



## **Benefits of The Pre-Season Team Training Week**

**The benefits of the pre-season week over a multiple week training block:**

- 1. Players commit to the week and the attendance will be high if the week is set up early in advance. Attendance for weekly practices through the summer is likely to be less committed thus team concepts cannot be covered!**
- 2. There is a proven benefit of team bonding, especially if there are new players. Without the training week the players enter the season as a disparate group lacking cohesion and objectives.**
- 3. There is a psychological benefit (parents and players) in relation to commitment and team expectation! If the management takes the season seriously enough to put a week aside to prepare. Committed teams at any age/level would not consider entering a season without it.**
- 4. The week can be used as an incentive to individuals to train on their own throughout the summer. If it is intense and requires prior physical preparation by each individual player. They can be given a fitness and technical regime to prepare.**
- 5. Parent coaches can still organize pick up practices prior to the camp week to prepare if they feel it will be well attended**
- 6. Each day is long enough to address technical work, tactical work, a game to finish and a game analysis. The full coaching cycle can be addressed each day**
- 7. Deficiencies witnessed in the evening scrimmages can be addressed through relevant activities the following day rather than 4-5 days later. It is the perfect learning environment.**
- 8. Each day is long enough to provide individual players with more detailed and specific feedback and long enough to see if they have assimilated the feedback.**
- 9. The players enter the season with all concepts fresh in their mind and with a clear idea of the team strategies.**
- 10. All professional, college and high level teams in every sport take time, at least a week, to prepare for the upcoming season! Shouldn't you?**