

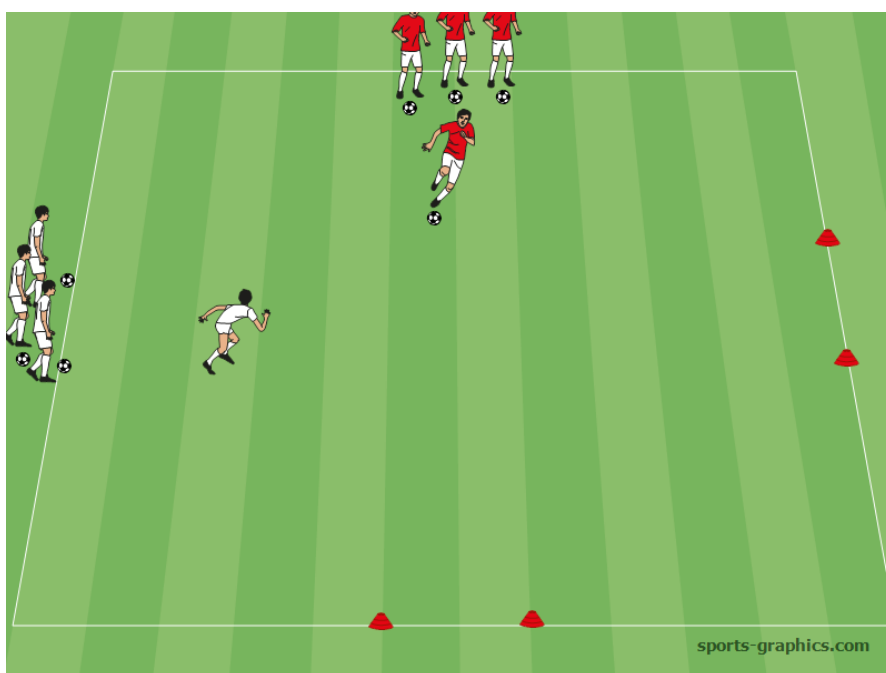
1v1 CROSSWAYS FITNESS

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Set up a 20x20 playing area with two small gates (red) placed on adjacent sides. Arrange players into two teams. One player from each team continually attack and defend in a 1v1. The attacker aims to run with the ball through the gate opposite their starting position. Once a player has attacked, the same player then defends against the new attacker from the opposite team who quickly attacks the space in front. After defending, the player leaves the pitch and rejoins their group. The process is continual. Encourage players to quickly attack the space in front of them, running with the ball and looking to beat the opponent 1v1 as quickly as possible. 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

- Build anaerobic (speed) endurance.
- Ensure recovery and avoid over training or progressing too quickly.
- 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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