



## SESSION TOPIC:

## Fitness Training

PLAN #:

1

### Endurance Run 1:

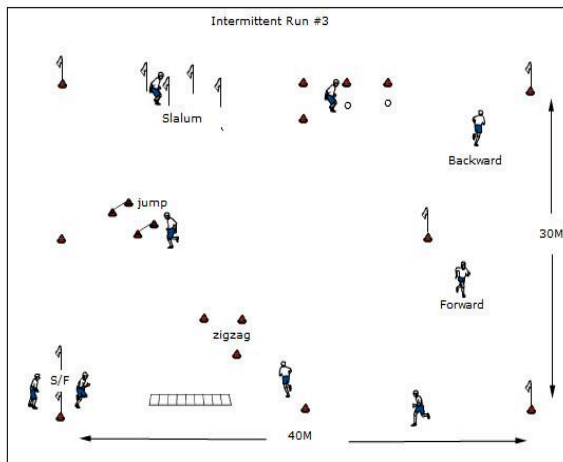
### Intermittent Run # 1

#### Organization /Set up:

- Players run & maneuver through circuit as shown
- Various equipment can be used to create game type movement
- Cones, Ladders, Poles, Hurdles etc..

#### Coaching Points/Key Factors:

- Players run for 15 sec, then actively rest for 10 sec
- This sequence continues for 12, 14 or 16 minutes



### Endurance Run 2

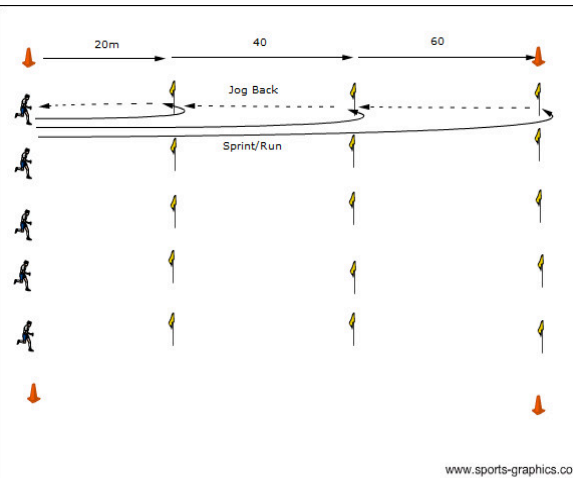
### Increased Demand Run

#### ORGANIZATION/Set up:

- Set up three flags at the following distances: 20m, 40m, 60m
- Players sprint to 20m flag, then jog back to start, sprint to 40m Then jog to start, and finally 60m, then jog to start. This is 1 circuit.

#### Coaching Points/Key Factors:

- 3 circuits equal 1 set.
- 3 circuits = 1 set / 120m x 3 = 360m per set
- 3 Sets = 1080m



### Endurance Run3

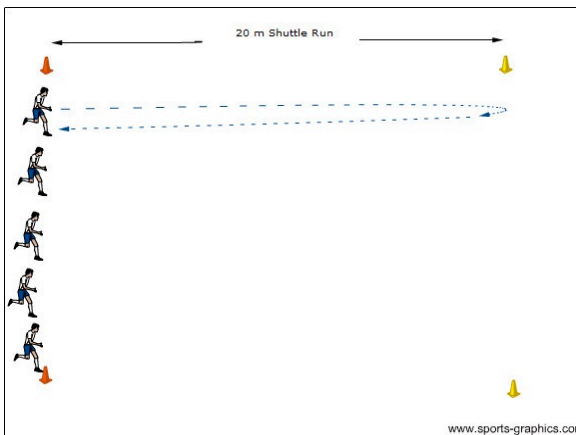
### 20 M Shuttle Run

#### ORGANIZATION/Set up:

- Set out 20m shuttle run as shown
- Players must sprint to 20m mark and back to start

#### Coaching Points/Key Factors:

- Players work on a 30 sec interval period
- Time starts on sprint, they have 30sec to sprint 20m shuttle, recover, before next shuttle begins
- 2 sets of 6 min with 4 Min recovery between sets





## SESSION TOPIC:

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PLAN #:

2

### Speed Endurance 1:

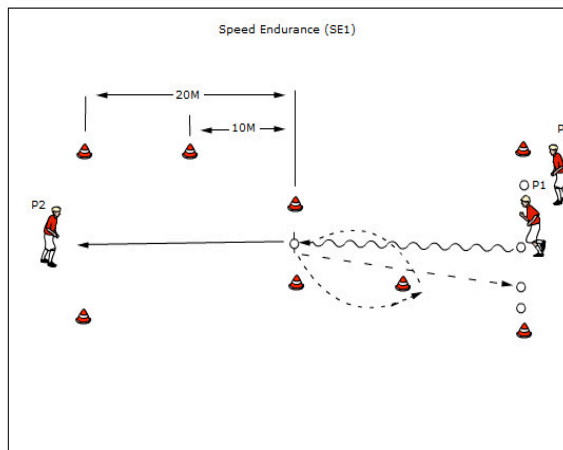
### SE # 1

#### Organization /Set up:

- Set up run as shown
- Player 1 dribbles ball to gate 20m away from starting point, leaves ball. Sprints around 10m cone, back to ball and passes it to player 2. Following pass P1 sprints back to retrieve second ball
- P1 continues till he/she completes 3/4 balls

#### Coaching Points/Key Factors:

- Players complete 3 runs per set. Approximate time = 53sec
- Ratio = 3-1
- 3 x 60m = 180m per set
- 180m x 3 sets = 540m total distance covered



### Speed Endurance 2

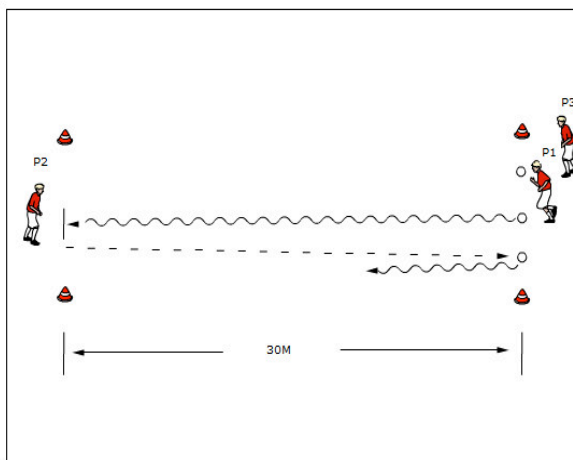
### SE # 2

#### ORGANIZATION/Set up:

- Set up a channel 30m in length
- Player 1 dribbles the ball from one side to the other and leaves the ball. He/she then runs back to get a second ball
- Player 1 continues until all 3 ball have been complete
- Player 2 then repeats

#### Coaching Points/Key Factors:

- Players complete 3 runs per set. Approximate time = 53sec
- Ratio = 3-1
- 3 x 60m = 180m per set
- 180m x 3 sets = 540m total distance covered



### Speed Endurance 3

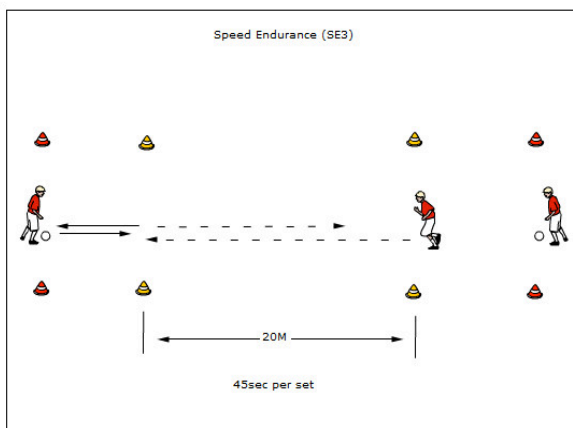
### SE # 3

#### ORGANIZATION/Set up:

- Set up a channel 20m in length as shown with two feeding player 10m away
- Player 1 runs to the 20m line and plays a 1/2 with feeder, then runs to the opposite line to play a 1/2 with the second feeder
- Player 1 continues this for 45 sec

#### Coaching Points/Key Factors:

- Players work for 45 sec. 3/4 pace
- Ratio = 3-1
- No of runs per set = 9
- No of Sets = 3
- 9 x 20m = 180m per set
- 180m x 3 sets = 540m total distance covered



### COOL DOWN:

### Light Movement & Players feedback

5



## SESSION TOPIC:

## Fitness Training

PLAN #:

3

### Speed Endurance 4:

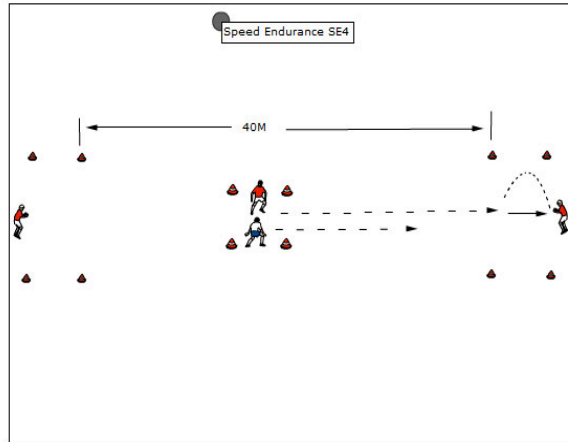
### SE # 4

#### Organization /Set up:

- Attacking player tries to lose opponent inside the box, then continue run to receive a ball from one of the end players (various service)

#### Coaching Points/Key Factors:

- Players work for 45 sec
- Ratio = 3-1
- No of runs per set = 6
- Total distance per set = 120m
- No of sets = 4
- Total distance covered = 580m



### Speed Endurance 5

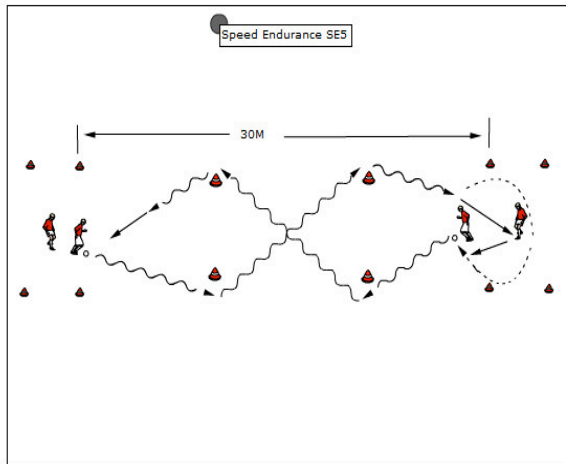
### SE # 5

#### ORGANIZATION/Set up:

- Player 1 & 2 dribble the 30m circuit and plays an overlap pass with end player, then dribbles to the opposite side to play an overlap with the second end player
- Player 1 & 2 work continues for 45 sec then switch with players 3 & 4
- Allow a rest period of 90 sec between plays 3 & 4 and players 1 & 2 second set

#### Coaching Points/Key Factors:

- Players work for 45 sec at  $\frac{3}{4}$  pace
- Ratio = 3-1
- No of runs per set = 5
- Total distance per set = 150m
- No of sets = 4
- Total distance covered = 400m



### Speed Endurance 6

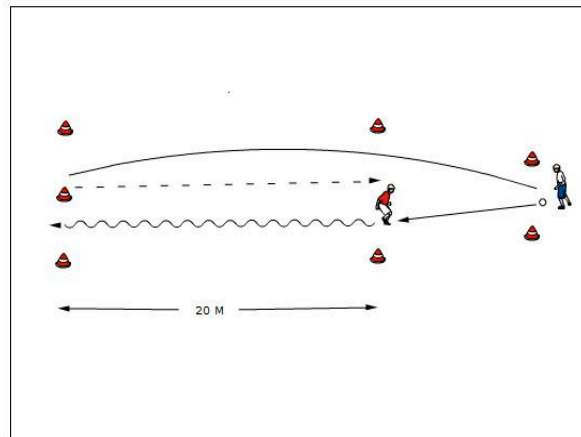
### SE # 6

#### ORGANIZATION/Set up:

- Set up a channel 20m in length as shown with a feeding player 10m away
- Player 1 receives the ball from feeder, dribbles to the far cone and plays a long pass back to the feeder, then runs to receive the ball again
- Player 1 continues this for 45 sec

#### Coaching Points/Key Factors:

- Players work for 45 sec at  $\frac{3}{4}$  pace
- Ratio = 3-1
- No of runs per set = 6
- Total distance per set = 180m
- No of sets = 4
- Total distance covered = 720m



### COOL DOWN:

### Light Movement & Players feedback

5

