The Non-League Network

thenon-leaguenetwork.co.uk/

Pre-Season Preparation Guide

Player Details

Season:

Current Club:

Pre-Season Start Date:

My Goals

What do I want to achieve this pre-season?

Weekly Preparation Checklist

Football

☐ Ball work
☐ Technical practice
☐ Position-specific work
☐ Small-sided games (where possible)

Physical

☐ Strength training
☐ Running / Conditioning
☐ Speed work
☐ Mobility

Recovery

☐ Sleep
☐ Hydration
☐ Stretching
☐ Recovery day

Lifestyle

☐ Nutrition
☐ Alcohol avoided
☐ Consistent routine
☐ Managed workload

Before Pre-Season Starts

☐ Boots checked
☐ Kit ready
☐ Training venue confirmed
☐ Travel planned
☐ Medical issues managed
☐ Fitness assessed
☐ Goals written down

My Strengths

What am I taking into the pre-season?

My Priorities

What do I need to improve before pre-season starts?

My Focus During Pre-Season

Tick your priorities:

☐ Fitness
☐ Strength
☐ Speed
☐ Technical ability
☐ Confidence
☐ Communication
☐ Tactical understanding
☐ Consistency
☐ Injury prevention
☐ Match sharpness

Other:

Weekly Review

Did I complete everything I planned?

☐ Yes
☐ Mostly
☐ No

What went well?

What needs improving next week?

Final Reminder

Pre-season is your opportunity to:

✔ Arrive fit
✔ Build good habits
✔ Impress coaches
✔ Earn your place
✔ Set the standard for the season

Preparation creates confidence.

Consistency creates results.

Next Step

Continue using your:

- Weekly Football Planner
- Training Journal
- Recovery Tracker
- Match Review Sheet

to build momentum throughout the season.