

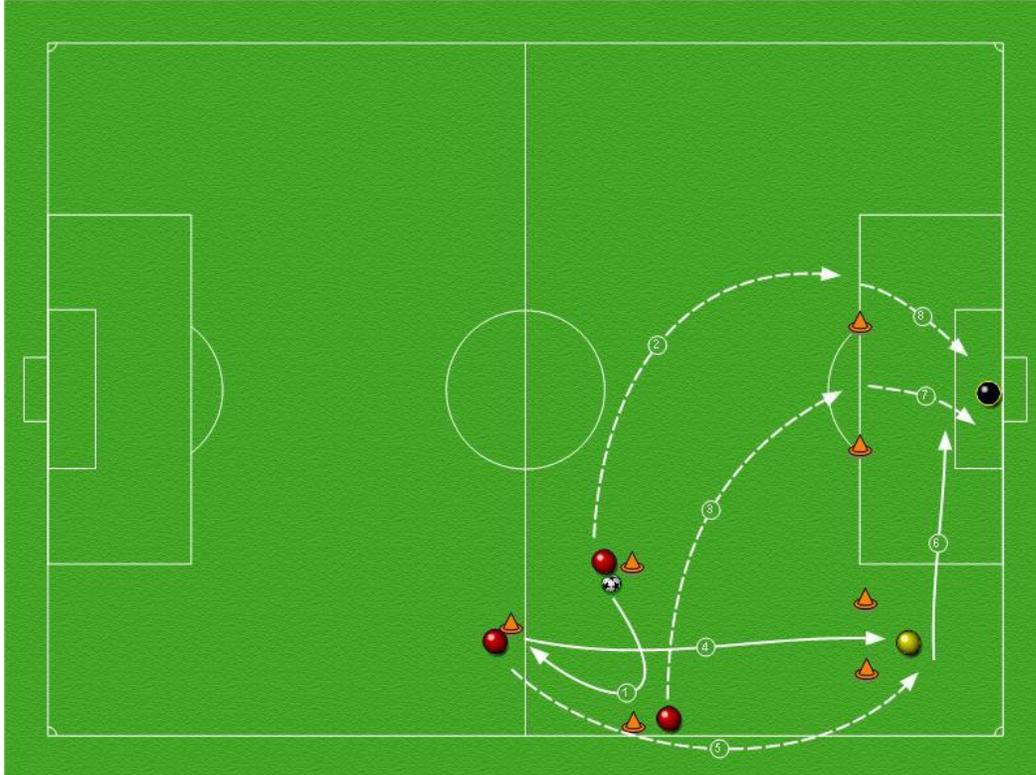


SPEED & ENDURANCE SESSIONS

SPEED 1

Position:	Wide forward, Midfielder, Forward
Component:	Explosive speed
Intensity:	100%
Duration:	5 seconds
Repetitions:	12 - 16
Sets:	1 - 2
Work to rest ratio:	1:5 / 1:6

Organisation:



Structure:

A full back, wide forward and midfielder are positioned just over half way line. A coach is positioned 30m from full back through a set of cones.

Activity 1 & 2: high intensity pass and spin. Midfield player passes ball to wide forward, spins off and runs towards penalty box.

Activity 3: high intensity pass and move. Wide forward passes ball back to full back and runs in field towards penalty box.

Activity 4 & 5: Sprint to cross ball. Full back makes low driven pass into coach and sprints to cross ball to players in penalty box.

Activity 6, 7 & 8: Sprints to attack cross. As full back reaches ball, midfielder and wide forward sprint to near or far post to attack cross.

Progression: Start on opposite side of the pitch to ensure players move and pass using both feet.

