

CONSTANT TURNING

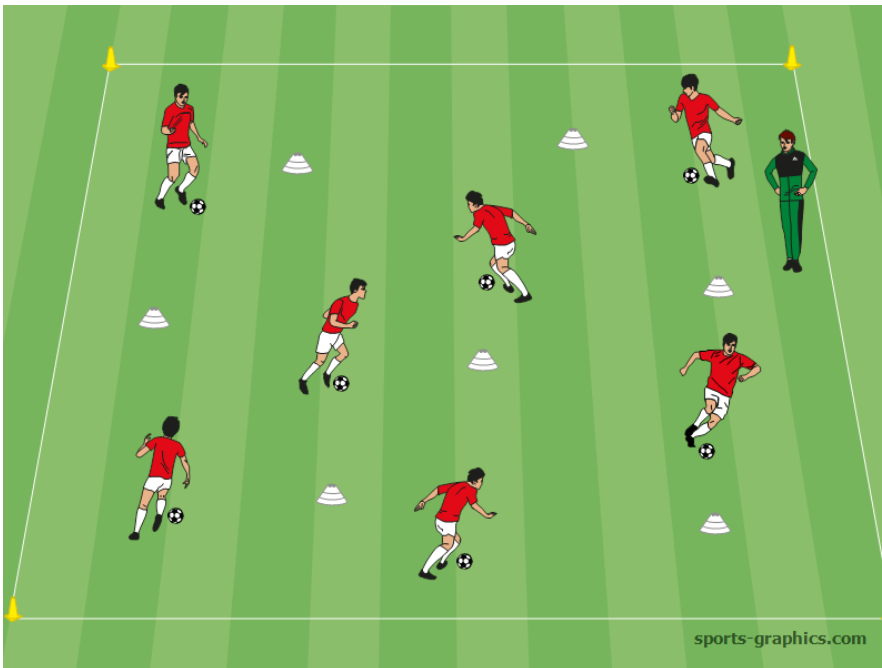
To improve endurance for players to work at a higher intensity for longer periods

TECHNICAL

PHYSICAL

Conditioning

Aerobic Endurance



Set up a 15x15 playing area. Place cones randomly within the area. Players with a ball each dribble within the area dribble at a slow pace until on the command of the coach for which players dribble as fast as possible for 30 seconds dribbling up to a cone (defender) and performing a turn before dribbling and repeating at a different cone. After the 30 seconds, the players return to a slow dribble before repeating the exercise. As a slight alternative the players can be asked to attack a certain amount of cones at full speed before returning to the slower speed. This makes it competitive and will encourage players to work hard. This is a continuous training practice ideal for early pre-season conditioning, active recovery sessions, or general aerobic work.

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

- To increase the capacity of muscle efficiency specifically used in football for prolonged periods.
- To maintain overall quality of performance.

KEY FACTORS

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

FOCUS AREAS

- As the body adapts into a comfort zone, progress training by increasing the intensity or duration to overload.
- Encourage players to produce an end product.
- Endurance training must be strenuous enough to overload the aerobic system to take the body out of its comfort zone.
- Ensure players are moving the ball with quality.
- Ensure recovery and avoid over training or progressing too quickly.
- Ensure that players are moving the ball quickly.
- Ensure training is specific to football when possible.
- Keep planning flexible to allow players time to recover or lighten intensity for a week if necessary.

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