TRAINING · EVERY WEEK

Time for training

This is what to bring, and this is how the session usually goes.

How the session usually goes

one step at a time

1. 
   Go there
   At about the same time every week.
2. 
   Get changed
   Shoes on and the bag in the locker.
3. 
   Warm up
   Run a little and stretch.
4. 
   Listen to the coach
   The coach shows what we will do.
5. 
   Drink water
   There is usually a break.
6. 
   Shower
   Warm water, then dry off.

For the session

a tick for each thing

- ☐  Football boots
- ☐  Shin pads
- ☐  Tracksuit
- ☐  Water bottle
- ☐  Banana

 It is fine to take a break and tell the coach.

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