

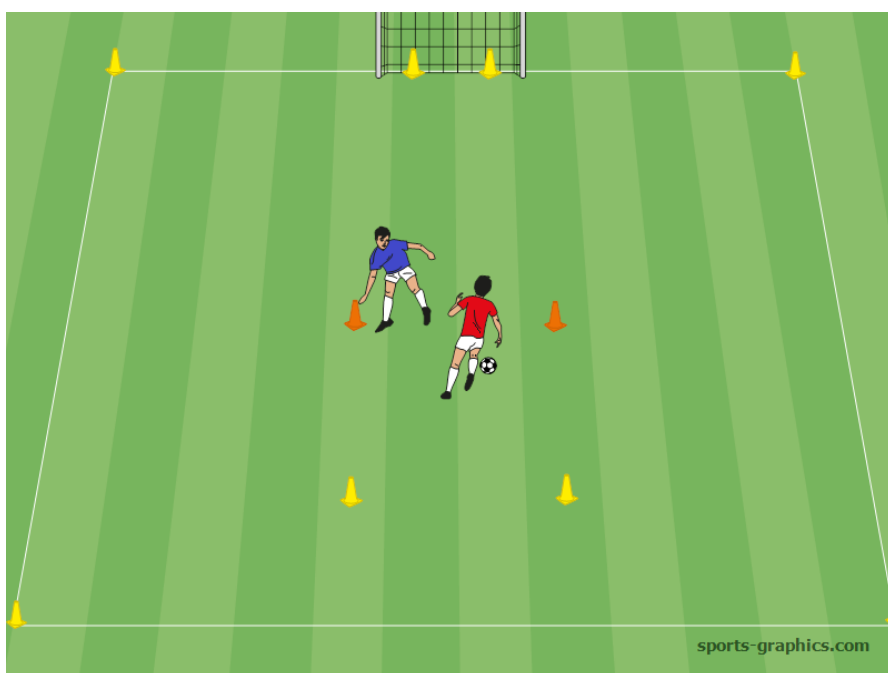
1v1 THROUGH THE GAP

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Set up a playing area 25x25 with a mini goal at one end with two cones inside.

Players face each other across a 10x10 square, one player has a ball.

Players pass to one another for at least five passes before the defending player randomly decides to make a move.

The defender must touch one of the cones on their side (either of the orange cones) before they are able to defend.

The attacker who has ended up with the ball before the defender runs to touch a cone, has now got a gap/space to run into.

The attacker must look to attack the space ahead and try to score between the posts and the cones set inside the goals.

Players change roles.

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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