

Anaerobic Fitness with the Ball

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Fitness and technical skills can be combined in order to meet the demands of the modern game. In a series of exercises providing a 3 to 1 to 1 to 1 work to recovery period, anaerobic fitness can be accomplished with the ball. These exercises can be incorporated to a technical theme in your practice. By placing a demand of speed of play with the ball in an assigned period of time coaches can replicate the game. There will be a definite progression and each exercise can be adapted to reflect age and skill level of a various teams, from U10 to U16.

Exercise One - Technical skills with agility ladder and cones. (In groups of three)

Exercise Two – 1 vs. 2 in 15 x 20 yard grid. (Group of six, three in grid, three servers)

Exercise Three - Receiving, dribbling, and crossing (Group of four plus a keeper)

Exercise Four – 2 vs. 2 in 15 x 30 yard grid with small goals. (Group of six, four in grid, plus 2 servers)

Exercise Five – 1 vs. 1 finishing in the box (Group of 4, attacker, defender, two servers, plus two keepers)

Exercise Six – 3 vs. 3 in the box, (Group of 12 players, plus two keepers)

Cool Down - Bib, bottle, ball, bag (Fun game, 12 to 16 players)