

Training content

Physical fitness training

KEY

- > Path of the player without the ball
- ~~~~~> Path of the player with the ball
- > Path of the ball (from a pass or shot)
- ▲ Coach
- A, B, C, D Designation of players
- A1, A2 Positions of A players

Physical fitness training: 1. Extensive endurance (aerobic capacity)

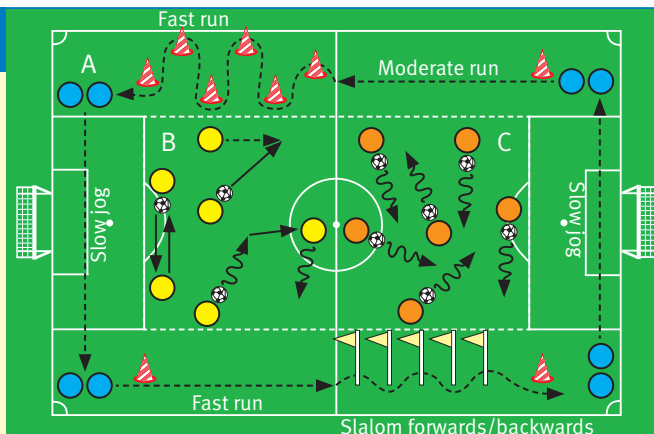
1. Mixed endurance circuit course with continuous training (long-interval)

Organisation:

- 3 groups of 6-8 players (depending on the players' endurance potential).
- 3 marked out zones (A - B - C).
- Duration: 15' to 30'. Change of exercise every 5' to 8'.
- Intensity: HR 140 to 160 (maintain a regular tempo).

Procedure:

- In zone A, 2 ● players run at varying tempos (forwards, backwards, sideways), starting from all four corners of the pitch.
- In zone B, ● players work in pairs with balls on passing and movement (3 or 2 touches) occupying the space.
- In zone C, each ● player runs with the ball executing various types of dribble.



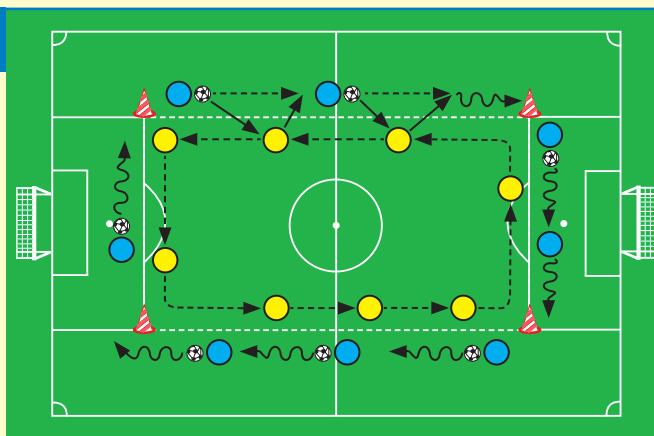
2. Endurance circuit course, running with the ball with continuous training (long-interval)

Organisation:

- 2 groups of 8 players.
- The ● players run with the ball; the ● players run at moderate pace.
- Duration: 10' to 15' with a change of position every 5' to 6'.
- Sets: 1 to 2.
- Intensity: HR 130 - 150 / 140 - 160.

Procedure:

- The ● players run with the ball in one direction and play the ball to the ● players, who run in the opposite direction. One-touch passes during the runs (1, 2) or pass by hand to be returned with a volley or header, etc.
- After 5' to 6', change direction.



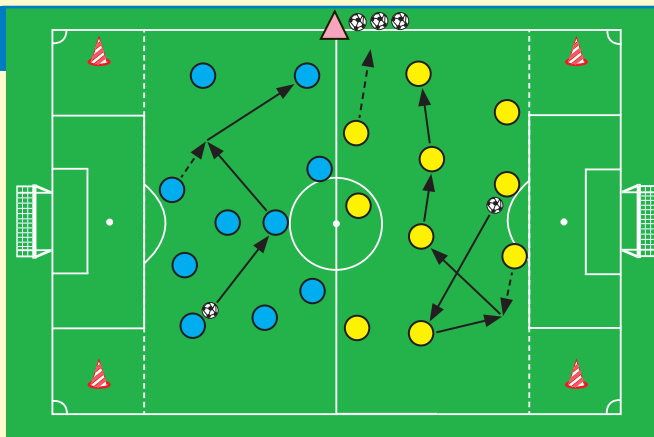
3. Combined technical/tactical exercise (fartlek style)

Organisation:

- 2 teams of 10 (or 9) players at each end of the pitch.
- Players adopt the positions for the chosen playing system.
- Duration: 12' to 15'. Sets: 2x – Intensity: HR 160 - 170 / 175.

Procedure:

- Each team keeps possession of the ball (gradual build-up), with limited touches (max 3).
- All the players are on the move; compact team formation, with play moved out wide.
- After 3' play, at the coach's signal, all players run two laps of the pitch starting from a cone (varied tempo), after which the exercise starts again.
- The players switch positions.
- The coach directs the exercise, dictates the tempo.



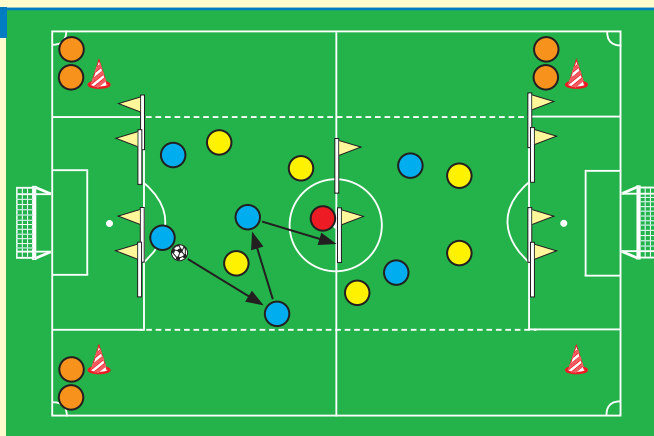
4. 6 v 6 practice game routine (fartlek style)

Organisation:

- 3 teams of 6 players + neutral goalkeeper. – Marked out playing area. – 4 small goals (2m), and one large goal in the centre of the pitch. – Duration: 15' to 30' (3x5' / 3x10').
- Intensity: HR 160-180.

Procedure:

- 2 teams playing 6 v 6. Unrestricted play or with limited touches allowed, the aim being to score in one of the opposition's small goals. – A goal is scored from a direct pass (or if a player runs through a small goal with the ball at his feet). A player can also score in the large goal, defended by the goalkeeper, by shooting directly from his own half. – During the game, the 3rd team runs around the perimeter of the playing area at varying speeds (i.e. sprint the width of the pitch, slow run along the length of the pitch). After 5' to 6', the teams are switched.



