

CONDITIONINGⁱ

Here are 3 soccer conditioning drills that reproduce the physical demands of the game.

Drill #1 - Tight Space Dribbling

If you have the luxury of having a ball per person this is a great drill to develop touch and fitness simultaneously.

1. Perform this drill towards the start of a session - following the warm up and before more physically demanding drills.
2. Mark out a space about 20x20 yards (for 15 players). Adjust the size according to the number of players.
3. For 60 second intervals have the players 'express' themselves with the ball. They should try turns, fairs and tricks. Encourage players not to running round in a circle (which WILL happen at first). They should change direction constantly and randomly.
4. Decrease the size of the area after each 60 second bout and repeat for 5 or 6 intervals with a 20-30 second break between.

Drill #2 - Step Jumps

This is a plyometric exercise and should be completed towards the beginning of the session but only after a thorough warm up.

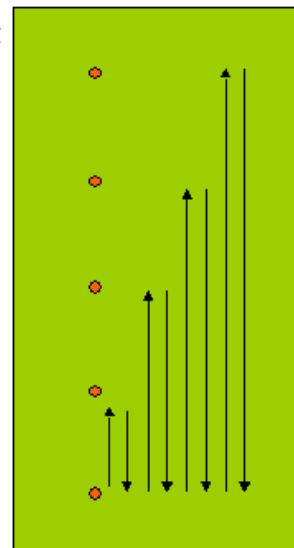
1. Stand beside a cone or soft object to be cleared.
2. Bring knees up and jump vertically but also laterally off ground and over the marker.
3. Land on both feet and jump back in the other direction.
4. Ground contact time should be minimal - don't dip into a full squat position.
5. Repeat for 30 seconds maximum and a total of 3 sets.



Drill #3 - Shuttles

Simple, but very effective. You can perform this drill on your own or as part of a group in a line. Leave this soccer conditioning drill until the end of a training session because it can leave legs feeling weak (not ideal for skill practice!).

1. Place 5 cones out 10 yards apart.
2. Starting on cone 1, run to cone 2 and back, then cone 3 and back, 4 and back, then 5 and back.
3. The sprint should be flat out and players should turn sharply **off a different foot at each cone.**
4. Rest for 30 seconds and repeat. Rest another 30 seconds and repeat for a third time. This is one set. Now rest for 2 minutes and repeat for a second set (i.e. 3 lots of shuttle runs with 30 seconds rest between each).
5. Now do a cool down to disperse all that lactic acid!



ⁱ Sports Fitness Advisor, <http://www.sport-fitness-advisor.com/soccer-conditioning-drills.html>