



Football Fitness



Football Fitness is not always music to every player's ears or a coach for that matter, but if it is completed properly, i.e. in match like conditions with a ball and targets technique and co-ordination it can provide better results along a player's development pathway. While football is complex in many ways, the training of the game should be kept simple for players.

The following 6 games are for building up acyclic aerobic endurance and usually performed in the first two weeks of the pre-season with the use of continuous intensive conditioning.

Playing football requires continuous but varied exertion. These are repeated moments of peak effort. Continuous intensive conditioning should therefore be a fixed part of football conditioning. There is a mix of intensive and extensive elements. Below the example of an 30-40 time frame but broken into 6-8 minutes. Intensive games can be carried out in blocks, because the breaks between blocks allow player sufficient opportunity to recover and therefore not become extremely fatigued.

Method:

1. Continuous intensive conditioning.

Dosage:

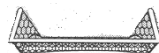
1. Duration: 30-40 minutes (5 x 6-8 minutes).
2. Intensity: High (160-180 heartbeats per minute)
3. Repetitions: 5
4. Rest: 5 minutes between repetitions (work to rest ratio is incorporated into the drill)

For clarification continuous extensive conditioning is working for 30-90 minutes in duration with little breaks and a players heart rate should be 140-160 beats per minute ; therefore 50% of maximal workload.

Legend:



Ball



Goal



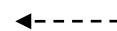
Goal



Dribble



Pass



Run



Positional 2v2 with 4 targets



Objective:

1. Conditioning for acyclic aerobic endurance.
2. Practicing technique (one-touch passing, controlling the ball).
3. Practicing tactics (getting the ball forward, switching when there is a change of possession).

Method:

1. Continuous intensive conditioning.

Dosage:

1. Duration: 30-40 minutes (5 x 6-8 minutes).
2. Intensity: High (160-180 heartbeats per minute)
3. Repetitions: 5
4. Rest: 5 minutes between repetitions (work to rest ratio is incorporated into the drill)

Organization:

1. Positional game of 2 against 2, with 4 lay-off players (2, 6, 9, 10).
2. Team Red plays from 6 to 9 and 9 to 6.
3. Team Blue plays from 2 to 10 and from 10 to 2.

Scoring:

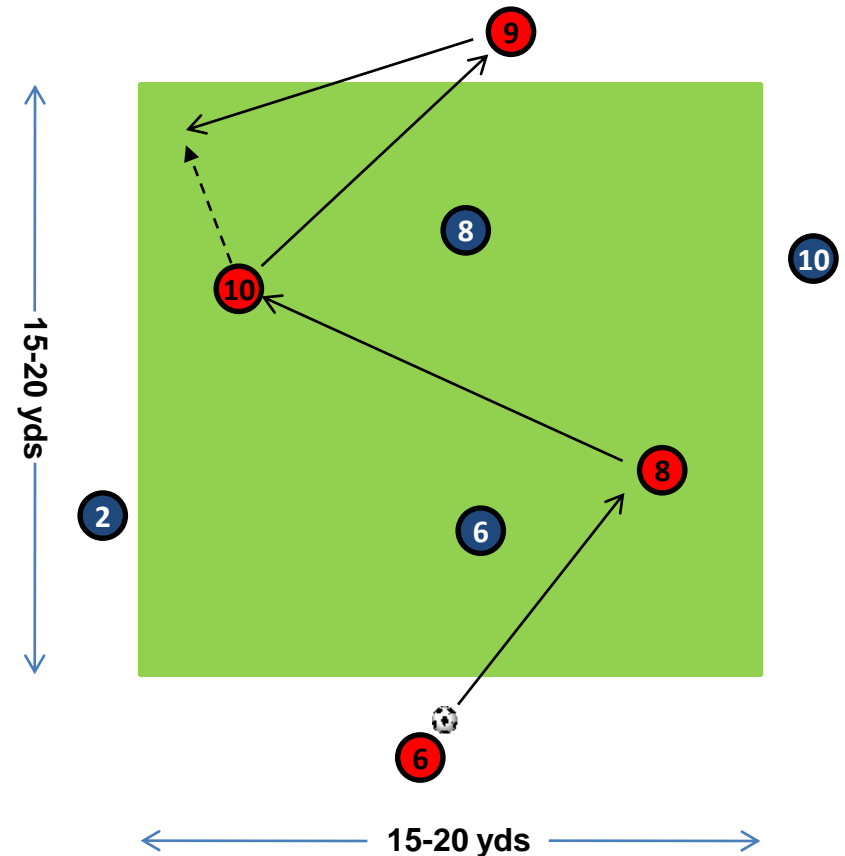
1. When the lay-off player makes a pass to the third player.