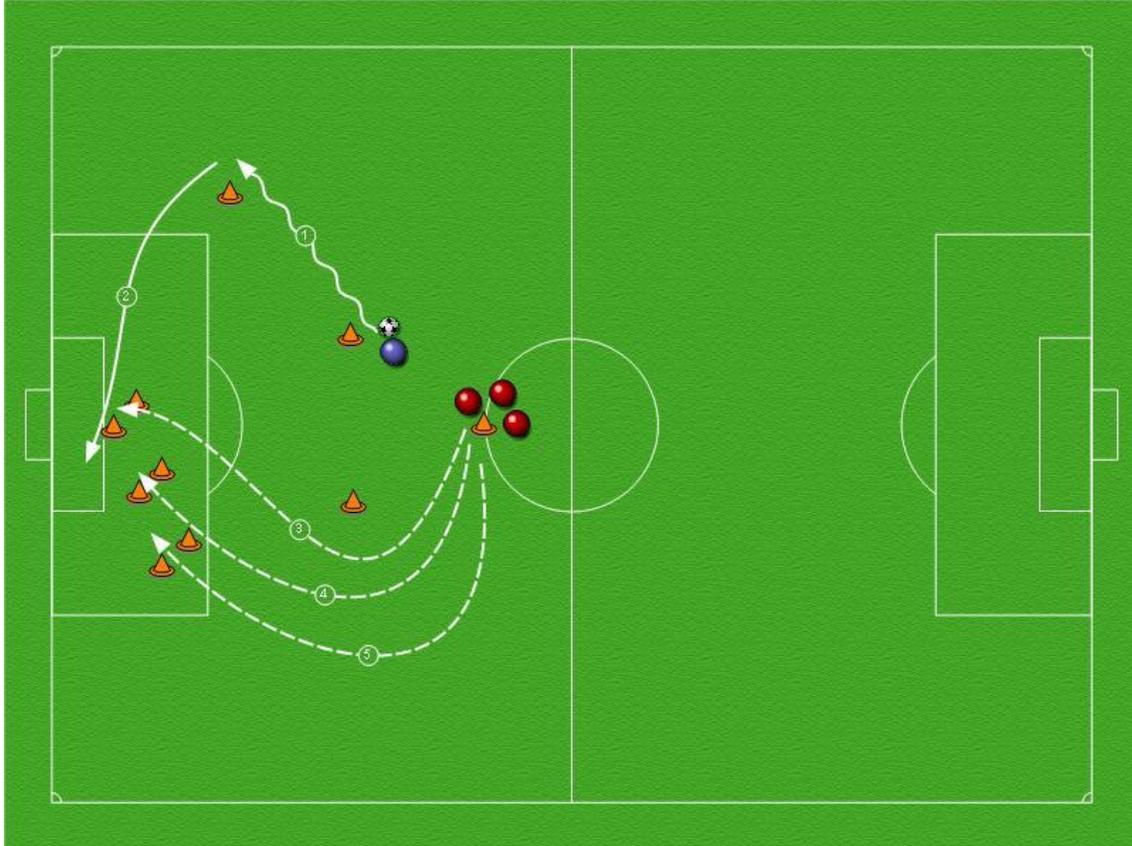
Coaches hints: Do the attacking players time runs to meet the ball at full speed?

Does the full back produce a quality pass at the end of a maximum sprint?

SPEED 2

Position:	Wide forward, Centre Forward
Component:	Explosive speed
Intensity:	100%
Duration:	5 seconds
Repetitions:	12 - 16
Sets:	1 - 2
Work to rest ratio:	1:5 / 1:6

Organisation:



Structure:

A wide forward is positioned between penalty box and centre circle level with six yard line with a ball. 3 forwards are positioned on centre circle without a ball.

Activity 1: high intensity movement wide. Wide player moves ball forward out of feet from start cone to cone on edge of penalty box. As wide player moves ball out of feet forwards move to from their first cone to second cone.

Activity 2, 3 & 4 & 5: High intensity run followed by sprint to attack cross. Wide player crosses ball first time beyond second cone. Forwards attack areas marked out at maximum speed (near post, middle and far post)

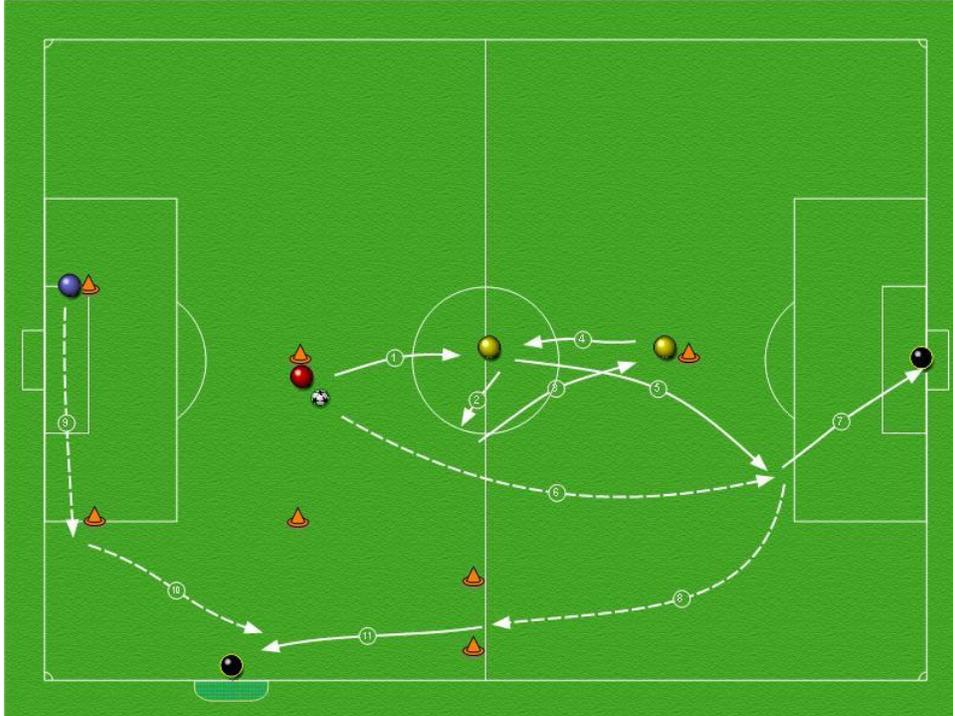
Progression: Start on opposite side of the pitch to ensure players move and pass using both feet.

Coaches hints: Does the wide player cross into an area as opposed to aiming for players runs?
Do the attacking players time runs to get through cones as ball arrives?

