The Non-League Network

thenon-leaguenetwork.co.uk

🏁 Mission 3 - Build Your Weekly Football Routine

🎯 Mission Objective

Understand how to structure your week so you can consistently improve as a footballer.

Time to complete: 15 minutes

Mission Videos

Click below to watch Mission videos:

- Module 3.1
- Module 3.2
- Module 3.3
- Module 3.4
- Module 3.5



⚽ Why Your Routine Matters

- Most players want to improve.
- They want to get fitter.
- They want to perform better.
- They want to move up levels.

But improvement doesn't just happen on matchday.
The biggest changes happen through what you do between games.
Your training sessions, recovery, preparation, nutrition, sleep and habits all add up.
A good routine helps you become more consistent and gives you the best chance of performing at your highest level.

🧠 The Difference Between Players

At grassroots and non-league level, many players train twice a week and play on Saturday.
Players who continue improving are usually the ones who do the extra things around football.
That doesn't mean training every single day.

It means being intentional. Small actions consistently repeated create better players.

📅 Build Your Football Week

Your week should have different focuses.

Matchday

Your job:

- Perform
- Compete
- Learn

Think about:

- Preparation
- Performance
- Recovery afterwards



Recovery

Recovery is where your body adapts.

Focus on:

- Sleep
- Nutrition
- Hydration
- Mobility
- Managing soreness

Training

Make every session count.

Before training:

- Arrive prepared
- Know what you want to improve
- Give maximum effort

During training:

- Be switched on
- Communicate
- Learn

After training:

- Recover properly

Individual Development

Great players work on themselves.

This could include:

- Strength training
- Speed work
- Technical practice
- Watching games
- Improving weaknesses

You don't need hours every day.

You need consistency.

📝 Build Your Own Weekly Routine

Think about your current week.

Ask yourself:

When can I improve?

What time do I have available?

What areas need attention?

Examples:

- Fitness
- Strength
- Technique
- Recovery
- Nutrition
- Mindset



What can I realistically commit to?

The best routine is one you can stick to.

Example Weekly Routine

Monday
Recovery

- Mobility
- Walk
- Review performance

Tuesday
Training

- Team session
- Recovery afterwards

Wednesday
Individual development

- Gym
- Technical work
- Conditioning

Thursday
Training

- Team session
- Preparation

Friday
Match preparation

- Recovery
- Nutrition
- Mental preparation

Saturday
Matchday

- Perform
- Learn

Sunday
Recovery and reflection

- Rest
- Review
- Plan the week ahead

✅ Your Mission Actions

☐ Review your current weekly routine
☐ Identify one area you can improve
☐ Add one positive habit this week
☐ Plan when you will complete your extra work
☐ Share your goal with the community if you want accountability

What Player Resources Should I use

- Weekly Football Planner
- Weekly Habit Tracker
- Training Journal
- Monthly Progress Review

Find them [HERE]

✅ Mission Complete

You have:

✅ Identified what makes a good routine
✅ Reviewed your own habits
✅ Created one improvement action

Remember:

The players who improve are usually the ones who consistently do the small things others don't.

Next step:

🏁 **Mission 4 — Matchday Preparation**

Find [HERE]