



# Fitness with and without a ball

**Category:** Physical: Endurance

**Difficulty:** Moderate

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## Screen 1 (10 mins)



## Screen 2 (10 mins)

Divide players into groups, for every group of player there must be a set of soccer balls, if even amount of players as shown you will need 16 players = 16 soccer balls, if 17 player each station will need 5 soccer balls. Soccer balls are layed out in a line in the direction the players will be running

A) Players start without a ball they sprint 20 yards collect a ball and dribble to the next corner, they stop their ball and sprint to next corner, repeat for set amount of time (1 minute on on 1 minute rest)

Make sure players are correctly placing the soccer balls

b) Sprint two corners dribble one, repeat,

c) Dribbe forward two corners stop ball, sprint one, repeat

d) Dribble two corners stop ball sprint two corners, repeat

e) Sprint forward one corner back pedal two corners, repeat (make sure players are aware of soccer balls)

f) Dribble two corners, turn with your ball and dribble one corner



## Screen 3 (25 mins)

Game, 2v2 with keepers, team who scores stays on, scoring team turns and receives a ball from a teammate, losing team leaves the field being replaced by two new field players,

A) Organization

B) Speed of thought - Speed of play

c) Fitness

4) Passing & Receiving

5) Defending, Pressure with Cover

6) Transition

7) Shooting and Finishing

8) Goalkeeper roles

9) Fun



## Screen 4 (50 mins)

Set up two teams,

Game: Team has 5 Attacks, any player can start the play, no two soccer balls can be in play at any one time, Blue are attacking, if Blue score two goals they will have 7 attacks in the next round, if Red team wins possession they can counter to either small goals (game can also be played where the defending team dribble back to the start line. For every counter goal or point team Red add to their attack.

CPs)

- 1) Possession
- 2) Passing and receiving demands
- 3) Attacking principles
- 4) Defending principles
- 5) Shooting & Finishing
- 6) Fitness
- 7) Fun

