

Individual Training (Keeping the Subs Fit)

Keeping the Subs Fit

- **Pre/Post Match Conditioning**
- It is common across the world to see players who haven't featured in the game to come out onto the pitch again to perform some element of 'conditioning'.
- Whilst there is no substitute for football specific fitness through football games, it is often difficult to play football after a game at a stadium whether it be at home or away. Running activities therefore are sometimes the only option.
- If you are performing running activities, they should be as specific to the demands of the game as possible.

Keeping the Subs Fit

- **Pre/Post Match Conditioning**

- If subs have been sitting on the bench all game the last thing they want to do is run, but if they are not training the following day they need to perform some high intensity activity in line with games.
- It is not advisable to make subs sprint after a game for obvious reasons but runs that include a progressive build up of accelerations and decelerations safely are essential.
- Similarly, if the subs tend to be the same players each week it is important to make the runs progressively more difficult by increasing the duration and level of difficulty.

Keeping the Subs Fit

- **Pre/Post Match Conditioning**

- The emphasis of the following interval runs is to start at a relatively low demanding point and gradually build up each week as early as the first game of pre-season if there are subs in need of work.
- Interval run 1 for example has fewer accelerations and decelerations, but is longer in duration with greater rest periods, working more towards being able to last the pace of the game by comparison to the other interval runs.
- Interval run 3c has more accelerations and decelerations, but is shorter in duration with shorter rest periods, working more towards the ability to recover quickly from high intensity actions.
- It is advisable that the runs are used in sequence each week from interval run 1 to interval run 3c to develop the ability to both last the pace of the game and recover quickly. Each week that the run is repeated, the duration should be slightly increased.