SPEED ENDURANCE 1

Position:	Midfielder
Component:	Anaerobic Power
Intensity:	95 - 100% of maximum heart rate
Duration:	20 seconds
Repetitions:	8
Sets:	1- 2
Work to rest ratio:	1:2 / 1:3

Organisation:



Structure:

Midfield player is positioned centrally midway in own half with a ball.

A coach is positioned in centre circle, an attacker midway in opposite half, and a goalkeeper in opposite goal. A goal is set up on sidelines with a goalkeeper in and another attacker is positioned in six yard box.

Activity 1 & 2: high intensity one two pass. Midfield player makes a one two pass with the coach.

Activity 3: high intensity pass and move. Midfield player passes firmly into attacker and overlaps.

Activity 4, 5, 6: Lay off and forward pass. Attacker lays ball off to coach who passes ball into the path of the on running midfielder player.

Activity 7 & 8: Shot & high intensity recovery run. Midfield player shoots inside box then recovers back to wide position over half way line as if to prevent counter attack.

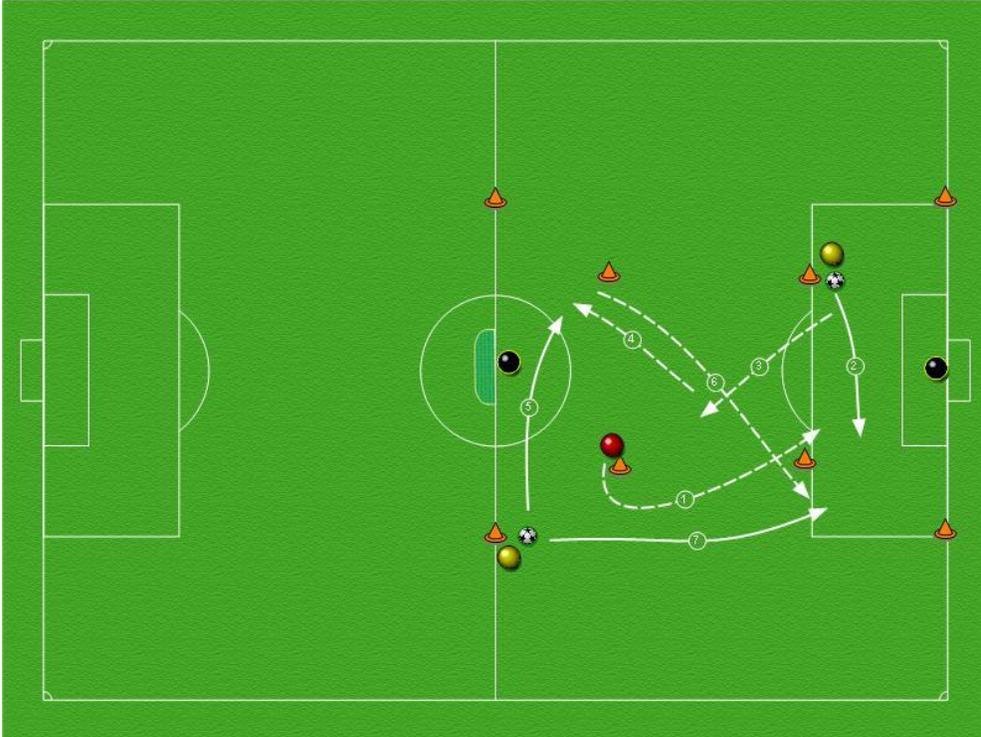
Progression: On return to half way line midfielder crosses ball to attacker who sprints from position in six yard box. After laying ball off to coach attacker/attacking midfielder player runs to six yard box and then attacks cross from midfielder player.

Coaches hints: Does the midfielder player pay attention to the quality of pass, shot and cross performing at high intensity? Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives?

SPEED ENDURANCE 2

Position:	Centre forward
Component:	Anaerobic Power
Intensity:	95 - 100% of maximum heart rate
Duration:	20 seconds
Repetitions:	8
Sets:	1-2
Work to rest ratio:	1:2 / 1:3

Organisation:



Structure:

A 15m inner square is marked out inside a 30m outer square with goals at each end.
A coach is positioned at bottom left of outer square with a server at top right of inner square.
Centre forward starts at bottom left of inner square.

Activity 1 & 2: high intensity one two pass, spin off and shot at goal. Centre forward plays a one two pass with the coach, spins outside square and sprints onto a ball passed by server to shoot at goal.
Activity 3, 4 & 5: high intensity counter movement and shot at goal. Centre forward turns in direction of opposite goal, sprints towards near post then checks run towards far post to attack pass from coach.
Activity 6 & 7: high intensity diagonal run and shot at goal. Attacker turns in direction of opposite goal, sprints diagonally across square onto straight pass from coach to shoot at goal.

Progression: Start on opposite side to ensure movements and shots incorporate both feet.

