



Football-Fitness: Maintain Playing Style

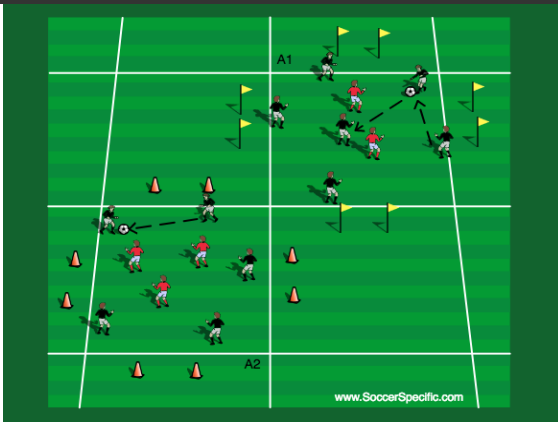
Date: **Aug 14, 2018**

Duration: **60 min**

Team: **SS Sample Session**

Intensity: **● (9/10)**

Category: **Tech / Tact, Conditioning, Physical**



Setup: 8 Players per group. Grids 10-15m x 10-15m

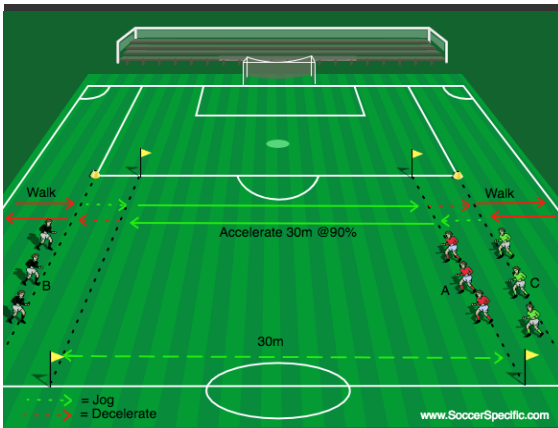
*Organise multiple grids to accommodate squad.

Instructions: QUICK BALL CIRCULATION + COUNTER-PRESSING:

Activity 1: 6v2 (one player in possession must remain central). The six players must maintain possession with 1-touch play; Defenders (Red) must attempt to gain possession and immediately PASS through the gates (flags).
Activity 2: 5v3 - Possession using 2-touch max play. Defensive three (Red) must attempt to gain possession and DRIBBLE OR PASS through gates (cones). Possession Teams - 10 passes = 1 goal. (A1) 3x2min Rest 1 min for Dynamic Movements / Flex. (A2) 3x2min Rest 1 min for Dynamic Movements / Flex.

Coaching Points: Possession Team: Quick ball circulation. IMMEDIATE transition to regain possession = COUNTER-PRESS on any loss of possession. Defenders: Position, Moment, Direction and Speed of Pressing to gain possession.

1



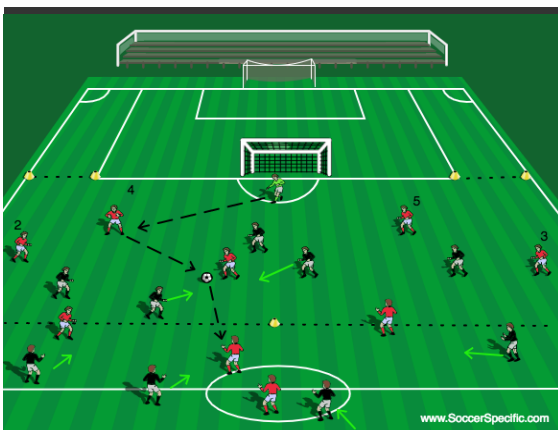
Setup: Squad split into 3 groups

Instructions: Explosivity Preparation Exercises:

9x30 @ buildup to 90% effort (**final 10-15m @ 90%). Rest / recover 30sec.

Coaching Points: Gradual buildup to 90% effort. Walk to sideline and back to recover.

2



Setup: 18 players Players + GKs. 10v10 as illustrated. 3 zones - playing area is from box-to-box.

Instructions: FCT - EXTENSIVE DURATION - Overload Session:

Maximum 4 passes in defensive third + Maximum of 4 passes in Central third - emphasis on playing forward as soon as possible. Free play in advanced Attacking third. Play must go through all 3 zones - no direct balls from defensive to attacking third.

Forechecking in attacking zone after pass from GK.

Immediate Counter-Pressing on any loss of possession. Emphasis is placed on transitions - to attack and defend - high rhythm mandatory! Time: 3x12min Rest 2min.

Coaching Points: Quality ball circulation and movement - look to play forward quickly. Pressing / Anti-Pressing at all times.

On winning possession - positive runs forward into space.

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