

## Components of fitness

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

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

**Cardiovascular endurance** - The ability to exercise the whole body for long periods of time and is sometimes called stamina

# Physical Training Football Year 9 1-SBU



## Principles of overload:

**Frequency** - how OFTEN you train

**Intensity** - how HARD you train

**Time** - how LONG to train for



## Fitness Testing

**Illinois agility test** - On the 'Go' command the stopwatch is started, and the athlete runs around the course in the direction indicated to the finish line, at which the timing is stopped. Athletes should complete the course as quickly as possible.

### Advantages

- Simple test to carry out
- Small amount of equipment needed

## Types of training

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

### Advantages:

- Can mix aerobic and anaerobic exercise which replicates team games

### Disadvantages:

- Can become boring

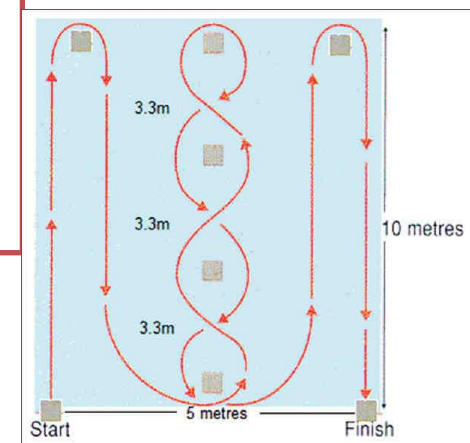
**Fartlek training** - This training involves running at different speeds.

### Advantages:

- Good for sports that need changes in pace

### Disadvantages:

- Can be difficult to see how hard someone is trying



## 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