

Physical fitness training: 2. Intensive endurance (aerobic power)

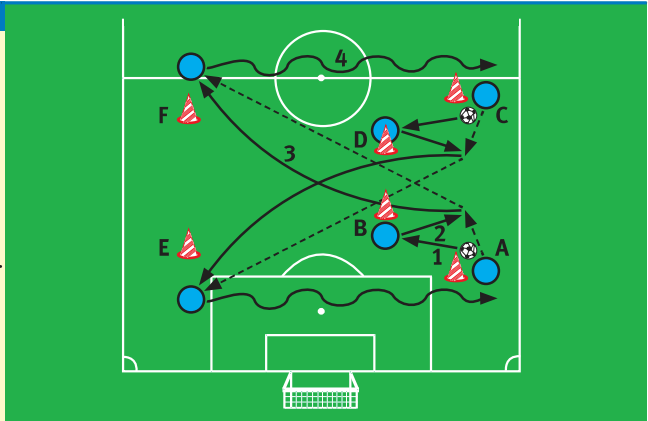
1. Technical exercise (interval training)

Organisation:

- 6 players per exercise.
- Marked out area: 2 balls in play during the exercise.
- Duration: 3' to 5'. Sets: 3 to 4x. Rest: 1' to 2'.
- Intensity: HR 160 - 170 / 180.

Procedure:

- Players **A** and **C** start at the same time.
 - **A** plays the ball short to **B**; **C** plays the ball short to **D**.
 - **B** lays the ball directly back to **A**; **D** lays the ball directly back to **C**.
 - **A** passes diagonally to **F** and follows his pass.
 - **C** passes diagonally to **E** and follows his pass.
 - **E** and **F** control and run with the ball to **B** and **D** respectively, who have taken up the positions of **A** and **C**.
- Emphasis is on maintaining the tempo of the passing (along the ground and in the air) and of the runs.



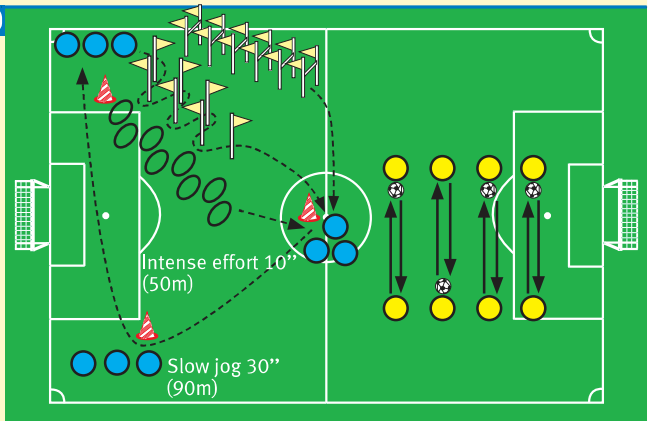
2. Intermittent training exercise (running and jumping)

Organisation:

- 2 groups of 8-9 players.
- The blue players work in threes at each cone. The yellow players are recovering in pairs and kicking the ball to each other.
- Duration of exertion: 6' to 8'.
- Sets: 2 to 3x. Pause with technical work between sets 6 and 7.
- Intensity: HR 160 - 180.

Procedure:

- For blue players, intensive effort of 10" (50m).
 - 1st stage, 6 explosive hurdle jumps with feet together.
 - 2nd stage, slalom and high-intensity running.
 - 3rd stage, 8 explosive lateral jumps (alternating between right and left leg), then intensive running.
- After this exertion, a gentle run for 30" (100m).
- For the yellow players, technical exercises, with a variety of passes between the two players.
- The roles are then reversed.



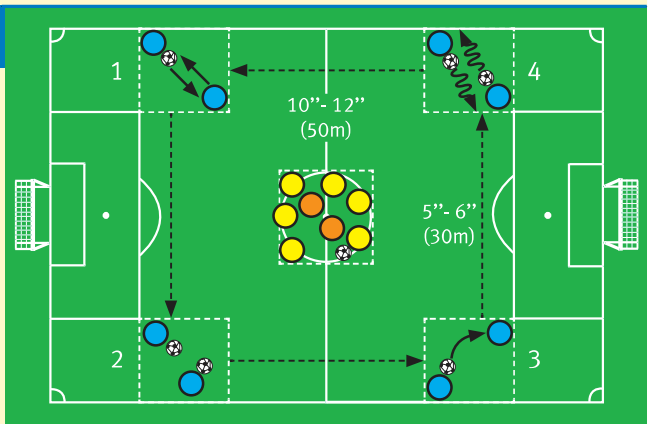
3. Intermittent training exercise (running and technical work)

Organisation:

- 2 groups of 8 players.
- The blue players are in twos and active at each technical station; the yellow players are in the centre of the pitch playing 6 v 2 while recovering.
- Duration of effort: 5' to 6'.
- Sets: 2 to 3x. Rests 5' to 6'.
- Intensity: HR 160 - 180.

Procedure:

- For the blue players, intensive running between stations (from 5" to 10").
- At the stations, technical exercises at a moderate rhythm of 20" to 30" (coaches must insist on good technical quality).
- 1. passes with right and left foot. 2. individual dribbling.
- 3. dribbling in twos (2 touches). 4. dribbling and feinting.
- The yellow players play 6 v 2 (while recovering).



4. Combined technical-tactical exercise with intermittent training

- Organisation:** - The players are in their usual positions in the team formation (the positions can also be occupied by more than one player). - Normal pitch with cones in the opposition's half. - Duration: 7' to 8'. Sets 2 to 3x. Rest period: 5' to 6'. - Intensity: HR 160 - 180 / 185.

- Procedure:** - The players are in their usual positions in the team formation. - The ball is played between the players in the same team unit (at moderate pace). - At the coach's signal, the players do a fast run (80% of maximum speed) as far as the corresponding cones in the opposition's half and back; they then play the ball to each other again. - Intense effort 10" to 15" (distance 70 - 75m). Rest: technical exercise 20" to 30".
- The technical skills should be varied.

