

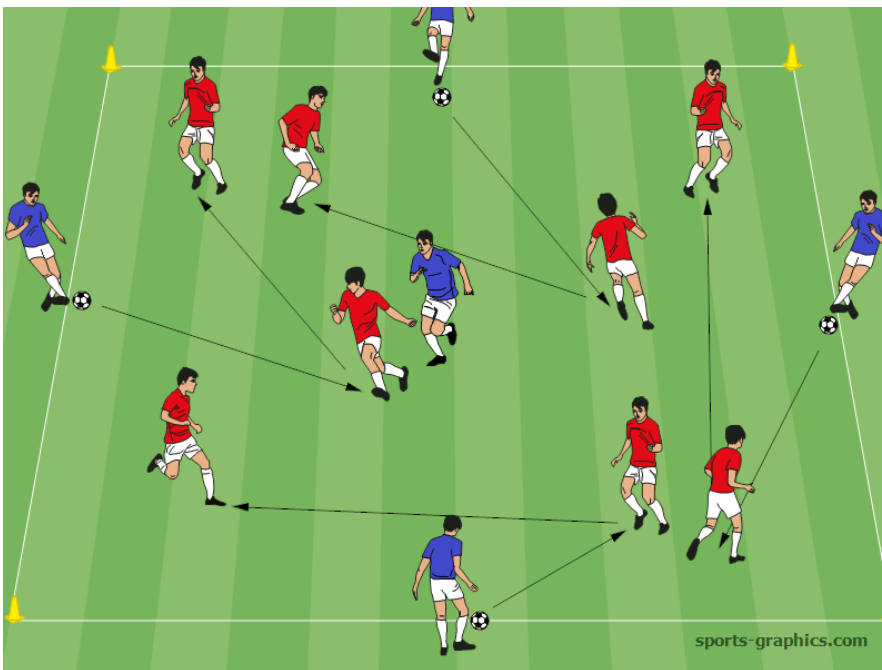
WORKING IN PAIRS WITH DEFENDER FITNESS

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

PHYSICAL

Conditioning

Aerobic Endurance



In a 30x30 area, arrange players into pairs except for four players positioned outside the area and one defender in the middle (blue).

Players must work in their pairs to receive the ball from the outside players and then find their partner.

The passing and receiving must be done with speed and correct technique to encourage game realism.

When the second player out of the two receives the ball, they must look to play the ball back to an outside player (blue). The pair then seek another ball and repeat. The practice is successful when possession is kept as the defender works to intercept passes.

Regularly change the outside players.

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

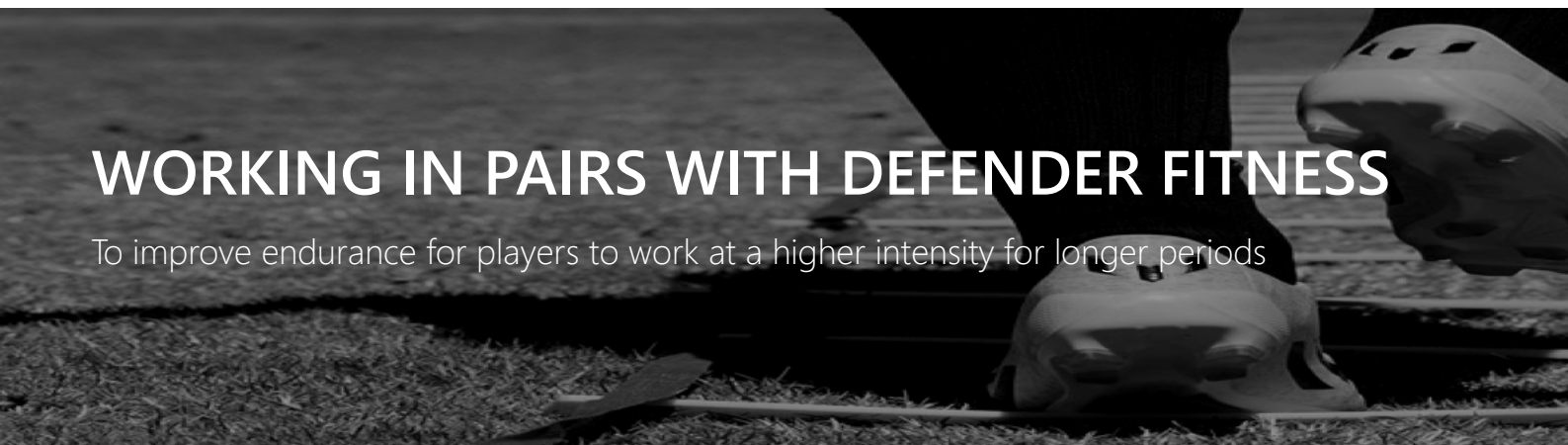
- To increase the capacity of muscle efficiency specifically used in football for prolonged periods.
- To maintain overall quality of performance.

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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