

Replace your conditioning drills

Category: Physical: Endurance

Difficulty: Moderate

Reseller-Club: Ohio University

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Description

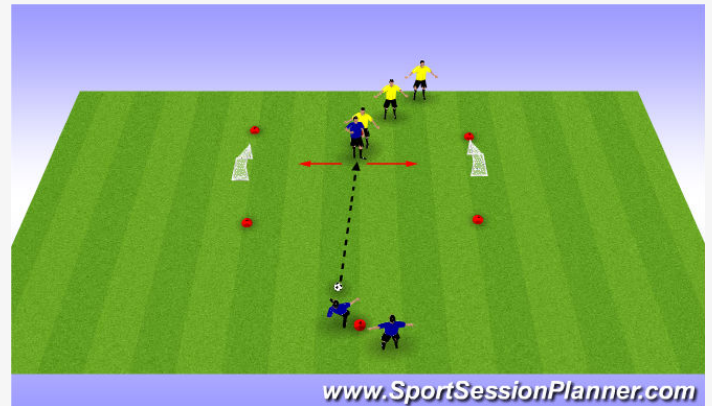
In order to condition your players, you must give them adequate rest. Soccer isn't cross country. Let them rest and then push for maximum intensity.

1v1 (10 mins)

Setup: Create a 10 yard deep and 20 yards wide. Blue passes the ball into the active blue player. Yellow begins at their back and defends. Blue can go to either small goal.

Coaching: deception and explosion is key. You must disguise your action, and when you make your move, you must do it with immediacy and intent. Doing this in groups of three is perfect. Their post 1v1 jog back to the short line is their rest. If your line is any longer, the rest will be excessive. After 2 minutes, switch blue and yellow. Keep score.

Each repetition by a player is basically an absolute maximal effort. Work for that intensity. If possible, try to make one of the teams 2 or 4 players so the teams are unbalanced. That way, you aren't playing the same person over and over.



3v3 (20 mins)

Setup: In a box 32 yards long and 18 yards wide. Play 3v3. Simply cross the end line with the ball under control to score.

4-minute work periods and 2-minute rests. Play 3 times. The first rest will feel excessive, the rest will not. We are working on their ability to maintain intensity, not play slow and tired for long periods. Soccer is a game of rest and intense.

