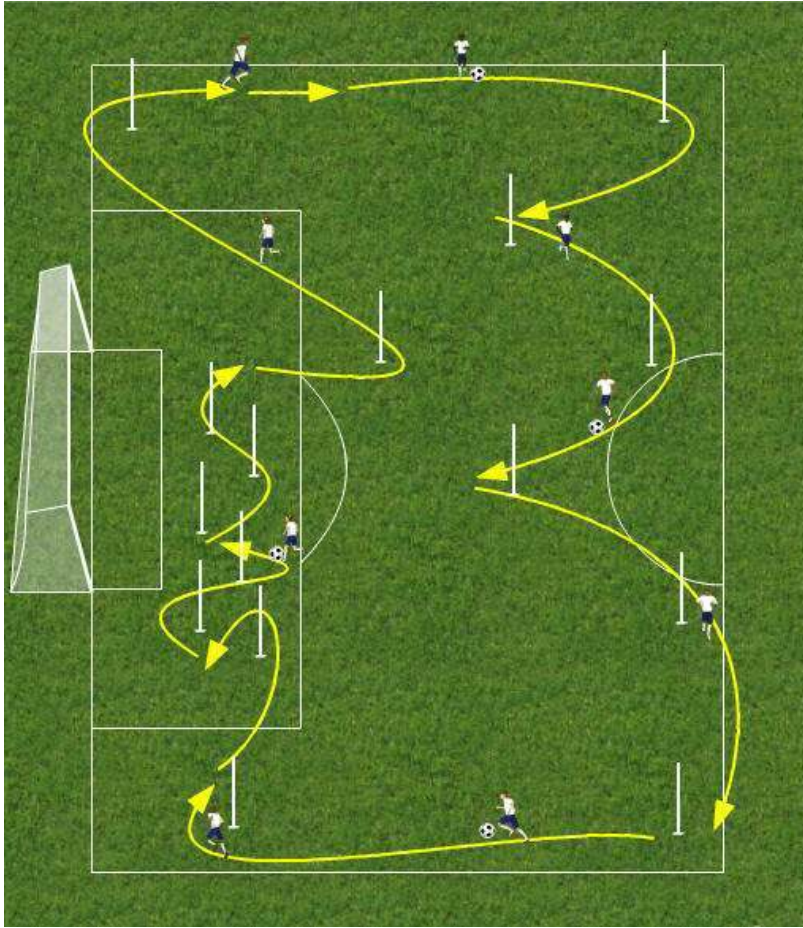


A PROGRAMME TO IMPROVE PLAYERS FITNESS FOR FOOTBALL

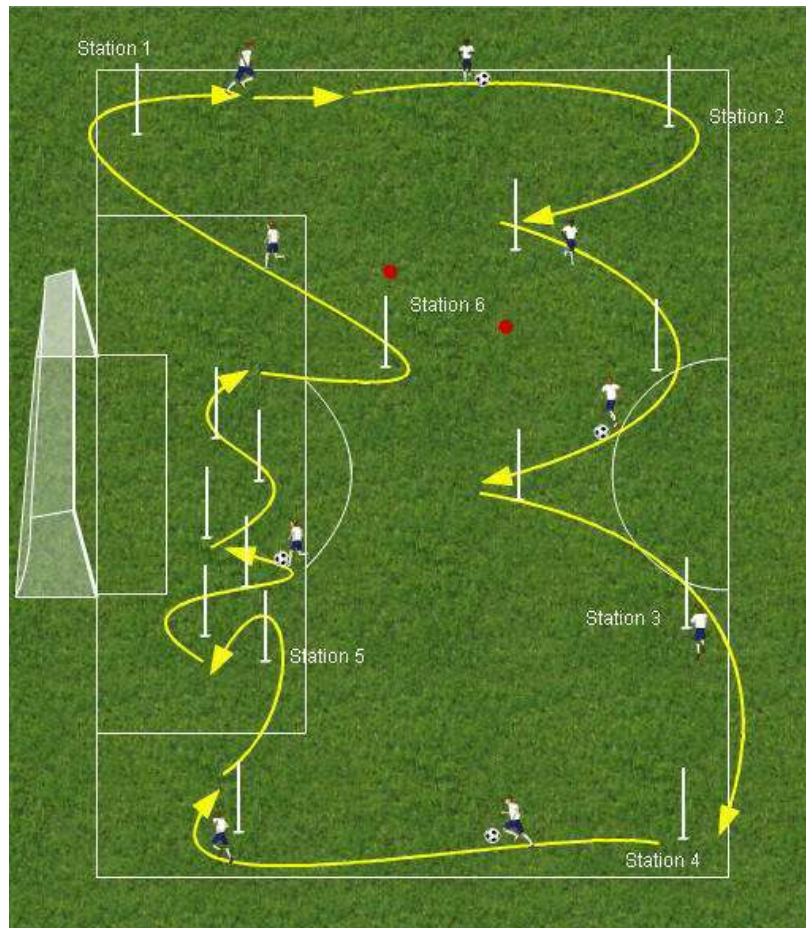
The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

Use all the squad *Half the players start with footballs, half start with out footballs *Use half the pitch and lay out poles or cones as indicated in the graphic *The players should be evenly spread out around the area *Initially the players should run at a suitable pace, with and without the ball for a period of four minutes (see further information for time adjustments for younger and less fit players) *After four minutes, players without the ball should swap with the players who have the footballs * For the second period, the players should gently jog – recovery period - for a three minute period around the area *The programme should be repeated four times for a total of 28 minutes

- Station 1** – Run in a straight line with or without the ball – distance 30 – 50 yards
- Station 2** – Run, dribble round the poles. Poles should be 10 – 15 yards apart. 4 or 5 poles
- Station 3** – Pass the ball to the pole and run quickly after the ball. Run backwards without the ball. Distance 20 – 25 yards
- Station 4** - Run in a straight line with or without the ball – distance 25 – 40 yards
- Station 5** – Dribble, run in and out of a zig zag line of poles or cones that are 2 -3 yards apart. 5 – 8 poles. Finish with a 20 – 30 yard run to pole



SUGGESTED TIME ADJUSTMENTS FOR YOUNGER LESS FIT PLAYERS

Fitness age of players	Working period	Recovery period	Number of periods, total time
Fit players	Four minutes	Three minutes	4 – 28 minutes
Younger, less fit	Three minutes	Three minutes	4 – 24 minutes
Young, unfit	Two minutes	Three minutes	4 – 20 minutes

The time adjustments are for a guidance purpose only. It is the coach’s responsibility to ensure the safety of their players at all times.



HEALTH AND SAFETY CONSIDERATIONS

- Ensure the players are properly warmed up and ready to start the programme
- If a player is distressed, pull them out of the session
- On hot days, be aware of the need for drinks breaks between periods and at the end of the session and the need to cut the session short if necessary
- Be aware of the impact of heat and the sun
- Use shorter period, less repetitions and longer recovery breaks for younger and less fit players
- Cool the players down after the session
- Use the programme on a regular basis, but be aware of the need to build up the intensity and frequency of the working periods over a period of time. This will be dictated by the increase in the players fitness development
- Use common sense