Physical fitness training: 2. Intensive endurance (aerobic power)

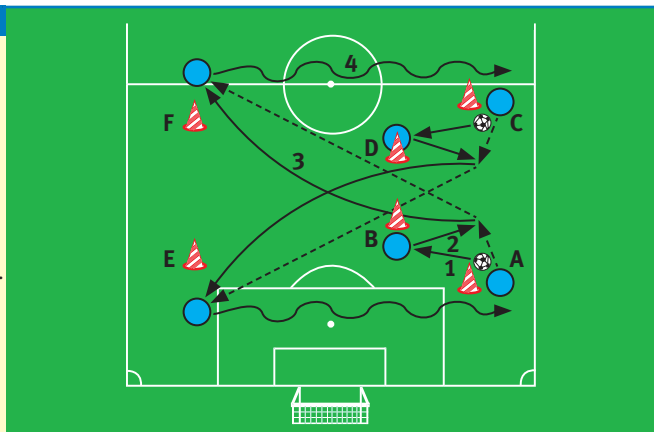
1. Technical exercise (interval training)

Organisation:

- 6 players per exercise.
- Marked out area: 2 balls in play during the exercise.
- Duration: 3' to 5'. Sets: 3 to 4x. Rest: 1' to 2'.
- Intensity: HR 160 - 170 / 180.

Procedure:

- Players **A** and **C** start at the same time.
- **A** plays the ball short to **B**; **C** plays the ball short to **D**.
- **B** lays the ball directly back to **A**; **D** lays the ball directly back to **C**.
- **A** passes diagonally to **F** and follows his pass.
- **C** passes diagonally to **E** and follows his pass.
- **E** and **F** control and run with the ball to **B** and **D** respectively, who have taken up the positions of **A** and **C**.
- Emphasis is on maintaining the tempo of the passing (along the ground and in the air) and of the runs.



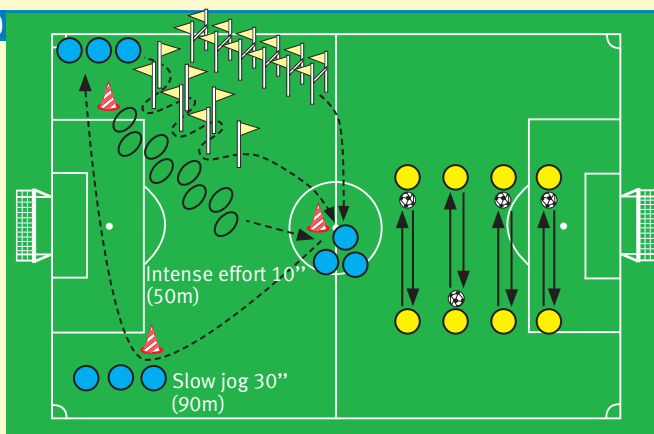
2. Intermittent training exercise (running and jumping)

Organisation:

- 2 groups of 8-9 players. – The blue players work in threes at each cone. The yellow players are recovering in pairs and kicking the ball to each another. – Duration of exertion: 6' to 8'.
- Sets: 2 to 3x. Pause with technical work between sets 6 and 7.
- Intensity: HR 160 - 180.

Procedure:

- For blue players, intensive effort of 10" (50m). • 1st stage, 6 explosive hurdle jumps with feet together. • 2nd stage, slalom and high-intensity running. • 3rd stage, 8 explosive lateral jumps (alternating between right and left leg), then intensive running.
- After this exertion, a gentle run for 30" (100m).
- For the yellow players, technical exercises, with a variety of passes between the two players. – The roles are then reversed.



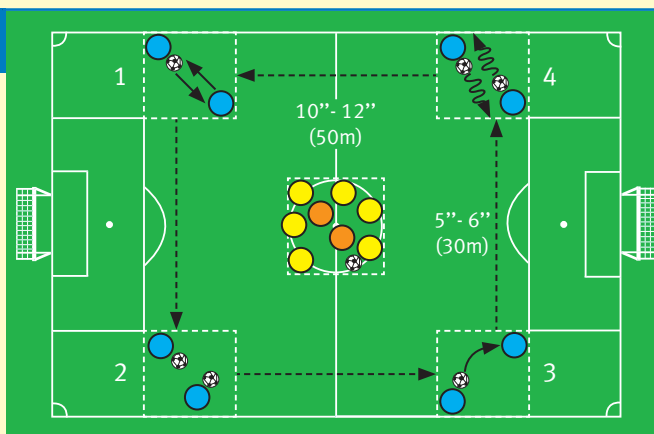
3. Intermittent training exercise (running and technical work)

Organisation:

- 2 groups of 8 players. – The blue players are in twos and active at each technical station; the yellow players are in the centre of the pitch playing 6 v 2 while recovering. – Duration of effort: 5' to 6'.
- Sets: 2 to 3x. Rests 5' to 6'.
- Intensity: HR 160 - 180.

Procedure:

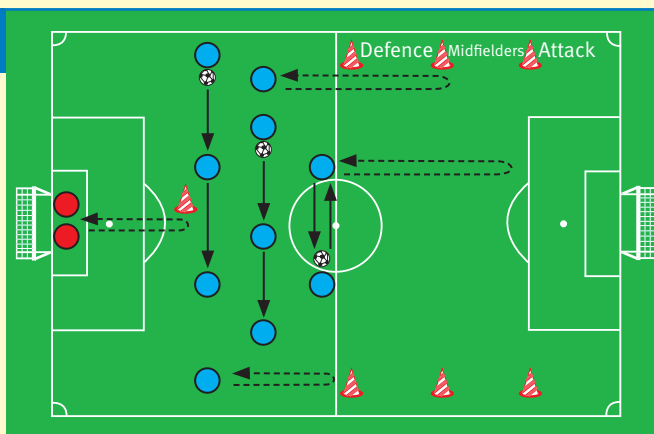
- For the blue players, intensive running between stations (from 5" to 10"). – At the stations, technical exercises at a moderate rhythm of 20" to 30" (coaches must insist on good technical quality).
- 1. passes with right and left foot. 2. individual dribbling.
- 3. dribbling in twos (2 touches). 4. dribbling and feinting.
- The yellow players play 6 v 2 (while recovering).



4. Combined technical-tactical exercise with intermittent training

- The players are in their usual positions in the team formation (the positions can also be occupied by more than one player). – Normal pitch with cones in the opposition's half. – Duration: 7' to 8'. Sets 2 to 3x. Rest period: 5' to 6'.
- Intensity: HR 160 - 180 / 185.

- The players are in their usual positions in the team formation. – The ball is played between the players in the same team unit (at moderate pace). – At the coach's signal, the players do a fast run (80% of maximum speed) as far as the corresponding cones in the opposition's half and back; they then play the ball to each other again. – Intense effort 10" to 15" (distance 70 - 75m). Rest: technical exercise 20" to 30".
