



■ **POLES IN A SQUARE** It's about speed off the mark and changing direction sharply. A lot of the time as play changes you've got to be running backwards. Set up the poles in a square and do two sets of three or four. It's more about speed than endurance.

■ **POLES IN A LINE** (Right) This one is more about agility, getting your feet moving fast. Concentrate on your body from the hips down; use your legs and work hard off the mark. Do two sets of four or five. It's about quality.



■ **LADDER** We need to be very sharp in small areas, for when we find ourselves surrounded by players. (Straight through, left) Go off the balls of your feet (with good knee lift so there's no contact with the ladder) and spend as little time as you can in each of the squares. Put one foot then two feet in each square. (Across ladder, above) This builds core stability, working your quads and hamstrings, and improves speed and agility.

THURSDAY

7.30AM Get up.
8.30AM Training. Ladder work, movement and possession drills. After the drills we'll go into shape and play a game against the youth boys.
10.30AM Most of the boys will hang around for massages, train for free kicks, work on long balls. We have 30 minutes to do our own thing.
11.30AM Rest. They prefer us to stay off our feet.
6PM Dinner.
9.30PM Bed.

FRIDAY

9-10AM Friday is more about the opposition. It's pretty relaxed with a really good warm-up as well as a shooting or crossing drill. We'll talk about the opposition, their formation and how we can counteract them.
1PM We go for a good lunch. I also have a good meal on Friday night.
10.30PM I tend to think about the game a lot the night before – what I need to do, what I'm going to do.

GAME DAY SATURDAY

10AM Get up.
10.30AM Breakfast. I'm not much of a breakfast person on game day, just some toast or cereal. For lunch I normally have a big chicken or pasta.
12PM I try not to think about the match too much. I might play PlayStation with the boys.
6PM For home games we normally get to the ground two hours before kick off.
8PM KICK OFF.

MOVE IT LIKE MILLIGAN

■ **BALL SKILLS** We do a lot of these basic drills to make sure our touch is still as good as it can be. We do a lot of heading, chesting and volleying for foot-eye coordination. If your basics aren't spot on it makes the game very difficult. We'd normally spend 20 minutes on these simple things.

JUGGLING



HEADING



CHEST CONTROL