Buildup:

1. No rules, two-touch, one-touch (also on the flanks).

Coaching Points:

1. Maintain focus and encouragement
2. Maintain possession
3. Maintain work rate





5v4+1 with pressing and possession



Objective:

1. Conditioning for acyclic aerobic endurance.
2. Practicing technique (one-touch passing, controlling the ball).
3. Practicing tactics (getting the ball forward, switching when there is a change of possession, pressing at the right time, quick counters).

Method:

1. Continuous intensive conditioning.

Dosage:

1. Duration: 30-40 minutes (5 x 6-8 minutes).
2. Intensity: High (160-180 heartbeats per minute)
3. Repetitions: 5
4. Rest: 5 minutes between repetitions

Organization:

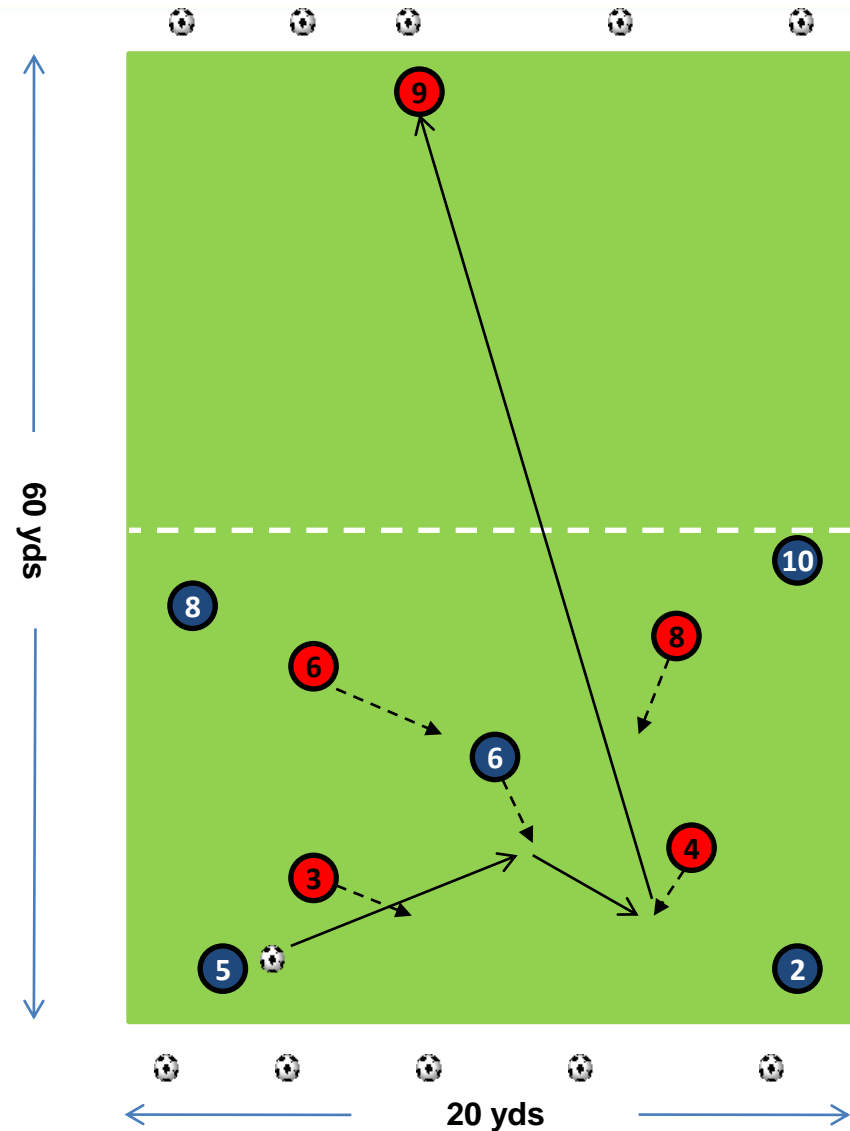
1. 5 against 4, with whites defending trying to win ball back.
2. When white win ball back they try to play ball into lone target in other area.
3. Reds now look to win ball back in opposite end.

