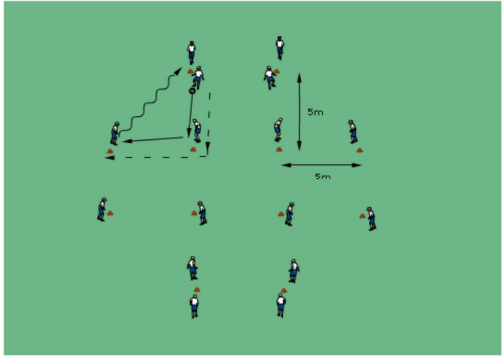
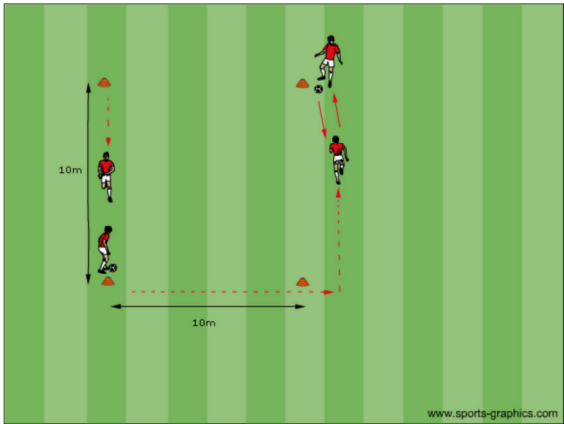


Soccer-Specific On-Field Fitness Training with the Ball – By Richard Bucciarelli

<p>Session #1: High Intensity Aerobic Interval Training</p> <ul style="list-style-type: none"> • Players set up in groups of 4 • 1 ball is placed at the starting cone with 2 players at the starting cone • 1 player is on the inside cone, and 1 player is on the outside cone • Players perform a sequence of 2 passes, followed by a dribbling run (“pass, pass, dribble”) • Players must sprint as fast as possible after passing the ball, and the dribbling run must also be performed as fast as possible • Continue the “pass, pass, dribble” sequence for 1 minute, with 1 minute rest in between • Perform 5 repetitions of 1 minute work with 1 minute of rest between each repetition 	<p>Diagram</p> 
<p>Session #2: Speed Endurance Training</p> <ul style="list-style-type: none"> • Players set up in groups of 4 • 1 player stands at each corner of the square • 2 players at opposite corners have a ball at their feet • Players without the ball sprint as fast as possible around one cone, then change direction and sprint towards the player on the corner with a ball • Players perform a 1-touch pass, before turning and sprinting around the same cone in the opposite direction, and towards the player with the ball on the opposite corner • Players must perform each sprint and change of direction as fast as possible • Continue the sprinting and passing sequence for 30 seconds, then switch the players on the corners, repeat the 30 second period, and then rest for exactly 2 minutes • Perform 4 repetitions of 30 seconds of work, with 2.5 minutes of rest per group between each repetition 	<p>Diagram</p> 
<p>Session #3: Speed Training</p> <ul style="list-style-type: none"> • Players set up in groups of 4 • Set-up 2 cones placed 5 metres apart, and a gate 2-3 metres wide, 15 metres away • 2 players stand at the starting cone, one on one side, one on the other (one player has a pinney tucked into the shorts from the back, forming a “tail” (other 2 players are resting)) • Coach stands close to the gate, with two different color cones held behind the back • One color cone is designated the “start cone”; when this cone is raised by the coach, players must sprint as fast as possible, performing a 2 x 5 metre agility run, then sprinting towards the gate 15 metres away • Player without the pinney is the “chaser” and must try to pull the “tail” of the other player out before they get through the gate (chasers may only pull the “tail” once they have completed the 2 x 5 metres agility run) • push-ups are used as “punishment” if players do not catch the “tail” in time, or if they get their “tail” pulled out • Perform 2 repetitions per player as chaser, and as “tail” (4 repetitions total), with 60 seconds of rest between each repetition • Progression: player with “tail” has a ball, and must dribble straight through the gate (without the agility run), while chasing player must start 2-3 metres behind and run straight to catch up (chasing player can also start on their stomach) • Perform another 2 repetitions per player as chaser, and as “tail” (4 repetitions total), with 60 seconds of rest between each repetition 	<p>Diagram</p> 