- The technical skills should be varied.



Physical fitness training: 3. Endurance game (aerobic - anaerobic)

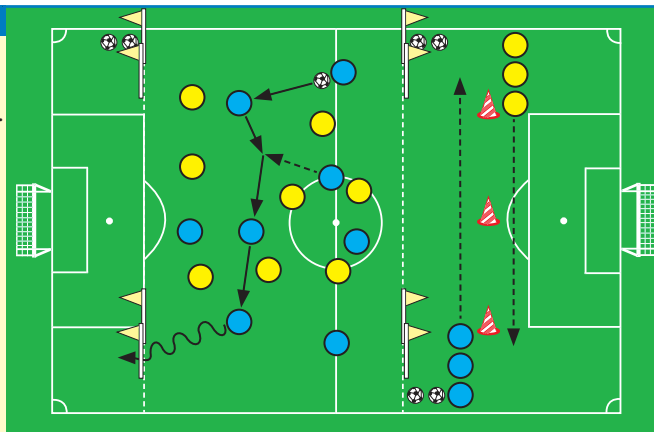
1. Basic endurance 8 v 8 (9 v 9) game

Organisation:

- 2 teams of 8 (or 9) players.
- Marked out playing area + 4 small goals (2 - 3m) on the flanks.
- 3 cones 15m (30m) behind the playing area.
- Duration: 10' - 15'. Repetitions: 2x. Active rest (HR returns to 120).
- Intensity: HR 150 - 175.

Procedure:

- Unrestricted play (or 3 touches): goals scored when a player crosses the goal with the ball at his feet.
- The team scoring a goal keeps possession of the ball and can go on to score in the two opposite goals in the other half.
- Halfway through the game (5' or 7.5'), the players in each team perform 3 to 5 progressive acceleration runs (70% to 100%) of 30m, with a rest of 30" between each run.



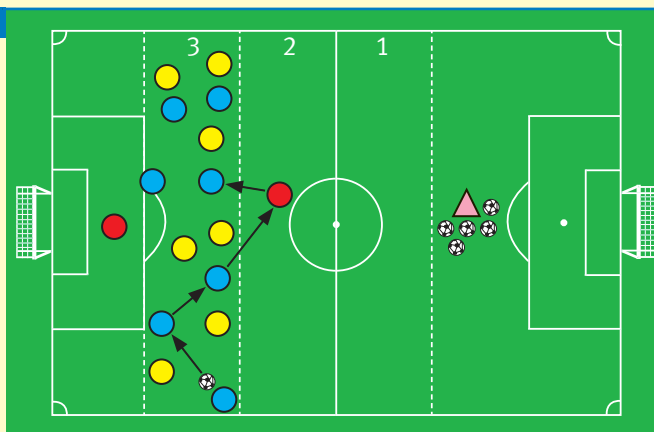
2. Retaining possession 7 v 7 game (specific endurance)

Organisation:

- 2 teams of 7 players + 2 goalkeepers who may only use their feet.
- Playing area marked out into 3 numbered zones (20 - 25m).
- Duration: 20' - 30'. Sets: 2 to 3x (6' - 10'). Active rest: 1' - 3'.
- Intensity: HR 160 - 180.

Procedure:

- The players retain possession and play the ball around within the zones; unrestricted play or limited touches (3-2).
- The game can take place in a single zone, in two zones or in all three zones, depending on the instructions of the coach.
- The goalkeepers must remain in support behind the zone at all times.
- Whenever the ball goes out of play, the coach feeds in a new ball. → Count the number of passes.



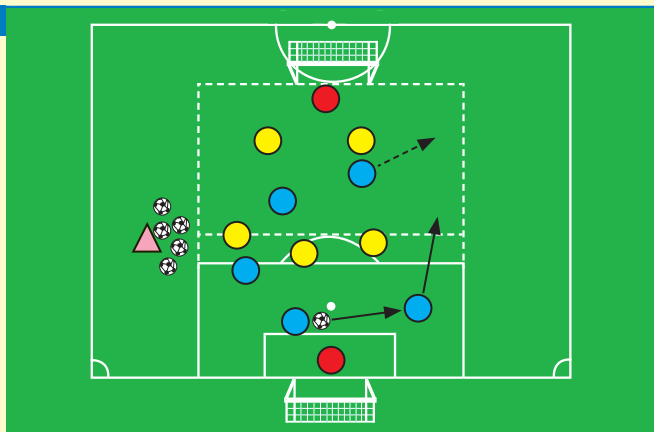
3. 5 v 5 game (aerobic power)

Organisation:

- 2 teams of 5 players + 2 goalkeepers (possibly with a third team recovering). – Marked out playing area + 2 large goals (enough balls must be available). – Duration: 30' to 35'.
- Sets 4 to 6x (6' to 7'). Rest: 3' to 4'. – Intensity: HR 165 - 180.

Procedure:

- Limited-touch game in the defensive area (for the defenders).
- Unrestricted play in the attacking area (for the attackers).
- A goal is scored when all the players in the attacking team have crossed the halfway line. If any players of the other team have remained in the opponents' sector, the goal counts double.
- The goalkeepers take part in the game (playing 1 or 2 touches of the ball).
- When the ball goes out of the playing area, the coach feeds another in.



4. 4 v 4 game (maximum aerobic power)

Organisation:

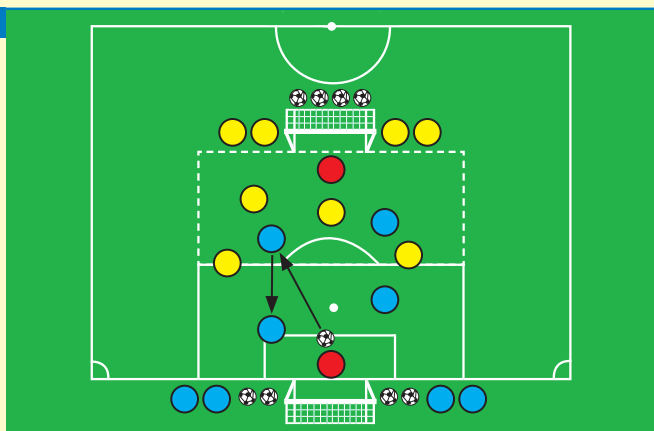
- Unrestricted play 4 v 4; the goalkeeper plays the ball with 1 touch only. – 2 teams of 8 players + 2 goalkeepers. – Marked out playing area + 2 large goals (enough balls must be available). – Duration 15' to 20'. Sets 4 to 5x (3' to 4'). Rest: 3' to 4'.
- Intensity: HR 170 - 190.

Procedure:

- When the ball goes out of play, or when there is a corner, the goalkeeper of the team in possession feeds the ball back into play quickly.
- After the game has run its course (3' to 4'), the coach switches the players around.