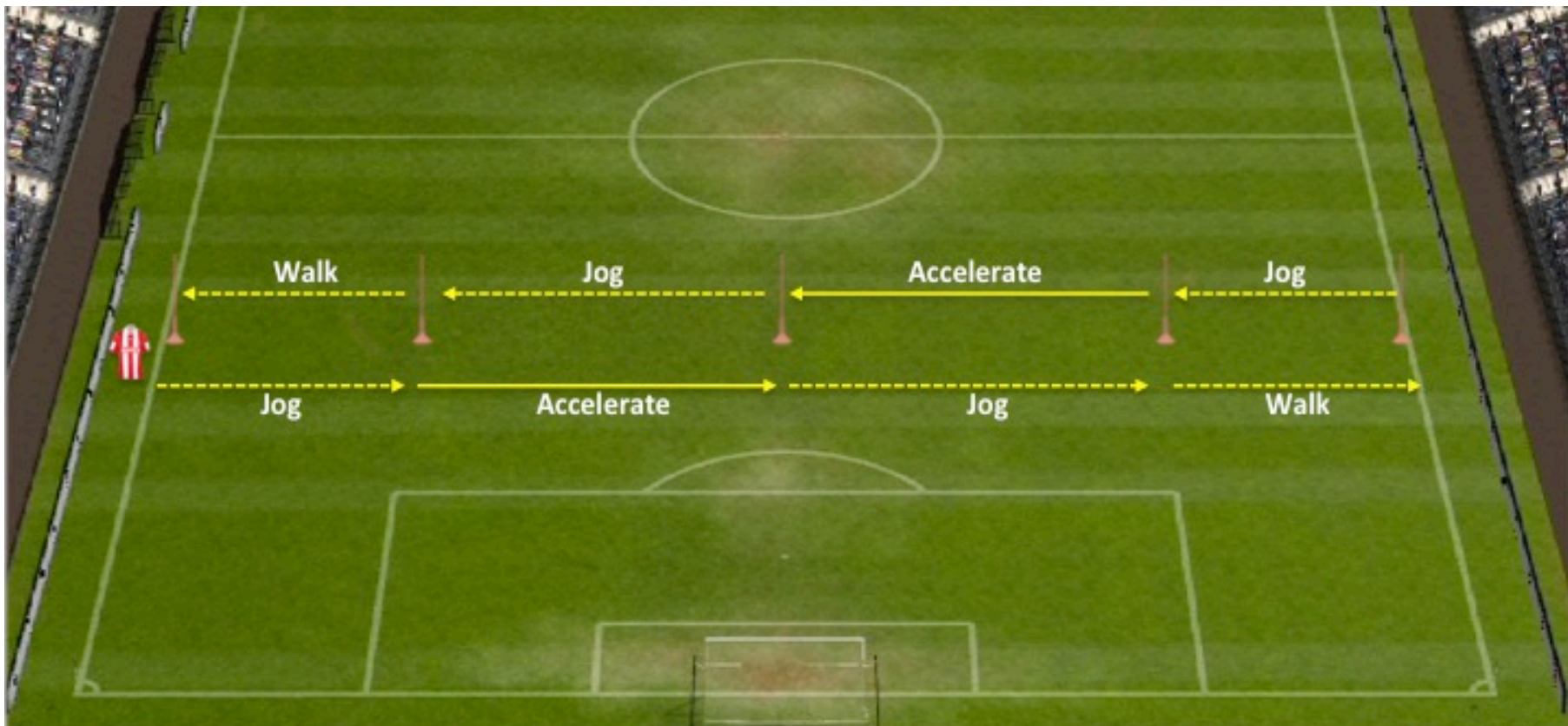
Keeping the Subs Fit

For example :

Week	Interval Run	Sets	Duration (mins)	Rest (mins)
1	1	3	3.5	2
2	2	3	3	2
3	3a or 3b	4	2.5	1.5
4	3c	6	1	1
5	1	3	4	2
6	2	3	3.5	2
7	3a or 3b	4	3	1.5
8	3c	6	1.5	1
9	1	3	4.5	2
10	2	3	4	2
11	3a or 3b	4	3.5	1.5
12	3c	6	2	1

Keeping the Subs Fit

Post Match Conditioning : Intermittent Runs 1



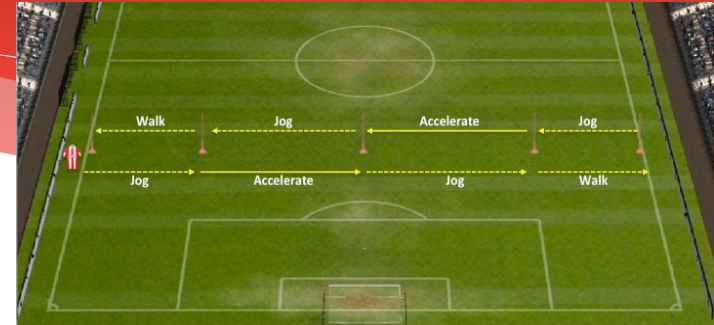
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Post Match Conditioning : Intermittent Runs 1

Organisation

Players start on touch line and jog to 18 yard line. At the 18 yard line players accelerate (80-90%) to centre spot, then jog to opposite 18 yard line and walk to opposite touch line.

