

TRAINING GUIDE - GETTING MATCH READY

AUCKLAND YOUTH & SENIOR FOOTBALLERS AND REFEREES - RETURNING TO PLAY POST LOCKDOWN #2

Session	Total football session time	11+ Warm up	Skills and Drills (RPE 4-5)	Reps x Time (passive rest time) end of session or own time (RPE = 6-7)	Total work time		
1	85-100mins	10 mins (Part 1,2,3)	45-60 mins	10 x 3 min hard continuous runs (90sec rest between sets)	30mins	Sessions to be carried out for all competition levels	Rest between these sessions is roughly 48 hours e.g if training session is carried out at 9am on Monday morning then next session is carried out no sooner than Wednesday
2	90 - 100 mins	20 mins (Part 1,2,3)	10-15 mins	Small, moderate and large sided games 30-60 mins	30-60 mins		
3	60-70 mins	10 mins (Part 1,3)	10-15 mins	Small and moderate sided games 20-40 mins	20-40 mins		
4	100-120 mins	20 mins (Part 1,2,3)	10-15 mins	Moderate to large sided game 45-75 mins	45-75 mins		
5	50-60 mins	10 mins (Part 1,3)	10-15 mins	Small sided games 20-30 mins	20 - 30mins	Extra session for competition level	

Goals: First build intensity and add high speed running. Start adding low intensity changes of direction. Then replicate the multi-directional movement patterns and speeds that players will carry out in competitive games.

Conditioning guidelines: The success of SSG comes down to making sure than continuous work is carried out. This means that if a ball goes out of play another ball must be available or played back in to the game as soon as possible. Players should always be moving. As the games get smaller playing time should get shorter.

Football Guidelines: Initially incorporate more intensity by using smaller areas for drills. Move to game simulation and skills under fatigue.

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EXAMPLES OF SMALL SIDED GAMES (SSG)

	Number of players	Pitch dimensions (m)	Sq m / player (approx)	Timing ranges (Lower and Upper)	Training notes
Small	3 v 3	25 x 20	80 - 95	L - 6 x 1 min (1.5min)	Low tactical component High number of actions each player High intensity High number of accelerations/decelerations High number of change of direction
	4 v 4	30 x 25		U - 15 x 2 min (2min) (use more for 4 v 4)	
Moderate	5 v 5	40 x 30	120 - 150	L - 4 x 4 min (2min)	Moderate Tactical componenet Moderate to high number of actions Moderate to high intensity Moderate accelerations/decelerations High speed running
	7 v 7	60 x 35		U - 5 x 8 min (2min)	
Large	8 v 8	70 x 40	170 - 185	L - 3 x 12 min (2min)	High tactical component Low number of actions per player Low intensity (increased recovery between actions) Increased high speed running Larger aerobic emphasis
	11 v 11	90 x 45		U - 4 x 15 min (2min)	

Goals: Replicate competitive games that will best prepare players for the re-start of football and the demands of match play

Considerations for creating as close to match demands as possible is by laying out two 5 v 5 games splitting the dimensions of an 11 v 11 game. At the blow of a whistle players from the 5 v 5 games can come together and create an 11 v 11 game (include GKs). This can replicate congested periods of play which then turns to a replication of expansive or counter-attacking form of a football match. This 11 v 11 period will allow a bit of active recovery (slow jogging or walking) for players who are further away from the ball. Example times: 2 min 5 v 5 game bout - 4 min 11 v 11 bout x 2/3 (Total Time = 12 - 18 min)

NOTE: Ensure you follow all government requirements of alert level gathering limits and hygiene requirements at all times