

PRE-SEASON PRACTICES

WORKING IN THE PHYSICAL CORNER

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What do you hope to take away from this evening?

Contents of the evening...

1. What is football fitness?
2. Practice design
3. Get on the grass
4. The role of the coach
5. Age-specific alterations
6. Review



Task 1 - Watch some football!



- Watch the following video
- Identify the physical traits associated with football
- What traits are similar across the age groups?
- What traits differ between age groups?
- Are some more prominent in certain age groups than others?



Football Fitness...



- Intermittent - Start Stop
- Changes of speed - Accels and Decels
- Varying distances
- Changes of direction
- Jumping and Landing
- Body contacts
- Balancing and body manipulation





Statistical evidence....

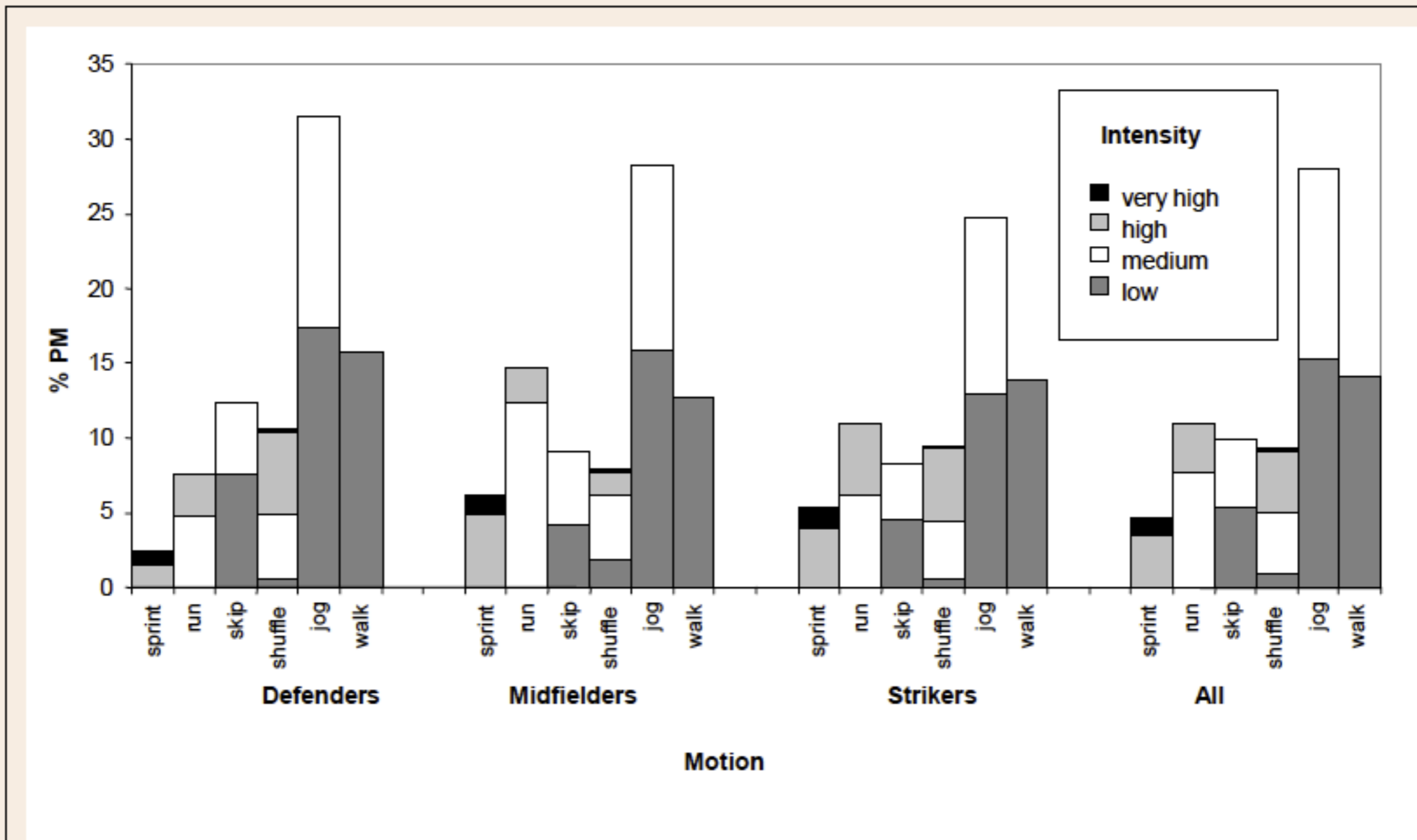
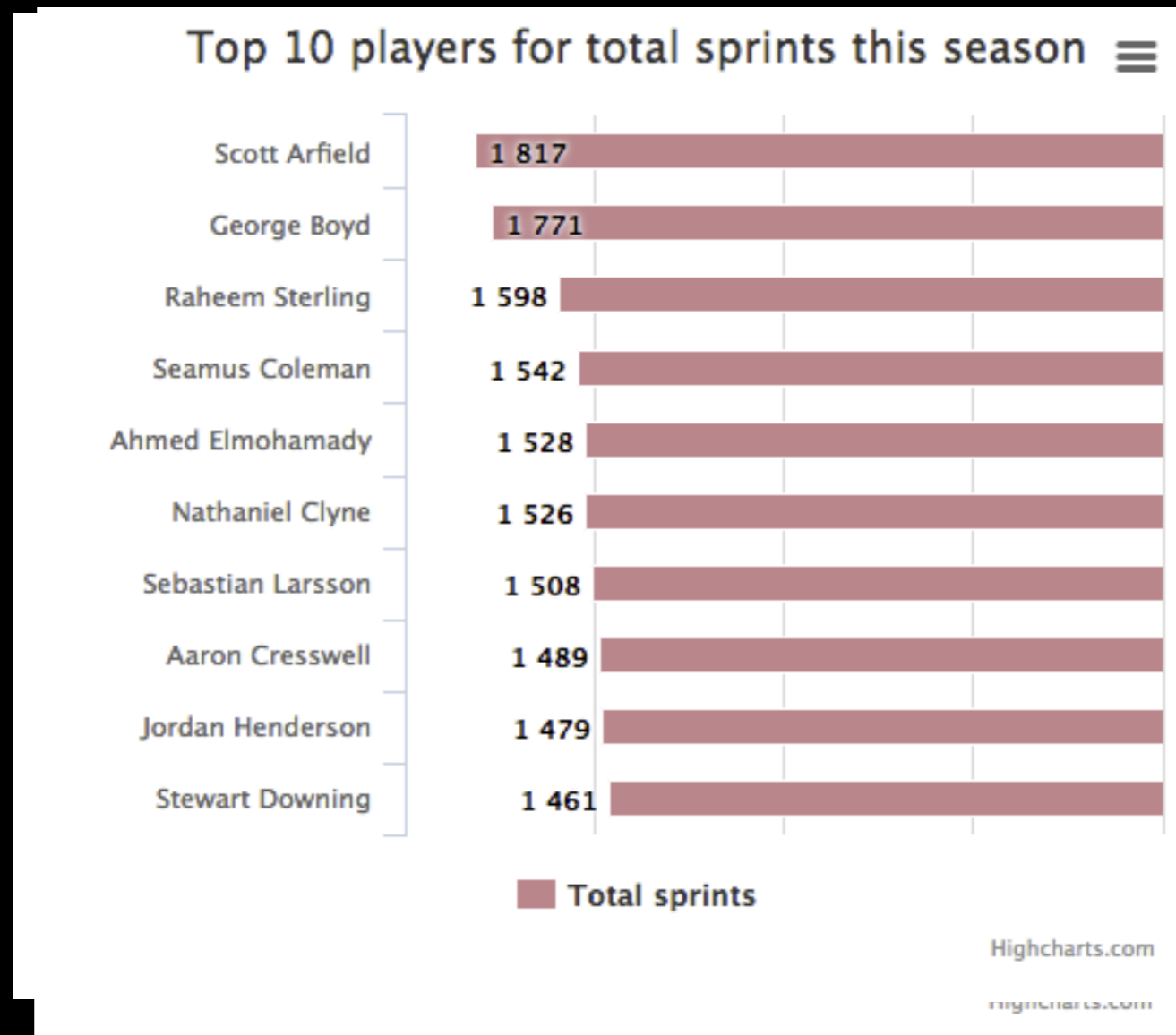


Figure 1. Time-motion and intensity analysis of PM performed by players of different positions.

Trends at the top...





Session design....

- Aim is to design practice which hits as many of these parameters as possible
- What else can we gain from the session?
 - Tech/Tact, Psych, Social?
- What are the trade-offs?
- How will I ensure objectives are met without compromising learning?