Coaches hints: Does the attacker identify where the movements apply in a game situation:

Run 1: fast spin off to receive a ball that has gone past him

Run 2: fast counter movement to lose defender and attack cross

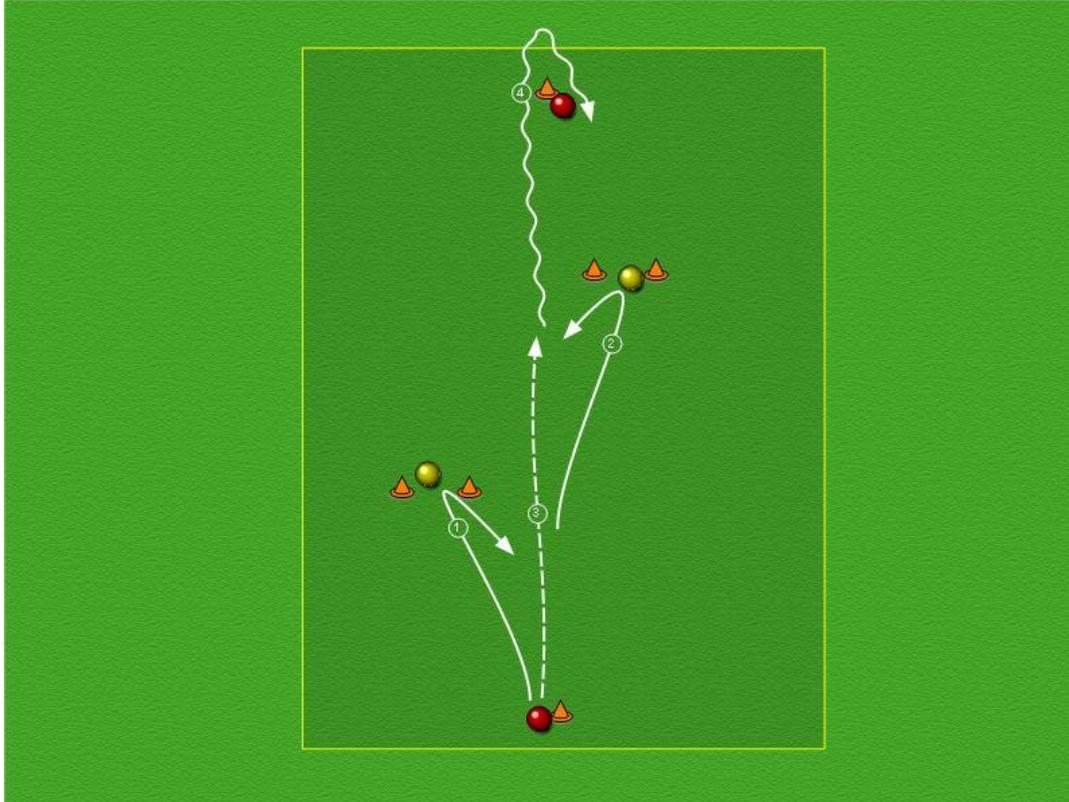
Run 3: Arched run between defenders to stay onside from a reverse pass

Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives?

SPEED ENDURANCE 3

Position:	Centre midfield
Component:	Anaerobic Power
Intensity:	95 - 100% of maximum heart rate
Duration:	20 seconds
Repetitions:	8
Sets:	1-2
Work to rest ratio:	1:2 / 1:3

Organisation:



Structure:

2 poles are set up 60m apart with 2 gates positioned inside on angles 20m apart.

1 player is positioned with balls at each end pole.

1 coach/player is positioned in between each gate.

Activity 1, 2 & 3: high intensity one two passing. Midfield player makes a one two pass with the coach between the gates, sprints to ball and makes a second one two pass.

Activity 4: high intensity running with the ball. Midfield player runs with the ball at speed around end pole. Repeat until back to start pole.

Progression: Players make one two pass with coach and overlap running with the ball over a greater distance around end pole.

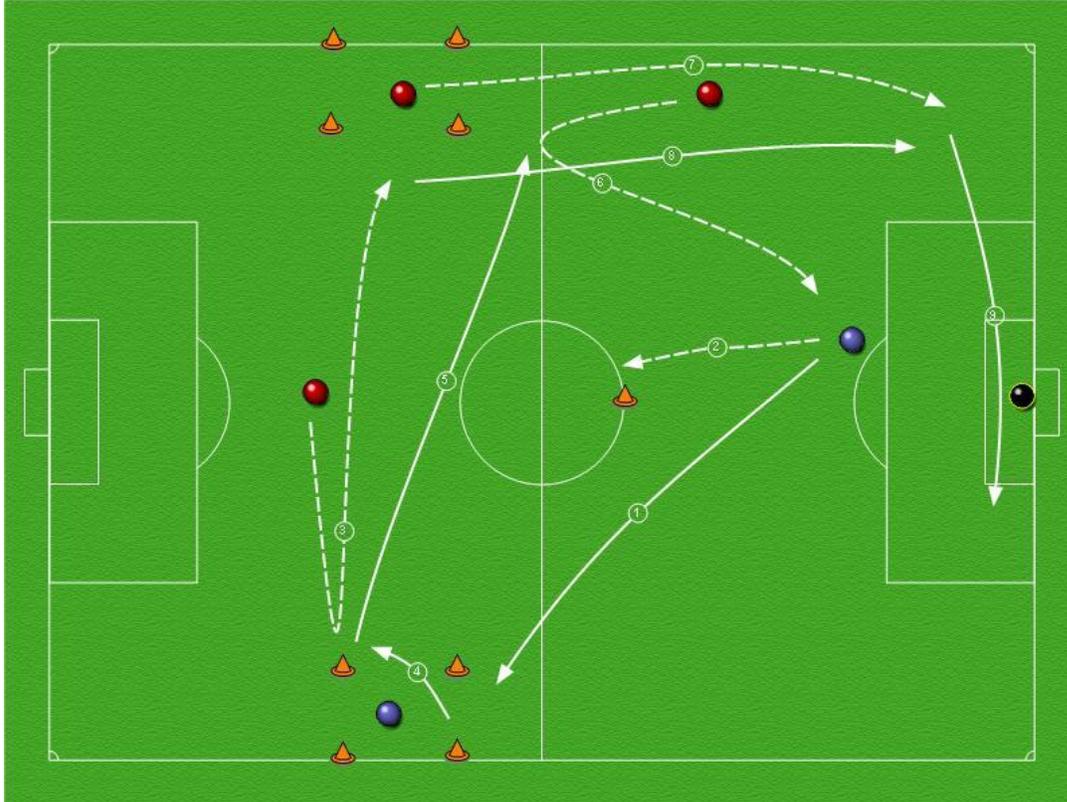
Coaches hints: Does the midfielder make accurate passes throughout?