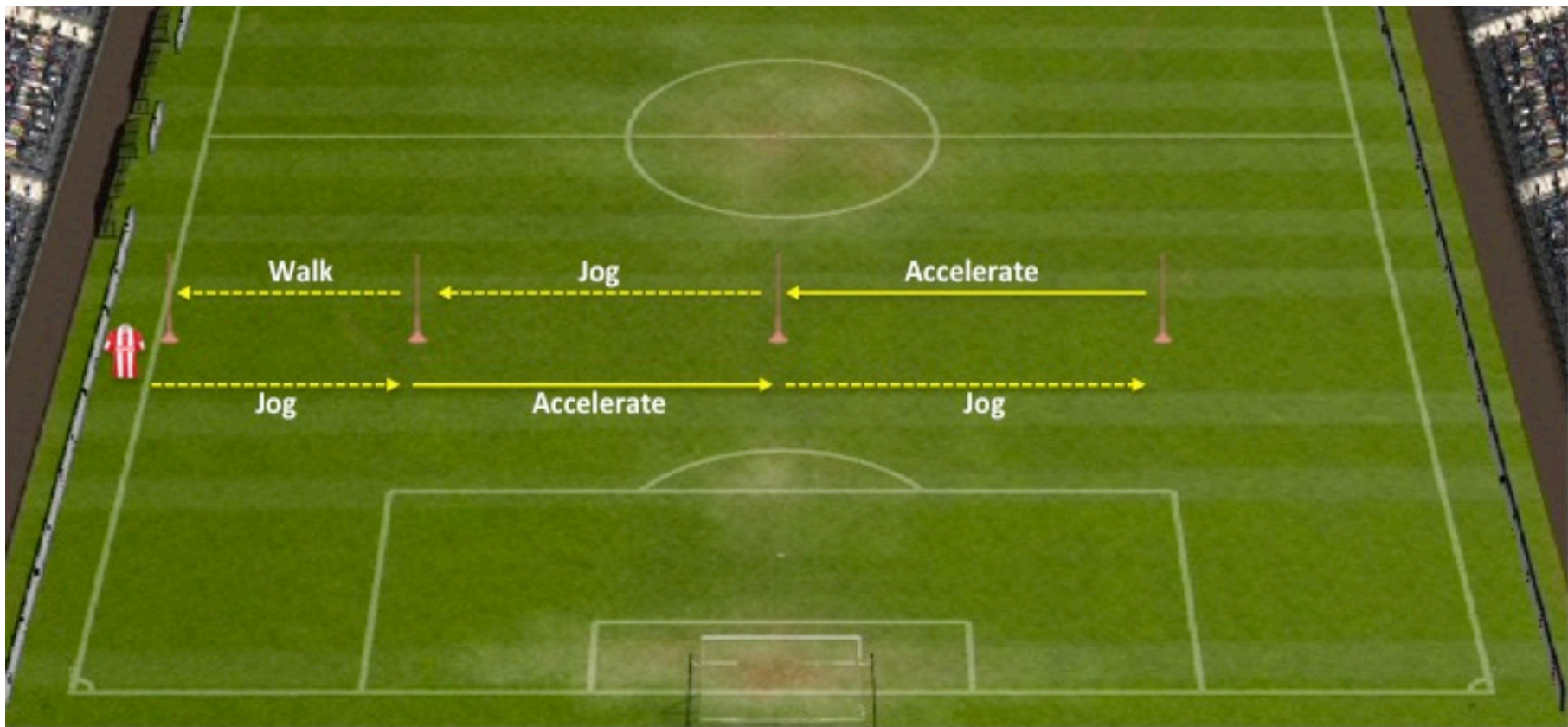
Players go around cone, jog to 18 yard line, accelerate (80-90%) to centre spot, jog to 18 yard line and walk back to start point.



Progression	Sets	Duration (mins)	Rest (mins)
1	3	3.5	2
2	3	4	2
3	3	4.5	2

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Post Match Conditioning : Intermittent Runs 2



Keeping the Subs Fit

