

Physical Training

Name: _____

COMPONENTS OF FITNESS

Speed - how fast an individual can move

Used when a player sprints into an open space to receive the ball / when a defender moves quickly in front of an attacker to block and intercept a pass

Coordination - using two or more body parts together

Used when shooting to bend both arms and legs to prepare for the shot, straighten out when shooting / two arms and one leg are used when stepping into and the passing the ball

FITNESS TESTING

30m sprint test (measures SPEED)

The assistant marks out a 30 metres with cones

The assistant calls out "on your marks, set, GO" and the athlete sprints the 30m

The assistant starts the stopwatch on "GO"

The assistant records the time the athlete crosses the 30 metre cones

Advantage:

1. Simple test to carry out

FFT

Principles of OVERLOAD

Frequency - how **OFTEN** you train

Intensity - how **HARD** you train

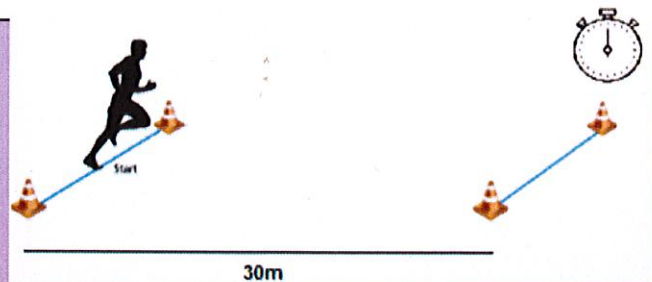
Time - how **LONG** you train

Calculations

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

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

220 - AGE



TYPES OF TRAINING

Interval training.

- periods of high-intensity effort followed by periods of low-intensity effort.

Fartlek training.

- this training involves running at different speeds.