Does the midfielder maintain control of the ball and change direction quickly around pole?

SPEED ENDURANCE 4

Position:	Centre back, Centre midfield, Wide forward, Fullback
Component:	Anaerobic Power
Intensity:	95 - 100% of maximum heart rate
Duration:	30 seconds
Repetitions:	8
Sets:	1-2
Work to rest ratio:	1:2

Organisation:



Structure:

2 boxes are set up 10m into one half of the pitch with one cone on centre circle in opposite half.
A goalkeeper is positioned in goal, and centre back outside penalty box on defending team.
A centre midfielder is positioned in between and beyond two outside boxes with a full back in one box, and a wide forward in opposite half of the field on same side as full back.
1 coach/player is positioned in opposite box to that of full back..

Activity 1 & 2: long pass and high intensity "squeeze play".

Centre back receives ball from goalkeeper, makes long diagonal pass into coach and sprints to ball side of cone marked out as if to squeeze play.

Activity 3 & 4: high intensity support and switch play

Midfield player supports ball as it is in transit, receives pass from coach and switches ball to wide forward on opposite side of pitch.

Activity 6 & 7: high intensity counter movement, overlap and channel ball

Wide forward makes counter movement away then back to receive long pass and passes back to midfielder who sprints across to receive pass.

As pass goes back to midfielder, wide forward sprints infield to create space for full back to overlap.

Activity 8 & 9

Midfielder passes ball into channel for overlapping full back to run onto and cross ball into box.

Midfielder sprints to edge of box to pick up any clearances or knock downs.

Centre back sprints back to defend penalty area and clear ball from danger.

Wide forward attacks near or far post

All players recover to start positions as soon as a shot or clearance has been made. Centre back sprints to cone on centre circle to finish.

Progressions

Start with players passing to or positioning on opposite side to ensure movements and passes incorporate both feet.

Coaches hints:

Do the players recognize the importance of moving at a high intensity?

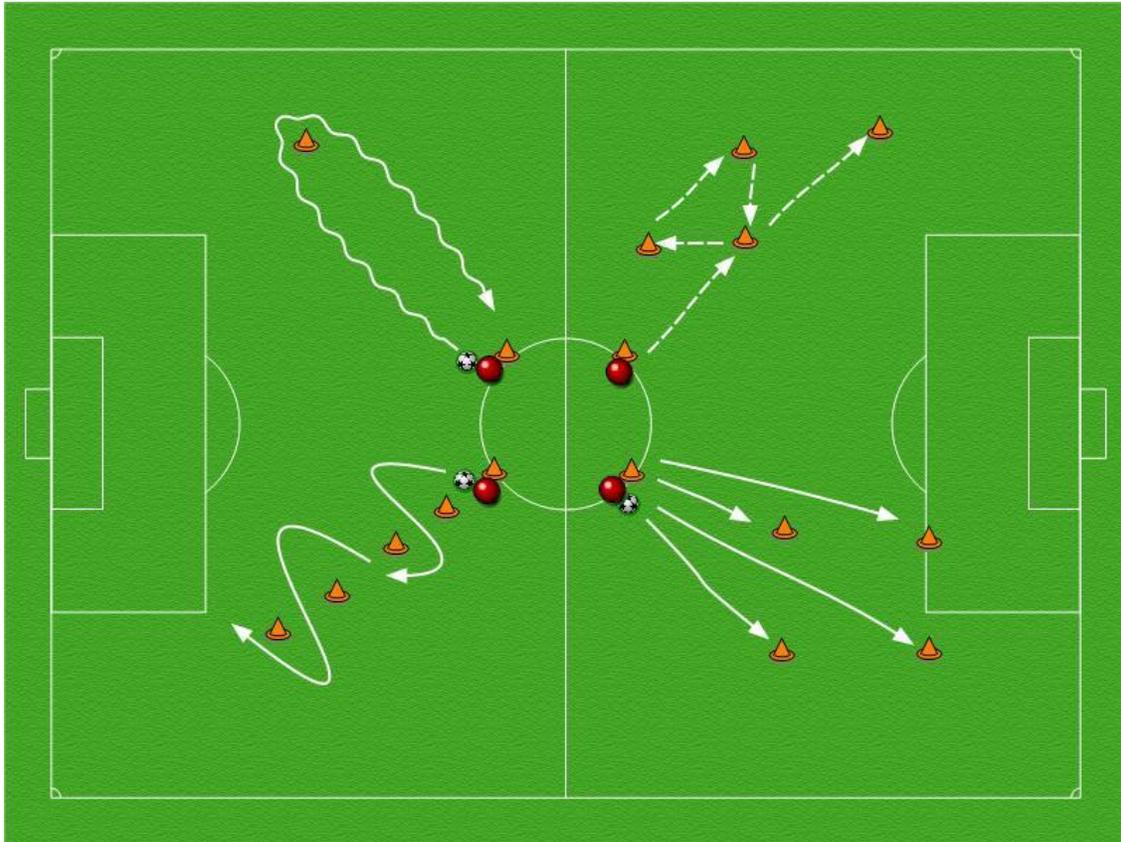
Do the players perform technical work to a high standard and high tempo throughout?

