

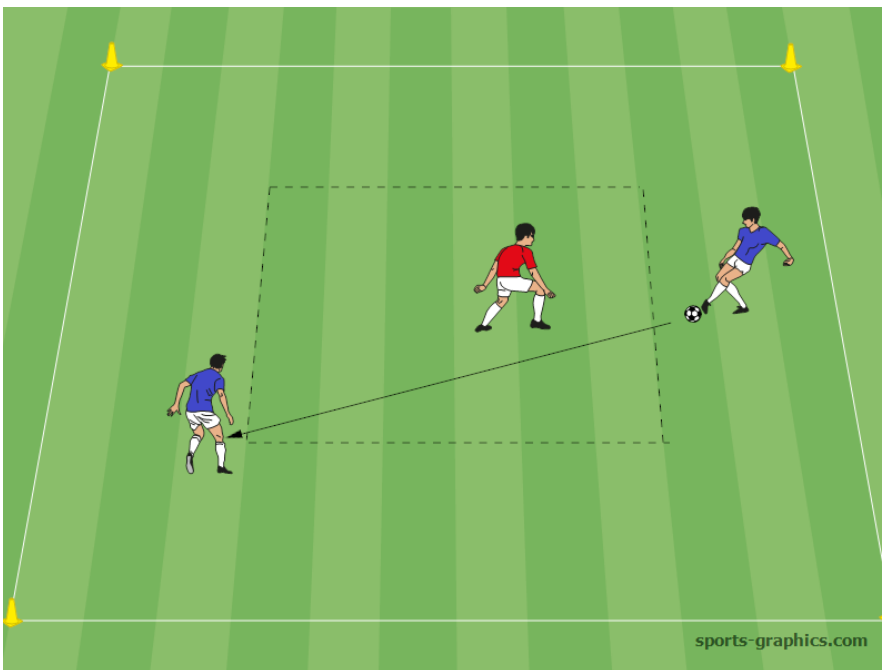
# 2v1 FITNESS KEEP BALL

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

PHYSICAL

## Conditioning

## Aerobic Endurance



Set up 10x10 playing areas for each three players.  
Play 2v1. Two blue players on the outside of the square play against one red player.  
The red player must remain in the central box.  
The blues must pass the ball through the square without the red player intercepting the ball.  
The blue players can pass the ball through any sides of the box.  
Blues need to make five passes to win a point.  
Red defender must make three interceptions to get a point.  
First team to get three points wins (all players then swap roles).  
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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