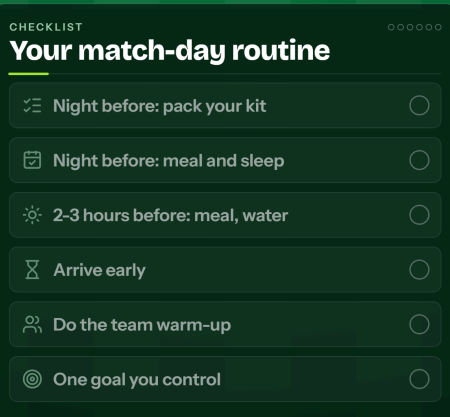




Set up

Boots for the surface

Shin pads and socks

A water bottle

Dose

Our target: 45 minutes

Before kick-off

Arrive 45 minutes before kick-off (or when your coach asks), every match (the Football Reach target, not an FA rule).

What it trains

A match-day routine: pack your kit and sleep well the night before, eat a light meal 2-3 hours before kick-off and drink water, arrive early, do the whole team warm-up, then take one process goal into the game. Normal food and water, no supplements.

How it works

- 1 The night before: pack your kit (boots for the pitch surface, full-size shin pads, knee-length socks and a water bottle, as England Football lists).
- 2 Eat a normal meal and get to bed in time for a full night's sleep: the NHS gives 8-10 hours a night for ages 13-18 (9-12 hours if you are 12 or under). Put phones and screens away for an hour before bed.
- 3 Match day: eat a light meal 2-3 hours before kick-off (the British Dietetic Association suggests a low-fat, high-carbohydrate snack or light meal 2-3 hours before exercise) and drink water through the day.
- 4 Arrive early: our target is 45 minutes before kick-off, or the time your coach asks for.
- 5 Do the whole team warm-up. Then pick one process goal you control, such as "check my shoulder before every pass I receive" (see "One process goal before training"), and review it after the match (see "Review your match").

Coaching points

- 1 **Before the warm-up starts**
Arrive early enough to settle in and join the whole warm-up, not halfway through it. In one FA Boot Room matchday countdown, players are there 45 minutes before kick-off and warm up from 25 minutes before. Ask your coach for your team's meeting time.
- 2 **The warm-up your team knows**
Do the warm-up your team uses every week (the FIFA 11+ or your club warm-up, see "The FIFA 11+ warm-up"), from the start. England Football Learning suggests the same arrival time and familiar warm-up activities each week, so everyone knows what is coming.

✗ **Not this:** Rushing in at kick-off and going straight into the game without the warm-up. Arrive early so you warm up with your team.

HARDER

Write your own match-day timeline on a card or phone note, working back from kick-off (meal, leave home, arrive, warm-up), and tick it off each match. After the game, add your review (see "Review your match").

EASIER

Start with two habits: pack your kit the night before and arrive in time for the whole warm-up. Add one more step each match (our suggestion).

Safety

- Normal meals and water only: this routine needs no supplements, energy drinks or special diets. If you have a medical condition such as diabetes or a food allergy, follow your own plan from your GP, nurse or dietitian.
- Drink extra when you sweat a lot or it is hot (NHS). If you feel ill or anything hurts, tell your coach and a parent before you play, and never play through pain.
- The warm-up is your coach's: flat ground with space around you, and anyone who feels pain stops and tells the coach.
- A routine is there to help you feel ready, not to add pressure. Nerves before a match are normal. If matches, food or sleep leave you anxious or low for a while, talk to a parent, a coach or someone you trust.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

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