Do players react accordingly if a pass goes astray?

AEROBIC ENDURANCE 1

Position:	All
Component:	Aerobic Power
Intensity:	85 - 95% of maximum heart rate
Duration:	70 seconds
Repetitions:	6
Sets:	1-3
Work to rest ratio:	1:1

Organisation:



Structure:

A player is positioned with a ball at each corner of the centre square.

Upon command players start at their own corner and move clockwise performing the following activities for 70 seconds:

Activity 1: explosive movements specific to position (top right)

Player sprints to first cone, recovers quickly back to second cone, sprints, recovers and sprints to end cone and jogs back. Player then dribbles ball to next corner of the square.

Activity 2: Weight & accuracy of pass followed by support (bottom right)

Player passes to any of the 4 cones and sprints to retrieve ball. Ideally player and ball arrive at cone at same time. Player dribbles ball back and to next corner of the square.

Activity 3: Dribbling with ball under control

Player dribbles in and out of cones using one foot (inside and out) on way to end cone, and other foot on way back as quickly as possible. Player then dribbles ball to next cone.

Activity 4: Running with the ball at speed

Player runs with the ball to end cone, turns and runs back in as little amount of touches possible, then keeps the ball up to the next cone.

Progression:

Players perform activities in random order.

Coaches hints:

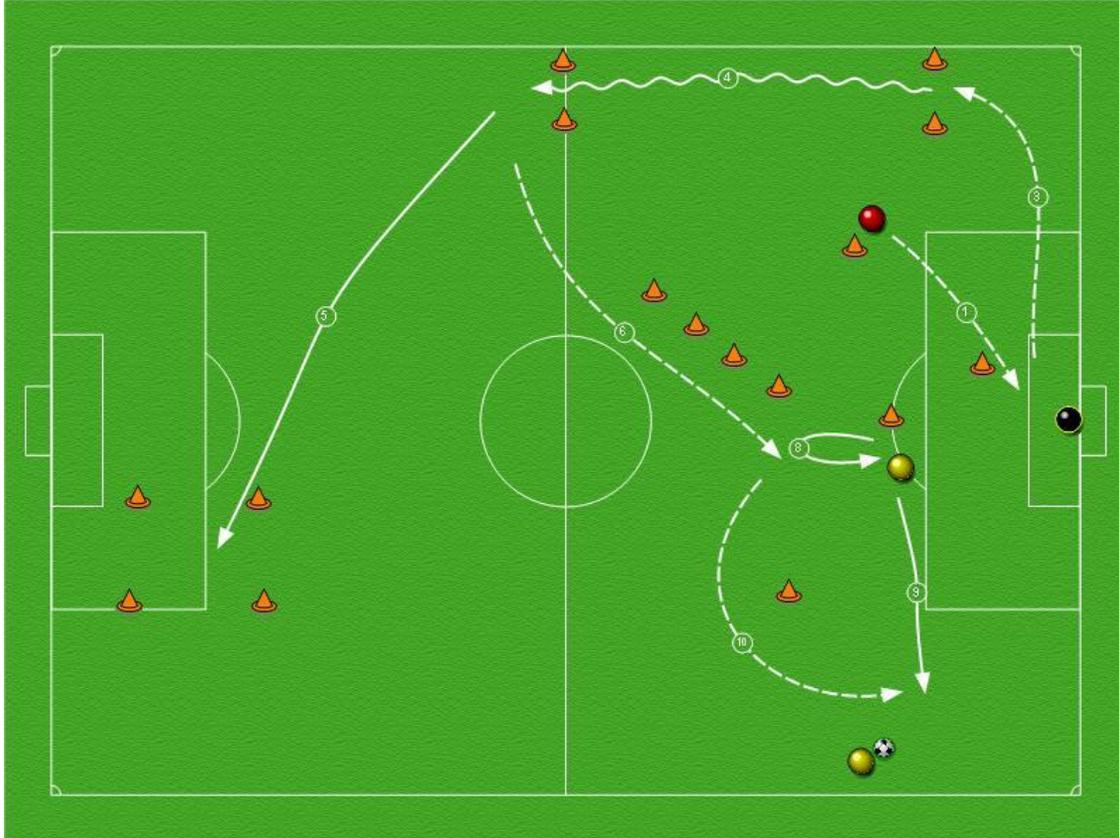
Are players constantly active?

