



GROUP B

AEROBIC

COMPONENT

- Aerobic Fitness -

Introduction

In soccer, fitness is one of the most important factors in success. At any level of soccer proper conditioning may be the key difference between victory and defeat. Here are some fitness drills.

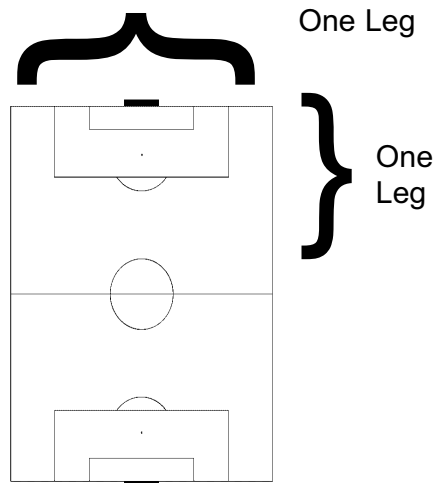


Figure 1

Sections

To start sprint 1 leg then jog 1 leg; sprint 2 legs then jog 2 legs, sprint 3 legs then jog 3 legs, etc. up until you reach 10 jogs and 10 sprints.

One leg is either an endline, or a sideline from the midline to an endline (see Figure 1).

Around the Box

Start, facing in one direction and sprint around the penalty box and jog to the goal box. As you sprint, stay facing in the one direction so that you sprint forwards, backwards, and to each side. Switch direction you are facing in order to balance the drill (see Figure 2).

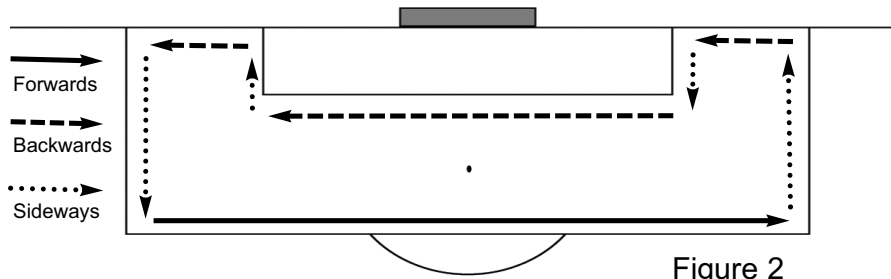


Figure 2

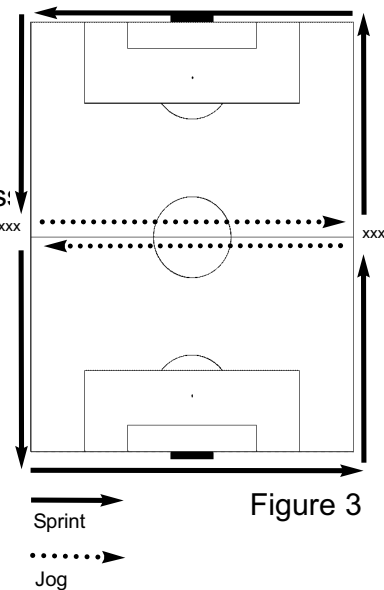


Figure 3

Partner Runs

Choose a partner with one partner on one side of the field at the mid-field line and the other partner on the other side of the field at the mid-field line. The first player sprints around half the field and touches their partner. That partner sprints around the other half of the field while the first player jogs across the midline to their original starting position (see Figure 3).

Crazy 8's

Start at one corner flag and sprint across the endline to the other corner flag. Then jog up the touchline to midfield. Turn and sprint along the midfield line to the other touchline. Turn again and jog to the corner flag. Turn and sprint back across the endline to the other corner flag. Turn and jog up the touchline to midfield. Turn and sprint across the midfield line to the other touchline. Now jog back to the corner that you started from (see Figure 4).

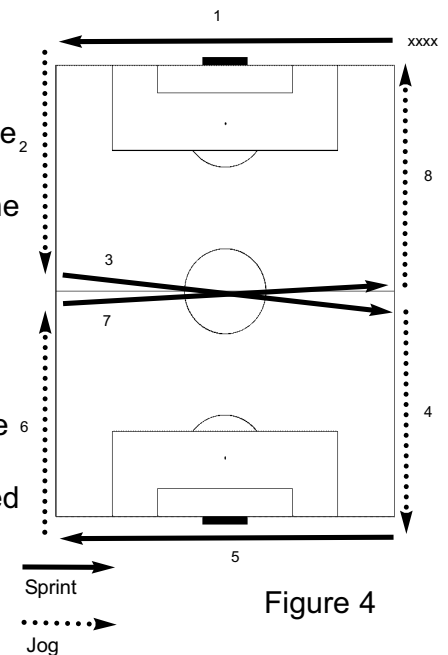
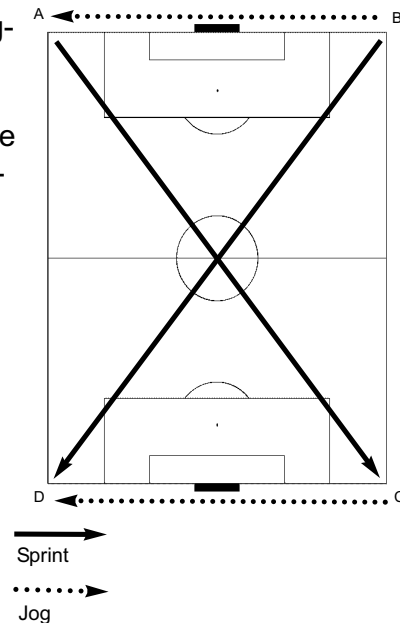


