

Fit 4 football

Improving your team's fitness in the pre-season period could be the key to a winning start. These practices aim to develop fitness through the use of a range of movements, changes of speed and the use of small-sided games.



What you tell your players the session is about

1. Preparing for the new season.
2. Getting fit.
3. Working on football specific fitness.

Session planner

| Warm-up | Session | Development | Game situation | Warm-down |
|---------|---------|-------------|----------------|-----------|
| 10 mins | 10 mins | 10 mins | 25 mins | 5 mins |

| Activity | Kit | Outcome |
|----------------|---|--|
| Warm-up | Cones | Players run around the circuit, from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 1 |
| Session | Cones, balls, poles, ladders (optional) | The players work around the circuit at top speed |
| Development | Balls, cones, poles, ladders (optional) | Pass the ball and then react to complete the exercises |
| Game situation | Two goals, balls, bibs, cones | The team defends while outnumbered because team mates complete fitness runs |
| Warm-down | n/a | Gentle jogging and stretching exercises |



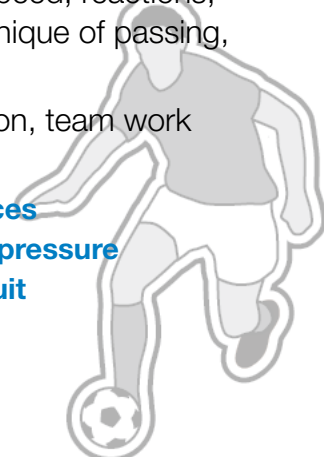
Where it fits

Individual skills: Fitness, speed, reactions, stamina, endurance, technique of passing, volleying

Team skills: Communication, team work

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What to think about

- When returning to training for the new season, it is important that your players don't just run in order to get fit.
- Footballers rarely sprint for more than 20 yards in a game, however, they do change direction, change speed, jump, challenge for possession and communicate.
- Create training circuits or games that enable the players to work at developing the skills and physical fitness to play football at their best level.
- If you don't have a ladder, create one with pairs of cones.





Set-up

For the session and development use a 25-yard square area.

Use an area 50 yards long by 40 yards wide for the game situation.



Session – 10 mins

Split your squad into four teams and set up a circuit course. Each team has a player at each corner.

Players work at top speed to get from one team mate to the next by completing the exercises in their path. Once a player reaches the next corner, they tag the next player to set their team mate off.

Ladders – players step through the ladders.

Poles – players sidestep to slalom the poles.

Coach – players receive a pass and then make a return pass to the coach before sprinting to the next corner.

Cones – players must take forward and backward steps in and out of the cones.



Development – 10 mins

Players all work inside the area created by the obstacles. Players have one ball between them. Each must play with two touches (one to control and one to pass).

After passing the ball, the player runs to complete one of the exercises. Once the player has completed the exercise they run back to the centre of the pitch and look to receive a pass to repeat the practice.

The players complete a different exercise than last time on the circuit course.

This circuit works continuously for two sets of four minutes with a two-minute break. The circuit forces players to change speed and direction.



Game situation – 25 mins

The players in each team are given a number, excluding the goalkeepers.

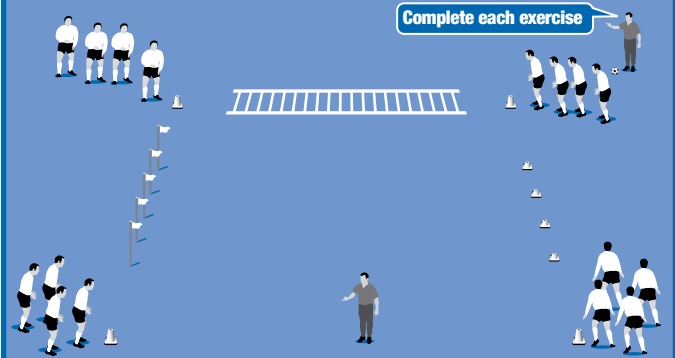
On your call, the two players (from one team only), whose numbers you have called, run off the pitch and then back into the pitch to continue in the game.

The players complete this at top speed as the game continues with their team mates overloaded 4v6.

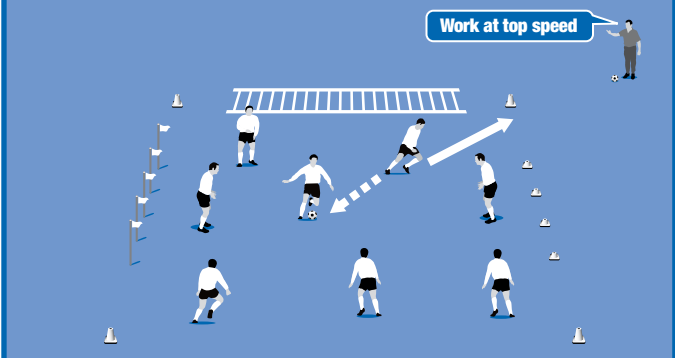
The game is played for two sets of 10 minutes with a two-minute rest.

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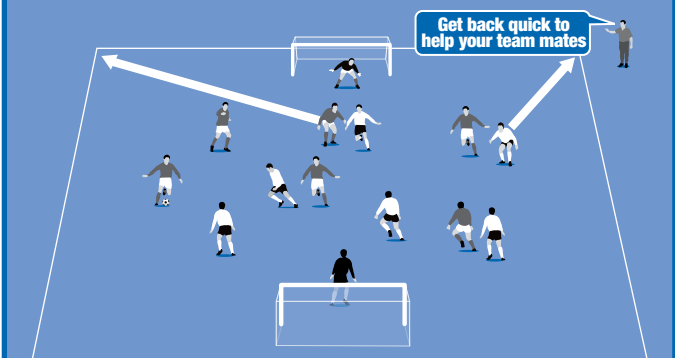
player movement ⇨ pass ⇨⇨⇨



Players run around the circuit completing the various physical exercises.



Each player passes the ball then runs to complete an exercise before returning.



Players race out of the pitch when their number is called to the corners and back again.