

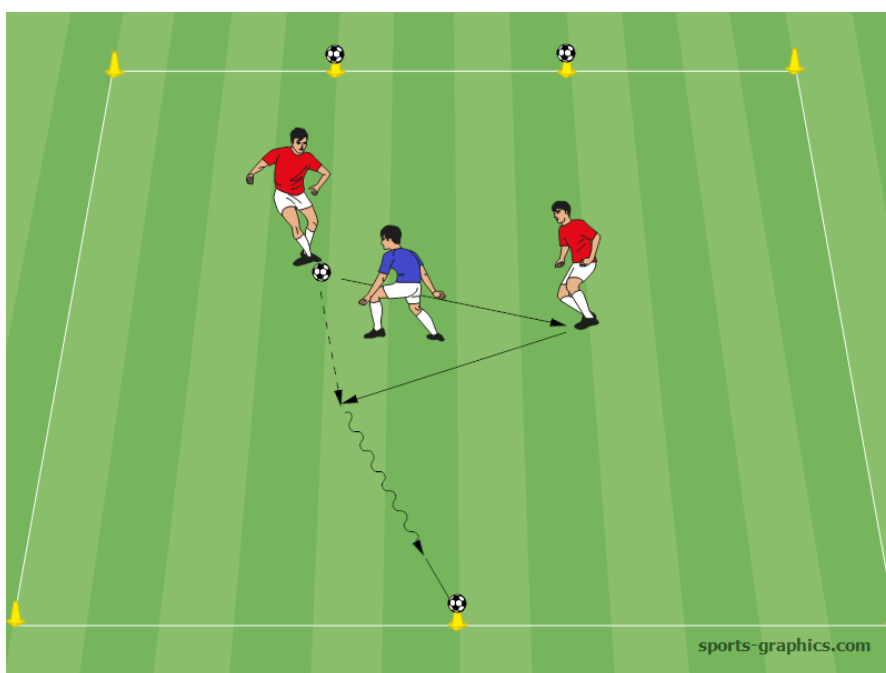
2v1 BALL ON CONE FITNESS

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Set up a playing area 15x20.

Place two balls on cones at one end and one ball on a cone at the opposite end.

Play 2v1 with two players attacking one ball on a cone and one player attacking the two balls on cones.

The two players must work together to knock the ball off the cone using one another to pass around the defender.

If the defender wins the ball they have two balls to aim at and two defenders to beat. Swap roles regularly and ensure the game speed is appropriate.

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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