

How to Compete with Your Team: A Training Days Week Guide for Football Coaches

As a football coach, one of your main goals is to help your team compete at the highest level possible. In order to do this, you need to develop a training plan that will help your players improve their skills and fitness while also building team unity and camaraderie.

In this article, we will provide you with a week-by-week training guide that you can use to help your team prepare for the upcoming season. We will cover everything from strength and conditioning to skill development to game-day preparation.



Train to Compete: How to compete with your team by training 2-3 days a week. Guide for football coaches.

by Erika V Shearin Karres

★★★★☆ 4.8 out of 5

Language : English
File size : 2282 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 82 pages
Lending : Enabled
Screen Reader : Supported



Week 1

The first week of training is all about getting your players back into the swing of things. Start with some light strength and conditioning workouts to help your players get their muscles back in shape. Focus on exercises that will work the major muscle groups, such as squats, lunges, push-ups, and pull-ups.

In addition to strength and conditioning, you should also start working on skill development. This includes drills for passing, catching, running, and tackling. You should also start implementing some basic team drills, such as 7-on-7 and 11-on-11 scrimmages.

Week 2

In the second week of training, you can start to increase the intensity of your workouts. Your strength and conditioning workouts should still focus on the major muscle groups, but you can start to add some more challenging exercises, such as plyometrics and agility drills.

On the skill development side, you can start to introduce more complex drills and plays. You should also start working on special teams plays, such as punting, kicking, and returning.

Week 3

In the third week of training, you can start to taper off the intensity of your workouts. This is because your players will be starting to get tired, and you don't want to risk them getting injured.

Instead of focusing on heavy lifting and intense conditioning, focus on maintaining your players' fitness and skills. You can do this by doing lighter workouts and drills, and by giving your players more rest days.

Week 4

The fourth week of training is all about game-day preparation. Your players should be well-rested and ready to play. The focus of your workouts should be on fine-tuning your team's skills and plays.

You should also start to implement some game-day simulations, such as scrimmages and walk-throughs. This will help your players get used to the game-day atmosphere and prepare them for the challenges they will face.

By following this week-by-week training guide, you can help your team prepare for the upcoming season and compete at the highest level possible. Remember to adjust the training plan to fit your team's specific needs and goals.

With hard work and dedication, you can help your team achieve its full potential.



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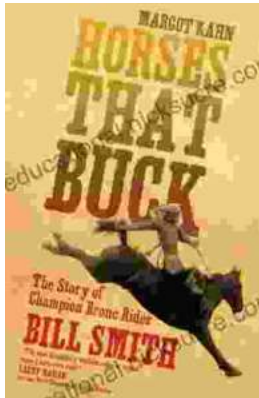
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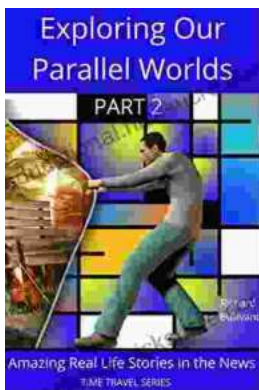
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