



# ***TRAINING EXPECTATIONS*** ***2026/27 SEASON***

## **TRAINING VENUE:**

**| DAY:** Tuesday

Arborfield Green Leisure Centre, 19 Nuffield Road,  
Wokingham, Reading, RG2 9GB

## **TRAINING TIMING EXPECTATIONS:**

**| ARRIVAL:** 8:20pm

**| TIME:** 8:30 - 9:30pm

**| ARRIVAL ACTIVITY:** 8:30-8:40pm

**| TACTICAL WORK:** 8:40 - 9pm

**| MATCH SCENARIO:** 9:00 - 9:30pm

## **PLAYER EXPECTATIONS:**

**| ARRIVAL:** Arrive on time at 8:20pm

**| PITCH:** Follow Management's guidance on removing goals from the previous session

## **SESSION EXPECTATIONS:**

- Engaging ball work for arrival activity
- To engage goalkeepers with individual training prior to a match scenario
- Working weekly on one principle of play to advance the squad ahead of a matchday
- Ending with a game with positive outcomes that relates to the session (i.e. passing or finishing etc)

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**hype**  
FOOTBALL



# ***MATCHDAY EXPECTATIONS*** ***2026/27 SEASON (SAT)***

## **MATCHDAY VENUE:**

**| DAY:** Saturday

Ryeish Green Sports Hub, Hub Hyde End Lane,  
Reading RG7 1EP

## **MATCHDAY TIMINGS:**

**| ARRIVAL:** 12:50pm

**| CHANGING:** 12:50 - 13:05pm

**| SQUAD/TACTICS:** 13:05 - 13:15pm (changing rooms)

**| TEAM PHOTO:** 13:15 - 13:20pm

**| WARM UP:** 13:20 - 13:50pm

**| FINAL PREP:** 13:50 - 2pm

**| KICK-OFF:** 2:00pm

**| POST GAME:** Squad debrief (changing rooms)

## **PLAYER EXPECTATIONS:**

**| KIT:** Pack your blue Admiral kit for games

**| ARRIVAL:** Arrive on time with a positive attitude

**| POST GAME:** Every player to stay for a short debrief  
to talk about elements of the game

## **PRE-GAME / WARM UP:**

- Dynamic stretching without the ball, followed up with passing sequences, possession squares, and shooting practise for attackers

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# ***MATCHDAY EXPECTATIONS*** ***2026/27 SEASON (SUN)***

## **MATCHDAY VENUE:**

**| DAY:** Sunday

Arborfield Green Leisure Centre 3G (RG2 9GB) or East Park Farm, Charvil, Reading, RG10 9TY

## **MATCHDAY TIMINGS:**

**| ARRIVAL:** 9:30am

**| CHANGING:** 9:30 - 9:45am

**| SQUAD/TACTICS:** 9:45am - 9:55am

**| TEAM PHOTO:** 9:55 - 10:00am

**| WARM UP:** 10:00 - 10:20am

**| FINAL PREP:** 10:20 - 10:30am

**| KICK-OFF:** 10:30am

**| POST GAME:** Squad debrief (changing rooms)

## **PLAYER EXPECTATIONS:**

**| KIT:** Pack your blue Admiral kit for games

**| ARRIVAL:** Arrive on time (set-up might be required)

**| POST GAME:** Every player to stay for a short debrief to talk about elements of the game

## **PRE-GAME / WARM UP:**

- Dynamic stretching without the ball, followed up with passing sequences, possession squares, and shooting practise for attackers

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# ***MATCHDAY EXPECTATIONS*** ***SQUAD SELECTIONS***

## **FACTORS FOR SQUAD SELECTION:**

**| Training Availability:** We will factor in readiness for matches by your availability at weekly trainings

- Additional football is available on Thursday's (8-9pm) at South Reading

**| Overall Availability:** We will factor in real world circumstances affecting availability (family/illness/work etc), whilst considering squads, particularly with players moving between Sat/Sun

**| Squad Adaptability:** If we are above 16+ available players for a game, particularly on Saturday's, we will try our best to tailor our squad based on the needs of the game at hand. Each opponent is different and we need different answers to different challenges.

**| Club Finances:** Are you in debt? Kit fee paid off? We value players who are consistent with payments and not holding the club's finances up.

- We are charged for pitches in advance of sessions, so prompt payments take the pressure off organising multiple games/sessions a week

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