Variations:

- 4 v 4 game with extra players who play with their team (one touch only allowed).



Physical fitness training: 4. Anaerobic alactic speed (separate training)

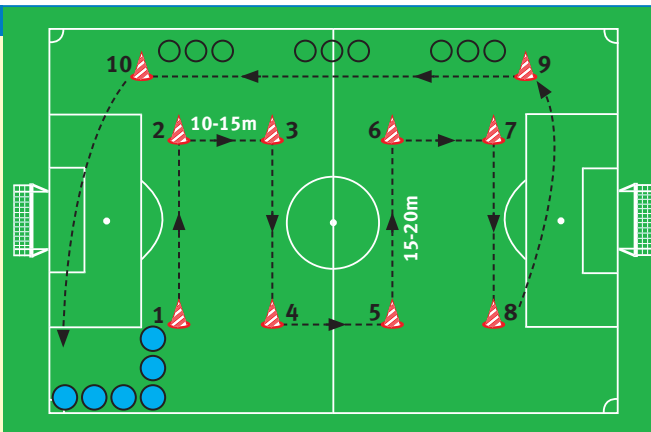
1. Coordination circuit and running exercises

Organisation:

- All the players in a line, following each other.
- 10 cones set out as illustrated in the diagram.
- 2 to 3 repetitions of the circuit; then recovery by dynamic stretching and different types of juggling.
- Sets: 2 to 4x.

Procedure:

- The players run between the cones, varying their running movements: dynamic running, forwards, backwards, strides, hopping, cross steps, cross-over steps; normal running, heels/thighs and knees/chest, low, medium and high skips.
- Slow jogging from cone 8 to 9, and acceleration from 9 to 10, acceleration (cyclical and co-ordinated speed) also with hoops set out along the course for working on pace and foot-work.



2. Preparatory speed exercises (aiming for speed)

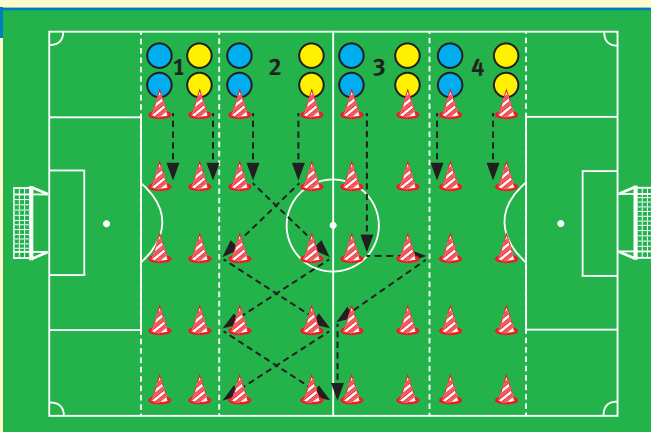
Organisation:

- 4 groups; working in pairs for each exercise.
- 4 different circuits marked out; cones set out 10m apart.
- 3 to 4 repetitions of each exercise; walk back. Rest between the exercises 2' to 3'. Intensity of speed: 80 to 100%.
- The coach corrects the incorrect running movements.

Procedure:

1. Varied skipping 10m; then progressive sprints every 10m (70% - 80% - 90%).
2. Staggered departures 10m, then diagonal sprints every 10m or 20m (80% - 90%).
3. Varied bursts (sideways, from a seated position, etc.), forward sprints 10 or 20m, followed by a change of direction (80-90%).
4. Varied bursts and sprints at 100% effort (20m, 30m and 40m), maintaining the tempo.

- Can also be carried out as a competition between two teams.



3. Speed game (pursuit course)

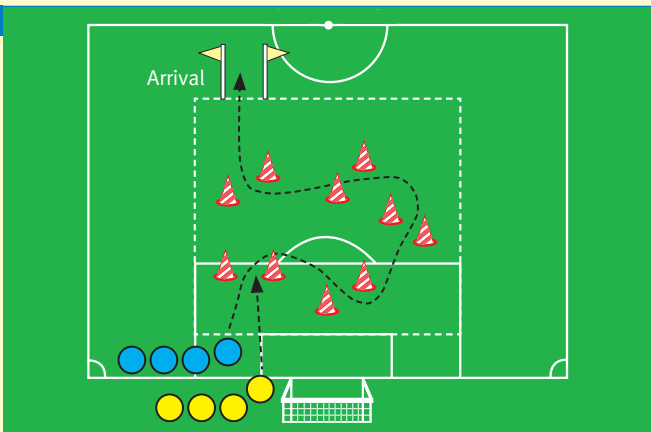
Organisation:

- 2 teams.
- Marked out playing area (30 x 30m) depending on the number of players.
- 6 (8) 2-metre gates (cones, discs, poles).
- Repetitions: 3 to 6 runs each pair.
- Intensity: HR 165 - 180

Procedure:

- The first blue player sets off 1 to 2m ahead and has to pass through at least five gates and then cross the finish line.
- The yellow player attempts to catch him by touching him.
- After all the blue players have completed the course, the roles are reversed.

- How many wins per team?



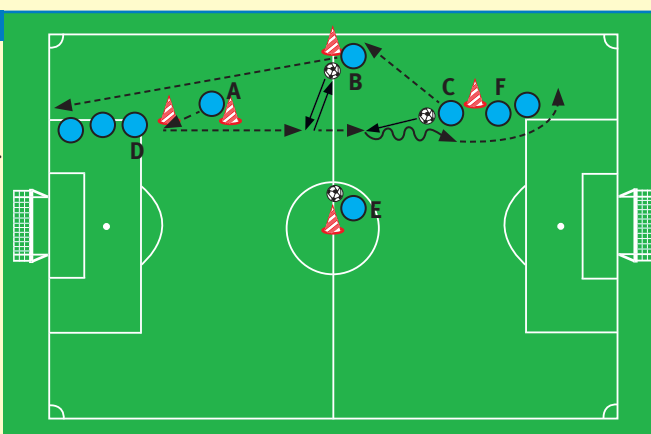
4. Speed exercises with the ball (integrated training)

Organisation:

- 8 to 12 players per exercise.
- Running distance: 30 - 40m.
- Repetitions: 3 to 5x, Sets: 2 to 3. Rest (1:10/1:20).
- Between sets 5' to 6'. → More than one station can be used.

Procedure:

- Player A makes a runs into space between 2 cones 5m apart, then sprints hard; 20m along the course, plays the ball passed to him by B, then at 30m controls the ball played to him by C and runs with it at full speed to his waiting team mate F; he then returns to the end of the line.
- After passing, B runs slowly to the departure point without the ball.
- After passing, C runs slowly to take the place of B.
- When A receives the ball from C, D sets off and plays the ball to E.



