

KEEPING OUR FOOTBALLERS FIT

TRAINING & CONDITIONING IDEAS TO MAINTAIN FOOTBALL FITNESS DURING LOCKDOWN #2 FOR YOUTH AND SENIOR PLAYERS



FIT4FOOTBALL
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SOMETHING LONG

- Slow, steady endurance 45mins +
- Run or Bike Ride
- 11+ Part 2 (10mins)



SOMETHING HARD

- Anaerobic endurance – 80-90%HR Max
- 11+ Part 1& 3 warm up (10mins)
- 4x400m Sprint or Skipping Workout
or 2x 100m, 200m, 300m, 400m sprint
or Hill/stair run for 2x mins, jog back down
for 2mins x 5-8
- Cool down



SOMETHING FAST

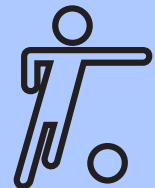
Speed – short intervals with long rest (use form as your guide i.e. when technique or speed begins to drop off it is time to stop).

- Work time 1min or less
- Work:rest ratio 1:2 or 1:3
- 11+ Part 1& 3 Warm up (10mins)
- Agility drills or 20m, 40m, 60m shuttle
- Cool down



SOMETHING ON THE BALL

- 11+ Part 2 (10mins)
- Find drills online that will help develop your work on skills



SOMETHING RESTFUL

Yoga or Walk