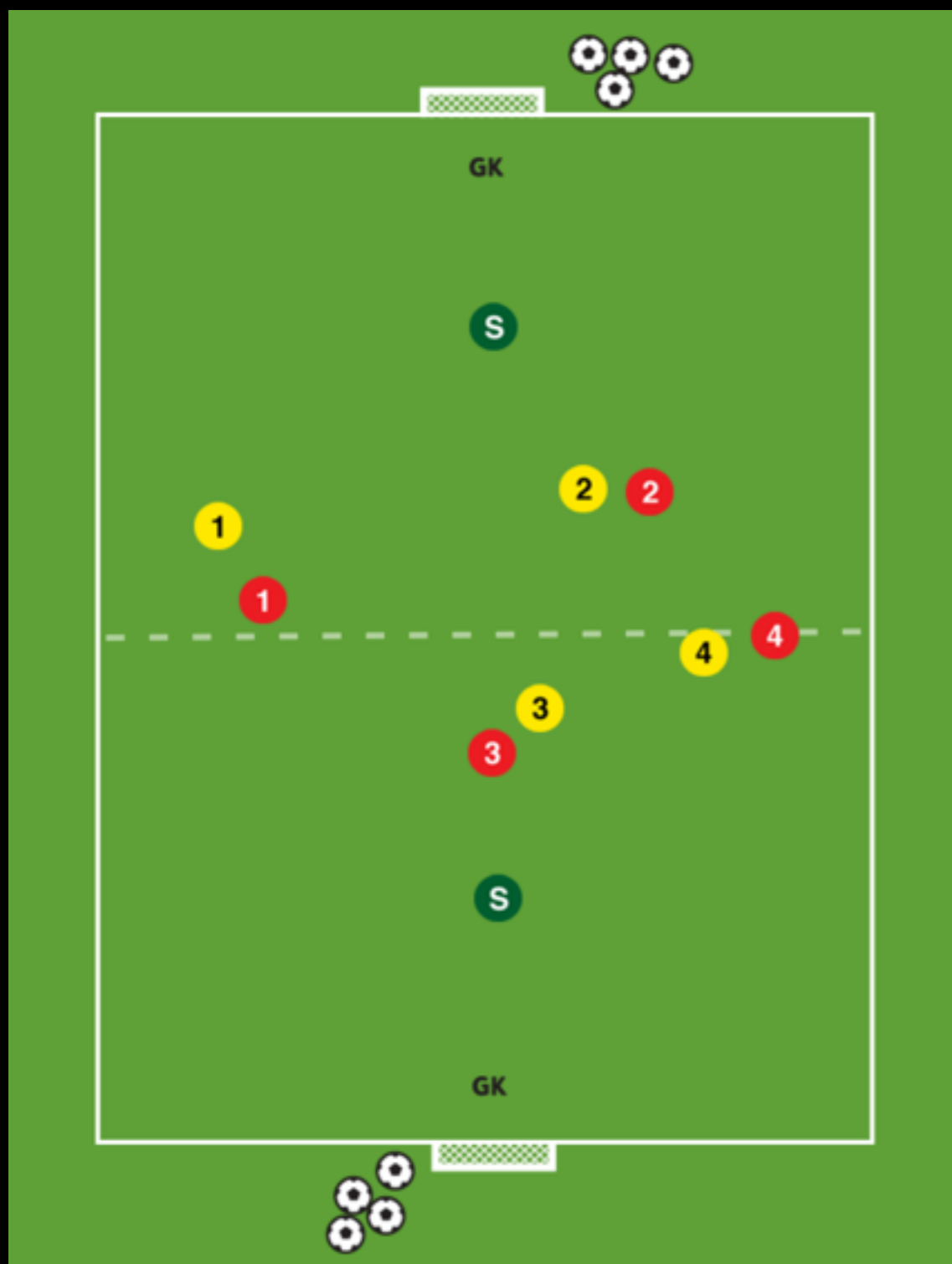


Methods....

- GAMES!
- Drive intensity of session and emphasise various physical outcomes through:
 - Conditions and Rules
 - Environment (pitch size, numbers, duration)
 - Competition



