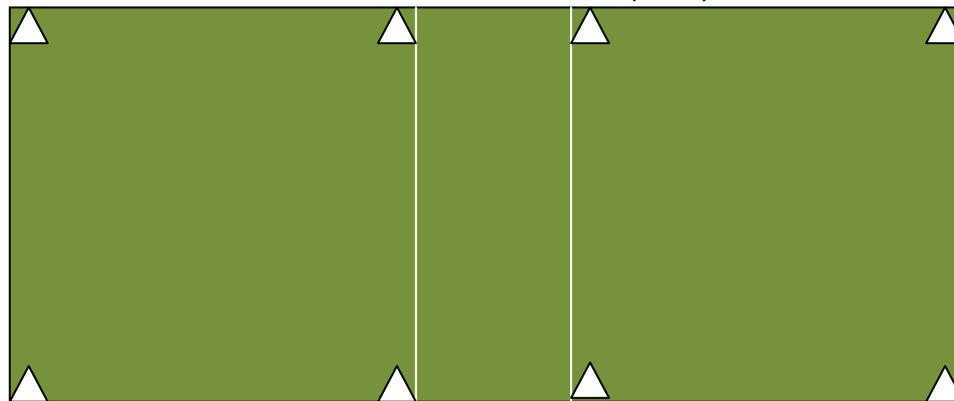


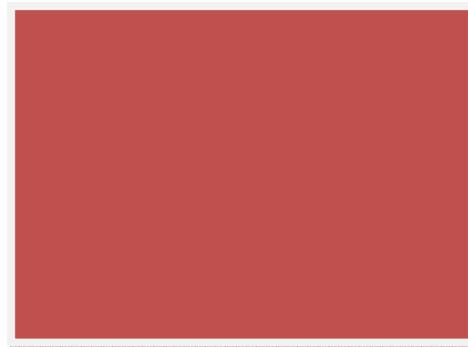
ZONE 1 – CONDITIONED GAMES (PAUL)



Area 1

Area 2

Area 3



ZONE 2 – MOVEMENT DRILLS (JEFF)

ZONE 4 – STRENGTH ACTIVITIES (BYRON)

CONDITIONED GAMES – 8 to 10mins

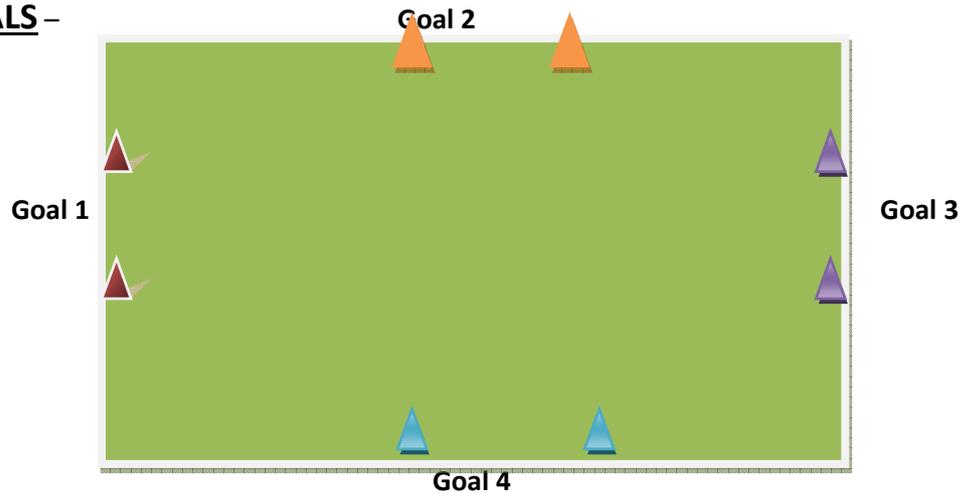
1) **WORK THE MIDDLE** - 4 players keeping possession Area 1 ,

4 workers (Area 2)

4 players keep possession Area 3

- 4 players in area 1 keep possession of the ball using foot pass, 2 'workers' from Area 2 enter A1 and try to dispossess the ball
- Players must keep ball off 'workers' for 'X' amount of passes or 'X' length of time
- Once 'X' is achieved the ball is then passed into Area 3, first 2 'workers' return to Area 2, other pair of workers enter A3 and attempt to dispossess the players keeping possession.
- To increase/decrease difficulty –
 - 1) Increase the number of workerse.g 4keeping possession vs 3 workers.
 - 2) Increase or decrease the size of the playing area. Tighter makes more difficult.
 - 3) Condition the game to promote use of specific skill e.g kick passing only to promote using the foot and movement into space to receive ball.

