

Paper 1: Seasonal aspects

Pre-season (preparation phase):

This is the period up to competition:

Training includes:

- Develop techniques specific to the sport
- General fitness training such as continuous, fartlek or interval training sessions to increase aerobic fitness
- Weight training to build up strength and muscular endurance

Benefits:

- Fitness and skill lost during post season can be regained
- Skills and techniques can be improved. This means matches at the start of the season are more successful



Competitive-season (peak):

This is the playing season

Training includes:

- Taking part in matches every week
- Maintenance of fitness related to activity
- Limited training, as it may cause fatigue which would decrease performance
- Concentration on skills, set plays and tactics to improve performance

Benefits:

- Fitness levels and quality of performance can be maintained throughout the season



Post-season (transition phase):

This is the period of rest, active recovery and light aerobic work after the competitive season

Training includes:

- Rest to recover from the competitive season
- Light aerobic exercise, to maintain a level of general fitness

Benefits:

- Athletes are fully rested, ready for pre-season
- Not too much fitness is lost



Football Season:

July
Pre-season
(Preparation phase)

June
Post-season
(Transition phase)



August - May
Competitive season
(peak)

Paper 1: Warm-up and cool-down

Warm-up:

A warm-up has three phases:

Warm-up

Phase 1 Pulse raiser

To raise the heart rate and speed up oxygen delivery to the working muscles.
E.g. jogging a lap of the pitch

Phase 2 Stretching

Stretching the muscles and soft tissues you are about to use increases their elasticity and range of movement

Phase 3 Drills

These are more intense practices relating to the main session, such as dribbling if you are playing basketball

Benefits of a warm-up

To physically and mentally prepare for exercise

To increase oxygen delivery to the working muscles

Increase temperature of muscles, tendons, and ligament. Reducing the chance of injury

Increase the range of movement at a joint which will aid performance

Cool-down

A cool-down has two phases:

Cool-down

Phase 1 Light exercise

e.g. slow jogging at a much lower intensity you have been working

Phase 1 Stretching

Stretch the muscles you have used in the main activity

Why we cool-down

The removal of lactic acid and CO₂

Prevents muscle soreness DOMS

Bring heart and breathing rate slowly back to resting

Helps avoid dizziness due to blood pooling

Improves flexibility

A cool down is **NOT** designed to prevent injury it is to return the body to its resting levels