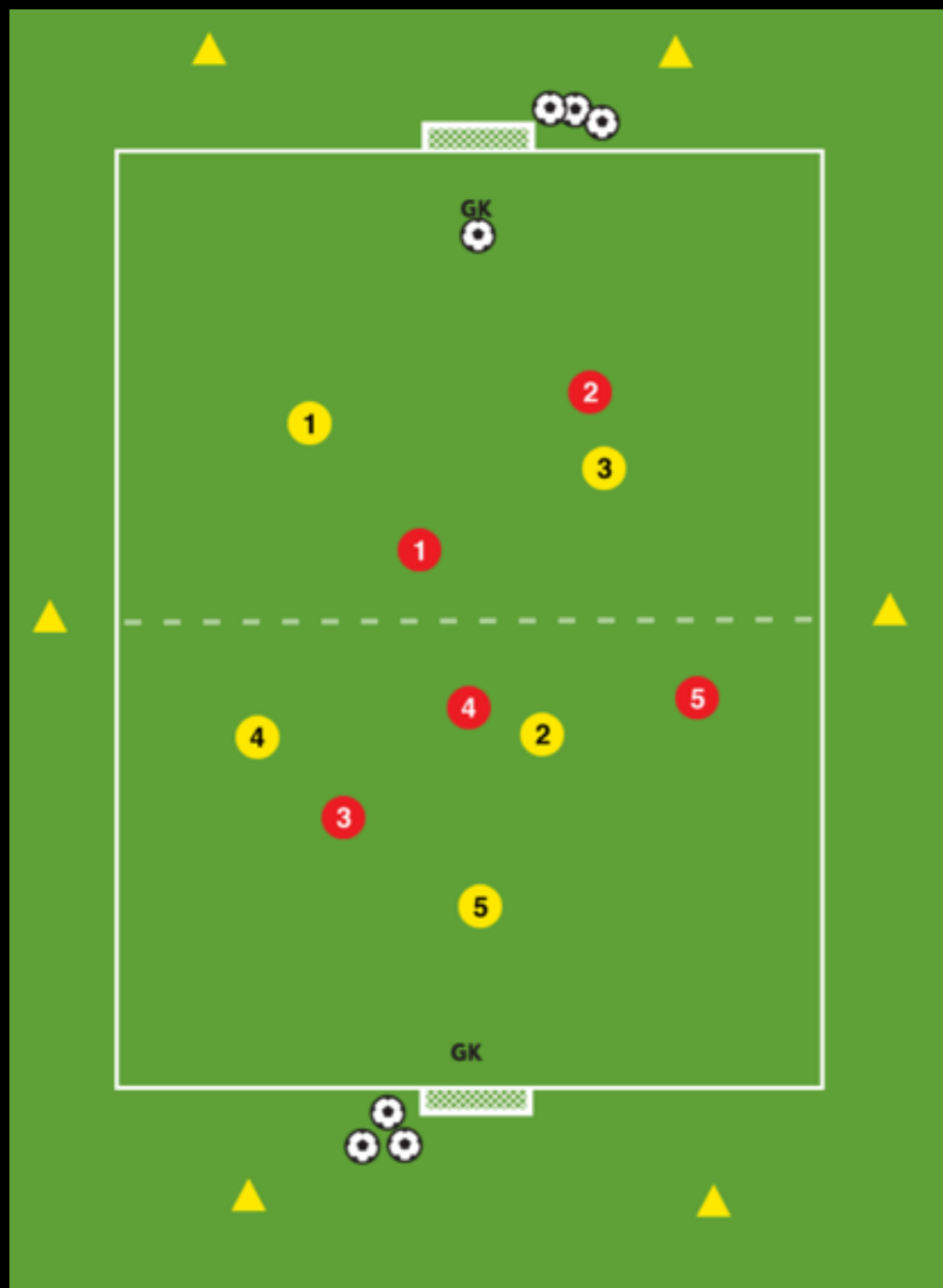
Practice 1...



- 5v5 + GK's
- Each player partnered with opponent
- Players can only tackle opposing player
- 1 player from each team = sweeper
- Sweeper can tackle anyone but must play off 2 touches in possession
- 2 minute games, 1 minute recovery

