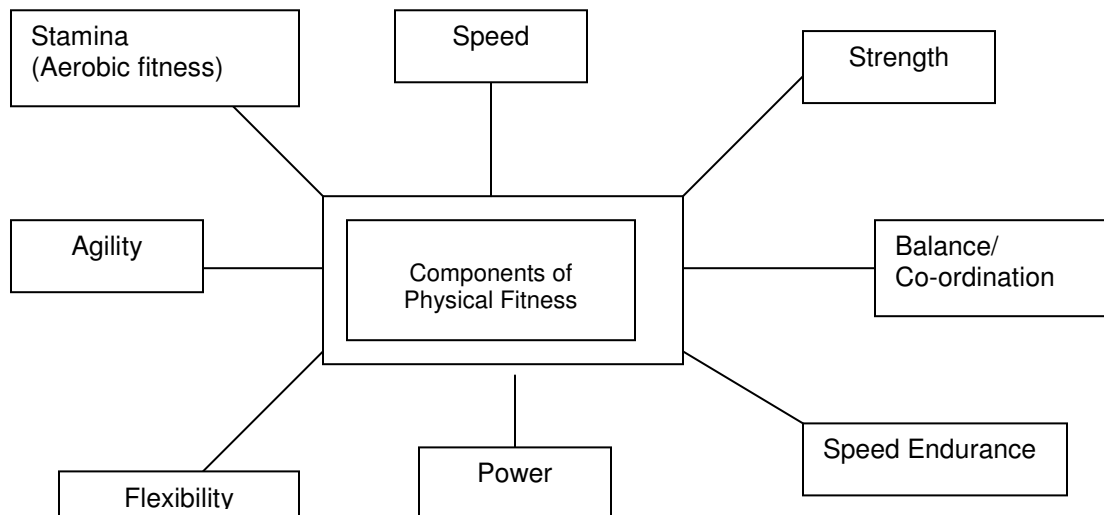


FITNESS FOR FOOTBALL: THEORY SESSION

Session delivered by Scott Ainsley – Fitness Coach/Sports Scientist for Sunderland AFC

Sheepmount Sports Complex, Carlisle – 31/7/08

Components of Fitness



* Recovery – is also a vital component to allow us to develop fitness

Guidelines for Aerobic Capacity

No point in long continuous running (20-30mins). Ask yourself when would you run for 20 minutes in a straight line during a game?

Better to look at interval work – SHORT BUT INTENSE

Examples from Sunderland Training (Without Ball):

Exercise 1

- 4 run's of 4 minutes at 95% of heart rate maximum (blowing hard)
- 3 minutes recovery in between each set of 4

Exercise 2

Set up a 20 m grid – where players have to turn at each end: 3 sets

Set 1 – Run hard for 20 secs – rest for 40 – 6 runs/reps – 60 secs recovery
Before

Set 2 – Run hard for 30 secs – rest for 30 secs – 60 secs recovery before

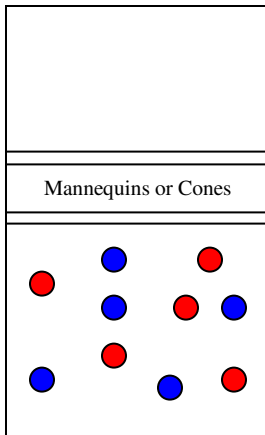
Set 3 – Run hard for 40 secs – rest for 20 secs

Practical Tip

** Can change the number of reps (runs) to give younger players a chance to experience the session*

** Would not advise U12's to do any specific aerobic work; More relevant things*

Example with a ball



Play 5v5 or 6v6 possession game

If 1 team makes 6 passes they transfer the ball into the other area and everyone moves across

If opposing team win the ball they transfer the ball and try to retain possession in other area

Players are constantly moving between areas.

Play 3 games of 4 minutes

Practical Tips

** You can change the rules of the practice to make it easier by overloading attackers. So instead of all players moving across 2 defending players (from team who have given possession away) must stay in area.*

** Possession games are great for aerobic work*

** To make players run more – make area bigger*

** To make the session involve short/sharp movements – reduce area size*

Guidelines for Speed and Agility

Speed sessions should always be done at the start of your session

To get faster you have to run fastand you can't do that if your tired!!

Statistics from Sunderland first team last year showed that players sprinted on average for a distance of 4.5-6.8m

Therefore your players should not be working for more than 10 seconds or further than 10m.

Rest between work is essential. Guidelines suggest that you should rest for 5 times the duration of work e.g. work for 5 secs – Rest for 25 secs

Practical Tips

- * If you group players together in groups of 5 they will have a enough rest waiting for their turn to be ready to go again
- * Recovery between sets should be about 3-4 mins (but this is not always possible due to time constraints)
- * To quickly change a speed session into a speed endurance – just reduce rest Period
- * Remember to work both sides

(Recent research showed that professional players were slower turning to the left – the difference corresponded to 2m, which if you consider a forward turning in the 18yd box – is a massive difference)

Balance and Co-ordination

Again should not be performed when fatigued

Along with Speed and Agility this is the most important aspect for younger players and should be focused on with 8-14

If you can get these components right then the rest will follow

Tools to develop balance and co-ordination

- Ladders
- Hurdles
- Poles
- Cones
- Lines on pitch
- Floor/Stable Surface
- Unstable Surface (e.g. partner pushing)

Practical Tips

- * Again always remember to develop both sides (left and right)

For more information on fitness drills Scott recommended that you read Core performance soccer by Mark Vestagen

Equipment can be purchased from UMBRO, the official equipment supplier to the FA. www.umbrofootballkits.co.uk type in UMB15 at checkout to receive 15% off

Other supplies include SAQ international, precision training and pro direct.