

Physical Training (Football)



Components of fitness

Speed - how fast someone can move from one point to another

Stamina - exercising for long periods of time using the whole body

Strength - the ability to apply a large force

Agility - the ability to change direction at speed

Principles of training

Overload - gradually increase the amount of exercise by using the F.I.T.

Principles of overload:

Frequency - how often you train

Intensity - how hard you train

Time - how long to train for

Fitness Testing

30 metre sprint test - Sprint as fast as you can between the cones marked out.

Equipment: Cones, stopwatch, measuring tape

Advantages of fitness testing

- Shows strengths and weaknesses of different components of fitness
- Can be used to track improvements
- Can be used to motivate individuals to improve

Types of training

Interval training - periods of high-intensity effort with periods rest e.g. when the ball is in play (effort) when the referee stops the game for a foul (rest)

Advantages:

- Easy to set up
- Cheap
- Replicates the game of basketball

Disadvantages:

- Can become boring

Aerobic exercise - with the presence of oxygen (to improve stamina)

Anaerobic exercise - without the presence of oxygen (to improve speed)

Aerobic exercise - 60-80% of maximum HR

Anaerobic exercise - 80-90% of maximum HR

CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age:

For example a 13 year old would have a Max HR of **207** beats per minute