

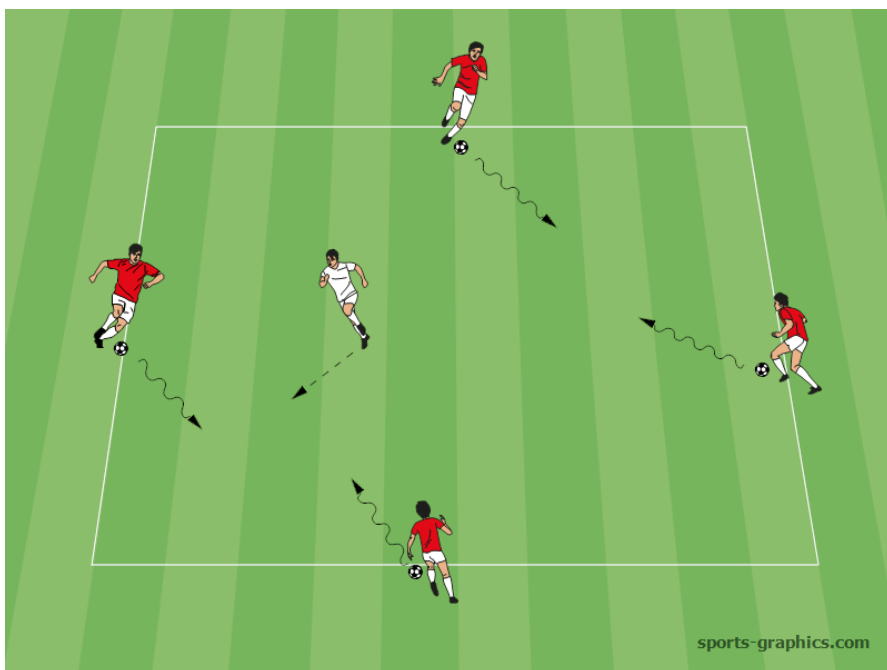
IN AND OUT FOUR SIDES FITNESS

To improve endurance for players to work at a higher intensity for longer periods

PHYSICAL

Conditioning

Aerobic Endurance



Set up a 15x15 playing area with five players, four have a ball. Players with a ball are positioned evenly on the outside of the area. Players attempt to run with the ball across the square or to an adjacent side, without being tagged by the player in middle. The four players compete to be the first to achieve crossing the square 10 times. At least five crossings must be to an opposite side of the square although some adjacent crossings may be included but not just across the corner but to the centre of the adjacent side. When a player is tagged three times by the player in the middle, they swap to become the new tagger (or rotate systematically). Whoever has the best score at this point is the winner of that round.

This is a continuous training practice ideal for early pre-season conditioning, active recovery sessions, or general aerobic work. 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

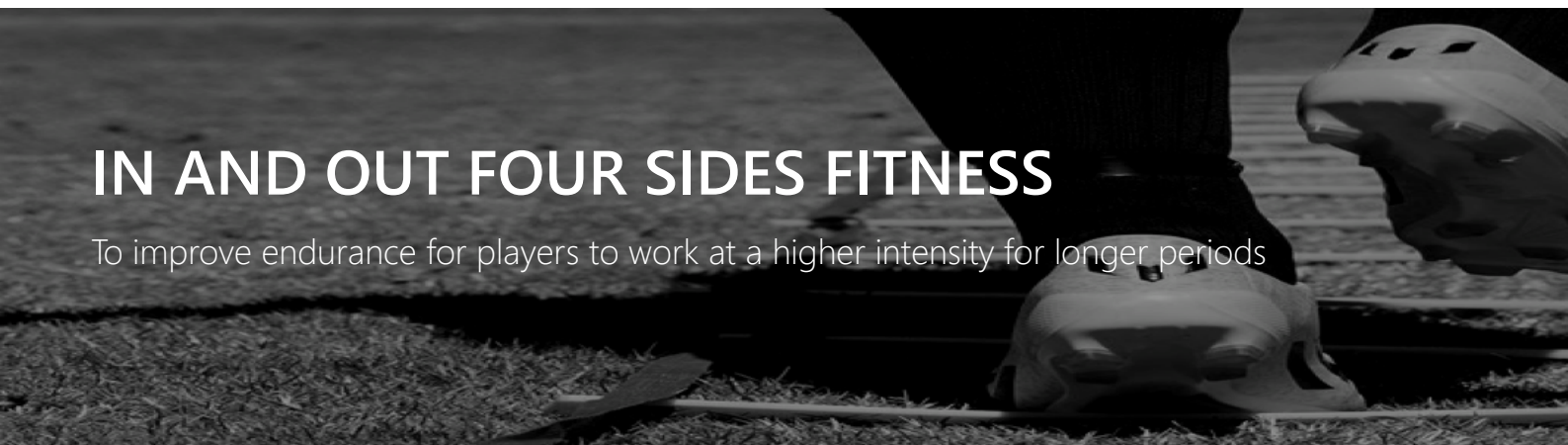
- To increase the capacity of muscle efficiency specifically used in football for prolonged periods.
- To maintain overall quality of performance while fatigued.
- To maintain overall quality of performance.

KEY FACTORS

- Overload
- Progression
- Recovery
- Specific

FOCUS AREAS

- As the body adapts into a comfort zone, progress training by increasing the intensity or duration to overload.
- Encourage players to produce an end product.
- Endurance training must be strenuous enough to overload the aerobic system to take the body out of its comfort zone.
- Ensure players are moving the ball with quality.
- Ensure recovery and avoid over training or progressing too quickly.
- Ensure that players are moving the ball quickly.
- Keep planning flexible to allow players time to recover or lighten intensity for a week if necessary.



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