

GET FOOTBALL FIT THIS SEASON



Playing once or twice a week isn't enough to best develop fitness and keep injury risk low. Pre-season is the best time to get yourself in shape, so that you can enjoy the season, play to your potential and look and feel your best. Trying to improve your fitness at any time of the year is still a good idea. The main areas of fitness that are important for football are:

- Aerobic endurance
- Strength and power
- Speed and agility
- Balance and co-ordination
- Flexibility

Are you as fit as the Ref?

A few simple tests can identify your strengths and weaknesses and help guide your training to achieve your goals. Some are used by top players and even referees. See how you compare on this one...

How far can you run in 12 minutes?

- Use a marked track and do it as a team for added motivation.
- NZ referees have to complete 2500 metres (2200 for females).

A better test of soccer endurance is the **Yo Yo Intermittent Recovery Test**. Players who perform better on the Yo Yo Test cover more ground during a game and recover better between sprints. To purchase a copy contact New Zealand Soccer (see contact details on the reverse side).



Endurance

Outside of your team training sessions, try to get out on your own, or in a group, 2-3 times per week. The following session is ideal for developing both your aerobic and anaerobic fitness.

Warm-up 5-10 minute jog.

Main session Run hard for 4 minutes (90-95% effort) then walk for 4 minutes.

Repeat 4 times.

Cool-down 5-10 minute jog and full body stretch.

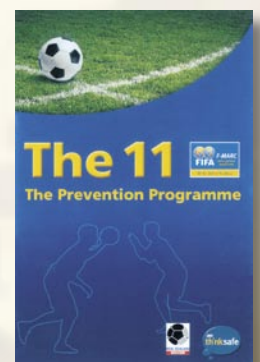
As you improve, reduce the duration of the rest (walk) periods to 3 minutes. Small-sided games using the same principle (i.e. play for 4 minutes, rest for 4 minutes – 4 times) will have the same effect, as long as you can keep the intensity of the game high.

Strength and Power

To be fast you also need to be strong. Leg and core strength (back, front and sides) can be developed without joining a gym. Use your own body weight as resistance and perform exercises, such as the following, at least 3 times per week:

Crunches **Back extensions** **Prone bridge** **Tricep dips**
Push-ups **Squats** **Lunges** **Calf raises**

FIFA's training programme "The 11" is excellent for developing leg and core strength and will also improve your balance and coordination. For a free copy of the DVD, call ACC on 0800 THINKSAFE (0800 844 657).



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GET
fit

Speed and Agility

Once you've developed a good aerobic and strength base, start to include some shorter, high intensity efforts in your training sessions. Build up to 100% efforts gradually and include movements in all directions. The rest between efforts should be approximately 5 times the duration of the effort (i.e. if the sprint takes 10 seconds the rest should be 50 seconds). The table below provides a rough guide to work:rest ratios and how many times you should do a drill to achieve specific fitness outcomes.

Goal		Work Duration	Rest Duration	How Many Times?
Speed		2-10 secs	5 times the work duration	2-10
Speed-Endurance	Production	20-40 secs	5 times the work duration	2-10
	Maintenance	30-90 secs	Same as the work duration	2-10
Endurance		2-4 mins	Same, progressing to half	4-8 (So total work time = 16 mins)
		30-60 secs	Same as the work duration	16-32 (So total work time = 16 mins)

Flexibility

Flexibility is important so that you can get in to challenging positions safely and then still be able to perform optimally. The end of a training session is a great time to work on flexibility, while your muscles are nice and warm.

Stretching should be like brushing your teeth – something you do everyday. If you find it boring, do it in front of the TV while you're watching the news or your favourite programme. Stretch each of the major muscles, holding each stretch for 20-30 seconds and repeat 2-3 times. Make sure you're warm first.

Keep a diary of all your training for motivation and future planning. Note what you did, when you did it and how you felt.



For more information on Football Fitness, contact Helen Tunstall at New Zealand Soccer on 09 414 0174 or email helent@soccernz.co.nz