Do players pay attention to the quality of ball work whilst in an overloaded situation?

AEROBIC ENDURANCE 2

Position:	Full back
Component:	Aerobic Power
Intensity:	85 - 95% of maximum heart rate
Duration:	70 seconds
Repetitions:	6
Sets:	1-3
Work to rest ratio:	1:1

Organisation:



Structure:

A fullback is positioned on edge of box in a position to defend a cross from wide player on opposite side of the pitch.

Wide player travels with the ball from midway inside half to edge of box to cross the ball.

Activity 1: explosive movements specific to position

Full back sprints to defend cross getting in front of cone inside box (attacker).

Activity 3: high intensity movement to start an attack / counter attack.

Activity 4: Running with the ball at speed

Full back takes first touch out of feet, and builds up maximum speed to half way line creating an attacking / counter attacking move.

Activity 5: Diagonal pass

Full back looks up and makes long diagonal pass into box marked out (attacker) to enhance attacking move.

Activity 6: Moderate intensity recovery run
Full back jogs towards poles in centre of field

Activity 8: High intensity lateral movement
Full back moves through poles at speed and receives a pass from coach.

Activity 9 & 10: Pass, high intensity overlapping run and cross
Full back passes ball back to coach makes overlapping run and crosses ball into penalty box.

Full back performs recovery run across to start position and repeats.

Progression:

Organise same set up on opposite side for full back to perform same series of activities on opposite side after crossing ball into box.

Coaches hints:

Is full back able to maintain explosive activities?

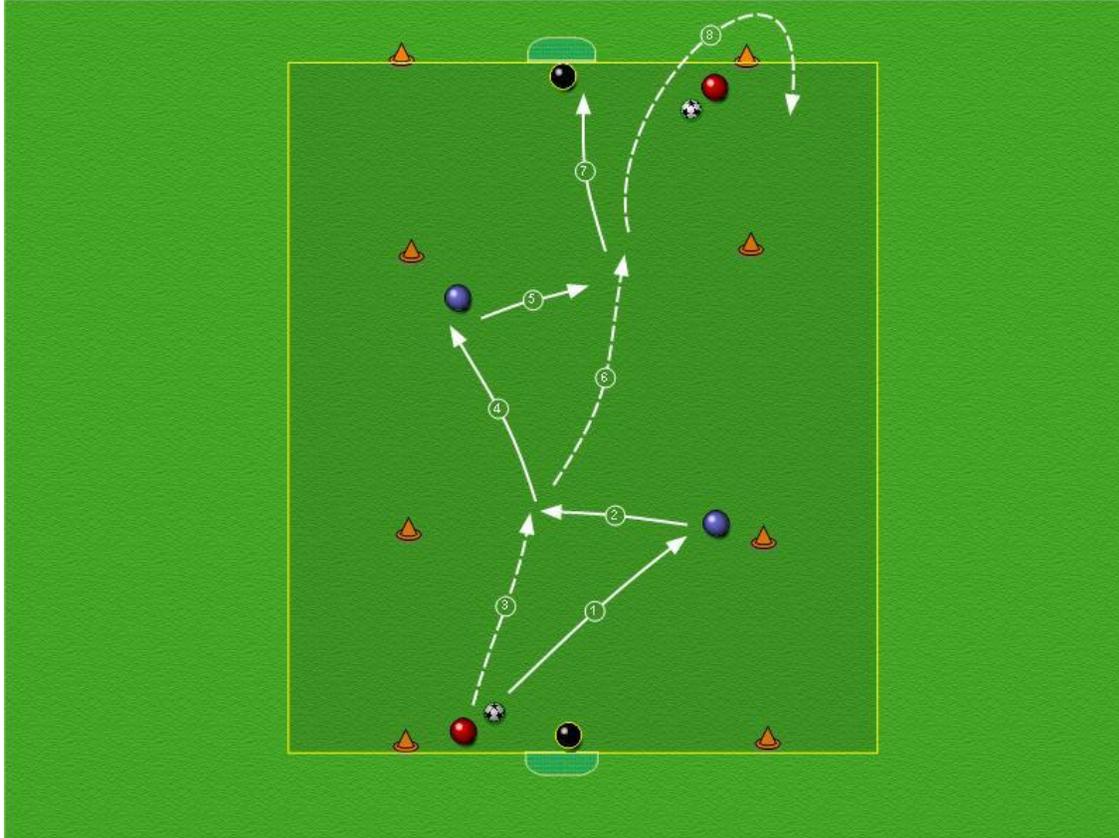
Does full back recover quickly between explosive activities?

Do players pay attention to the quality of ball work whilst in an overloaded situation?

