



Football-Fitness: More Actions / Quicker Recovery

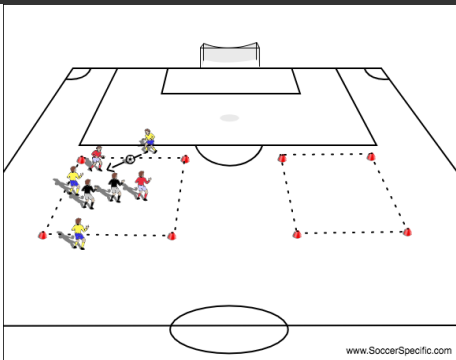
Date: **Aug 14, 2018**

Duration: **1:20 hr**

Team: **SS Sample Session**

Intensity: **● (9/10)**

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

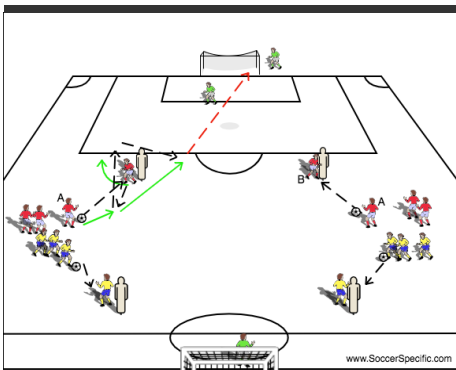


1

Setup: A 2v2 + 3 is organised in a 12x10m grid - 2-3 groups are organised to accommodate all players present.

Instructions: POSSESSION - Intensive: **Note: Players performed an 8min Dynamic Warmup to prepare for this activity. Teams maintain possession in a 5v2 numbers-up situation. Players are limited to 2-touch play. 10 consecutive passes = 1 goal. Play is continuous. 4x1.5min Rest 30 seconds.

Coaching Points: Restriction of Space / Time demands a high number of Actions. Quick ball circulation. Quick movements to find space. Quality of passing / receiving in tight spaces. Emphasis on immediate DEFENSIVE PRESSURE from opponents.



2

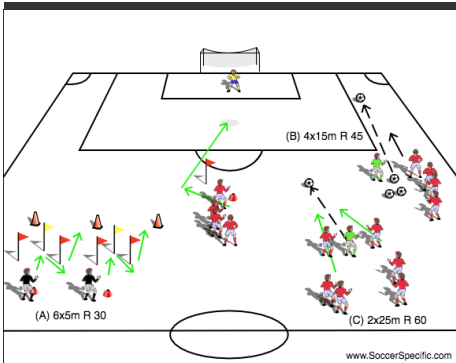
Setup: Squad split into 4 groups. 2 Goals + Goalkeepers.

Instructions: PASS / FINISH: Player (A) pass to (B) checking off the mannequin: Player (B) lays back to oncoming (A) and then bends his run into channel - Player (A) gives a return pass. Player (B) now cuts the ball back to the top of the penalty area for (A) to move forward to strike at goal. **Can replace Mannequin with Defender (dependent on ability of players).

Time: 2x3min

Coaching Points: Encourage players to place the ball around.

Goalkeeper - not always power! Gradually build the intensity - first 3min block - place the ball around GK; second 3min block can go for sprint / power shots.



3

Setup: Players work in pairs. Max Effort - Football Sprints with Max Rest.

Instructions: FOOTBALL SPRINTS WITH MAXIMUM RECOVERY:

(A) 6x5m: Players move forward, touch the central stick, backpedal 1m and then sprint 5m forward. (B) 4x15m: Coach passes ball down channel - wide player sprints 15m to cross the ball. Central player must pull away / around the stick before sprinting 15m to attack the cross. (C) 2x25m: Coach passes the ball the required distance: Players must race to the ball and attempt to score in the main goal.

Coaching Points: All sprints must be MAX effort. Develops the ability to perform Max Explosive Actions that will support Better Quality Football Actions. Maximum / Full Recovery is required so that the next rep can be at 100% effort.



4

Setup: Playing area is 32m long (36yds). 5 teams of 3 players are organised.

Instructions: FOOTBALL CONDITIONING GAMES - Overload Session: 4v4 (3 +GK) ; 2x6 x 1min - Rest 1.5min. Rest 4 min between series - 12 games total. Maintain elements of Playing Style: Quick ball circulation, Quick play in front, Counter-Press on any loss of possession. Defensive: Immediate pressure on ball.

Coaching Points: Games develop the ability to make MORE ACTIONS PER MINUTE. Football Fitness characteristic developed - QUICKER RECOVERY between Actions.