Physical fitness training: 5. Anaerobic alactic speed (integrated training)

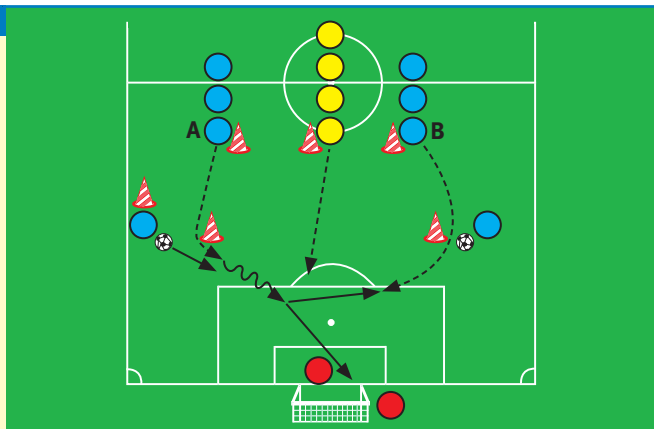
1. Speed exercise with conclusion

Organisation:

- 14 to 16 players per exercise.
- Half pitch and one goal with goalkeepers.
- Distance of the action 20 - 30m.
- 6 to 8 repetitions. After each action, the players return at a slow running pace. Full rest. 2 to 3 sets.

Procedure:

- The blue player A sets off, running (10m) as far as the 2nd cone, controlling the ball as he runs and taking it as far as the penalty area, where he attempts to score or pass sideways for his team mate B, who has set off at the same time (emphasis on timing).
- The yellow player sets off at the same time as the blue player A, controls the ball and attempts to prevent a goal being scored. Players and sides are then switched.

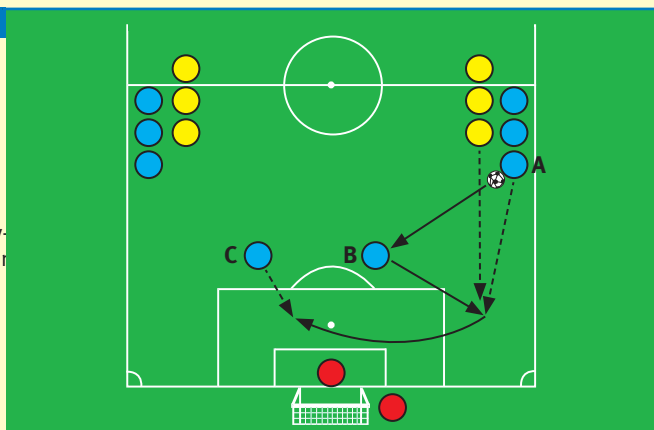


2. Speed exercise combined with a game situation

- Organisation:** – 14 to 16 players per exercise. – Half pitch; one large goal with two goalkeepers. Distance of the action 30m (40m) from the goals. – 4 to 6 repetitions. After the action, the players run slowly back. Full rest. 2 to 3 sets.

- Procedure:** – The blue player A passes to the blue player B at the edge of the 16m area (passing along the ground), who then lays the ball back for A to run onto and cross for C. – The yellow player, who has set off after the one-two by attacker B, harries player A, who has the ball, in an attempt to prevent him from crossing (tackling is not allowed). – The coach then switches the action to the other side and the 2 attackers are changed.

→ Depending on the distance covered in the action (i.e. if it is longer), this exercise can also include a speed-endurance training element.



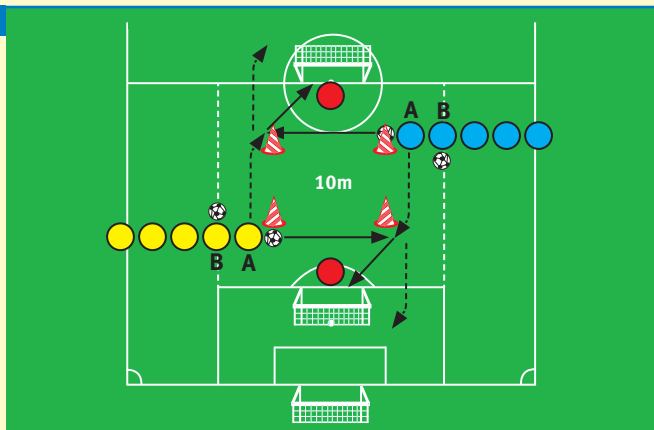
3. Speed exercise with shots on goal

Organisation:

- 10 to 14 players per exercise.
 - Marked out area: two goals and two goalkeepers.
 - Shooting distance 15m to 20m.
 - Repetitions: 4 to 6. After the action, the player walks round and changes sides. Complete rest. 2 to 3 sets.
- Emphasis is on achieving accurate shooting.

Procedure:

- The first two A players pass sideways and then sprint to shoot in the opposite goal.
 - The shots and the trajectory of the passes must be varied.
- This can also be staged as a competition: how many goals are scored by each team? → The exercise is also possible without goalkeepers, the players have to aim for accuracy in their shooting with goals marked out by poles.



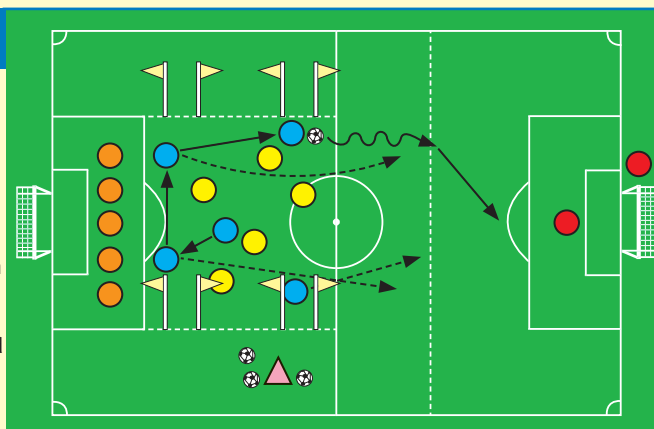
4. Practice game routine and counter attack (speed-endurance)

Organisation:

- 3 teams of 5 to 6 players + 2 goalkeepers.
- Marked out playing area: 4 small goals (2m) and the large goal at the other end of the pitch. – Duration of play: between 10' and 12'. In sets of 1'30" - 2".

- Procedure:** – Unrestricted play 5 v 5, with the players attempting to score in the opponents' two small goals (each goal is worth 1 point). – At the coach's signal (within 1'-2'), the team in possession of the ball has less than 10" to go and score in the large goal, which is undefended (except by the goalkeeper); all players in the team must be in the attacking zone (a goal scored is worth 3 pts).

- Following the action, the counter-attacking team goes into its recovery phase and the orange team enters the game.