Post Match Conditioning : Intermittent Runs 2

Organisation

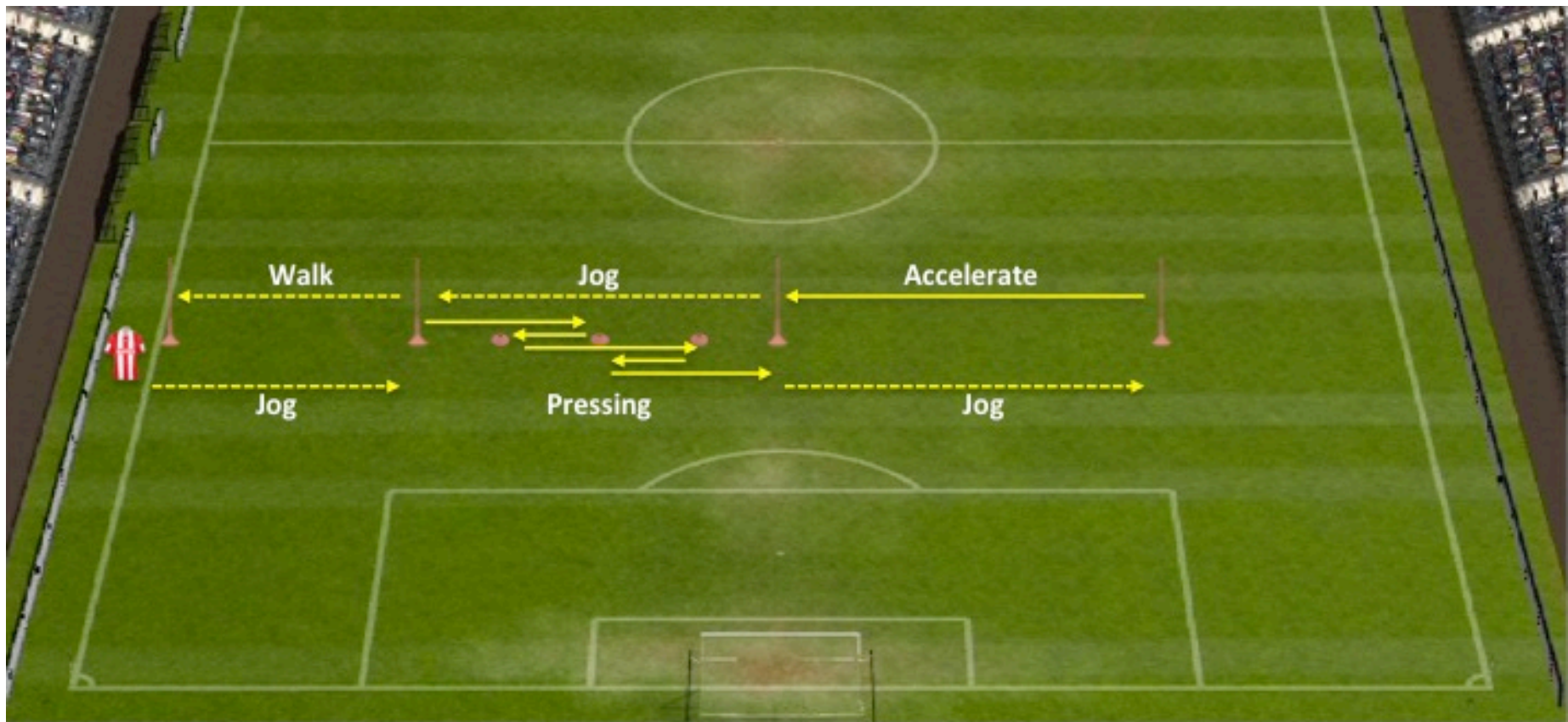
Players start on touch line and jog to 18 yard line. At the 18 yard line players accelerate (80-90%) to centre spot, then jog to opposite 18 yard line. Players go around cone, accelerate (80-90%) to centre spot, jog to 18 yard line and walk back to start point.