AEROBIC ENDURANCE 3

Position:	Midfielder/forward
Component:	Aerobic Power
Intensity:	85 - 95% of maximum heart rate
Duration:	70 seconds
Repetitions:	6
Sets:	1-3
Work to rest ratio:	1:1

Organisation:



Structure:

Players are positioned to the side of the goals with 2 players positioned inside area and 2 goalkeepers.

Activity 1, 2, 3: high intensity passing and support

Player makes a pass to inside player and moves forward to receive ball back.

Activity 4, 5, 6: high intensity passing and support

Player makes a pass to second inside player, moves forward to receive ball back and takes a shot at goal.

Activity 7: Moderate intensity recovery run

Player jogs around outside cone receives ball from goalkeeper and repeats activities 1 – 6 attacking opposite goal

Progression:

Players pass and overlap first inside player run with ball and shoot at goal.

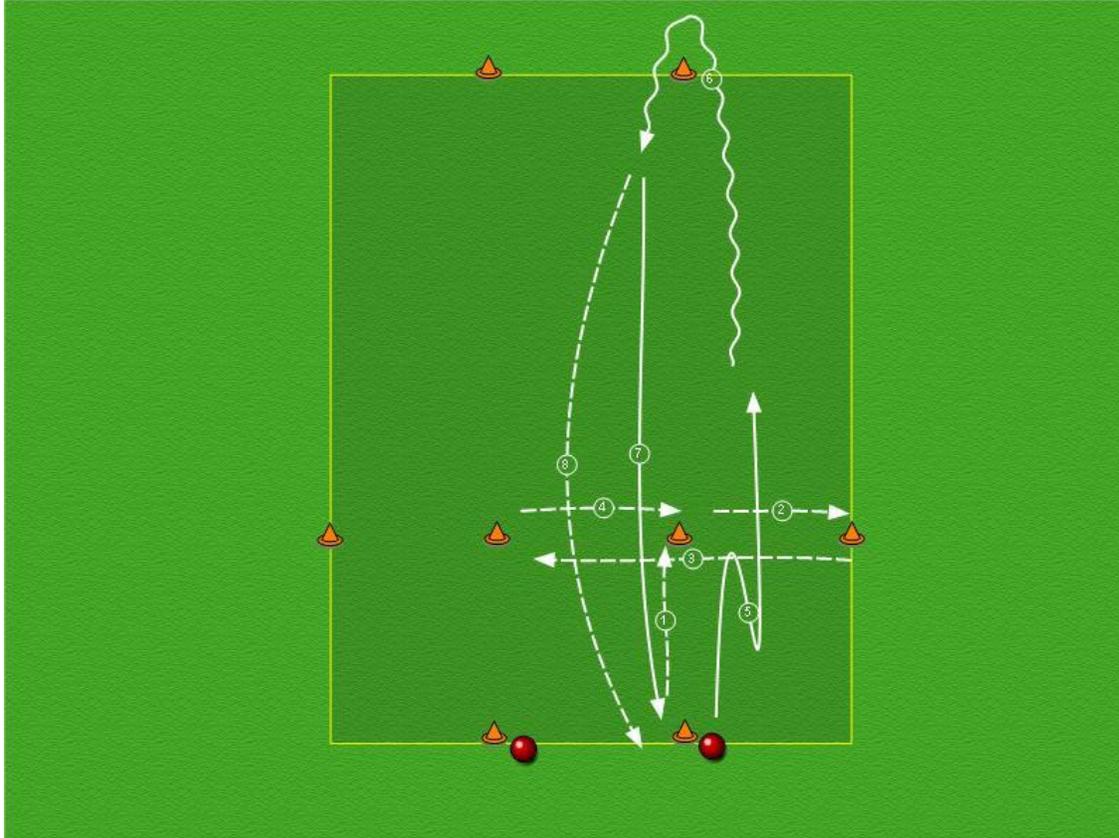
Coaches hints:

Do players pay attention to the quality of passing and shooting whilst in an overloaded situation?

AEROBIC ENDURANCE 4

Position:	Midfielder
Component:	Aerobic Power
Intensity:	85 - 95% of maximum heart rate
Duration:	70 seconds
Repetitions:	6
Sets:	1-3
Work to rest ratio:	1:1

Organisation:



Structure:

Players are positioned at start cones.

One cone is positioned 10m in front of start cone with 2 cones positioned 5m either side. A pole is positioned 30m in front of start cone.

Activity 1: high intensity forward run

Player makes a 10m forward run.

Activity 2: high intensity lateral movement

Player moves laterally around cone to right

Activity 3: High intensity forward run

Player makes 10m run towards cone to left

Activity 4: High intensity lateral run

Player moves laterally back to centre cone

Activity 5: Pass and follow pass

Player receives pass from start cone passes back and moves forward and around start cone.

Activity 6: Running with the ball at speed

Player receives pass in front of centre cone and runs at speed around end pole.

Activity 7: Long driven pass

Player drives ball back to start cone

Activity 8: Moderate intensity recovery run

Player returns to start cone and repeats activities 1 – 8.

Progression:

Players pass have to complete set number of repetitions in set time (eg. 3 in 70s)

Coaches hints:

Do players pay attention to the quality of passing and running with the ball whilst in an overloaded situation?