Physical fitness training: 6. Anaerobic lactic endurance (lactic acid tolerance)

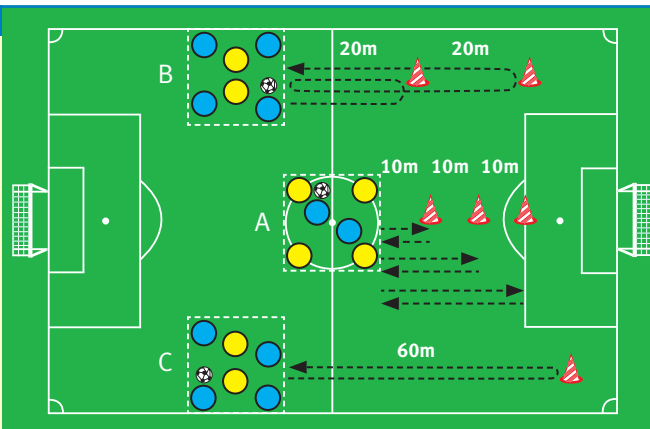
1. Specific interval training exercise

Organisation:

- 3 groups of players in marked out squares.
- **Square A:** Attackers. **Square B:** Defenders.
- **Square C:** Midfielders.
- Cones spaced out according to the distances indicated.
- 3 to 4 repetitions. 1 to 2 sets. Active rest of 1' to 1'30" between repetitions. Rest between sets: 8' - 10'.
- Intensity of effort: maximum (HR of 180 or above).

Procedure:

- Within each square, the players play 4 v 2 with one touch each; at the coach's signal, the six players start intense running:
- **A:** 10m – return, then 20m, then 30m (120m).
- **B:** 20m – return, then 40m (120m).
- **C:** 60m – return (120m).
- The last two to finish play in the middle of the 4 v 2 game.



2. Exercise with finishing

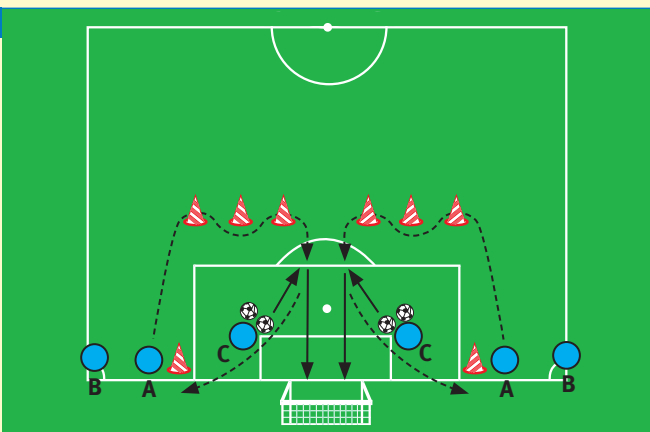
Organisation:

- 6 players; 2 players on each side of the 16m line.
- Cones set out 20m from the goals for the slalom.
- Duration of effort: 30" - 45", repeated 3 - 4 times. 2 to 3 sets.
- Rest: 1'30" - 2' between repetitions. 8' - 10' between sets.
- Intensity of effort: maximum (HR of 180 or above).

Procedure:

- The first two **A** players run towards the corner of the 16m area, do a slalom run and shoot for goal after receiving the ball from player **C** 2 - 3 times in a row. – After shooting, the **A** players take the place of the **C** players; the **B** players set off. – After the last shots, the **C** players who have passed the ball retrieve the balls and move to the starting point.

Variation: Players have to vary the trajectories of the passes and shots (volleys, half-volleys). Players have to run with the ball



3. 1 v 1 exercise

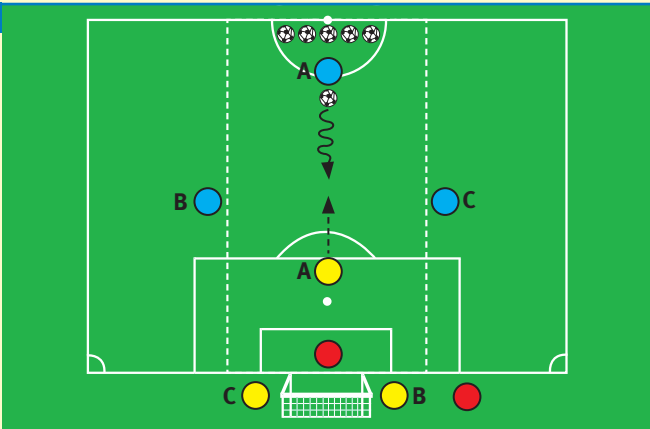
Organisation:

- 6 players + goalkeepers; 3 yellow defenders; 3 blue attackers.
- Duration of effort: 40" - 1' (decided on by the coach).
- Repetitions: 3 to 5. Sets 1 to 2. Rest between repetitions 2' - 2'30". 10' between sets. Intensity of effort: maximum (HR 180 or above).

→ During the exercise, another group can be in active recovery.

Procedure:

- The blue attacker **A**, coming from the centre, attempts to score, despite a 1 on 1 with the yellow defender **A**. – If he loses possession of the ball or scores a goal, he goes back to the centre to take another ball. He may also play a one-two. For each new action, the defender returns to the 16m line. After the allotted time has passed, the two **A** players go off to the side of the playing area as extras and the **B** players come into the game.



4. 2 v 2 game, with extras

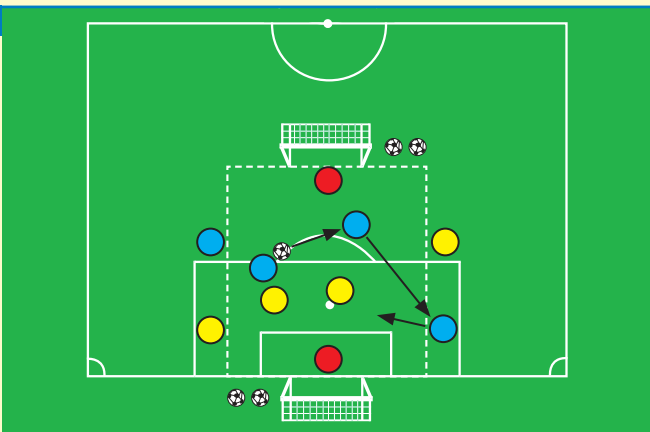
Organisation:

- 2 teams of 4 + 2 goalkeepers.
- Marked out playing area (25 x 20m); 2 large goals.
- Duration of effort 1'30" - 2' (decided on by the coach).
- Repetitions: 3 to 5x. 1 to 2 sets. Rest between repetitions: 1'30" - 2'. Between sets: 8' - 10'.
- Intensity: maximum (HR 180 or above).

Procedure:

- 2 v 2 game with extra players who are allowed 1 touch of the ball. – Unrestricted play; the players attempt to score as soon as possible. – The goalkeepers are allowed a maximum 2 touches. – When the ball goes out of play, the goalkeeper of the team restarts play. – Players are switched every 1'30" - 2'.

