



PS2 Soccer Fitness With Ball

Category: Physical: Speed
Difficulty: Moderate

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Individual-Adult Member

Description

Preseason session for endurance, with the ball

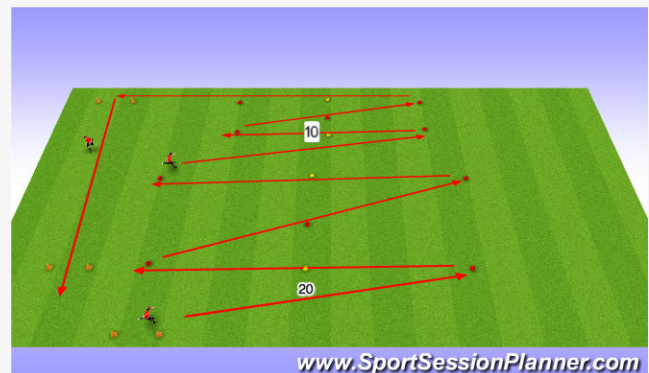
Warm Up (10 mins)

Players play 2 touch pass and move inside the the area
Players are expected to control then pass the ball, followed by quick movement to help create space.
Dynamic stretches added at end of warm up such as High Knees, heel flicks, skipping, kicking through the ball and opening the gates and windmills.
Start of at 50% speed and increase as they get further into warm up.



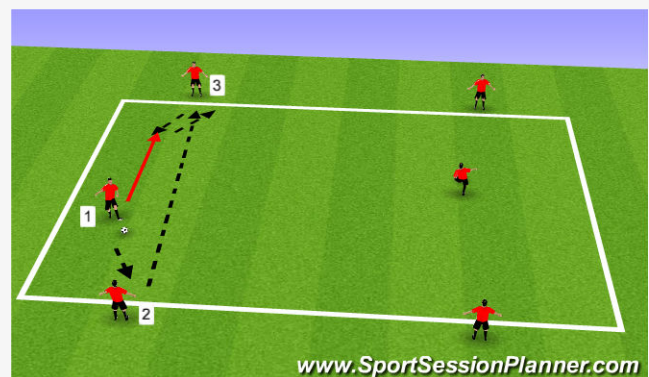
Dutch Run (15 mins)

Dutch Run. **No Ball**
At A RED CONE players must use fast feet to run completely around the cone, at a YELLOW cone they must complete a half circle around the cone.
Players perform the course twice at 75% then twice at 100%



Passing Lines (15 mins)

Player 1 plays the ball into player 2, who then passes the ball longer to player number 3.
player 1 turns after passing to player 2 and sprints to support the player. he then plays a 1-2 with this player, who then returns the long pass to player 2. Switch players after 3 minutes.
looking for soft touches from the center player, hopefully allowing the other player to play a first time pass forward.
Rotate roles every minute



Dribbling (15 mins)

Players jump the hurdle and then dribble through the poles, turn at the top and dribble back stopping the ball where it was at first.
2 minute warm ups, then we can make it competitive last line back 10 pushups.
no more than 4 in a line.
alternate which foot/surface you can use to move the ball through the poles



3v3 SSG (20 mins)

Encourage players to get forward quick.
Can we be smart with our decisions.
Round Robin - play each team once.

