



CLUB DEVELOPMENT COURSE – PRE SEASON TRAINING PROGRAM

The MUSS pres season training course is aimed at 12-16 year old boys and girls looking to prepare themselves so they give themselves and their team the best possible start to the new season.

The course centres on the **MUSS Development Model** as pre season training is as much about regaining your touch and technique as your speed and your stamina!

Course content includes

Players

- A Comprehensive tailored coaching programme based on the MUSS Development Model relating all aspects to your club
 - Use of MUSS Coaching Equipment. MUSS use state-of-the-art equipment to make coaching sessions fun as well as educational
 - Position specific technique and fitness training – delivered progressively over the 3 days to enhance a player's speed, agility, balance and strength
 - Understanding the importance of warming up and cooling down – correct technique when stretching
 - Tailored technical coaching program to suit each player's individual needs.
 - Developing team spirit and cohesion
 - Developing and maintaining a positive attitude throughout the season
 - Workshops on Football Nutrition and Fitness
 - MUSS Player Passport. Each player will receive a written analysis of their strengths and areas they need to work on
 - Exclusive MUSS Giveaway Package
- 2 tickets to see a match at Old Trafford to be won in our raffle.
 - 5 players from each club to be invited to play on the Old Trafford pitch!

Club/Coaches

- Coach / parent sessions. Get an insight into how top youth teams prepare, play and recover from training and matches with our practical and theory sessions.
- Invitation for 2 Club representatives to MUSS Workshop at a Manchester United facility
- MUFC Signed Shirt

Topics

Technical	Skill/Tactical	Game related 6v6/8v8/11v11
Dribbling/Turning	Dominating 1v1	Creating 1v1's Defender behind/in front/side
Short Passing	Quick Combinations – 1-2's/overlaps	Support/movement to launch attacks
Long Passing	Combine to play long	Switch play/play in behind
Receiving & Control	To set, to play forward, to switch play	Change play/Maintain possession
Finishing	Combinations to finish	Attacking from wide areas/Role of lone striker/support striker
Football Fitness	Fundamental movement	Position specific
Defending	1v1 2v2 2v3	As a team depending on strategy