2) 4 GOALS –



Area Size 35m x 35m (Bigger or Smaller depending on numbers)

- Split into 2 teams (6 v 6)
- Throw ball in middle and team who gains possession gets scores by running ball through coloured gates. (same goal cannot be scored into twice in succession)
- Condition the game to focus on the skill that needs improving e.g kick passing/ movement off the ball / support play / fitness building
- Condition examples: Team in possession cannot score until a successful kick pass has been complete / No more than 3 fist passes in a row / Coach can open or close gates to promote change in direction or diagonal ball / Pair players up, only the partners can tackle each other when in possession.
- Vary by using Goalposts for Goal 1 and Goal 3 bring goalkeepers in and only goals can be scored into those goals. Goal 2 and 4 can be used to promote spreading the ball wide before kick starting another attack.

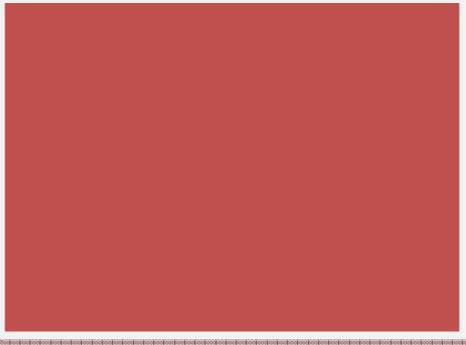
3) **SCORE AND START AGAIN:**



- A) Game used to work on attack, defence and decision making.
- B) Ball thrown up in the middle and team in possession attacks opponents goals.

- C) If the team scores a goal or point, a member of the defending team must retrieve the ball and put it back on the spare cone marking out the pitch. While defender retrieves ball, the attacking team start another attack from ball at one of the blue cones.
- D) If the attacking team misses, the player who shot must retrieve the ball and return it to cone, whilst he is retrieving the ball the defending team can start with a ball from cones nearest the goal.
- E) The game can be conditioned to the skill that needs improved eg, kicking for scores, limited number of hand passes.

Zone 2 – Strength Training with Resistance band



A series of exercises using a resistance bands (pictured above), alternating person working (5 reps each side)

1. Single arm rows, facing each other
2. Single arm row with reverse lunge
3. Squat and row, facing each other
4. Side ways to each other, pallof press
5. Squat with straight arms
6. Squat with pallof press

7. Reverse lunge to pallof press

8. Squat with overhead reach

9. Squat with twist

10. Reverse lunge with twist

11. Reverse lunge with single leg stance

12. Reverse lunge with single leg stance and pallof press

Zone 3 - Movement Drills



Deceleration/chaos drills (3 runs of each)

1. Stopping at line with different foot each new rep/run
2. Stopping at line this time turning foot out to 45 degree angle alternating feet each run/rep
3. Stopping at line with foot closest to cone, side step to cone, backpedal, run forward, stopping at line with foot closest to cone, side step to cone, backpedal to start
4. Stopping at line with feet turned to 45 degrees, step over, run diagonally to opposite cone, run forward turn feet to 45 degrees, step over, run diagonally to start
5. Running forward, decelerating and stopping on the command of the coach
6. Running forward, decelerating and stopping with feet at 45 degree angle
7. Backpedal and run forward on coaches command
8. Sprint forward, stop on vocal command and back pedal to start
9. Partner mirror drill, side shuffle, stand facing each other, one person leads the other follows
10. Group forward backward running, one person in group changes direction everyone else follows
11. Partner multiple movements mirrors (this exercise would be timed, working for 30sec-60sec), ie - side to side, down to ground and up, roll overs, down on back and up, etc

X-Cel Fitness

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