

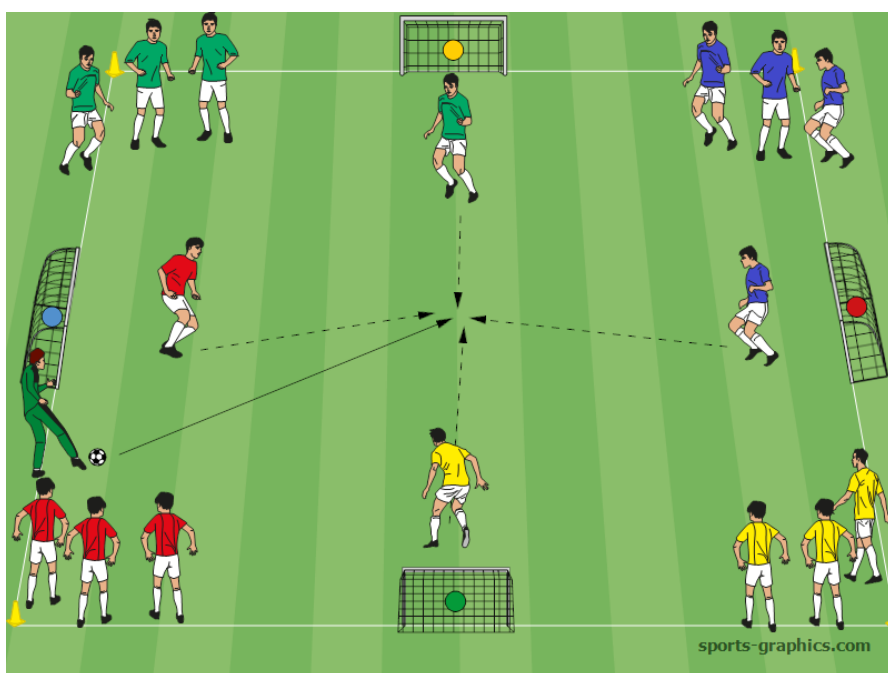
FOUR GOAL FITNESS SCRAMBLE

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

PHYSICAL

Conditioning

Aerobic Endurance



Set up a 50x40 practice area with a small goal on each side. Divide players into four even teams.

To begin, one player from each team is in the middle of the area and is looking to score for their team in a nominated goal. Play starts with the coach passing the ball into the middle.

If a team scores, another of their players joins the game.

For example, if the red team score, they will then have two players while the other teams still only have one player.

This continues until one team has all their players in the middle and score.

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

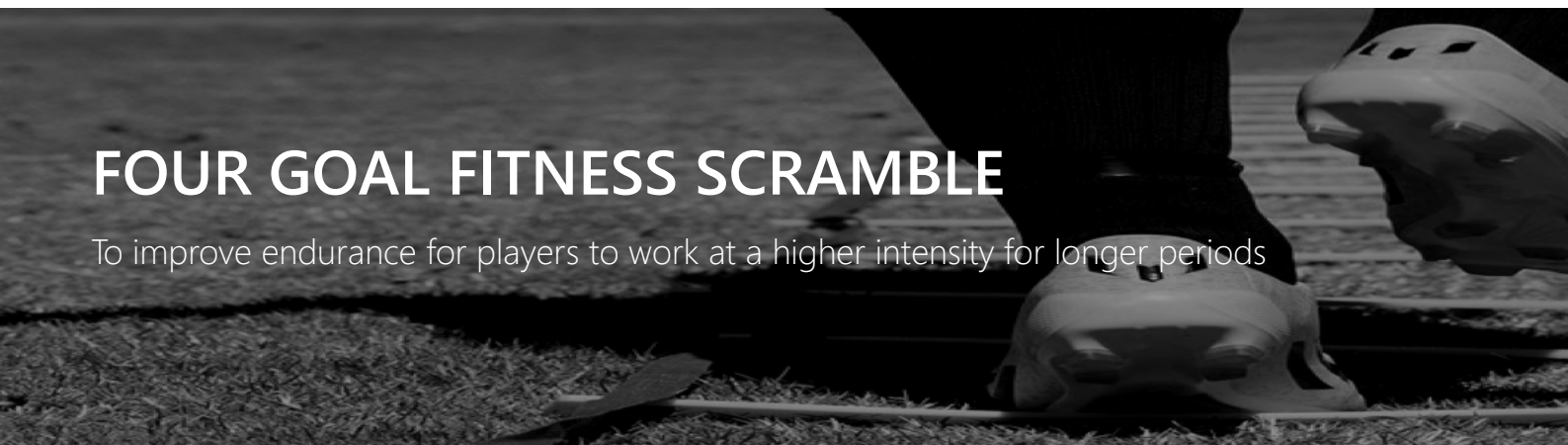
- To increase the capacity of muscle efficiency specifically used in football for prolonged periods.
- To maintain overall quality of performance.

KEY FACTORS

- Overload
- Progression
- Recovery
- Specific
- The coach must be flexible

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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