

# Physical Training

## Components of fitness

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

**Speed** - how quickly an individual can move

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



## Types of training

**Weight training** - 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.

Advantages:

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

Disadvantages:

- Injury can occur if weights are too heavy

**Interval training** - periods of high-intensity effort with periods of low-intensity effort.

Advantages:

- Can mix aerobic and anaerobic exercise which replicates what happens in Football

Disadvantages:

- Can become boring

*Think about how both of these types of training can improve the performance of a Football player.*

## 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

## Fitness Testing

**Standing Broad Jump Test (Power)** - Stand behind the line with feet shoulder width apart. Take-off on two feet, jump as far as possible landing on two feet and measure the distance jumped.



## 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

