

FULL SEASON

Your whole club's performance, in one place.

A private app for football clubs: who is available, who needs a look, what the week holds, and every player's own program on their phone. Built by a strength and conditioning coach with twelve years in VPL and NPL football.

[See Full Season](#)

One home for everything a performance department does.

Most clubs run performance from spreadsheets, group chats and memory. Full Season puts it in one private place, on a phone or a laptop, with each person seeing only what suits their role.

TODAY

Who is ready

Available, modified or out at a glance, who checked in and how they arrived, and tonight's session.

SQUAD

Every player, one card

Their details, their program, their tests and the private link they open on their own phone.

PLAN

The season by week

Blocks and match days, sessions and circuits you can run from a phone with a timer.

TESTING

Test days that mean something

The research-backed core tests with step by step instructions, each result read against published marks and against the player's own last test.

MEDICAL

The physio room

Injury records, shared notes and return to play. Clinical detail never reaches the player link or the club view.

CLUB

The weekly report

Who needs a look first, ready to print for the committee. GPS files from any system matched to the players.

The aim is simple: more of your best players available for more games.

Their own page, on their own phone.

Each player opens a private link: no app store, no password to forget. Five tabs, built from their own card, their tests and their season.

TODAY

Today's session with a start button, a 30 second check-in, logging the session after, and their small wins.

TRAINING

Their four week block, week by week: learn it, add a bit, harder, own it. Prehab, injury prevention, strength, running and speed.

WEEK

Every session and match this week, arranged around their work and their club nights, into their phone's calendar.

FOOD

What today calls for and how much, a match day clock from kick-off, and a sweat check.

ME

Their test results and what they mean, their movement screen, and their card.

Built from the evidence

Every exercise carries the reason it is there. Injury prevention is dosed at twice a week, the level the FIFA 11+ research shows protects players. The program reads each player's age, injuries, growth and position: a goalkeeper runs differently from a winger, a player growing fast does no flat-out sprinting, and an injury waits for the coach or physio before anything hard.

The movement screen

A phone camera draws each player's own stick figure from their squat and single leg squat, flags a knee that moves inward by more than the camera's margin, and sends the right knee control work into their program.

The club's data stays the club's.

- Each club has its own private account, walled off from every other club.
- Coaches, physio and committee each see only what suits their role; the committee sees counts, never names or medical detail.
- Under 18s join only with a parent's consent; no weighing and no photos of juniors.
- Before any player is added, the club and I sign a short data agreement: who holds what, and how it is removed.

How it runs at your club

Week 1: test day and movement screen; every player gets their own page.

Week 2: programs live; coaches and physio set up.

Every week: check-ins before training, load after it, and a short report of who needs a look first.

Every block: a report on availability, injuries and test results.

To talk about Full Season at your club: Amadu Koroma, info@akfitness.com.au.

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