

Name: \_\_\_\_\_

# Coaching for Performance and Fitness: Worksheet

## Building Elite Football Players For The Future

### Section 1: Understanding Performance Coaching

**Question 1** (*Slides 2-3*)

Define what performance coaching means and explain how an organisation like the Football Association (FA) might use organisation and planning to prepare the England national team for the FIFA 2026 World Cup.

**Your answer:**

**Question 2** (*Slides 3-4*)

Communication is essential in coaching. Describe two different ways a coach working with British footballers might communicate instructions during a training session. Why is clear communication important?

**Your answer:**

## Section 2: Specialised Knowledge in Football

### Question 3 (Slide 6)

Biomechanics is the study of how bodies move. Explain how understanding biomechanics could help a coach improve the shooting technique of a striker preparing for the 2026 World Cup. Give a specific example.

**Your answer:**

### Question 4 (Slide 7)

Energy systems determine how athletes perform during different parts of a match. A football match has two 45-minute halves, with high-intensity sprints interspersed with periods of lower activity.

a) Which energy system would be most important during the first 10 minutes of intense pressing?

b) Which energy system would be most important during the 80th minute when players are fatigued?

**Your answer:**

### Question 5 (Slide 8)

Tactical strategy is crucial in football. Describe how a coach might use tactical knowledge to prepare the England team to play against a team that uses a 4-3-3 formation.

**Your answer:**

## Section 3: Coaching Qualities and Goal Setting

### Question 6 (Slide 9)

A coach working with young British footballers from diverse backgrounds needs to show both motivation and understanding. Explain what this means and give an example of how a coach might demonstrate both qualities.

**Your answer:**

### Question 7 (Slides 10-11)

The hierarchy of goals progresses from long-term to short-term goals. Create a goal hierarchy for a 19-year-old footballer who wants to play for England in the 2031 World Cup.

Your hierarchy should include:

- Long-term goal (4 years)
- Medium-term goal (1-2 years)
- Short-term goal (3 months)

**Your answer:**

### Question 8 (Slide 11)

Look at the Commonwealth Games athlete example. Now create a similar example for a footballer who is aiming to be selected for the England squad for the 2031 World Cup. Include at least three specific, measurable targets.

**Your answer:**

## Section 4: Safety, Science, and Support

### Question 9 (Slide 13)

Before any training session, coaches must consider legal and safety requirements. List four safety considerations a coach should make when preparing a training session for a youth football academy.

**Your answer:**

### Question 10 (Slide 14)

Explain why warm-up and cool-down routines are scientifically important. How might a warm-up routine differ for a goalkeeper compared to an outfield player preparing for a World Cup qualifier?

**Your answer:**

### Question 11 (Slide 15)

Technology is increasingly used in modern coaching. Name three pieces of technology that could be used to help prepare footballers for the 2026 World Cup and explain what each one measures or improves.

**Your answer:**



## Section 5: Working with Teams

### Question 12 (Slides 16-17)

The Multi-Disciplinary Team (MDT) includes coaches, physiotherapists, nutritionists, sports psychologists, and other specialists.

- a) Name four different specialists who might work with the England national team.
- b) Describe one challenge that might arise when managing an MDT and suggest a solution.

**Your answer:**

## Section 6: Synthesis and Reflection

### Question 13 *(Slide 18)*

You are appointed as an assistant coach for a British football team preparing for the 2030 World Cup. Using at least five concepts from this presentation (such as communication, goal setting, biomechanics, energy systems, or the MDT), explain how you would structure a four-week training block to prepare your squad.

**Your answer:**

### Question 14 *(Slide 19)*

Reflect on what you have learned about coaching. If you were to become a coach for British footballers, what would be your three most important priorities? Explain why each one matters.

**Your answer:**