→ The coach directs play.



Physical fitness training: 7. Coordination circuit course

Station 1: General coordination exercise

Organisation:

- 3 to 6 players at each station.
- Course marked out with sticks, hoops, cones (poles) + balls.
- Duration of the exercise 5' to 6'. 11 to 2 sets.

Procedure:

Each player completes the course at a different pace.

1. Varied skipping (forwards, backwards, sideways). **2.** Hops (alternate left / right) in the hoops (vary the height of the jumps). **3.** The players take the ball and slalom between the cones (varying the contact surfaces (inside and outside of the foot, sole, right foot / left foot). **4.** They then run back juggling the ball, then run backwards to starting point 1.

Variations:

- The exercise can be done with two players; player **A** completes the course and player **B** copies the pace set by player **A**.



Station 2: Ball-control exercise (weighting, rhythm)

Organisation:

- 3 to 6 players per station.
- Marked out course, with cones or markers.
- The distances between the cones should be varied.
- Duration of the exercise: 3' to 4'; 1 to 2 sets.

Procedure:

- Each player runs a slalom around the course with the ball, varying his contacts with the ball with each run; after the slalom, he gives a weighted pass to his partner.
- Ex.: inside of right foot 3 contacts, outside of right foot 3 contacts, then 2 and 1; then the same for the left foot.
- Inside of right foot and inside of left foot 3, 2 and 1 contacts.
- Etc.
- The tempo for completing the course can be increased.



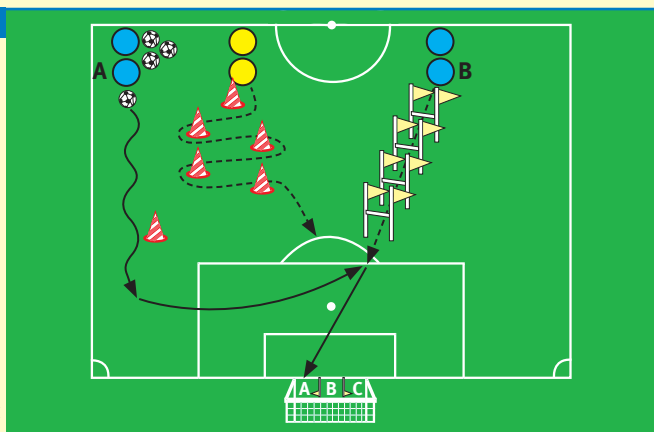
Station 3: Coordination exercise (speed and timing)

Organisation:

- 3 to six players per station.
- Marked out course with low hurdles and cones.
- 1 goal divided into 3 numbered zones.
- Duration of the exercise: 3' to 4'. 1 to 2 sets.
- The distances of the course and the distance of the crosses should be varied.

Procedure:

- The blue player **A** runs fast with the ball as far as the cone and crosses to his partner **B**, who, having set off at the same time and jumped the hurdles, aims to finish accurately (the coach must specify before the player shoots which goal zone is the target: A/B/C).
- The yellow player in the centre sets off at the same time as the blue player **B** (who has to jump the hurdles) and sprints in and out of the cones then tries to prevent the blue player from scoring.



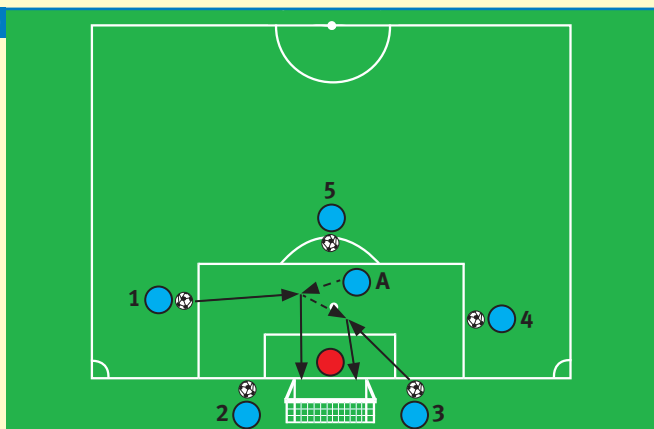
Station 4: Coordination exercise (reaction and finishing)

Organisation:

- 3 to 6 players per station and goalkeeper.
- Penalty area with 5 players on the 16m line and either side of the goal, each with a ball.
- Duration of the exercise: 3' to 4'. 1 to 2 sets.

Procedure:

- Player **A** (the one doing the exercise) is at the centre of the playing area. He attempts to finish as fast as he can (first-time shot, shot after controlling the ball, volley, header, etc.); the ball is passed to him, with varying trajectories (and also by hand), by one of the players outside the area; after 15" to 20" effort, the player in the centre is switched.
- This exercise can be performed with the players in numerical order or as the coach wishes.



Physical fitness training: 8. Stabilisation and muscular reinforcement programme

Training of basic strength using body weight

I. Overall trunk stability

1. Dorsal group



2. Lateral group



3. Ventral group



II. Arm and pectoral girdle muscles

1. Shoulders and arms



2. Arms (triceps)



3. Arms (biceps)



For the whole programme

Sets: 2 - 4 of 20 to 40 repetitions (15" - 60"), 1' - 2' break

Execution : dynamic - slow; for young players execution can also be static: 10"-30" (isometric)

III. Abdominals

1. Upper abdominals



2. Lateral abdominals



3. Lower abdominals



IV. Dorsals

1. Back



2. Back and posterior



3. Back, lumbar



Stretching after training

V. Leg and buttock muscles

1. Adductors



2. Abductors



3. Hamstrings



4. Leg extensors



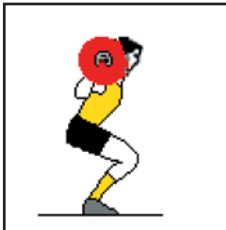
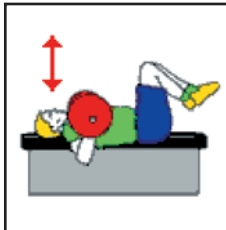
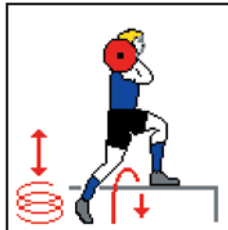
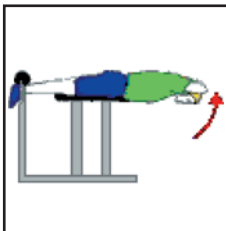
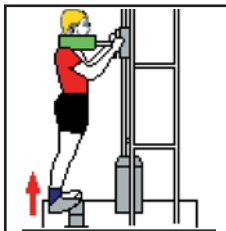
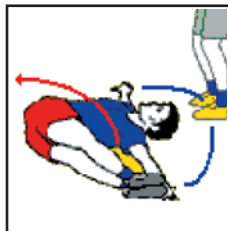
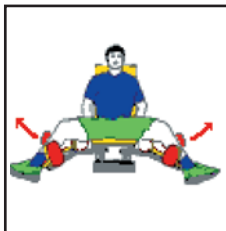
5. Foot extensors (calves)



Physical fitness training: 9. Overall strength programme (extensive phase)

Station work: Example, 3 sets of 10 repetitions at 70% of MHR.

