

# Youth Training Load Guidelines



## *2 days off per 7 day week*

Take 2 days off structured football training per 7 day week. Days off should focus on recovery & athletic development. No more than 3 training days in a row.



## *24 hours Recovery*

Make time for adaption - ideally, plan for at least 24 hours recovery between each football session where possible.



## *Fatigue Reduction Strategies*

Nutrition, physical & monitoring strategies may be useful in reducing the impact of fatigue on match performance.



## *Strength Training*

Participate in some form of strength training at least 2-3 x per week. The Perform+ is an ideal example and can be done at home or training.



## *Stressful Periods*

During stressful periods (e.g. exams), consider reducing overall training loads. E.g. take one 'usual' training session off.



## *Plan Time Off*

Schedule at least one month off structured football each year. This time can be used for athletic development including multi-sport participation.