest	Full rest.	

NOTES — WEEK 3

WEEK 4

MIXED LOAD

Combine running fitness and ball work in the same sessions. Intensity steps up — this week should feel harder.

DAY	SESSION	DETAIL	EXTRA WORK
MON	Interval run — 45 min	10 min easy → 6×4 min at 80% effort → 90-sec rest between → 5 min cool down.	<i>Core (15 min)</i>
TUE	Technical circuits — 60 min	3 circuits × 15 min each. Circuit A: dribbling square. Circuit B: wall passing (one touch). Circuit C: juggling + control. 2 min rest between circuits.	
WED	Rest	Full rest.	
THU	Tempo run + finishing	20-min tempo run (comfortably hard). Then 20 min: 10 shots from inside the box, dribble approach from midfield × 10, shooting technique — driven and placed.	
FRI	Ball mastery — 45 min	Coerver moves (inside/outside × 60 sec each), pull-backs × 30 sec, scissor moves × 30 sec. Then 20 min: juggling, volleys, weak-foot only work.	<i>Core (10 min)</i>
SAT	30-min fartlek	Free-form: run fast when you feel like it, easy when you don't. No watch, no structure. Just run.	
SUN	Rest	Full rest.	

NOTES — WEEK 4

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WEEK 5

INTENSITY BUILD

This week is meant to hurt a little. Sprint work and high-intensity ball sessions. Run your benchmarks Saturday.

DAY	SESSION	DETAIL	EXTRA WORK
MON	Sprint intervals	10 min easy warm-up → 10×100m sprints (full effort) → 90-sec rest between each → 5 min cool down. Focus: drive through the line every rep.	
TUE	High-intensity rondos + shooting — 60 min	30 min: fast rondo circuit (two-touch max, penalty for slow touches). Rest 5 min. 25 min: shooting — 5 from each angle (left, right, center, edge of box, penalty spot).	
WED	Rest	Full rest. Ice legs if needed.	
THU	Small-sided simulation — 60 min	No other players? Wall + cone drills at match pace. Set a cone gate as a 'goal.' 1v0 attacking runs from midfield × 15. High intensity. No casual passes.	<i>Sprint circuit after: 6×40m, 90-sec rest</i>
FRI	Sprint + 1v1 defending	Sprint session: 6×60m + 4×30m. Then 20 min: shadow 1v1 defending — set 2 cones 10 yds apart, shuffle between them as if tracking a winger, turn and sprint × 10.	
SAT	BENCHMARK TEST DAY	Run your mile. Rest 20 min. Run your 200m repeats (×6, 90-sec rest). Run your Beep Test and 5km earlier in the week (use Wednesday's rest slot) — don't stack all four benchmarks on one day. Record every result and compare to the targets on page 1.	
SUN	Rest	Full rest. You've earned it.	

NOTES — WEEK 5

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WEEK 6

PRESEASON SIMULATION

Replicate what camp will feel like. High-intensity ball work. Taper Thursday–Sunday so you arrive fresh.

DAY	SESSION	DETAIL	EXTRA WORK
MON	Full session simulation — 75 min	Warm-up (10 min jog + dynamic stretching). Rondo: 15 min. Possession circuit: 20 min. Game-realistic 1v0 attacking runs: 20 min. Cool down: 10 min.	
TUE	Light recovery jog — 20 min	Easy pace only. Full-body stretching 15 min after.	
WED	High-intensity session — 40 min	Sprint circuit (6×50m). Then 20-min technical work at pace — no casual touches, simulate match pressure.	
THU	Rest / Taper	Light walk or full rest. Hydrate. Sleep.	
FRI	Preseason simulation — 50 min	Warm-up → possession → high-intensity runs → 10-min shooting finish. Keep intensity up. Last hard session before camp.	
SAT	Light jog + stretch — 30 min	30-min very easy jog. Full-body stretch. Pack your bag.	
SUN	Rest — CAMP STARTS TOMORROW	Full rest. Eat well. Sleep 9 hours. You're ready.	

NOTES — WEEK 6

PLAYER GUIDELINES

HYDRATION: 600–800ml of water before each session. Water during. Electrolytes if running 45+ minutes in heat. Dehydrated players get injured. It's that simple.

SLEEP: 8–9 hours. Non-negotiable. This is when your body actually improves. Late nights kill your adaptation.

NUTRITION: Eat within 30 minutes of finishing a session — protein + carbs. Don't train on empty if you can help it. No complicated diet required. Eat real food and enough of it.

WEAK FOOT: Every session that includes ball work: spend 20% of your time on your weaker foot. Every session. You don't get that time back once the season starts.

MISSED DAYS: Miss one day — continue from where you left off. Miss three days in a row — restart the current week. Don't try to catch up by doubling up sessions. That's how you get hurt.

CHECK-INS: Text your coach after benchmark test day (Week 5, Saturday) with your results. Your coach wants to know. That's why this packet exists.

ACCOUNTABILITY LOG — TRACK YOUR WORK

Check each session when done. Blank boxes at the end of the week = a conversation with your coach.

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>