Scoring:

1. When the lay-off player makes a pass to the third player.

Buildup:

1. 3 or two touch / 2v1 in opposite zone / a goal with a GK





5v5 Possession Game



Objective:

1. Conditioning for acyclic aerobic endurance.
2. Practicing tactics (improving positional play when in possession and not in possession, switching when there is a change of possession).
3. Practicing shooting quickly at every opportunity.

Method:

1. Continuous intensive conditioning.

Dosage:

1. Duration: 30-40 minutes (5 x 6-8 minutes).
2. Intensity: High (160-180 heartbeats per minute)
3. Repetitions: 5
4. Rest: 5 minutes between repetitions

Organization:

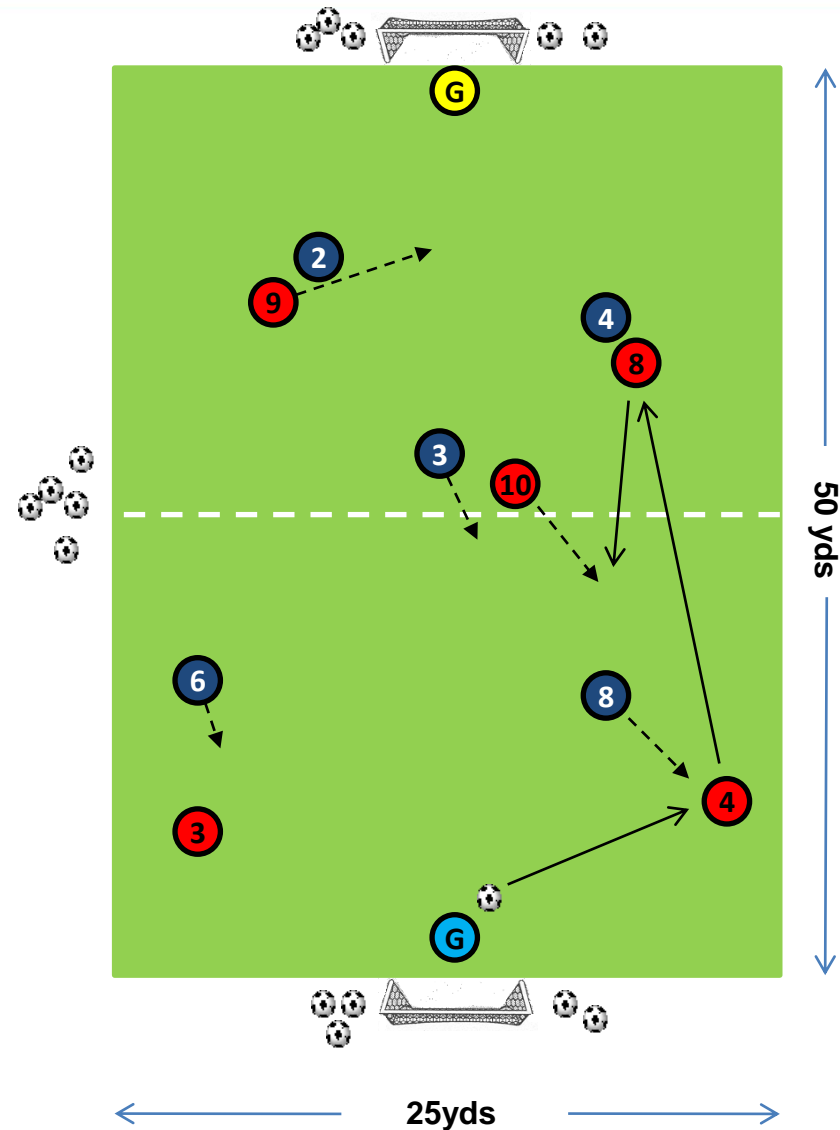
1. Small sided game of 5 against 5.
2. Restrict the number of ball contacts (2-3) up to the center line so that the ball has to be played forward quickly. The game must be played with full effort. This is why extra balls are ready on the sideline and behind the two goals.

