

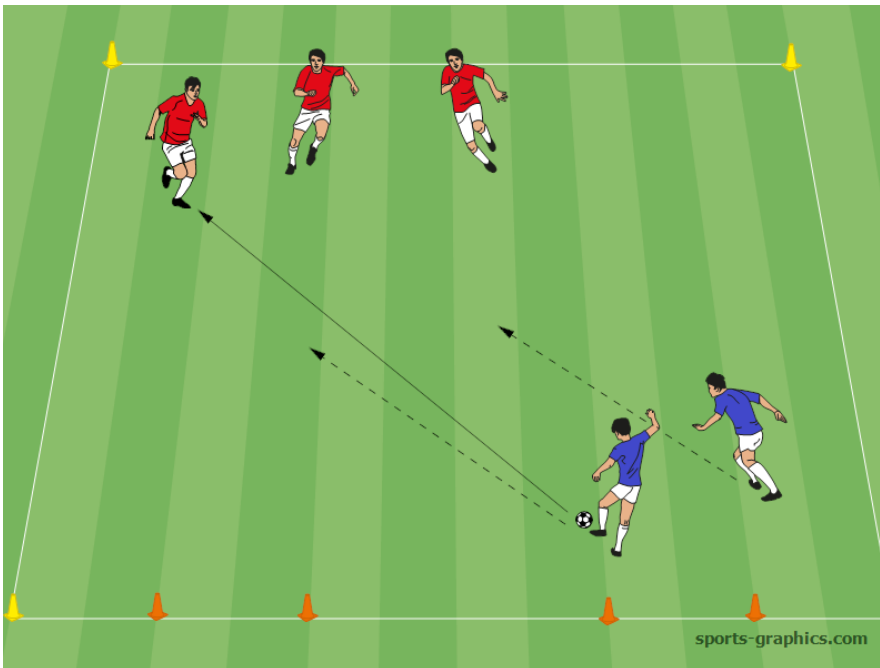
3v2 QUICK ATTACK AT TWO GOALS

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Set up a 30x20 playing area with two 3yd gates (or mini goals) at one end. Start by selecting two defenders and three attackers.

The defenders start with the ball and play a pass into one of the three attackers.

The attackers come at the defenders who try to ensure the attackers do not get through to score in either of the goals.

The two defenders must work as a pair to win the ball.

The practice is continuous with all players quickly running back to their starting positions to then repeat the process.

After a period of time the roles of the players are changed.

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 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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