Figure 4

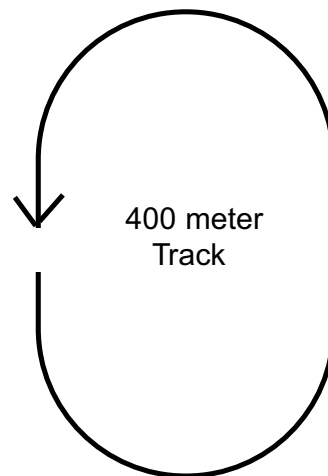
X's

Start at one corner. Sprint diagonally from corner A to the opposite corner C of the field. Once you get to corner C, jog across the endline to corner D. Sprint diagonally from corner D to corner B. Once you get to corner B, jog across the endline to corner A. You have just completed one "X".



Oval's

Go to a 400 meter track. Start by sprinting around the track once in 1 minute 40 seconds. Take a 2 minute rest. Complete the next lap in 1 minute 39 seconds. Take a 2 minute rest. Complete the third lap in 1 minute 38 seconds. Take a 2 minute rest. Complete the fourth lap in 1 minute 37 seconds and so on. On the 10th lap, you must finish in 1 minute 30 seconds. As you are going each lap, you must hit the time allotted. If you miss the time, you repeat that lap until you get it before you move on to the next level.



Swedish Cooper

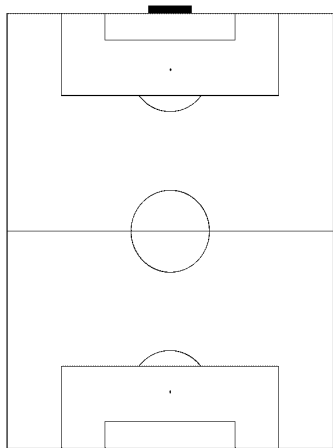
Go to a 400 meter track. You will run for 12 minutes same as the regular Cooper. This variation, however, you sprint the straight-aways and jog the corners. Go as far as you can don't just stop at laps!

Hard Long Distance Running

A good tool for endurance is to use long-distance running as a form of fitness training. In general, a 3-5 mile run at a good hard pace is beneficial for soccer training. On the long run, make sure to push yourself. Try to run close to 3/4 speed. Your pace should be strong enough so that you are winded during and after your run. Your distances should increase as your summer progresses (i.e. your first 30 minute run may be 4 miles, your second run may be 4 1/4 miles, your third 30 minute run may be 4 1/2 miles, etc.) The only way to deepen your fitness base is to get out of your comfort zone and push yourself past your current limits.

Interval Long Distance Run

Another good tool for endurance is to use long-distance interval running as a form of fitness training. Similar to above, you will go on a long hard run. Interval training is basically the alternating of sprinting and jogging. You can vary how to do the intervals, but it will be important to be somewhat consistent. You can decide that you will sprint for 30 seconds and then jog for 30 seconds and then sprint for another 30 seconds and jog for 30 seconds for the whole time of the run. Or you can use landmarks (i.e. telephone polls, sidestreets, etc.) to mark your changes of pace. Your pace should be strong enough so that you are winded during and after your run and that you don't get full recovery during your jog phase.



Suicides

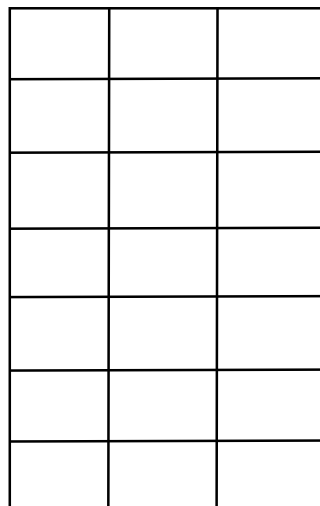
Start at one endline. Sprint to the 6-yard line and back, the 18-yard box and back, midfield and back, the far 18-yard box and back, the far 6-yard line and back, the far endline and back.

If you want to add more, once you reach the far endline and back, you go to the far 6-yard line and back, the far 18-yard box and back, midfield and back, the near 18-yard line and back, and the near 6-yard line and back.

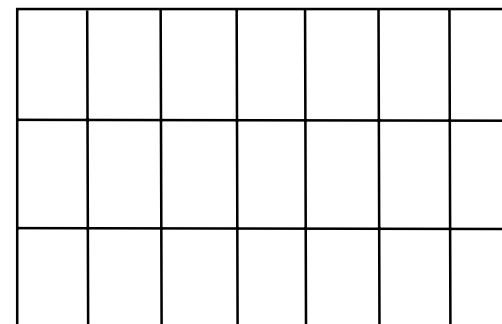
Grids

Set up 10x10-yard grids either way shown below. If you are using set-up A then sprint to the 6th line and back, the 5th line and back, the 4th line and back, the 3rd line and back, the 2nd line and back, and the 1st line and back. (You can have them jog back instead)

If you are using set-up B then sprint to the 1st line and back, the 2nd line and back, the 3rd line and back, the 3rd line and back, the 2nd line and back, the 1st line and back. You can time them the first trial and have them repeat trials until they beat their first time.



Set-up A



Set-up B

Diamond Relay

Break up into two groups and set up cones in a diamond as shown. Start with each group opposite each other.

The first person from each group sprints around the cones counter-clockwise and hands-off a baton to the next person in their group.

The race keeps going until a person from one group catches a person from the other group. You can change the drill, varying the number of times around before you hand-off to the next person. You can also vary the size of the diamond.