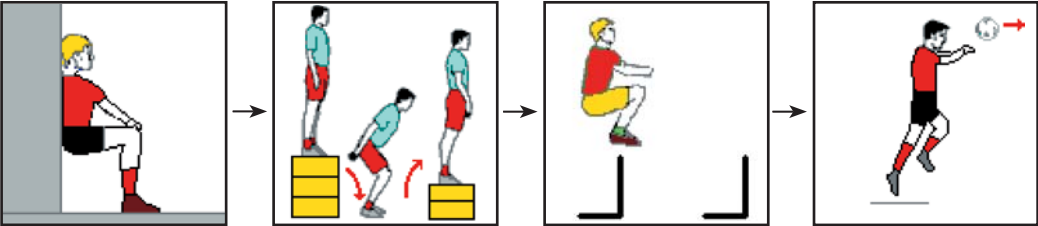
Circuit work: Example, 2 sets of 20" to 30" at 50% - 70% of MHR.

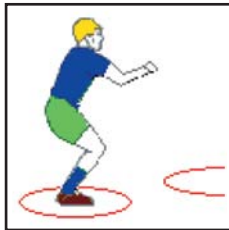
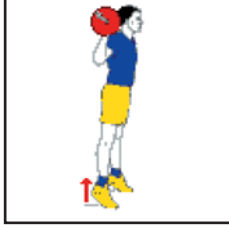
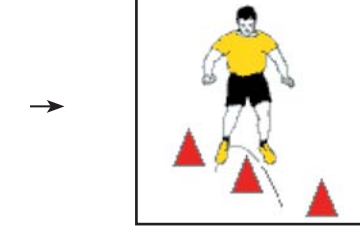
Organisation – Set the weights according to the training objective and level of the players (gearing the training to individual needs). – Define the number of repetitions and sets. – Choose the number of stations per session. → Execute the exercises correctly and with dynamic rhythm.	 Station 1 <i>Legs (extensors)</i> ½ squat.	 Station 2 <i>Abdominals</i> Flexing (roll the shoulders) also with a 10kg weight.	 Station 3 <i>Arms, torso</i> Starting from a lying position.	 Station 4 <i>Leg extensors</i> Steps with bar.
	 Station 5 <i>Dorsals (lumbar)</i> Raise and lower the torso + move the arms laterally (also with small dumbbells of 3-5kg).	 Station 6 <i>Hamstrings</i> Flex both legs and, if possible, one at a time (outwards).	 Station 7 <i>Calves</i> Raise yourself on the balls of the feet.	 Station 8 <i>Abdominals (obliques)</i> ‘Windscreen-wiper’ motion, with or without partner.
	 Station 9 <i>Dorsals, shoulders</i> Flex the arms.	 Station 10 <i>Adductors</i> Close and open the legs (light resistance, around 30% of maximum effort).	 Station 11 <i>Abductors</i> Open and close the legs.	 Station 12 <i>Pectorals, arms</i> (pullover movement)
	➔ After this training, in circuits or stations, low-level plyometric training could be undertaken as a second weekly strength session (routine with a variety of simple jumps, running jumps or sprints).			

Physical fitness training: 10. Multi-form reinforcement programme (specific phase)

Targeted and specific training (also applicable on the pitch)

(Work on improving the different directions of propelling the body)

Exercise 1 <i>Leg muscles</i> <i>Vertical thrusts</i> – 2 to 4 sets – 2' - 3' active rest (i.e. individual juggling)	 <i>Isometric 30'' (remain in position)</i> Also 3-5 squats (with barbell/ + 70 - 80% of maximum effort) <i>Exocentric sequence + static-dynamic</i> 1 jump <i>Plyometric</i> 5-8 jumps <i>Explosive header, with precision</i> 2-3 headers
Exercise 2 <i>Building leg muscles</i> <i>Horizontal thrusts</i> – 2 to 4 sets – 2' - 3' active rest (i.e. juggling with 2 or 3 players)	 <i>Dynamic</i> 5-10 each leg (with light weight) <i>Dynamic</i> 8-12x bounding strides <i>Explosive shot at goal, with accuracy</i> 2 shots (right and left foot)
Exercise 3 <i>Building arm and shoulder muscles</i> – 2 to 4 sets – 2' - 3' active rest	 <i>Dynamic or plyometric (reactive)</i> – 10-15 x dynamic push-ups – 5-10 reactive push-ups <i>Dynamic</i> 5-10 throws of a medicine ball (2/3kg) <i>Explosive throw-in, with accuracy (to the feet of a partner)</i> 3-6 throws

Exercise 4 <i>Building leg muscles</i> <i>Lateral thrusts</i> – 2 to 4 sets – 2' - 3' active rest	    <i>Dynamic</i> – 5-10 each leg – also with light weight (barbell) <i>Static-dynamic and plyometric</i> 10-20 lateral jumps <i>Long explosive pass, through the air, with precision (30-40 m)</i> 2 strikes of the ball (with the right and left foot)
Exercise 5 <i>Building leg muscles</i> <i>Working the ankles</i> – 2 to 4 sets – 2' - 3' active rest	   <i>Dynamic</i> – with weight (barbell/40-80kg) – also 1 to 3x isometrically (15'' - 20'') <i>Dynamic</i> – Two-footed jumps (legs tensed) – 10-20 jumps <i>Explosive header, with precision (ankle jumps)</i> – 3-5 headers

Source : CardiSport, Dijon, France

Physical fitness training: 11. Stretching programme

End of training cool-down, with intensive stretching: holding position from 15" to 30"
(Exercises 1-8)

Limbering up during the warm-up phase by easy stretching: holding position from 5" to 10"
(Exercises 1 to 4)

1. Tricep and calf stretch 	2. Glute stretch 
3. Quadricep stretch 	4. Adductor stretch 
5. Hip/buttock/TFL stretch 	6. Upper back stretch 
7. Central body stretch 	8. Arm, bicep stretch 

Principles:

- No sudden movements; progressive stretch, without pain.
- Feel the tension decreasing as the stretch relaxes.
- Breath regularly and calmly.
- Concentrate throughout the stretching.
- To obtain tangible results of suppleness from the stretching, three sessions are required each week.
- Youngsters (up to the age of 12) should begin stretching training with an easy-stretching session.