Scoring:

1. In accordance with the normal rules.

Buildup:

1. Two points for scoring after an interception in the opposition's half.
2. A goal can only be scored if all the scoring team's players have crossed the center line. If there are still defenders in the other half when a goal against is scored, this goal counts double.
3. The goalkeeper must play a back pass with one touch.





4v4+4 Possession Game



Objective:

1. Conditioning acyclic aerobic endurance and, to a lesser degree, sprinting capacity and strength in the challenge.
2. Practicing tactics (positional play).

Dosage:

1. The work is performed at a continuous level and has links to speed endurance. The coach must monitor this game and call for breaks as needed. Sometimes after 4 or 6 minutes.

Method:

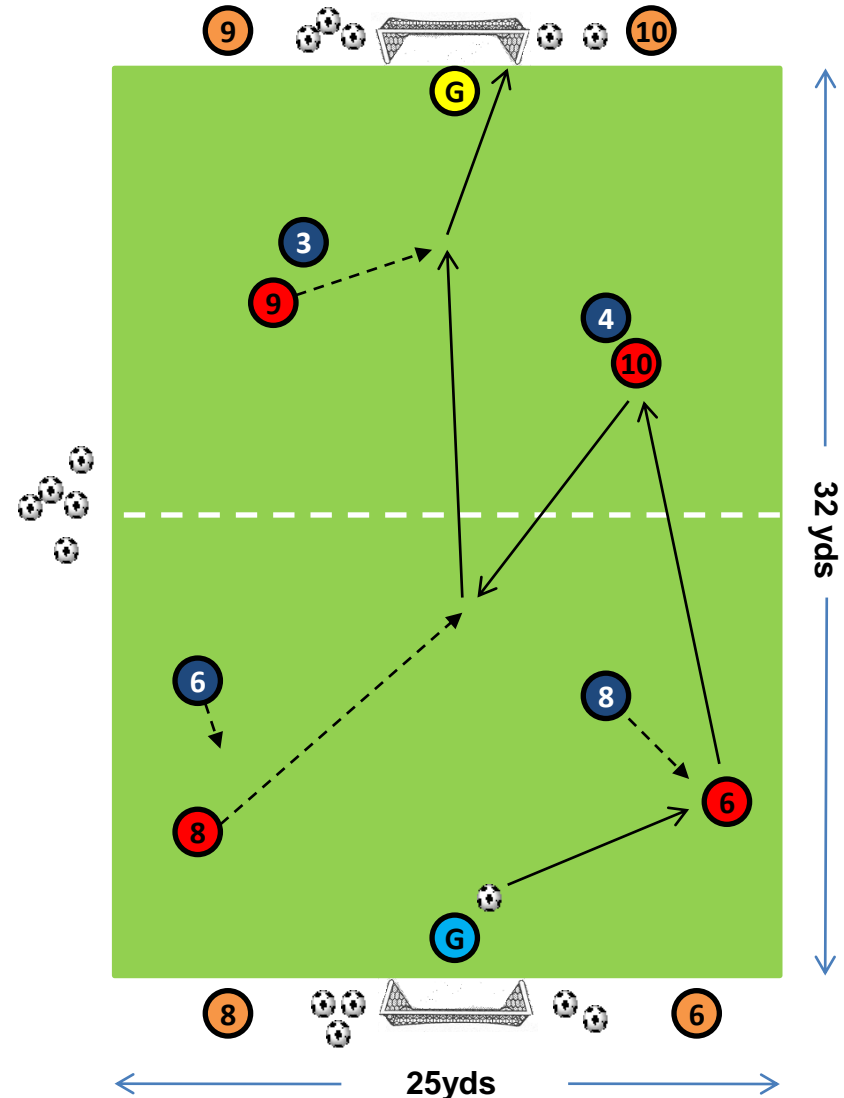
1. Small sided game of 4 against 4 with 2 goalkeepers. There are also 4 neutral players at the ends of the playing area.
2. The neutral players are advanced target players. They have to play the ball with one touch.
3. The other players can touch the ball 2 or 3 times, depending on the standard of play.

