

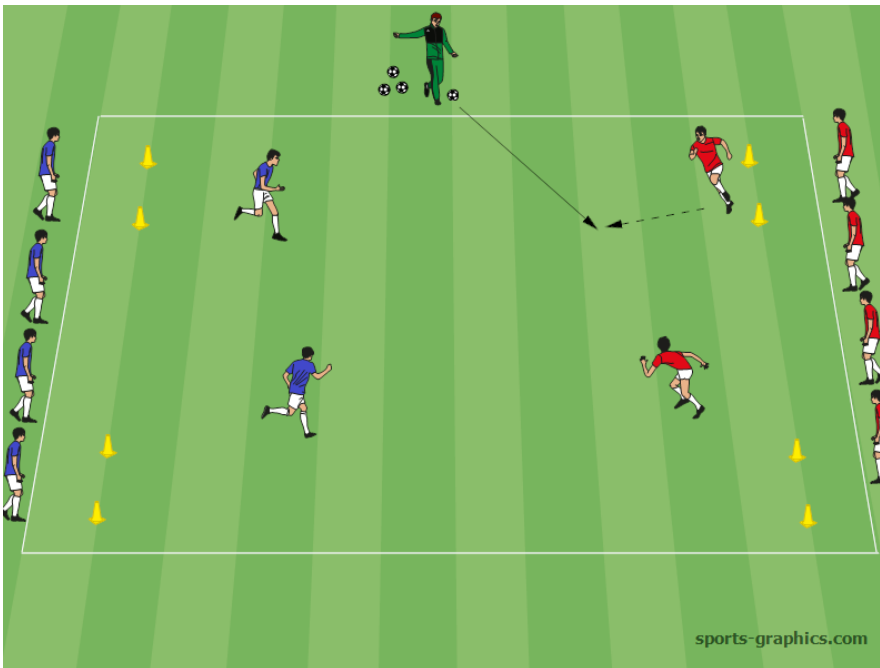
CALLING NUMBERS FITNESS GAME

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Arrange two teams at opposite ends of a 30x20 playing area. Set up two small cone goals at each end. Each player is given a number 1, 2, 3 etc. On the coach's shout of two numbers, the corresponding players from each team compete to score by running with the ball through either of the two small goals at their opposing end. When a goal has been scored or the ball has gone out of play, the working players sprint back to their respective ends. Players go back to their starting positions and the practice continues. With plenty of space in the area, there should be many opportunities for players to run with the ball and attack the open space in front of them.

Keep assessing the workload and duration

to ensure maximum benefit for the players.

Ensure the level of physical activity is age and fitness level appropriate.

Important note: Overloading appropriately with adequate recovery will improve performance. Over training with inadequate recovery will result in decreased performance and burnout.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ability to last longer toward the end of the game when fatigue has set in.
- Ability to maintain short bursts of power or repeat high intensity movements in quick succession followed by periods of rest or low activity.
- Ability to maintain top speed for a longer period of time.
- To recover quickly after intense bouts of action to regain touch and concentration.

KEY FACTORS

- Overload
- Progression
- Recovery
- Specific
- The coach must be flexible

FOCUS AREAS

- A player centred approach of the Four Corner Model – Technical, Tactical, Physical and Psychological.
- Build anaerobic (speed) endurance.
- Ensure recovery and avoid over training or progressing too quickly.
- Ensure training is specific to football when possible.
- Flexibility to allow players time to recover fully and boost energy levels when necessary.
- Intensity must overload the aerobic system enough to take the body out of its comfort zone.
- Progress training by increasing the intensity or duration to overload.

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