

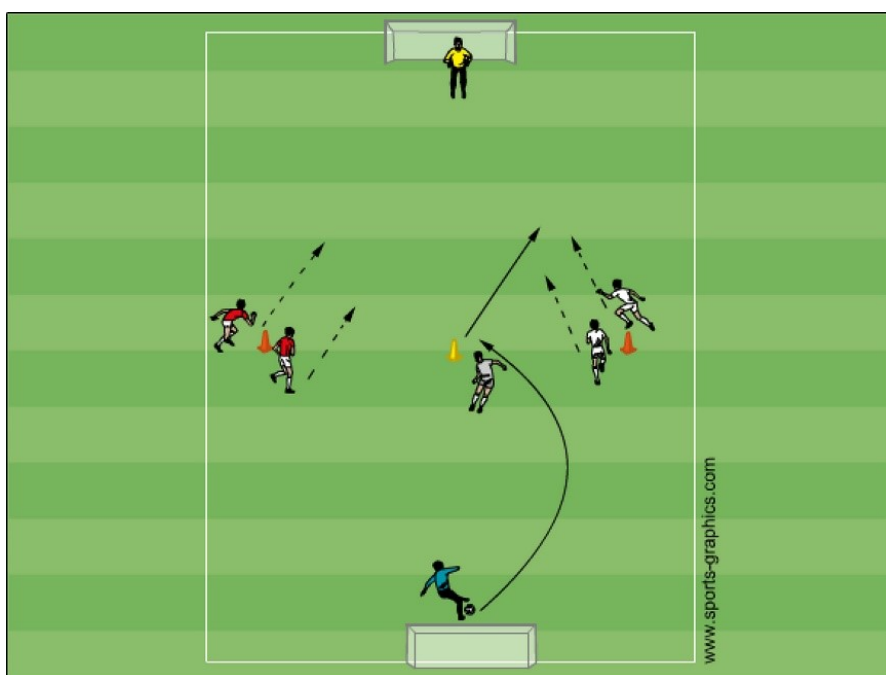
ANTICIPATION EXERCISE

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Set up a 50x30 playing area with a goal and goalkeeper at each end.

Place two pairs of players on the centre line 15yds apart.

One pair faces the goalkeeper with the ball the second pair face the other goalkeeper.

An additional player, the playmaker, starts in the centre of the area.

The goalkeeper throws or kicks the ball to the playmaker. Using a head flick or foot deflection and disguised moves, the playmaker tries to surprise the pairs by engaging one of the pairs with a sharp pass. The pair in possession of the ball become the attackers while the other pair become defenders. A quick reaction is required from the defenders to prevent the attackers from scoring.

If the defenders win the ball, roles change in

a quick transition.

After finishing with a scoring attempt, the pairs jog to recover outside the area while another two pairs with the same playmaker get ready to start the next round.

Replace the play maker after three rounds.

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. 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.

VARIATIONS AND PROGRESSIONS

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 maintain overall quality of performance while fatigued.
- 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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