

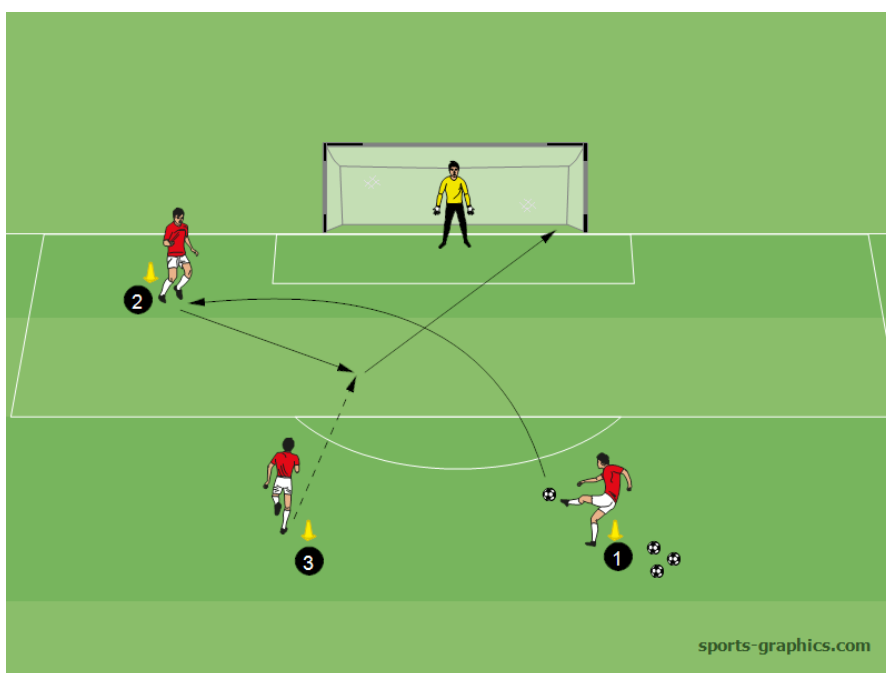
LONG BALL TO SET UP FINISH

Anaerobic practice to improve players fitness

PHYSICAL

Conditioning

Anaerobic Endurance



Set up a playing area in and around the 18-yard box.

Set up as shown with three players and a goalkeeper in goal.

Player in Line One has a supply of balls. The first player from Line One plays a long aerial ball into Line Two.

Player Two plays into the path of player Three that is the 'working player'. This should be a first-time ball if possible into the path of player Three, who needs to have made up ground quickly and timed their run for the lay off.

Player Three after shooting turns quickly and sprints back to their marker before repeating the run. This player must have five consecutive runs at full speed before resting.

Change roles. Players from Line One go to

Line Three, players from Line Two go to Line One and players from Line Three go to Line Two.

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.
- Encourage players to produce an end product.
- Encourage rapid change of direction and acceleration.
- 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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