

# Physical Training

## Components of Fitness

**Agility** - the ability to change direction at speed.

Football example: *When dribbling past an opponent*

**Power** - also known as explosive strength or anaerobic power. It is speed and strength combined (speed x strength = power).

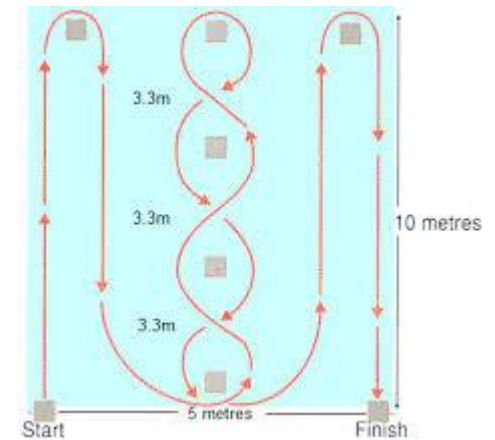
Football example: *When striking the ball hard from distance*



## Fitness Testing

### Illinois Agility Test (to test Agility)

Start face down on the floor, run around the cones as fast as possible recording your time in seconds.



## Principles of training

**Progressive Overload** - gradually increase the amount of exercise and keep overloading the body.

Use **F.I.T.** (Frequency, Intensity, Time) to overload the body



Principles of overload:

**Frequency** - how often you train

**Intensity** - how hard you train

**Time** - how long to train for

## Types of Training

**Weight training (to improve power)** - involves the use of free weights, resistance machines or any object which can be safely lifted. Allows performers to target specific muscles/muscle groups to suit their individual needs.

Advantage: It is easy to do - you simply need something to lift

Disadvantage: Injury can occur if weights are too heavy

Think about how this type of training can improve the performance of a Football player.

## CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age

**Aerobic** (with oxygen) training zone - 60-80% of Max HR

**Anaerobic** (without oxygen) training zone - 80-90% of Max HR

