

# How to Integrate Fitness into Sessions

U-14 to U-18



# The Do's and Don'ts of Incorporating Fitness into Sessions

## The Do's

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- ✓ Do ensure that there is a ball included into your fitness drills.
- ✓ Do ensure that your organization (spacing) is appropriate for your teams' skill and fitness level.
- ✓ Do ensure that the fitness is game relative.
  - Ask yourself if this is realistic to something the athletes would do in a game
- ✓ Do utilize the use of possession activities in small, medium and large areas.
  - This develops physical qualities and works on technical actions and positional principles
- ✓ Do consider the work-to-rest ratio (between sets).

## The Don'ts

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- Don't make the team run laps (this includes warm up and cool down)
- Don't use fitness as a form of punishment (i.e., "If you lose, you're running laps"; "If you lose, you're doing line sprints" [Doggies]; "If you're last, you're doing 10 extra burpees")
- Don't single a player out if they are the last to complete a fitness task.
- Don't do fitness before the athletes have had touches on the ball (at the beginning of the session or after cooling down)
- Don't spend more than 1/3 of your session doing "fitness".



# Methodologies of Integrating Fitness into a Practice Session

- The relationship between: Pitch Size, Player Numbers and Training Load
  - Understanding if you have **BIGGER** Space (pitch size) that:
    - With *more* players = less HSR\* and sprinting
    - With *less* players = more HSR\* and sprinting
  - Understanding if you have **SMALLER** Space (pitch size) that:
    - With *more* players = less high-speed acceleration/deceleration
    - With *less* players = more high-speed acceleration/deceleration
- Adjusting training variables as needed
  - Considering the physical outcomes – What are you looking to develop fitness-wise in your athletes based on your technical and tactical team plan?
    - Asking yourself as a coach:
      - Are we looking to develop physical training qualities (strength and power)?
      - OR*
      - Are we looking to develop freshness (stamina)?

\* HSR – High Speed Running



# Fitness Drills - Examples

Click on Underlined Drills to view and download

- ✓ Example 1: [Traditional Fitness](#)
- ✓ Example 2: [Passing Pattern Fitness](#)
- ✓ Example 3: [Rondo Fitness](#)
- ✓ Example 4: [Transitional Fitness Drill](#)
- ✓ Example 5: [Three Team SSG Fitness](#)