Scoring:

1. Normal goal = 1 point; Goal from a cross = 2 points; Goal from a one-two with a target man = 2 points; Goal scored by the third man = 3 points.

Build-up:

1. Within this drill, the aim is to adjust the rules and organization to put the emphasis on conditioning objectives. Players must therefore have good soccer ability.





3v3+N Possession Game



Objective:

1. Conditioning for acyclic aerobic endurance.
2. Practicing technique (one-touch passing, controlling the ball).
3. Practicing tactics (switching the play).

Method:

1. Continuous intensive conditioning.

Dosage:

1. Duration: 30-40 minutes (5 x 6-8 minutes).
2. Intensity: High (160-180 heartbeats per minute)
3. Repetitions: 5
4. Rest: 5 minutes between repetitions

Organization:

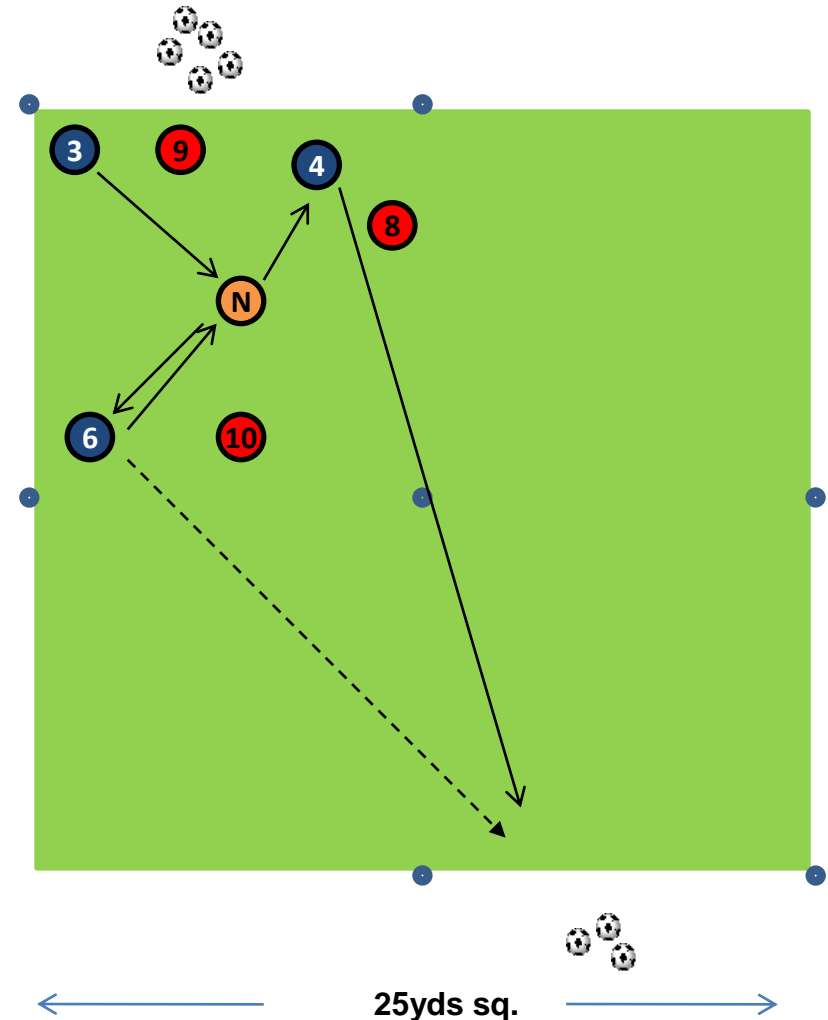
1. Positional game of 3 against 3, with a neutral player.
2. Blue team plays ball through neutral player. After three touches from neutral player the players switch areas.
3. Red team defends and tries to win possession.

