

RJFC - RUNNING FOR FOOTBALL OFF-SEASON DEVELOPMENT PROGRAM

Introduction - High Quality Running - A Football Weapon

A high level of running capability is one of the most important attributes of a successful player and team. The ability to *run fast, often and repeatedly* for the whole of a quarter, game and the season is critical to a players' and a teams' chances of success.

Players and teams can make their running lethal

To achieve *lethal* running capability will require commitment and specialist expertise. The commitment comes from the player, *what needs to be done, how and when* comes from a specialist running coaching.

Context – Periodisation When to do what

The football year has 3 distinct periods: Pre-season, the playing season proper and post/off season. While the pre-season is important for all aspects of football, it is especially important for developing all-round running capability, in particular capacity (often referred to as the “a tank”).



When tank building is done well players and teams

run hard and fast for every minute of the game

That's what makes running lethal.

It will set up an individual and team for their best chance at success, not only for that season but when it is built upon (developed) for many years, well into the future. It is very important to note that *continuity* is critical to overall capacity development.

The Running Development Strategy - Program

Good strategic program design leads to success. The programs I design are founded on the scientific basis for high performance running, and are informed by evolving contemporary sciences and over 40 years of practice. Importantly these programs are marked by a strong emphasis on *managed development, and focus on optimising growth and renewal management.*

This is an approach that leads to safe sustainable long-term growth and importantly. Notably, what does set my programs a part from others is the understanding and attention to the role of *psychology* in general and endurance running in particular.

The athletic outcomes, as well as the discipline, self-belief and resilience learnings will serve the participants for the life of their sporting careers and beyond.

The Goal

Knowing where we are heading and what the end result looks like is important. Goal setting will greatly assist providing a reference point that will guide decision making along the way.

**The Goal: Is to make Richmond Junior Football Club players and teams
*the best running players and teams they can be.***

To achieve this goal, **our strategy** will be to equip the Richmond Junior Football Club players and coaches with knowledge skills and attitudes that assist them develop RJFC teams with lethal running capability.

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Objectives:

It is a combination of knowledge, skills and attitudes that underpin delivery the goal. All three are necessary to get the best from the program.

1. Knowledge: The best outcome for individuals and teams is when they know what running outcomes to achieve and how to train towards achieving them. Education and mentoring are a focus of this strategy.
2. Skill: While much of running comes naturally, equipping players and teams with the *physical and psychological skills* to help optimise their running is how it becomes a lethal weapon.
3. Attitude: Being optimistic disciplined and can do / positive, enables the player to maximise all their talents and realise their true potential. Importantly these traits will be valuable in other domains of their life.

The schedule below is an example and can be tailored to accommodate individuals and teams.

The Plan The following is an example of a 3-stage (*periodisation*) program for Under 15-16s.

Development Stage	When	Focus	Activity
Foundation <i>Start building "the Tank" and the habit.</i>	November to late February 3 - 4 days per week.	Endurance development. Learn resilience and self-reliance, "can do".	Long moderate paced running, 3 times a week.
Develop All Round Running Capability	February - April	Tank development / maintenance. Learn fast ruthless endurance running.	8k 3 – 4 times a week. One or two of the runs include 10 explosive start sprints.
Maintain / Renew All around capability.	April - August	Sessions Plan supporting maintenance of ruthless endurance running.	Mixed pre training tailored running sessions.

Running For Football sessions are now underway. We are doing sessions on Wednesday and Friday evenings and Sunday morning.

If you are interested in having players and a team that will out run their opposition? Feel free to contact me to discuss.

Bill Peterson

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About Bill Peterson

My name is Bill Peterson, I am a successful running coach with over 40 years' experience. In that time, as well as coaching high performance runners, I also had success training/educating footballers in their running development and cognitive skills for football running.

My qualifications include a Degree in Research Psychology from the University of Melbourne, it includes majors in Psychological Methods, Statistics, Measurement and Analysis and Sociology.

As a coach I have trained the winners of:

- . World Masters 800m Championship . Australian Championships,
- . Victorian Championships . 12 Club Champions (male and female), and eight current Club records,
- . Old Xavierians Football Club 1st18 Best and Fairest
- . Running Coach RJFC U14s Premiers 2024, RJFC U15s Premiers 2022, RJFC U14s Runners Up 2023
- . Winner 2023 Melbourne Marathon Men's Over 55 and
- . Melbourne Marathon 2023 Women's top 10 inc 3rd Victorian Marathon Champs
- . In the 1980s I trained the winners of numerous professional running races including seven winners at the Stawell Gift Professional Athletic Carnivals.
- . Victorian Junior Steeplechase Champion

I myself won two 3200 metre races at the Stawell Gift Athletic Carnival, I have also won the Richmond 10 Mile (16K) Championship (time 51.32) and I have run, 30min for 10k, 48min for 15k, and 8.31 for 3000m on the track.

My interest in being involved with the Richmond Junior Football club stems from my very long association with the area. I played football and cricket on Citizens Park throughout the 1960's and 70's.

After retiring from football and cricket I became a specialist running coach and have been studying and coaching successfully since the early 1980s.