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# INSIDESOCCER

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2012

TOURNAMENT  
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**DICK HOWARD:**

A MAN FOR ALL SOCCER SEASONS

**FUTSAL**

HEAT IN THE WINTER

DISPLAY UNTIL MAY 15, 2012







# SPEED ENDURANCE TRAINING

## THE KEY TO A SUCCESSFUL TRAINING CAMP

BY RICHARD BUCCIARELLI

In my role as Fitness Coach with the Canadian National Women's U17 team, I was recently tasked with planning the physical component of their eight-day training camp in November 2011.

Upon reviewing the camp schedule, I saw that the plans included two exhibition games, two inter-squad games, and two training sessions per day during the course of the week. Even in a short (eight-day) training camp, a physical component of training is required, as players must be able to continually improve their fitness each month in preparation for World Cup qualification matches in the spring of 2012. The main problem encountered when trying to plan fitness sessions is the lack of time allotted during each practice (15-20 minutes), as well as the high overall fatigue level of the players throughout the week. In order to effectively plan fitness training sessions that provide adequate training load to the players, while minimizing the risks of overtraining and fatigue, I decided to

use a relatively new and unique form of training, called speed endurance training.

Speed endurance training involves performing four to eight sets of 30-second exercise bouts, at an intensity between 80-90 percent of maximum, with a work-to-rest ratio of one-to-six (i.e. 30 seconds of work, three minutes of rest). Over the past 10 years, speed endurance exercises using this protocol, both without and with the ball, have been proven to be as, if not more, effective at improving players' overall endurance levels than more traditional continuous aerobic and aerobic interval training. The main difference – and main advantage – of speed endurance training over the more traditional methods mentioned above is that speed endurance training achieves the same results, with one-

third of the total training time. Whereas conventional workouts of continuous aerobic training can take 60 minutes or more to complete, the speed endurance protocol mentioned above, performed in small groups, can be completed in as little as 12 minutes (with a little as two to three minutes of actual training time). The significant reduction in total training time of up to 75 percent is most useful in training camps where practice time – and the players' level of energy – is limited. Furthermore, the ability to use the ball in these workouts adds a level of specificity that leads to better overall improvements in soccer skill, as well as aerobic fitness.

Below are two session plan diagrams of speed endurance sessions, with the ball, that we used at the Women's National U17 team camp in November and that can also be easily applied to any youth academy / rep. team training sessions:

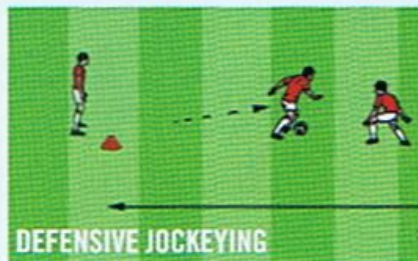
### SPEED ENDURANCE: PASSING/RECEIVING

**SET-UP:** Three to four stations, consisting of two red cones, placed 20m apart, with two white cones 3m inside them; stations include for players: two inside the station, without a ball and two placed on the red cones, with a ball

**ACTIVITY:** players inside sprint, at 90-95 percent intensity towards the outside cones; once they get inside the



PASSING/RECEIVING



DEFENSIVE JOCKEYING



white cones, they must receive a pass from the outside and play a one-touch pass back to the outside player, then sprint to the opposite side for the next pass; players repeat this sequence for 30 seconds in total

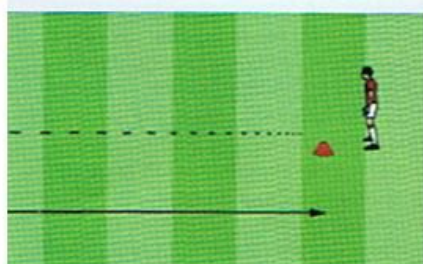
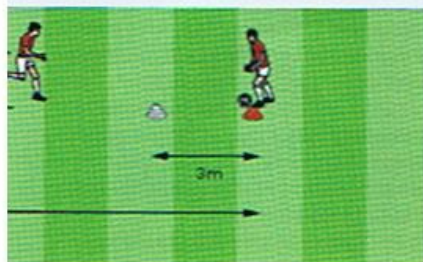
**REST:** after the 30-second work period, inside players switch with the outside players, and the activity starts again; once both groups of players have performed one 30-second repetition, both groups will rest for another two minutes, and then the first group moves back to the inside for their second repetition

#### SUMMARY:

- One set
- Four repetitions
- 30 seconds
- 90-95 percent intensity
- Rest = three minutes
- Work-to-rest ratio: 1:6
- Total session time: 10 minutes
- Total player training time: two minutes

## SPEED ENDURANCE: DEFENSIVE JOCKEYING

**SET-UP:** Three to four stations, consisting of two red cones, placed 30m apart; stations include four players: two inside the station, one without a ball and one with a ball, and two placed on the red cones, without a ball



**ACTIVITY:** player inside, with a ball, plays a long pass to the player without the ball (30m away) and sprints at 95 percent intensity to close the player down in a defensive posture; the player with the ball dribbles diagonally and forwards (at 70 percent intensity), while the jockeying player moves backwards, for the entire 30 m distance; repetitions should take 30 seconds in total, with the next group of two players starting their activity once the first group finishes; players repeat the sequence in the opposite order (i.e. attackers become defenders, and defenders become attackers) in their next repetition

**REST:** after the 30-second work period, inside players switch with the outside players, and the activity starts again

#### SUMMARY:

- Two sets
- Four repetitions (two at 95 percent - defending, and two at 70 percent - attacking)
- 30 seconds
- 70-95 percent intensity
- Rest = three minutes (between defending and attacking)
- Work-to-rest ratio: 1:6
- Total session time: 10 minutes
- Total player training time: four minutes

*Richard Bucciarelli is the President of Soccer Fitness Inc., and Fitness Coach for the Canadian National Women's U17 team. For more information about Richard and Soccer Fitness, please visit [www.soccerfitness.ca](http://www.soccerfitness.ca).*



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- Plyometric Training
- Soccer-Specific Running & Kicking Cords
- Soccer-Specific Fitness Assessments

#### TRAIN LIKE THESE PROFESSIONAL PLAYERS WHO HAVE BEEN THROUGH OUR PROGRAM:



**Louis Brasil**  
Midfielder, Flamengo FC,  
Brazilian Premier League  
2009-Present



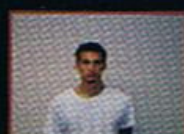
**Joseph Di Chiara**  
Midfielder, Krylia Sovetov,  
Russian Premier League  
2010-Present  
Canadian Men's National Team,  
2011-Present



**Gil Hong**  
Midfielder, Györi ETO FC,  
Hungarian Premier League  
2010-Present



**Lucas Genaidi**  
Midfielder, Valletta FC,  
Maltese Premier League,  
2011-Present



**Giordano Genaidi**  
Defender, Valletta FC,  
Maltese Premier League,  
2010-Present

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**Find Out More at [www.soccerfitness.ca](http://www.soccerfitness.ca)**