Progression	Sets	Duration (mins)	Rest (mins)
1	3	3	2
2	3	3.5	2
3	3	4	2

Keeping the Subs Fit

Post Match Conditioning : Intermittent Runs 3a



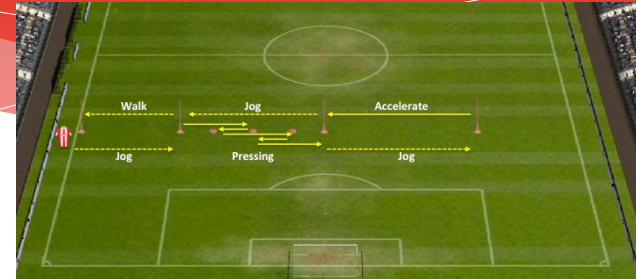
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Post Match Conditioning : Intermittent Runs 3a

Organisation

Players start on touch line and jog to 18 yard line. At the 18 yard line players perform 'doggies' by sprinting to cone 2, back to cone 1, up to cone 3, back to cone 2 and up to centre spot.

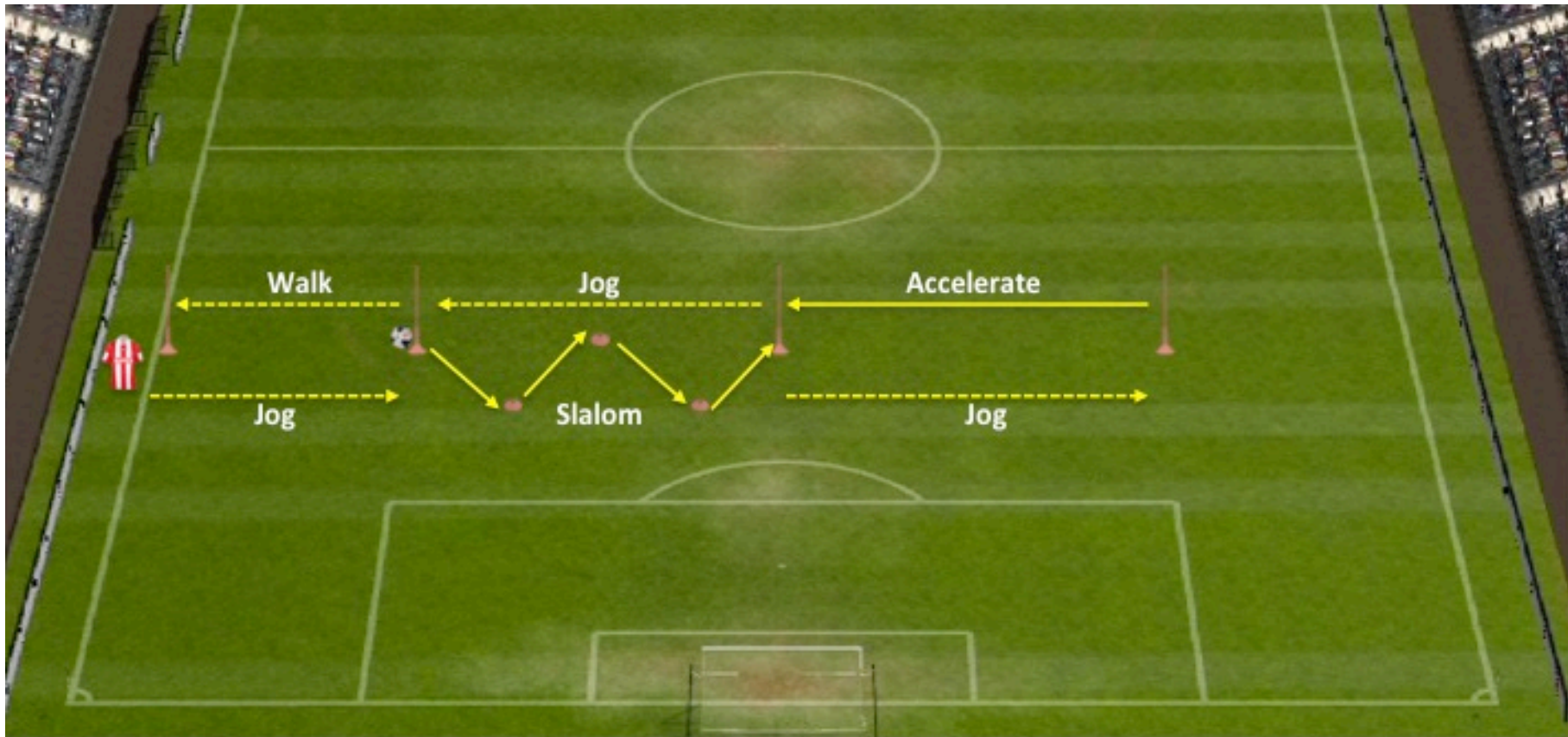
Players then jog to opposite 18 yard line, go around cone, accelerate (80-90%) to centre spot, jog to 18 yard line and walk back to start point.



Progression	Sets	Duration (mins)	Rest (mins)
1	4	2.5	1.5
2	4	3	1.5
3	4	3.5	1.5

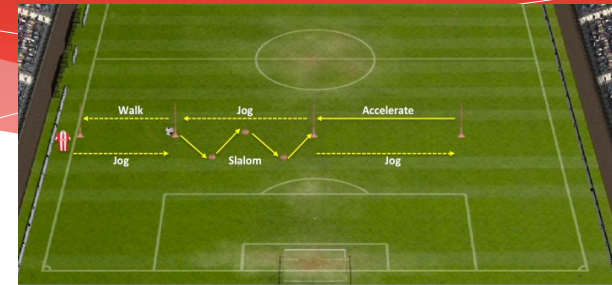
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- **Post Match Conditioning : Intermittent Runs 3b**