Scoring:

1. When ball is switched to other area and possession is maintained.

Buildup:

1. Add in 2 other areas to give 4 in total.





5v5 Possession Game



Objective:

1. Conditioning for acyclic aerobic endurance.
2. Practicing technique (one-touch passing, controlling the ball).
3. Practicing tactics (switching the play).

Method:

1. Continuous intensive conditioning.

Dosage:

1. Duration: 30-40 minutes (5 x 6-8 minutes).
2. Intensity: High (160-180 heartbeats per minute)
3. Repetitions: 5
4. Rest: 5 minutes between repetitions

Organization:

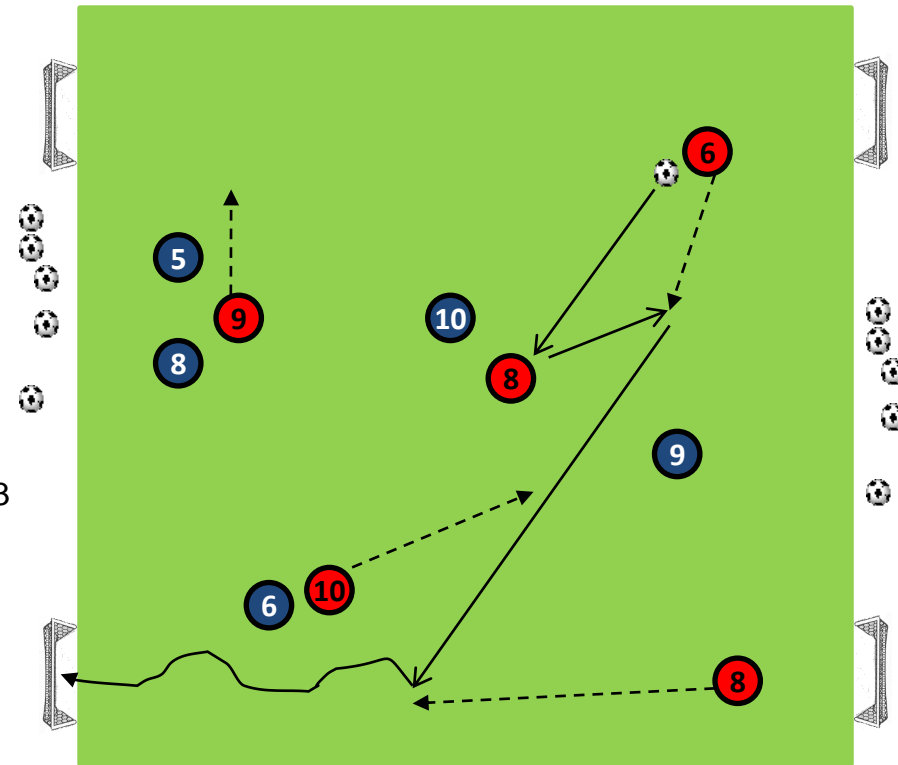
1. Positional game of 5 against 5 in $\frac{1}{2}$ field
2. Each team must move the ball around the field area by using 2-3 touches per player.

Scoring:

1. When ball is dribbled through one of 4 goals. They cannot score on the same goal consecutively.

Buildup:

1. Reduce touches etc.



← 30yds sq. →