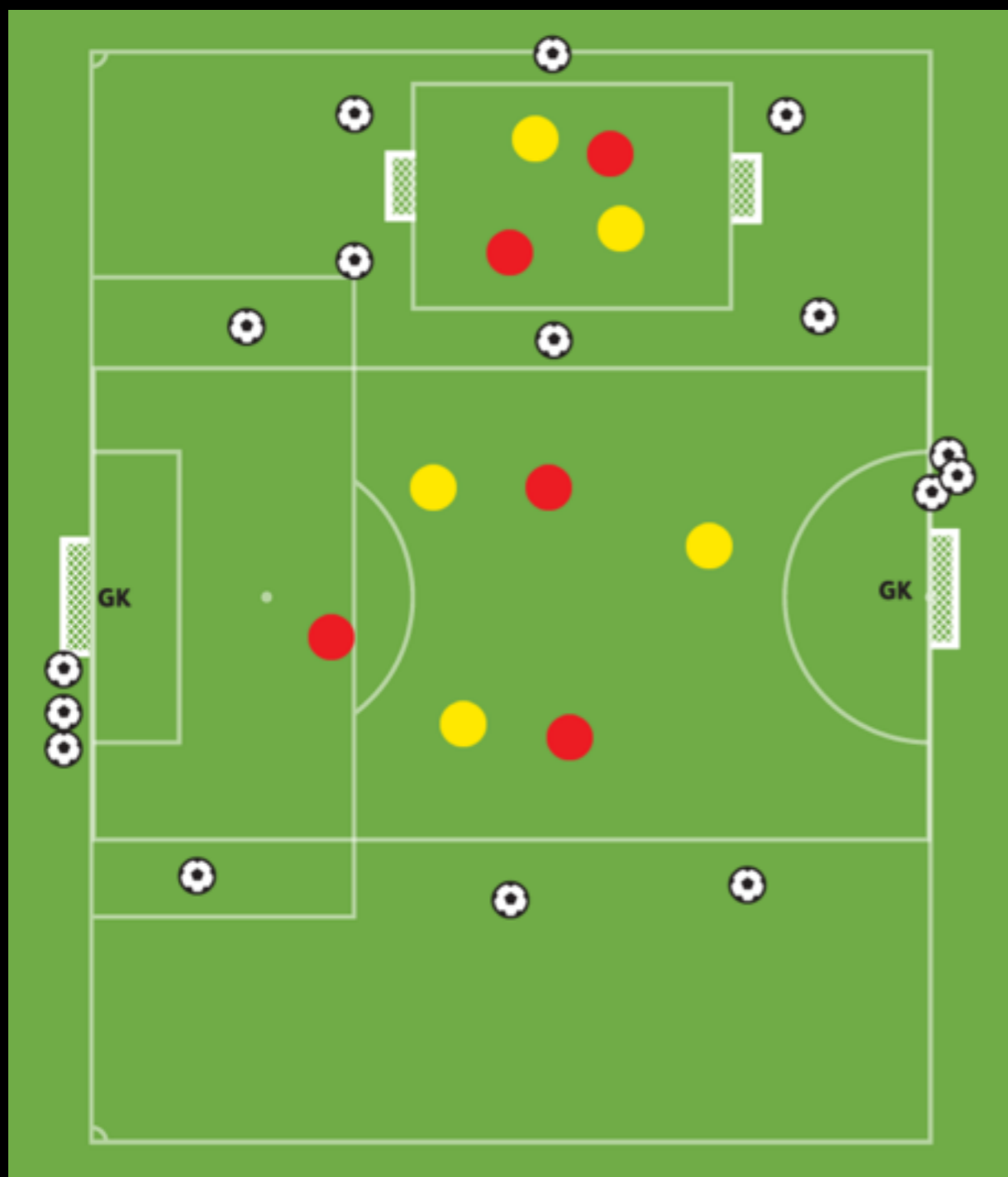


Practice 2...



- 5v5 + GK's
- Each player given a number
- Normal game rules apply
- Upon coaches call, that player must run around nearest marker before re-entering play
- 4 minute games, 90 seconds recovery

Practice 3....



- 3v3 + GK's and 2v2
- Normal game rules apply
- 3 seconds to restart play
- 2 minute game, switch pitches, 2 minute game, 90 seconds rest



Group Tasks....

- In groups focus on the following during the session:
 1. Role of the coach during the session
 2. Practice design - benefits and trade-offs
 3. Conditions, rules and setup - help or hinder?
 4. Key indicators that players have hit targets



Practical





Group Tasks....

- In groups focus on the following during the session:
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Role of the Coach...

- Motivate, manage intensity, drive effort, praise
- Referee/Enforce conditions or rules on practices
- Assess and monitor difficulty throughout
- Ensure realism and relevance is maintained
- Minimal coaching during session - tech/tact info during rest periods



Age-Specific Alterations....

- Same practices!
- Consider altering:
 - Duration of work time
 - Length of rest time
 - Size of pitches
 - No. of players
 - No. of rounds



Expectations....

- Realistic as to what can be achieved with limited access
- Use of homework tasks or arrival activities for players - linking 4 corners?
- Trade-offs during sessions!





Review....

- Components of football fitness
- Practice design
- Examples
- The role of the coach
- Age-specific alterations



Any questions?



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