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Off-Season Programme

First of all, well done on your efforts for this season! It is important that you enjoy your rest during the off season break and recover both physically and mentally.

The goal of this programme is to help you come back to pre-season in great condition and ready for the 2018 season. Completing this programme during your time off will also help to reduce your risk of injury and allow you to cope with high intensity football activities as soon as you return to training.

While the Winter break is often a time for holidays and over indulgence of foods, it is important to remember to maintain good dietary habits. You will not require as many calories as when you are training and playing at high intensity during the season.

You should also be careful of performing this programme during cold temperatures and icy conditions. Make sure you try to perform activities at warmer periods of the day and during sunlight such as early afternoon. Also ensure that you drink plenty of fluids, preferably water!

It is also important to remember to warm up properly before you begin any activity. A dynamic warm up (similar too before training) should be completed which lasts around 10 minutes and allow you to begin to break into a sweat. Once you have completed your activity make sure to spend around 10 to 15 minutes performing static stretching or foam rolling to help maintain flexibility.

Training resumes the week beginning Monday 29th January.

U13 – U15's Programme

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|-------------------------|---------|-----------|----------|---------|----------|--------|
| W/B 18 th Dec | Rest and Recover | | | | | | |
| W/B 25 th Dec | Rest and Recover | | | | | | |
| W/B 1 st Jan | Rest | Run 1 | Rest | Circuit | Rest | Run 1 | Rest |
| W/B 8 th Jan | Rest | Circuit | Rest | Run 2 | Rest | Rest | Run 1 |
| W/B 15 th Jan | Rest | Run 2 | Run 3 | Rest | Circuit | Rest | Run 1 |
| W/B 22 nd Jan | Rest | Run 2 | Run 2 | Rest | Run 3 | Circuit | Rest |
| W/B 29 th Jan | Normal Training Resumes | | | | | | |

U16 – U18’s Programme

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|-------------------------|----------|-----------|----------|--------|----------|--------|
| W/B 18 th Dec | Rest and Recover | | | | | | |
| W/B 25 th Dec | Rest and Recover | | | | | | |
| W/B 1 st Jan | Rest | Run 1 | Rest | Circuit | Rest | Run 1 | Rest |
| W/B 8 th Jan | Rest | HI Cycle | Rest | HI Cycle | Rest | Circuit | Run 2 |
| W/B 15 th Jan | Rest | HI Cycle | Circuit | HI Cycle | Run 3 | Rest | Run 1 |
| W/B 22 nd Jan | Rest | HI Cycle | Run 2 | HI Cycle | Run 3 | Circuit | Rest |
| W/B 29 th Jan | Normal Training Resumes | | | | | | |

Graeme Henderson

Single Leg Hops x 10 each leg

Burpee x 10

If you feel this circuit does not challenge you enough towards the end of the off-season either perform an extra 5 reps for each exercise or complete a third set.

Performing other activities which you might not have the time to do during the season such as cycling and swimming or indoor sports such as badminton are also good ways of staying mobile and active during this rest period. Although take into account how often you do these activities, **remember this time is to recover first and foremost!**

HI Cycling

As part of the Winter break programme players in the U16's and U18's squad will be taking part in a specialised high intensity training programme being undertaken in conjunction with Abertay University. These sessions will last roughly around 30-40 minutes. Players should report to the main reception at Abertay University during their time slot on the following dates:

Tuesday 9th January 2017

Thursday 11th January 2017

Tuesday 16th January 2017

Thursday 18th January 2017

Tuesday 23rd January 2017

Thursday 25th January 2017

| | Participating Players |
|---------|---|
| 4.00 pm | Cammy Dow, Louis Joyce, Finn Kemlo, MacKenzie Lemon, Lewis Neilson, Finn Robson, Darren Watson |
| 4.30 pm | Jay Coupar, Flynn Duffy, Jamie Lockhart, Callum Logan, Jamie McCann, Grady McGrath, Archie Meekinson, Rhuraidh McQuillan, |
| 5.00 pm | Argyle Cairns, Nathan Cooney, Lewis Fraser, Ross Graham, Dylan Harkins, Michael McArthur, Grant Rodger |

Sport Psychology

In addition to this U16's and U18's player will receive an opportunity to prepare for their upcoming season through meetings with a Sports Psychologist. These meetings also take place at Abertay University and will last roughly between 30 – 45 minutes. Areas developed will include topics such as goal setting and improving resilience.

| | Participating Players |
|---|---|
| Tue 9th Jan 4.30 pm | Cammy Dow, MacKenzie Lemon, Lewis Neilson |
| Thu 11th Jan 4.30 pm | Louis Joyce, Finn Kemlo, Finn Robson, Darren Watson |
| Tue 16th Jan 5.00 pm | Flynn Duffy, Callum Logan, Jamie McCann, Rhuraidh McQuillan, |
| Thu 18th Jan 5.00 pm | Jay Coupar, Jamie Lockhart, Grady McGrath, Archie Meekinson |
| Tue 23rd Jan 4.30 pm | Nathan Cooney, Lewis Fraser, Ross Graham, Dylan Harkins |
| Thu 25th Jan 4.30 pm | Argyle Cairns, Michael McArthur, Grant Rodger |