Keeping the Subs Fit

Post Match Conditioning : Intermittent Runs 3b



Organisation

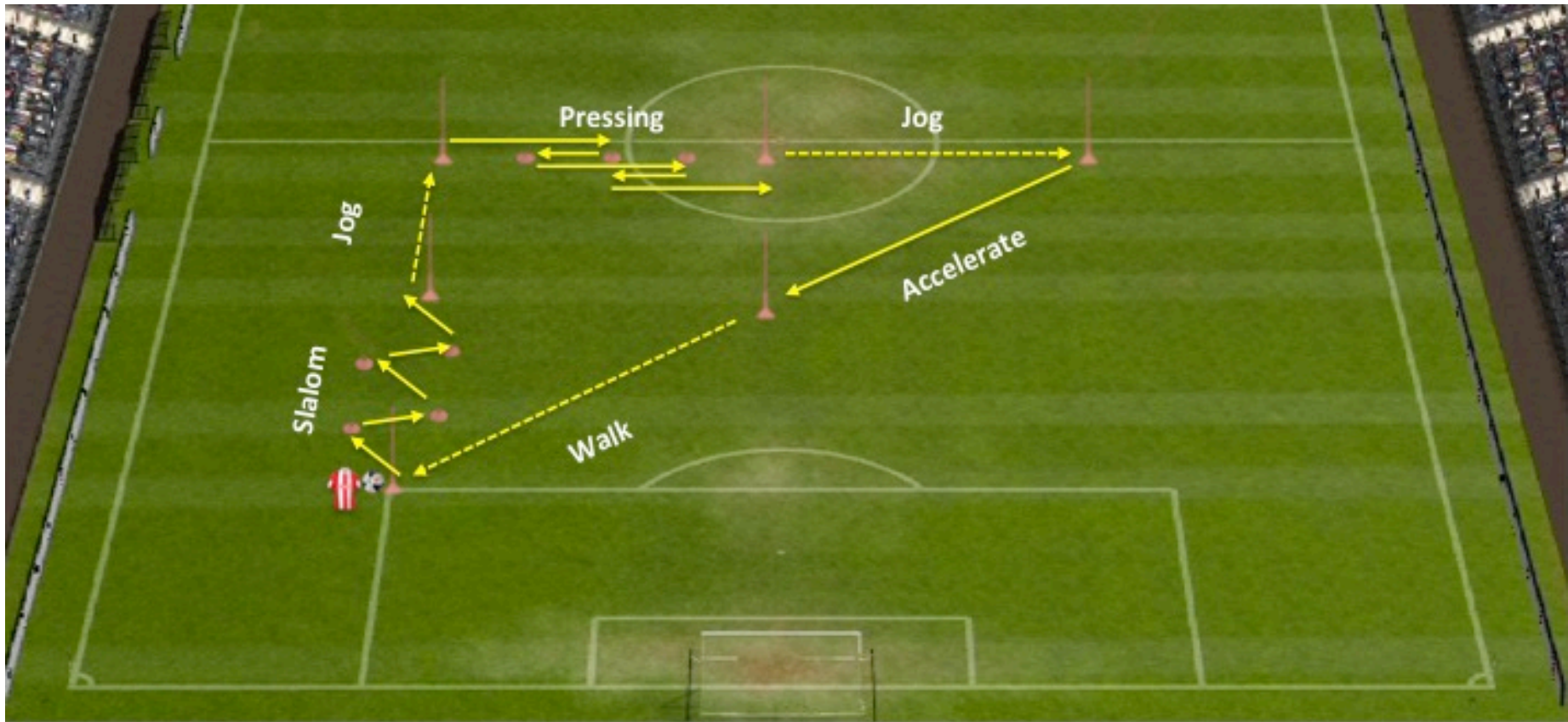
Players start on touch line and jog to 18 yard line. At the 18 yard line players dribble ball around cones as fast as possible to centre spot then jog to opposite 18 yard line.

Players then go around cone, accelerate (80-90%) to centre spot, jog to 18 yard line and walk back to start point.

Progression	Sets	Duration (mins)	Rest (mins)
1	4	2.5	1.5
2	4	3	1.5
3	4	3.5	1.5

Keeping the Subs Fit

- **Post Match Conditioning : Intermittent Circuit 3c**

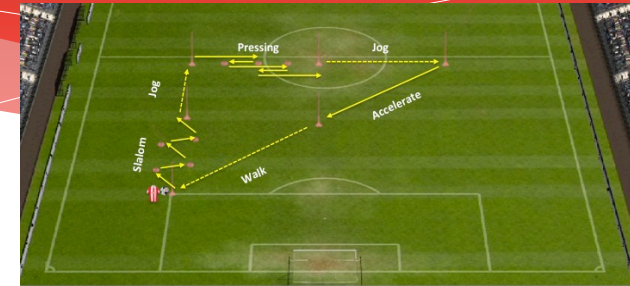


Keeping the Subs Fit

Post Match Conditioning : Intermittent Circuit 3c

Organisation

Players start on the corner of the penalty box and dribble ball around cones as fast as possible to pole then jog to half way line. Players then perform 'doggies' by sprinting to cone 2, back to cone 1, up to cone 3, back to cone 2 and up to centre spot then jog to end pole. At pole players accelerate (80-90%) to centre pole, slow down and walk back to start point.



Progression	Sets	Duration (mins)	Rest (mins)
1	6	1	1
2	6	1.5	1
3	6	2	1