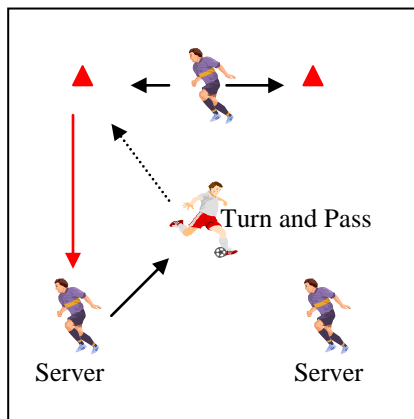


FSA Development Program

Conditioning for Soccer

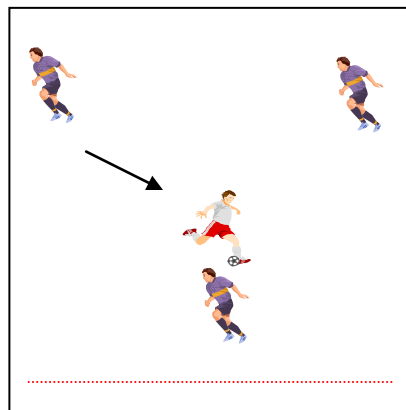
Anaerobic Base Activities

Activity 1



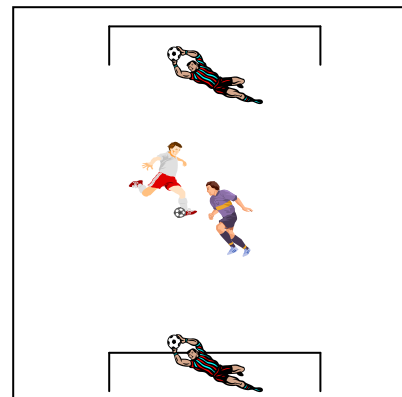
- **Area 20 x 10**
- 2 servers with a ball
- 1 player in the middle
- Server passes into middle player who turns and passes to player on the end
- End player works in between 2 cones then receives a pass from middle player then passes back to server
- Repeat from the opposite server
- **Duration 30 sec to 1min**
- **Work Rest 1 : 3 Ratio**
- **Repetitions 4 to 6**

Activity 2



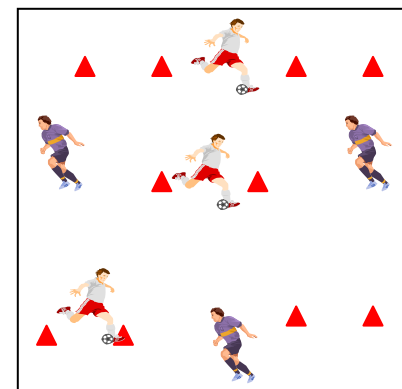
- **Area 20 x 10**
- 2 Servers on the outside of grid
- Server Passes into attacker
- Play 1 v 1
- To score dribble across the line
- Attacking player can use 2 servers for support, to retain possession.
- If defender wins the ball they become the attacker.
- **Duration 30 sec to 1 min**
- **Intensity High level**
- **Rest 2 min**
- **Repetitions 4 – 5**

Activity 3



- **Area 35 x 25**
- Play 1 v 1 with Goalkeepers
- Players on the outside are resting.
- **Duration 45 secs**
- **Intensity High Level**
- **Rest 3 min**
- Variations :
- Play 2 v 2
- Play 3 v 3

Activity 4



- **Area 40 x 35**
- Play 3 v 3 1 ball
- **Duration 30 sec to 1 min**
- **Intensity High Level**
- **Rest 2 min**
- **Repetitions 2 – 4**
- Variations
- Dribble through the goals to score.
- Pass through the goals to score and retain possession.

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FSA Coach / Player Development